

Course	Distance	Rounded	Climb	Controls	Age Groups
1	20090 m	20100		54 Controls	M21E
2	14090 m	14100		41 Controls	M20E
3	13310 m	13300		39 Controls	W21E
4	10660 m	10700		32 Controls	W20E
5	8080 m	8100		17 Controls	M35, M21A
6	6990 m	7000		20 Controls	M40, M45, W35, W21A
7	5970 m	6000		16 Controls	M50, M55, W40, W45
8	4240 m	4200		15 Controls	M60, M65, W50, W55
9	3630 m	3600		12 Controls	M70, M75, W60, W65
10	2790 m	2800		12 Controls	M80, M85, W70, W75, W80
11	4040 m	4000		11 Controls	M14, M21B, M35B, M45B, M55B
12	3550 m	3500		11 Controls	W14, W21B, W35B, W45B, W55B
13	2500 m	2500		10 Controls	M12, M14B, W12, W14B
14	2260 m	2300		13 Controls	M10, M12B, W10, W12B