




NIRVANA RAID 2022 LECCO-ITALY - ROUTE & LOGISTICS PLANNER

70 km

LEG	DISCIPLINE	SYMBOL	DISTANCE	TIME	STARTING TIME	ELEV. GAIN	ELEV. LOSS	CP'S	START
1	URBAN ORIENTEERING		2	00:20	08:00	0	10	1-5	  
LEG	DISCIPLINE	SYMBOL	DISTANCE	TIME	STARTING TIME	ELEV. GAIN	ELEV. LOSS	CP'S	TRANSITION 1
2	CYCLE		34	02:30	08:20	1250	840	6-10	  
LEG	DISCIPLINE	SYMBOL	DISTANCE	TIME	STARTING TIME	ELEV. GAIN	ELEV. LOSS	CP'S	TRANSITION 2
3	TREK		23	04:00	10:50	1190	1600	11-15	   
LEG	DISCIPLINE	SYMBOL	DISTANCE	TIME	STARTING TIME	ELEV. GAIN	ELEV. LOSS	CP'S	TRANSITION 3
4	KAYAK		7,5	01:00	14:50	0	0	16	   
LEG	DISCIPLINE	SYMBOL	DISTANCE	TIME	STARTING TIME	ELEV. GAIN	ELEV. LOSS	CP'S	FINISH
5	TREK		0,5	00:05	15:50	10	0		



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LEG	DISCIPLINE	SYMBOL	DISTANCE	TIME	STARTING TIME	ELEV. GAIN	ELEV. LOSS	CP'S	START
1	URBAN ORIENTEERING		2	00:20	21:00	0	10	1-5	
LEG	DISCIPLINE	SYMBOL	DISTANCE	TIME	STARTING TIME	ELEV. GAIN	ELEV. LOSS	CP'S	TRANSITION 1
2	KAYAK		14	01:20	21:20	0	10	6-8	
LEG	DISCIPLINE	SYMBOL	DISTANCE	TIME	STARTING TIME	ELEV. GAIN	ELEV. LOSS	CP'S	TRANSITION 2
3	CYCLE		42	04:30	22:40	1900	1150	9-12	
LEG	DISCIPLINE	SYMBOL	DISTANCE	TIME	STARTING TIME	ELEV. GAIN	ELEV. LOSS	CP'S	TRANSITION 3
4	TREK		14,5	03:00	03:10	1290	1290	13-18	
LEG	DISCIPLINE	SYMBOL	DISTANCE	TIME	STARTING TIME	ELEV. GAIN	ELEV. LOSS	CP'S	TRANSITION 4 (3)
5	CYCLE		17	01:15	06:10	500	840	19-21	
LEG	DISCIPLINE	SYMBOL	DISTANCE	TIME	STARTING TIME	ELEV. GAIN	ELEV. LOSS	CP'S	TRANSITION 5
6	TREK		36	09:00	07:25	2800	3200	22-29	
LEG	DISCIPLINE	SYMBOL	DISTANCE	TIME	STARTING TIME	ELEV. GAIN	ELEV. LOSS	CP'S	TRANSITION 6
7	KAYAK		7,5	01:00	16:25	0	0	30	
LEG	DISCIPLINE	SYMBOL	DISTANCE	TIME	STARTING TIME	ELEV. GAIN	ELEV. LOSS	CP'S	FINISH
8	TREK		0,5	00:05	17:25	10	0		