

5 + 5 days Vasto 2018
Course lengths and climb

		1		2		3		4		5		6		7		8		9	
		length	climb	length	climb	length	climb	length	climb	length	climb	length	climb	length	climb	length	climb	length	climb
1	Vasto	4290	85	3430	70	2920	70	2750	65	2900	60	3070	55	2810	60	2590	55	1320	25
2	Casalbordino	3060	90	2600	90	2460	70	2170	55	2340	55	2620	60	2360	60	2200	60	1370	40
3	Centomonti	4470	130	4180	120	3650	100	3520	90	3520	80	2960	70	2440	70	2640	60	1700	50
4	Bosco Cerasolo	4220	180	4060	140	3530	140	3450	150	3380	140	2810	110	2850	100	2720	100	1350	50
5	Fara San Martino	4120	95	3380	75	2970	65	2690	70	2865	65	2900	60	2780	55	2540	50	1290	30
6	Vasto	3150	100	3090	100	3000	70	2700	65	1680	50								
7	Lanciano	2770	90	2450	80	2190	60	2290	60	1460	40								
8	Maielletta	4200	170	3300		2800		3400		1600									
9	Passo Lanciano	4300		3400		2500		3000		1400									
10	Montorio nei Frentani	2590	100	2330	100	1860	90	1700	80	1250	40								

Week 40

- 1 M20 M21 M40
- 2 W21 W40
- 3 M50
- 4 W50 W55
- 5 M60 W60 OPEN M
- 6 M16 W18 M65 W65
- 7 M14 W14 W16 M70
- 8 M75 W70 OPEN S
- 9 M12 W12 BEG

Week 41

- 1 M W 21 M W 40
- 2 M W 50 M60 OPEN
- 3 MW70 MW75 M80
- 4 M65 W60
- 5 M12 M14 BEG



