

| Zeit  | Lauf | Startklasse |           | Altersklassen        | Länge  | Strecke | Rd. |
|-------|------|-------------|-----------|----------------------|--------|---------|-----|
|       |      | Mannschaft  | Einzel    |                      |        |         |     |
| 11:00 | 1    | 1           | 1         | Männer               | 4500 m | blau    | 3   |
|       |      | 2           | 2 bis 9   | M50 bis M85          |        |         |     |
|       |      | 3           | 10 bis 21 | Frauen + W30 bis W80 |        |         |     |
| 11:45 | 2    | 4           | 22 + 23   | W12 + W13            | 1650 m | blau    | 1   |
| 12:00 | 3    | 5           | 24 + 25   | M12 + M13            | 1650 m | blau    | 1   |
| 12:15 | 4    | 6           | 26 bis 29 | WJ U18               | 3100 m | blau    | 2   |
|       |      | 7           | 27        | WJ U20               |        |         |     |
|       |      | 8           | 28        | MJ U18               |        |         |     |
|       |      | 9           | 29        | MJ U20               |        |         |     |
| 12:45 | 5    | 10          | 30 + 31   | W8 + W9              | 1150 m | grün    | 1   |
| 12:55 | 6    | 11          | 32 + 33   | M8 + M9              | 1150 m | grün    | 1   |
| 13:05 | 7    | 12          | 34 + 35   | W10 + W11            | 1350 m | grün    | 1   |
| 13:20 | 8    | 13          | 36 + 37   | M10 + M11            | 1350 m | grün    | 1   |
| 13:35 | 9    | 14          | 38 + 39   | W14 + W15            | 2500 m | grün    | 2   |
| 13:55 | 10   | 15          | 40 + 41   | M14 + M15            | 2500 m | grün    | 2   |
| 14:15 | 11   | 16          | 42        | Männer               | 8750 m | blau    | 6   |
|       |      | 17          | 43 + 44   | M30 + M35            |        |         |     |
|       |      | 18          | 45 + 46   | M40 + M45            |        |         |     |