



Copa Federación de Prueba Completa

Cross Country Speed and Distances

	CC12*-L	Intermedios	Principiantes	Introdutorios	Masters Challenge	Futuros Campeones
Distance	3640 m	1660 m	1090 m	795 m	500 m	500 m
Speed	520 mpm	375 mpm	350 mpm	300 mpm	250 mpm	250 mpm
Optimum Time	07:00	04:25	03:07	02:40	02:00	02:00
Time Limit	14:00	08:50	06:14	05:20	04:00	04:00
Speed Fault Time	-	03:41	02:34	01:59	01:26	01:26
Flags	Green	White with Black #s	White with Red #s	Yellow	Blue	Blue