

LONG COURSE

TOTAL DISTANCE = 598,5 km
 TOTAL ELEVATION GAIN = +16460 m, -16265 m
 TOTAL CPs = 101
 TOTAL ESTIMATED FASTEST TIME NET = 81 h

THE SHORTEST DISTANCE FROM START S10 TO THE FINISH LINE IS 118 km (SKIPPING ALL CPs)

CZECH REPUBLIC

POLAND

SLOVAKIA

S1 URBAN ORIENTEERING / O-RUN
 15 km
 +290m, -100m
 23 CPs
 Estimated Fastest Time = 3h

S2 TREKKING
 45 km
 +2450 m, -2350 m
 19 CPs
 Estimated Fastest Time = 10 h
 In the middle of this stage, there is only one shop (available during the day)

START

FINISH

CAVE

S4 KAYAK
 15 km
 6 CPs
 Estimated Fastest Time = 3 h

S3 MTB
 30 km
 +480 m, -660 m
 4 CPs
 Estimated Fastest Time = 4 h
 There are some shops on this stage (available during the day)

S5 MTB
 160 km
 +3100 m, -3100 m
 17 CPs
 Estimated Fastest Time = 16 h
 There are some shops on this stage (available during the day)

S10 MTB / MTBO
 264 km
 +6900 m, -6900 m
 29 CPs
 Estimated Fastest Time = 30 h
 There are some shops on this stage (available during the day)

S7 TREKKING
 33 km
 +2200 m, -2200 m
 2 CPs
 Estimated Fastest Time = 8 h
 On this stage, there are two mountain shelters with a possibility of buying hot meals (available during the day), there are no shops

S9 TREKKING / VIA FERRATA
 12,5 km
 +730 m, -730 m
 1 CP
 Estimated Fastest Time = 5 h
 There is a possibility of buying hot meals in the mountain shelter (only during the day)



TA3

S8 MTB
 12 km
 +310 m, -200 m
 Estimated Fastest Time = 1 h

S6 RAFTING
 12 km
 Estimated Fastest Time = 2 h
 There is no possibility of supply during this stage.

NAVIGATION TASK

ROPE BRIDGE

CLIMBING III - IV UIAA

TA1



TA2

