

## CIRCUITOS INDIVIDUAL

Carreira a pé sentido ANTIhorario/Ciclismo sentido circulación- antihorario

PBX- 200m-1v/1km 1v/100m-1v

BX- 400m-1v/2Km-2v/200m-1v

AL- 800m-2v/3km-2v/400m-1v

INF- 1200- 2v/6 km. 4v/600m-1v

CD- 1600- 3v / 7,5Km. 5v/800m-2v



# CARREIRA A PÉ

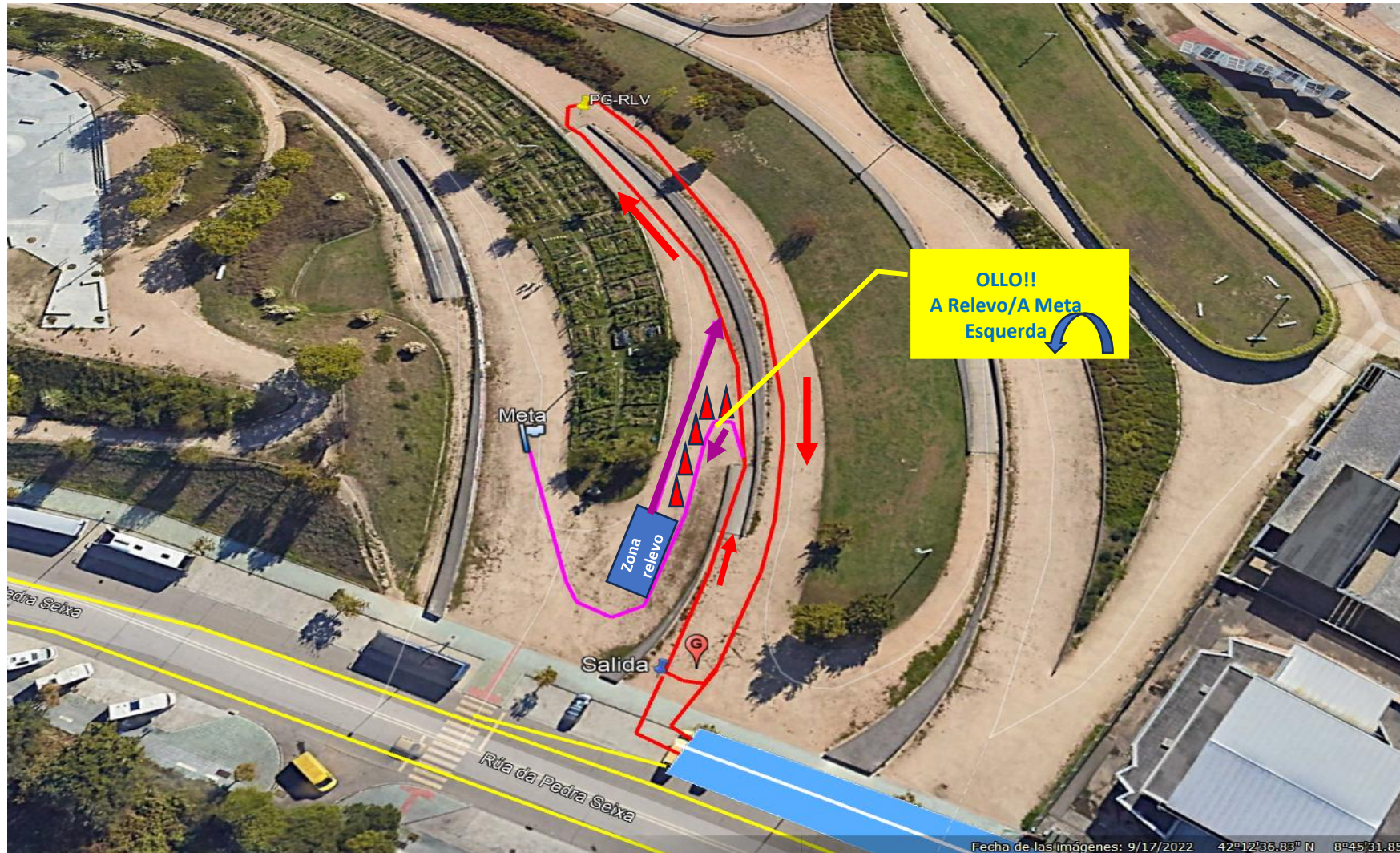


# CICLISMO



## ZONA DE RELEVO

RLV- 1º segmento 400m. 2v / 2º segmento 2 Km. 2v / 3º segmento 200m.1v

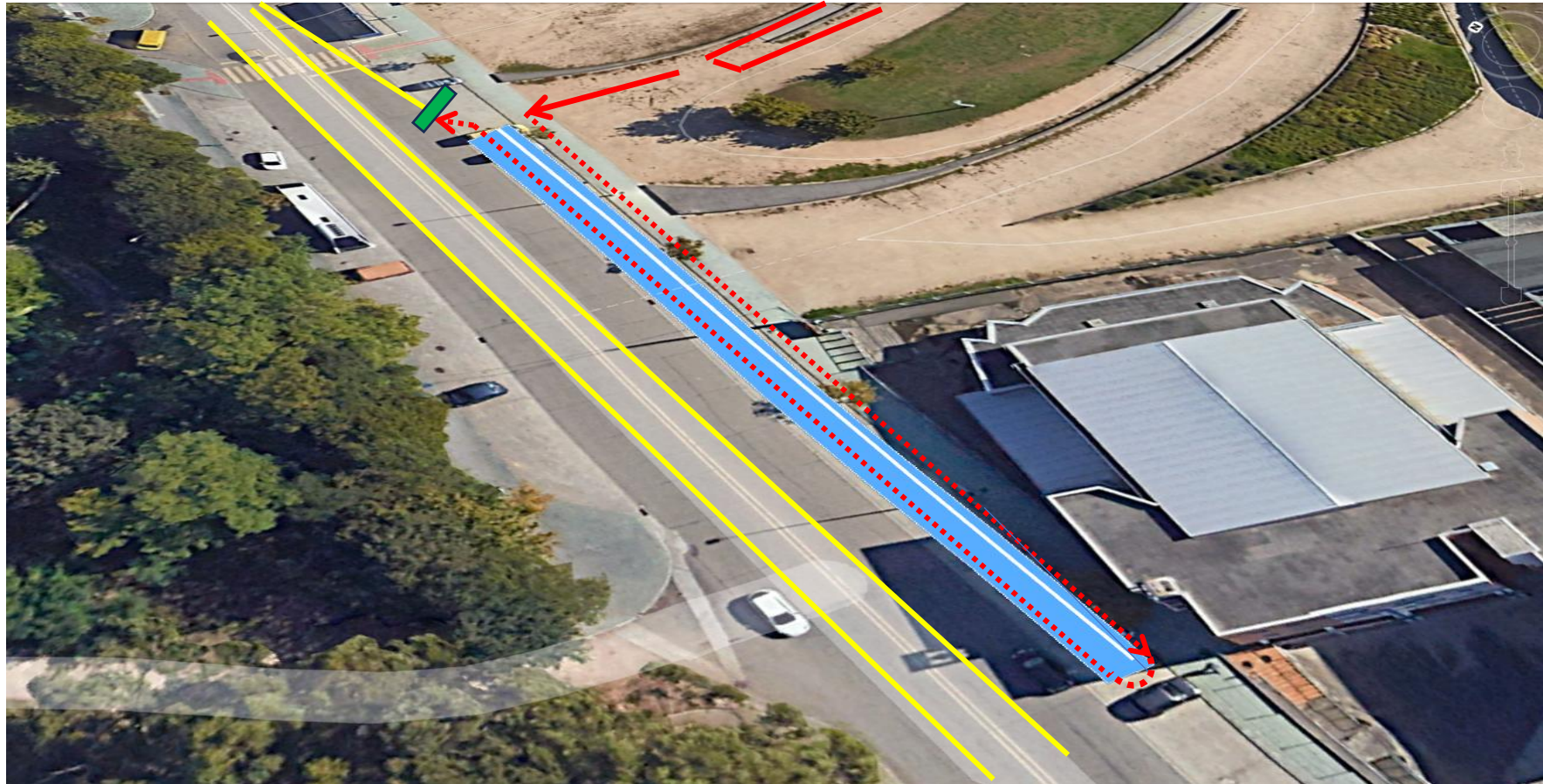


## CIRCUÍTO RELEVO

RLV- 1º segmento 400m. 2v / 2º segmento 2 Km. 2v / 3º segmento 200m.1v



## TRANSICIÓN 1



## TRANSICIÓN 2

