

CROSS COUNTRY Site: Citadelle of Saint Tropez (83990)

GPS: 43°16'21.9"N 6°38'34.0"E

The following informations can change. Please check the modifications on our website and directly at the Games Center.

AGE CATEGORIES: Reference date 31st December 2024

A: Under 35	C : From 45 to 54	E : From 65 to 69	G: More
B : From 35 to 44	D : From 55 to 64	F : From 70 to 75	

G: More than 75

COMPETITION SCHEDULE:

Warm-up $\frac{1}{2}$ hour before the start.



PRACTICAL INFORMATIONS:

Shoes with spikes are forbidden.

Accompanying persons are allowed

Medals award ceremony directly on site at the end of the event.

Circuit



Distance : 1,5 km Laps : 5 Total distance : 7,5 km Positive elevation: 59m Negative elevation: 58m Maximum altitude: 45m Minimum altitude: 6m Type of route: circular

Info & results: <u>www.medigames.com</u>