

Runners-PM

Class/ Leg	Leg length	Leg type	Difficulty	Leg time in minutes (ideal time)	Leg change time för leader
Start 18:00					18:00
HD 12 1	2730	Day/Straight	Yellow	16	18:16
HD 12 2	2320	Day/Straight	White	13	18:29
HD 12 3	2320	Day/Straight Parallell	White	14	18:43
HD 12 4	2770	Day/Straight	Yellow	15	18:58

Taped path incl in leg length

Start 03:00					03:00
HD 18 1	6980-7030	Night/Forked	Violet	42	03:42
HD 18 2	7030-6980	Night/Forked	Violet	43	04:25
HD 18 3	3650	Daybreak/Day/Straight	Orange	24	04:49
HD 18 4	7150	Daybreak/Day/Straight	Violet	40	05:29
HD 18 5	2900	Day/Straight Parallell	Yellow	15	05:44
HD 18 6	3190-3270	Day/Forked	Yellow	15	05:59
HD 18 7	3270-3190	Day/Forked	Yellow	15	06:14
HD 18 8	3390-3450	Day/Forked	Orange	23	06:37
HD 18 9	3450-3390	Day/Forked	Orange	22	06:59
HD 18 10	7510	Day/Straight	Violet	43	07:42

Turning on leg 1, 2, 4 och 10

Taped path incl in leg length

Start 05:30					05:30
D 18 1	5120-5170	Day/Forked	Violet	34	06:04
D 18 2	5170-5120	Day/Forked	Violet	36	06:40
D 18 3	2870	Day/Straight Parallell	Yellow	16	06:56
D 18 4	3480	Day/Straight	Orange	24	07:20
D 18 5	5330	Day/Straight	Violet	38	07:58

Turning on leg 1, 2 och 5

Taped path incl in leg length