

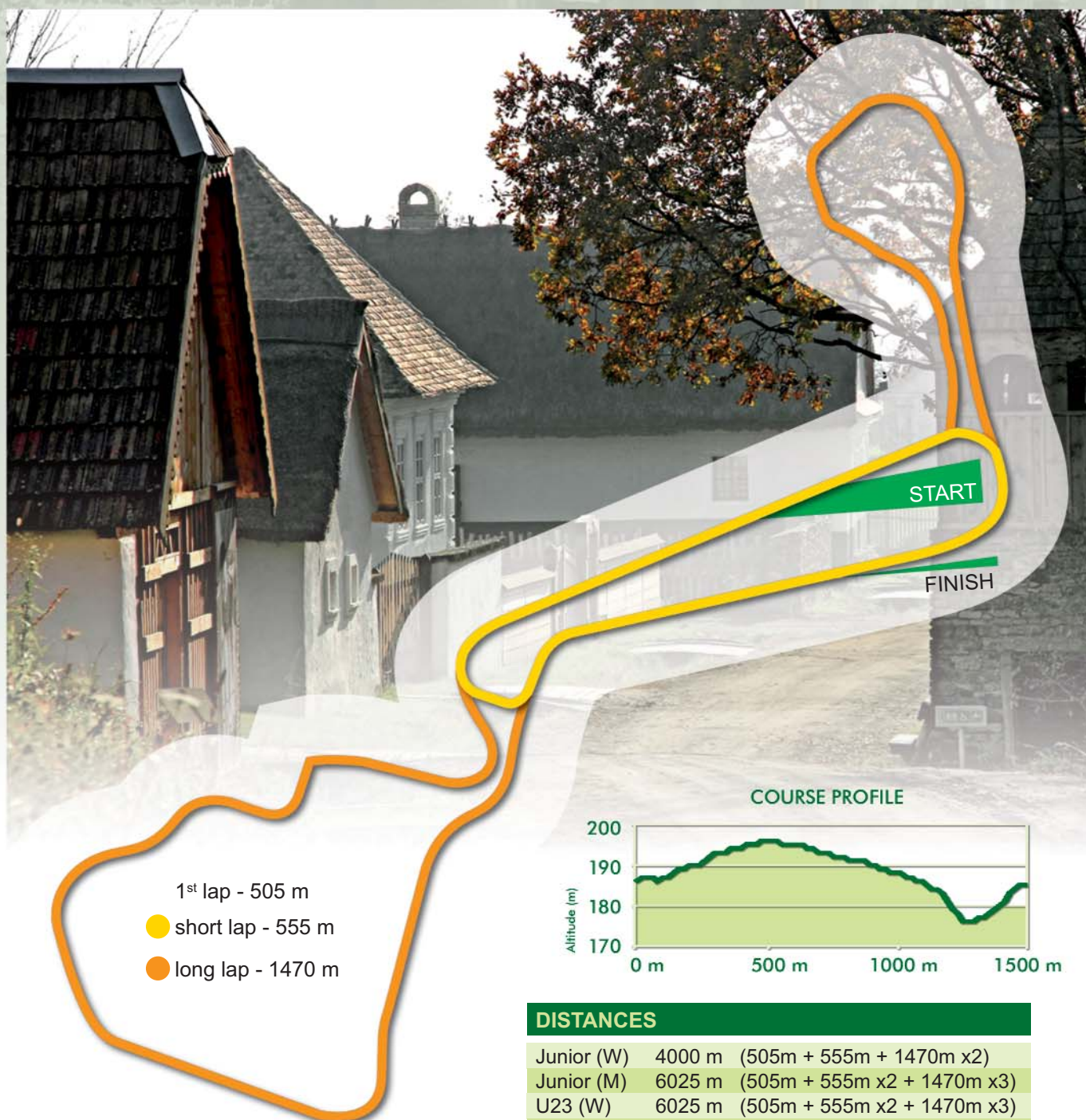
SPAR



EUROPEAN
CROSS COUNTRY
CHAMPIONSHIPS

Budapest2012

COURSE PLAN



- 1st lap - 505 m
- short lap - 555 m
- long lap - 1470 m

COURSE PROFILE



DISTANCES

Junior (W)	4000 m	(505m + 555m + 1470m x2)
Junior (M)	6025 m	(505m + 555m x2 + 1470m x3)
U23 (W)	6025 m	(505m + 555m x2 + 1470m x3)
U23 (M)	8050 m	(505m + 555m x3 + 1470m x4)
Senior (W)	8050 m	(505m + 555m x3 + 1470m x4)
Senior (M)	9880 m	(505m + 555m + 1470m x6)