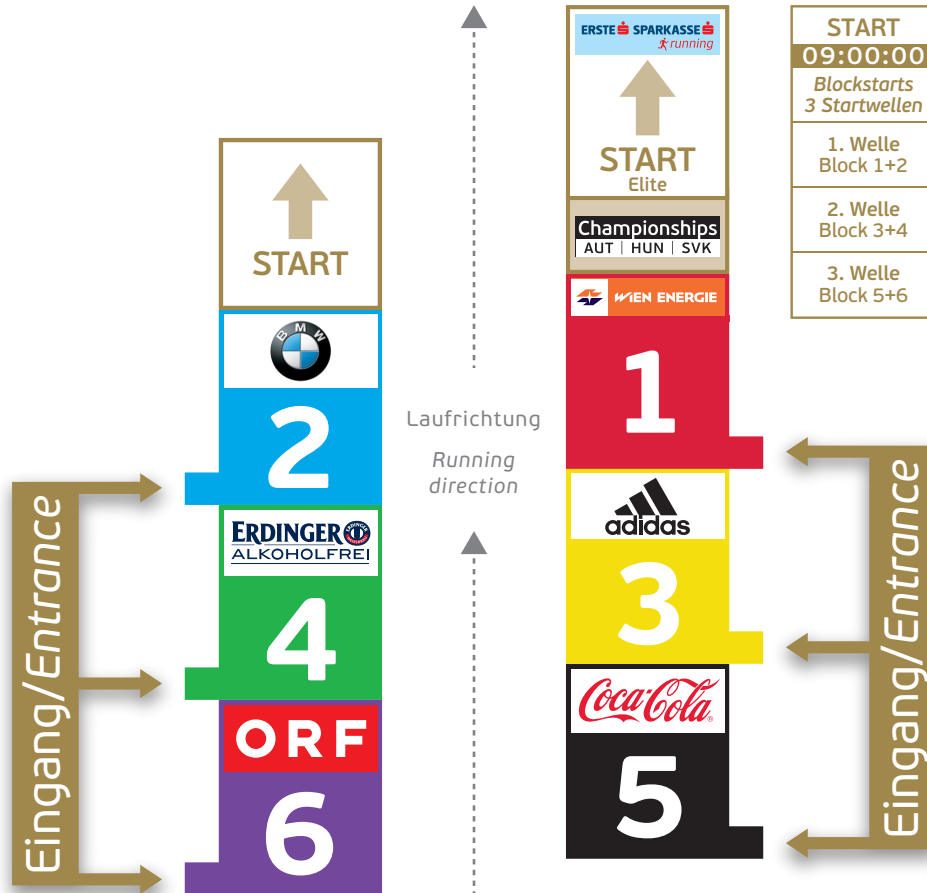


STARTBLÖCKE/STARTING BLOCKS



START
09:00:00
Blockstarts 3 Startwellen
1. Welle Block 1+2
2. Welle Block 3+4
3. Welle Block 5+6

BESTZEIT/BEST TIME:

Block 1: VCM <03:00, HM <01:30, Staffel <01:10
Block 2: VCM 03:00-03:30, HM 01:30-01:45, Staffel 01:10-01:25
Block 3: VCM 03:30-03:55, HM 01:45-01:55, Staffel 01:25-01:40
Block 4: VCM 03:55-04:10, HM 01:55-02:00, Staffel 01:40-01:50
Block 5: VCM 04:10-04:45, HM 02:00-02:20, Staffel 01:50-02:05
Block 6: VCM >04:45, HM >02:20, Staffel >02:05

VCM = Marathon HM = Half Marathon Staffel = Relay



Starten Sie nur aus jenem Startblock, der auf Ihrer Startnummer angegeben ist!
Please choose the correct starting area as indicated on your starting bib!