

**Competition 1 CEN-A 100 km**

Time of start: 06:00 min. Speed: 10,00 km/h Total hold time: 01:40 Last finish: 17:40  
 Recovery gate: 20 min., max. pulse: 64. Recovery finish: 30 min., max. pulse: 64.

Phase 1	Phase 2	Phase 3			Finish
30 km / red	20 km / blue	30 km / red			20 km / blue
30 min.	30 min.	40 min. <b>CRI</b>			

**Competition 2 CEN-A 80 km**

Time of start: 06:30 min. Speed: 10,00 km/h Total hold time: 01:10 Last finish: 15:40  
 Recovery gate: 20 min., max. pulse: 64. Recovery finish: 30 min., max. pulse: 64.

Phase 1	Phase 2				Finish
30 km / red	30 km / red				20 km / blue
30 min.	40 min.				

**Competition 3 CEN-B 60 km**

Time of start: 07:00 min. Speed: 10,00 km/h Total hold time: 00:30 Last finish: 13:30  
 Recovery gate: 20 min., max. pulse: 64. Recovery finish: 30 min., max. pulse: 64.

Phase 1					Finish
30 km / red					30 km / red
30 min.					

**Competition 4 CEN-B 40 km BLMM**

Time of start: 07:30 min. Speed: 8,00 km/h Total hold time: 00:30 Last finish: 13:00  
 Recovery gate: 20 min., max. pulse: 64. Recovery finish: 30 min., max. pulse: 64.

Phase 1					Finish
20 km / blue					20 km / blue
30 min.					

LK 1: 200 Min. / LK 2: 220 Min. / LK 3: 300 Min.

**Competition 5 CEN-C 40 km**

Time of start: 10:30 min. Speed: 8,00 km/h Total hold time: 00:30 Last finish: 16:00  
 Recovery gate: 20 min., max. pulse: 64. Recovery finish: 30 min., max. pulse: 64.

Phase 1					Finish
20 km / blue					20 km / blue
30 min.					

LK 1: 200 Min. / LK 2: 220 Min. / LK 3: 300 Min.

**Competition 6 CEN-C 20 km**

Time of start: 10:30 min. Speed: 8,00 km/h Total hold time: 00:00 Last finish: 13:00  
 Recovery gate: 20 min., max. pulse: 64. Recovery finish: 30 min., max. pulse: 64.

					Finish
					20 km / blue

LK 1: 100 Min. / LK 2: 110 Min. / LK 3: 150 Min.