

Main Run with Youth U18 / U20

Route lenght: 10 km

Start time: 11:45 a.m.

Age groups: W U18, W U20
Seniors (f), W30, W35 etc. to W75;
M U18, M U20,
Seniors (m), M30, M35 etc. to M80.

Entry fee: 14,-- €

Award ceremony: from 1:45 p.m.

Awards: for place 1 to 3 in each age group
(male/female);
Certificates for place 1 to 3 in each age group
(male/female) in the main run, from place 4
on request at the award ceremony.

Document printout on the internet possible.

Team classification: The times of the 3 fastest male runners and the
times of the 3 fastest female runners
respectively are scored.
Non-cash prizes for place 1 to 3 in
the team rankings.

Company- / Hobby Run Youth U16 / Kids U14

Route lenght: 4 km

Start time: 10:30 a.m.

Age groups: **Company- / Hobby Run:**
Men and women without age groups.

Youth U16 / Kids U14:
Youth (m/f) U16 (birth 2009/2008)
Kids (m/f) U14 (birth 2011/2010)

Entry fee: Company- / Hobby Run: 8,-- €
Youth U16 / Kids U14: 5,-- €

Award ceremony: from 11:45 a.m.

Awards: **Company- / Hobby Run:**
for place 1 to 3 in each age group
(male/female);
Certificates for place 1 to 3 (male/female).

Youth U16 / Kids U14:
for place 1 to 3 in each age group
(male/female);
Certificates for place 1 to 3 (male/female).

Document printout on the internet possible.

Team classification: The times of the 5 fastest runners (male or
female) of a group / company / club are
scored.
Non-cash prizes for place 1 to 3 in the team
rankings.

Nordic Walking

Route length: 7,5 km (suitable for Sport badges in Germany)

Start time: 10:00 a.m.

Age groups: Men and women without age groups.

Entry fee: 8,-- €

Award ceremony: from 11:45 p.m.

Awards: for place 1 to 3 (male/female);
Certificates for place 1 to 3 (male/female).

Document printout on the internet possible.

Map / track layout main run

Adalbert-Stifter-Str. 50, 91074 Herzogenaurach

