

COURSE PARAMETERS

Category	Stage 1			Stage 2			Stage 3		
	Length (m)	Elevation (m)	Controls	Length (m)	Elevation (m)	Controls	Length (m)	Elevation (m)	Controls
W10	2120	45	6	1580	30	8	2410	45	7
W12	2290	45	10	2510	35	10	2570	50	8
W14	2990	55	14	3010	60	14	4230	80	12
W16	3630	65	14	3460	60	14	5220	90	12
W18	3690	75	14	3880	70	14	6470	125	16
W20	3900	70	15	3950	80	15	6630	130	13
W21	4920	100	24	5140	110	20	8500	175	22
W35	3430	65	13	3470	70	13	6380	115	15
W40	3180	65	12	3100	60	11	6370	125	13
W45	3120	60	14	3110	65	13	5870	115	12
W50	3000	60	12	2870	55	12	5550	110	11
W55	2900	55	11	2680	60	13	4360	85	11
W60	2800	55	10	2610	50	11	3550	65	13
W65+	2210	50	10	2300	45	10	3080	55	9
WM10N (taped)	2610	40	7	2970	45	7	2960	40	7

*course WM10N - distance measured on taped route, runner can cut the distance

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	Length (m)	Elevation (m)	Controls	Length (m)	Elevation (m)	Controls	Length (m)	Elevation (m)	Controls
M10	2230	40	7	1810	30	8	2450	40	6
M12	2260	45	11	2470	35	10	3020	55	10
M14	3540	60	15	3190	55	14	5070	95	14
M16	4220	80	17	3790	75	15	6990	130	17
M18	4500	85	18	4650	90	16	8760	160	20
M20	4790	100	19	4750	90	17	9770	190	23
M21	6010	130	26	6330	140	23	12700	250	31
M35	4260	85	17	4220	85	19	9550	185	25
M40	3970	90	15	3940	80	15	8940	170	22
M45	3940	80	15	3860	70	14	8470	155	20
M50	3900	75	15	3770	75	15	7030	140	18
M55	3680	75	19	3590	70	14	6070	115	15
M60	3350	70	15	3220	60	14	5690	105	13
M65	2840	55	14	2810	50	11	5480	100	16
M70	2790	50	11	2640	55	12	4900	85	15
M75+	2200	45	10	2410	45	10	3270	60	11