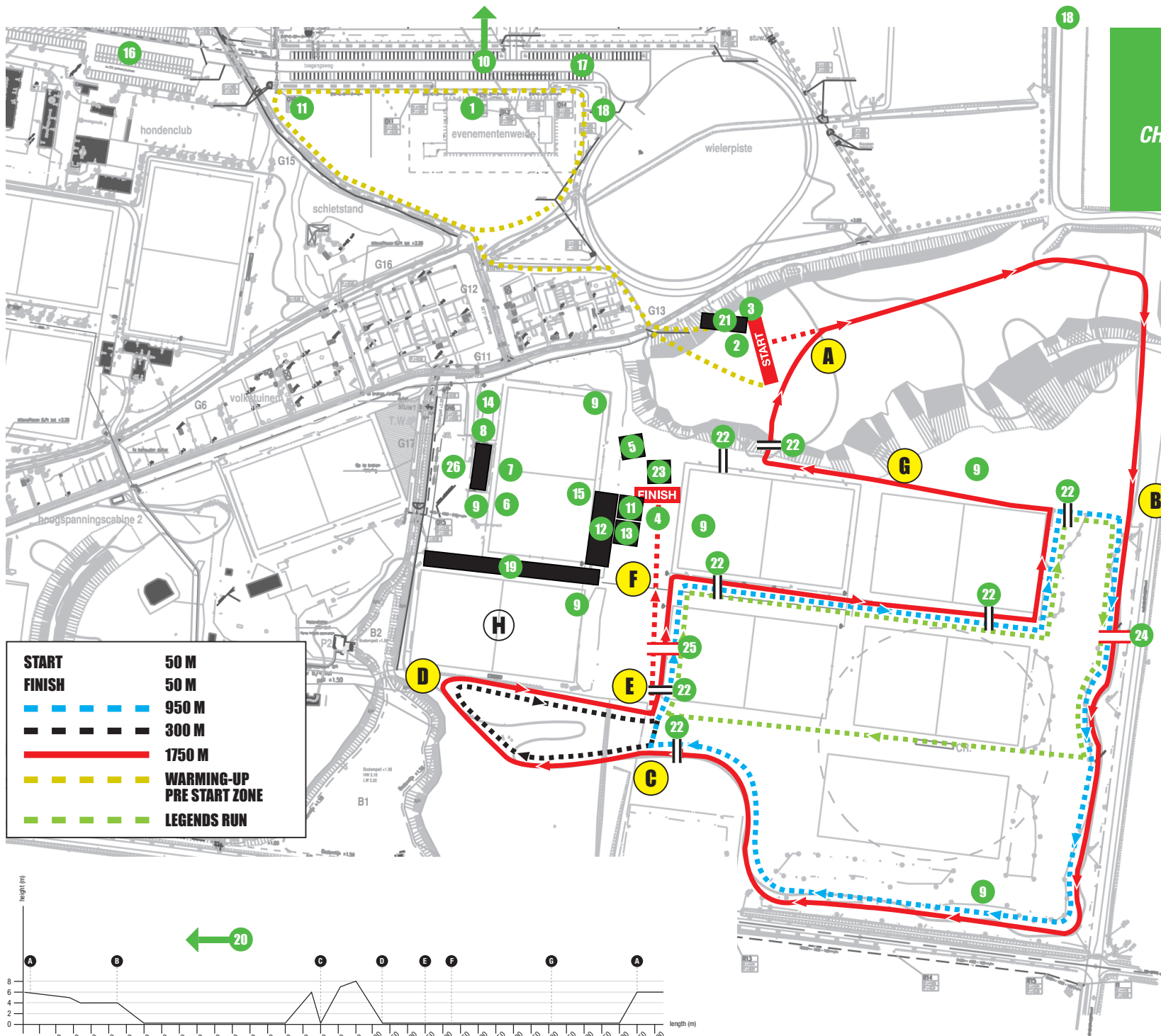


PARCOURS
BELGISCH KAMPIOENSCHAP
VELDLOPEN
CHAMPIONNAT DE BELGIQUE CROSS
COUNTRY
11/03/2012 - OOSTENDE



- 1 opwarmingszone/Zone d'échauffement
- 2 Oproepkamer/Chambre d'appel
- 3 Start/Départ
- 4 Aankomst/Arrivée
- 5 Ceremoniepodium/Podium de Cérémonie
- 6 Doping controle/Contrôle antidopage
- 7 Afhalen borstnummers/Remise des dossards
- 8 TIC
- 9 EHBO/Premiers secours
- 10 Kleedkamers/Vestiaires
- 11 Perscentrum/Centre de presse
- 12 VIP lounge
- 13 VIP tribune/Tribune de VIP
- 14 Toiletten/Toilettes
- 15 Team Tent Zone
- 16 Perssparking/Parking presse
- 17 VIP parking/Parking VIP
- 18 Ingang/Entrée
- 19 TV-compound
- 20 Parking
- 21 Catering
- 22 Passage
- 23 Mixed zone
- 24 Aflossingszone 1/Zone relais 1
- 25 Aflossingszone 2/Zone relais 2
- 26 Kleedkamer/Vestiaire Legends Run

U/H	CATEGORIE	PARCOURS	AFSTAND/DISTANCE	TOT.
10.15	Ben Meisjes/Filles relays:	start + ABCEF + FBCEF + finish	50 m + 950 m + 885 m + 50 m	= 1.935 m
10.28	Ben Jongens/Garçons relays:	start + ABCEF + FBCEF + finish	50 m + 950 m + 885 m + 50 m	= 1.935 m
10.40	Pup Meisjes/Filles 02:	start + ABCEF + finish	50 m + 950 m + 50 m	= 1.050 m
10.50	Pup Meisjes/Filles 01:	start + ABCEF + finish	50 m + 950 m + 50 m	= 1.050 m
10.58	Pup Jongens/Garçons 02:	start + ABCEF + finish	50 m + 950 m + 50 m	= 1.050 m
11.06	Pup Jongens/Garçons 01:	start + ABCEF + finish	50 m + 950 m + 50 m	= 1.050 m
11.15	Min Meisjes/Filles 00:	start + ABGA + ABCEF + finish	50 m + 590 m + 950 m + 50 m	= 1.640 m
11.25	Min Meisjes/Filles 99:	start + ABGA + ABCEF + finish	50 m + 590 m + 950 m + 50 m	= 1.640 m
11.35	Min Jongens/Garçons 00:	start + ABGA + ABCEF + finish	50 m + 590 m + 950 m + 50 m	= 1.640 m
11.45	Min Jongens/Garçons 99:	start + ABGA + ABCEF + finish	50 m + 590 m + 950 m + 50 m	= 1.640 m
11.55	Cad Meisjes/Filles 98:	start + ABCEF + FBCDEF + finish	50 m + 950 m + 1160 m + 50 m	= 2.210 m
12.08	Cad Meisjes/Filles 97:	start + ABCEF + FBCDEF + finish	50 m + 950 m + 1160 m + 50 m	= 2.210 m
12.21	Cad Jongens/Garçons 98:	start + ABCEF + FGABCDEF + finish	50 m + 950 m + 1750 m + 50 m	= 2.800 m
12.34	Cad Jongens/Garçons 97:	start + ABCEF + FGABCDEF + finish	50 m + 950 m + 1750 m + 50 m	= 2.800 m
12.46	Schol Meisjes/Scol Filles 96:	start + ABCEF + 2 x FBCDEF + finish	50 m + 950 m + 2 x 1160 m + 50 m	= 3.270 m
13.03	Schol Meisjes/Scol Filles 95:	start + ABCEF + 2 x FBCDEF + finish	50 m + 950 m + 2 x 1160 m + 50 m	= 3.270 m
13.20	Schol Jongens/Scol Garçons 96:	start + ABCDEF + 2 x FGABCDEF + finish	50 m + 1225 m + 2 x 1750 m + 50 m	= 4.825 m
13.40	Schol Jongens/Scol Garçons 95:	start + ABCDEF + 2 x FGABCDEF + finish	50 m + 1225 m + 2 x 1750 m + 50 m	= 4.825 m
14.00	Legend Run	start (E) + 3x EFBE + finish	3 x 750 m + 50m	= 2.500 m
14.15	Sen Vrouwen/Dames	start + ABCDEF + 3 x FGABCDEF + finish	50 m + 1225 m + 3 x 1750 m + 50 m	= 6.575 m
14.50	Sen Mannen/Hommes	start + ABCDEF + 5 x FGABCDEF + finish	50 m + 1225 m + 5 x 1750 m + 50 m	= 10.075 m
15.35	Jun Meisjes/Filles 94-93:	start + ABCDEF + 2 x FGABCDEF + finish	50 m + 1225 m + 2 x 1750 m + 50 m	= 4.825 m
16.00	Jun Jongens/Garçons 94-93:	start + ABCDEF + 3 x FGABCDEF + finish	50 m + 1225 m + 3 x 1750 m + 50 m	= 6.575 m
16.30	Korte Cross Vrouwen/ Cross Court Dames	start + ABCEF + FGABCDEF + finish	50 m + 950 m + 1750 m + 50 m	= 2.800 m
16.45	Korte Cross Mannen/ Cross Court Hommes	start + ABCDEF + FGABCDEF + finish	50 m + 1225 m + 1750 m + 50 m	= 3.075 m