

Loops - Vet Gates - Holds

CEN-B GLAINACH

06.09.2014

100 km	G1 30 km / red	G2 20 km / blue	G3 30 km / red	Finish 20 km / blue
Hold time:	00:30	00:40	00:40	
Re-Inspection:	☐	☒	☒	
Recov.time gates: 00:20, max. Pulse: 64. Recov.time finish: 00:30, max. Pulse: 64.				Time of start: 07:00:00 Time limit: 10:00:00 Last arrival: 18:50:00
80 km	G1 30 km /	G2 20 km /		Finish 30 km /
Hold time:	00:30	00:40		
Re-Inspection:	☐	☒		
Recov.time gates: 00:20, max. Pulse: 64. Recov.time finish: 00:30, max. Pulse: 64.				Time of start: 08:00:00 Time limit: 08:00:00 Last arrival: 17:10:00
60 km	G1 30 km / red			Finish 30 km / red
Hold time:	00:30			
Re-Inspection:	☐			
Recov.time gates: 00:20, max. Pulse: 64. Recov.time finish: 00:30, max. Pulse: 64.				Time of start: 09:00:00 Time limit: 06:00:00 Last arrival: 15:30:00
40 km BLM	G1 20 km / blue			Finish 20 km / blue
Hold time:	00:30			
Re-Inspection:	☐			
Recov.time gates: 00:20, max. Pulse: 64. Recov.time finish: 00:30, max. Pulse: 64.				Time of start: 09:30:00 Time limit: 05:00:00 Last arrival: 15:00:00
20 km				Finish 20 km / blue
Hold time:				
Re-Inspection:				
Recov.time gates: 00:20, max. Pulse: 64. Recov.time finish: 00:30, max. Pulse: 64.				Time of start: 09:30:00 Time limit: 02:30:00 Last arrival: 12:00:00