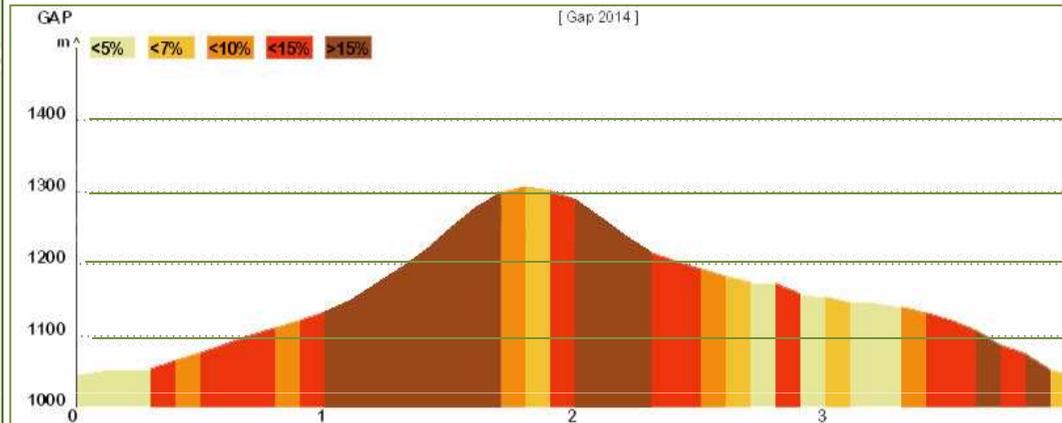




European
Mountain Running
Championships
Gap2014

COURSE



Distance

General lap 3.900m / 250m D+

Start to lap 900m (senior men) / 150m (others)

Finish 200m

Elevation

Start: 1.055m / Highest point: 1.305m

09:00	Junior Women	1 lap + Start/Arrival	4.250m / 250m D+
09:30	Junior Men	2 laps + Start/Arrival	8.150m / 500m D+
10:30	Senior Women	2 laps + Start/Arrival	8.150m / 500m D+
11:30	Senior Men	3 laps + Start/Arrival	12.800m / 750m D+