

1. Stage Training at Egelsee/ Lake Cup 23. 06. 2022

10 Controls for all categories / no timekeeping

Previous course lengths on 01. 06. 2022**2. Stage – Rojach/Lendorf -Individual-24. 06. 2022**

| Categories | Length (m) | climb(m) | Categories | Length (m) | climb(m) |
|------------|------------|----------|------------|------------|----------|
| W-10 | 1.300 | 20 | M-10 | 1.300 | 20 |
| W12- | 2.100 | 50 | M12- | 2.100 | 50 |
| W14- | 2.700 | 65 | M14- | 2.700 | 65 |
| W16- | 3.500 | 120 | M16- | 3.800 | 150 |
| W18- | 3.800 | 150 | M18- | 4.200 | 180 |
| W 19- | 4.600 | 125 | M 19- | 4.900 | 150 |
| W 35- | 4.600 | 125 | M 35- | 4.900 | 150 |
| W 45- | 3.800 | 150 | M 45- | 4.200 | 180 |
| W 55- | 3.500 | 120 | M 55- | 3.800 | 150 |
| W 65- | 2.800 | 95 | M 65- | 3.500 | 100 |
| W 75- | 2.800 | 95 | M 75- | 3.500 | 100 |
| Family | 1.300 | 20 | Beginner | 2.100 | 50 |
| Open | 4.200 | 180 | Hobby | 2.500 | 70 |

3. Stage – Stadelbach/Kroislerwand – Individual 25. 06. 2022

| | | | | | |
|--------|-------|-----|----------|-------|-----|
| W -10 | 1.500 | 30 | M-10 | 1.500 | 30 |
| W12- | 2.200 | 65 | M12- | 2.200 | 65 |
| W14- | 3.000 | 70 | M14- | 3.000 | 70 |
| W16- | 3.300 | 135 | M16- | 3.800 | 140 |
| W18- | 3.800 | 140 | M18- | 4.200 | 170 |
| W 19- | 4.300 | 160 | M 19- | 4.600 | 180 |
| W 35- | 4.300 | 160 | M 35- | 4.600 | 180 |
| W 45- | 3.800 | 140 | M 45- | 4.200 | 160 |
| W 55- | 3.300 | 120 | M 55- | 3.800 | 140 |
| W 65- | 3.000 | 90 | M 65- | 3.000 | 90 |
| W75- | 3.000 | 90 | M75- | 3.000 | 90 |
| Family | 1.500 | 30 | Beginner | 2.200 | 65 |
| Open | 4.200 | 170 | Hobby | 2.800 | 85 |

4. Stage – Bad Bleiberg –Individual - 26. 06. 2022

| | | | | | |
|--------|-------|-----|----------|-------|-----|
| W-10 | 1.500 | 10 | M-10 | 1.500 | 10 |
| W12- | 1.800 | 35 | M12- | 1.800 | 35 |
| W14- | 2.600 | 85 | M14- | 2.600 | 85 |
| W16- | 3.200 | 105 | M16- | 3.800 | 115 |
| W18- | 3.800 | 115 | M18- | 4.100 | 125 |
| W 19- | 4.200 | 135 | M 19- | 4.400 | 155 |
| W 35- | 4.200 | 135 | M 35- | 4.400 | 155 |
| W 45- | 3.800 | 115 | M 45- | 4.100 | 125 |
| W 55- | 3.200 | 105 | M 55- | 3.800 | 115 |
| W 65- | 2.500 | 85 | M 65- | 3.200 | 105 |
| W75- | 2.500 | 85 | M 75- | 3.200 | 105 |
| Open | 4.100 | 125 | Beginner | 1.800 | 35 |
| Family | 1.500 | 10 | Hobby | 2.600 | 75 |