

KNOCK-OUT SPRINT EDITION



TIC BCN 2022

15th TROFEU INTERNACIONAL CIUTAT DE BARCELONA

SPRINT DISTANCE

Anella Olímpica / 1:4000

Saturday 5 November

10:00 - 12:00

COURSE	OFFICIAL CLASSES	PROMOTION	Length (km)	Climb (m)	Controls
A	Men ELIT		3,4 km	75 m	16
B	Women ELIT M40+		2,9 km	60 m	14
C	W40+ M50+ M20-	Open	2,4 km	50 m	14
D	W50+ W60+ M60+ W20-		1,9 km	40 m	11
E	W16- M16-	Beginner Adults	1,8 km	35 m	10
F	W12- M12-	Beginner Children	1,5 km	25 m	9

MIDDLE DISTANCE

Fonts de Montjuïc / 1:4000

Saturday 5 November

14:00 - 17:00

COURSE	OFFICIAL CLASSES	PROMOTION	Length (km)	Climb (m)	Controls
A	Men ELIT		4,6 km	130 m	26
B	Women ELIT M40+		4,5 km	120 m	23
C	W40+ M50+ M20-	Open	3,5 km	80 m	17
D	W50+ W60+ M60+ W20-		3,1 km	85 m	17
E	W16- M16-	Beginner Adults	3,3 km	75 m	18
F	W12- M12-	Beginner Children	2,1 km	60 m	16

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KNOCK OUT SEMI-FINALS / SPRINT

Sunday 6 November

10:00 - 12:00

Mirador de l'Alcalde / 1:3000

Winner time : 10-12 min

COURSE	OFFICIAL CLASSES	PROMOTION	Length (km)	Climb (m)	Controls
A	Men ELIT		1,6 km	70 m	25
B	Women ELIT M40+		1,4 km	70 m	21
C	W40+ M50+ M20-		1,4 km	65 m	22
D	W50+ W60+ M60+ W20-		1,2 km	60 m	19
E	W16- M16-	Beginner Adults	1,3 km	50 m	21
F	W12- M12-	Beginner Children	1,0 km	35 m	15
Open	B Finals Open		1,3 km	60 m	20

KNOCK OUT FINALS

Sunday 6 November

12:00 - 13:30

Jardins Joan Brossa / 1:3000

Winner time : 10-12 min

COURSE	OFFICIAL CLASSES	Length (km)	Climb (m)	Controls
A	Men ELIT	2,1 km	90 m	24
B	Women ELIT M40+	1,7 km	70 m	22
C	W40+ M50+ M20-	1,7 km	75 m	21
D	W50+ W60+ M60+ W20-	1,5 km	65 m	19
E	W16- M16-	1,3 km	70 m	17
F	W12- M12-	0,9 km	45 m	14