

**Day 1 Training in Velden/ Lake Cup 20. 06. 2024**  
 10 Controls for all categories / no timekeeping and „my heart for orienteering“

**Previous course lengths on 30. 05. 2024**

**Day 2 – Keutschach -Individual 21. 06. 2024**

Categories	Length (m)	climb(m)	Categories	Length (m)	climb(m)
W-10	1.700	45	M-10	1.700	45
W 12-	2.200	95	M 12-	2.200	95
W 14-	2.500	120	M 14-	2.500	120
W 16-	3.300	165	M 16-	4.000	225
W 18-	4.300	250	M 18-	4.500	265
W 19-	4.500	265	M 19-	4.900	295
W 35-	4.500	265	M 35-	4.900	295
W 45-	4.000	225	M 45-	4.300	250
W 55-	3.300	165	M 55-	4.000	225
W 65-	2.900	145	M 65-	3.300	165
W 75-	2.900	145	M 75-	3.300	165
Open	4.300	250	Beginner	2.200	95
Family	1.700	45	M/W Hobby	2.500	120

**Day 3 – Schiefing – Individual - 22. 06. 2024**

W 10	1.800	20	M-10	1.800	20
W 12-	2.000	50	M12-	2.000	50
W 14-	2.400	70	M14-	2.400	70
W 16-	3.200	90	M16-	3.900	100
W 18-	4.200	100	M18-	4.600	110
W 19-	4.600	110	M 19-	5.200	130
W 35-	4.600	110	M 35-	5.200	130
W 45-	3.900	100	M 45-	4.200	100
W 55-	3.200	90	M 55-	3.900	100
W 65-	2.900	90	M 65-	3.200	90
W 75-	2.900	90	M 75-	3.200	90
Family	1.800	20	Beginner	2.000	50
Open	4.200	100	M/W Hobby	2.400	70

**Day 4– Rosegg –Individual - 23. 06. 2024**

W 10	2.100	10	M-10	2.100	20
W 12-	2.500	20	M12-	2.500	20
W 14-	2.700	70	M14-	2.700	70
W 16-	3.300	85	M16-	4.200	100
W 18-	4.200	110	M18-	4.800	120
W 19-	4.800	120	M 19-	5.000	135
W 35-	4.800	120	M 35-	5.000	135
W 45-	4.200	100	M 45-	4.500	110
W 55-	3.300	85	M 55-	4.200	100
W 65-	2.900	80	M 65-	3.300	85
W 75-	2.900	80	M75-	3.300	85
Family	2.100	20	Beginner	2.500	20
Open	4.500	110	M/W Hobby	2.700	70