

## DISTANCIAS E DESNIVEIS APROXIMADOS, Nº BALIZAS E CARTOGRAFÍA

1. INFANTIL → M-12, F-12, M-14, F-14 (1,4km/7b/+50 & 4,5km/+140/6b & 1,5km/+50/8b )
2. XUVENIL M → M-16, M-18 (3,2km/+90/11b & 10,5km/+430/12b & 1,8km/+60/9b )  
XUVENIL F → F-16, F-18 (2,6km/+70/13b & 10,5km/+430/12b & 1,6km/+50/9b )
3. SENIOR M → M-21A, M-21B, ÉLITE (4,3 km/+180/16b & 13,5km/+560/16b & 2,7km/+70/11b)  
SENIOR F → F-21A, F-21B, F-E (3,5km/+140/12b & 13,5km/+560/16b & 2,5km/+70/10b)
4. VETERÁNS A M → M-35, M-40 (3,6km/+130/15b & 10,5km/+430/12b & 2,1km/+70/9b)  
VETERÁNS A F → F-35, F-40, (2,9km/+110/14b & 10,5km/+430/12b & 1,8km/+60/9b)
5. VETERÁNS B → M-45, M-50 (2,6km/+100/11b & 6,5km/+280/10b & 1,7km/+60/9b )  
VETERÁNS B → F-45, F-50 (2,1km/+70/10b & 6,5km/+280/10b & 1,7km/+60/9b )
6. INICIACIÓN ( NON FEDERADOS E FEDER.) (1,4km/7b/+50 & 4´5km/+140/6b & 1,5km/+50/8b )
7. PARELLAS (XUNTOS-2 PINZAS) (2,9km/+110/14b & 10,5km/+430/12b & 1,8km/+60/9b)
8. PERCORRIDOS DE OP CURTO/DIFIC.FÁCIL (2,1km/+70/10b), MEDIO/DIFIC.MEDIA (2,6km/+90/14b),  
LONGO/DIFIC.ALTA (4,5km/+180/19b)

### CARTOGRAFÍA

- O-pé: Escala 1: 7500 Equidistancia 5 m
- Mtbo: Escala 1:10000 Equidistancia 10 m