

Etape / Kortnavn	Etape 1 / Frederikshåb Vest
Målforshold	H/D <60: 1:10.000 H/D < 55: 1:7.500
Ækvivalens	2,5 m
Kortnorm	ISOM 2017

Bane	Længde	Poster	Start	Klasse
Course 01	10380 m	30 Poster	S1	M21
Course 02	8520 m	24 Poster	S1	M20, M35
Course 03	7600 m	20 Poster	S1	M18, M40, M45
Course 04	5750 m	19 Poster	S1	M21AM, W21
Course 05	5590 m	15 Poster	S1	M50
Course 06	5040 m	13 Poster	S1	M55
Course 07	5170 m	16 Poster	S1	M20AS, W20, W35
Course 08	5380 m	16 Poster	S1	M21AS
Course 09	4810 m	15 Poster	S1	M16, M60
Course 10	4420 m	13 Poster	S1	W18, W21AM, W40, W45
Course 11	3800 m	13 Poster	S1	M65, W21AS
Course 12	4440 m	12 Poster	S1	M16AS, M45AS, W16, W20AS
Course 13	3610 m	12 Poster	S1	W16AS, W50, W55
Course 14	2210 m	10 Poster	S1	W55AS
Course 15	2890 m	9 Poster	S1	M55AS, W60
Course 16	2920 m	8 Poster	S1	W45AS, W65
Course 17	3270 m	12 Poster	S2	M70
Course 18	2800 m	9 Poster	S2	M 75
Course 19	2500 m	9 Poster	S2	M80, M85, W70, W75
Course 20	2380 m	8 Poster	S2	W/M90, W80, W85
Course 21	4370 m	14 Poster	S2	M20B, M21B, M35B, M45B
Course 22	3090 m	11 Poster	S2	W20B, W21B, W35B, W45B
Course 23	3380 m	13 Poster	S2	M14, M16B
Course 24	3340 m	12 Poster	S2	W14, W16B
Course 25	3370 m	13 Poster	S2	M-Easy, M12, M14B, M20C, M21C, W-Easy, W12, W14B, W20C, W21C
Course 26	2950 m	16 Poster	S2	M-Beg, M10, M12B, W-Beg, W10, W12B
Open 1	8200 m	24 Poster	S2	Open 1
Open 2	6260 m	16 Poster	S2	Open 2

Open 3	5610 m	16 Poster	S2	Open 3
Open 4	3090 m	10 Poster	S2	Open 4
Open 5	4370 m	14 Poster	S2	Open 5
Open 6	3350 m	13 Poster	S2	Open 6
Open 7	2950 m	16 Poster	S2	Open 7