

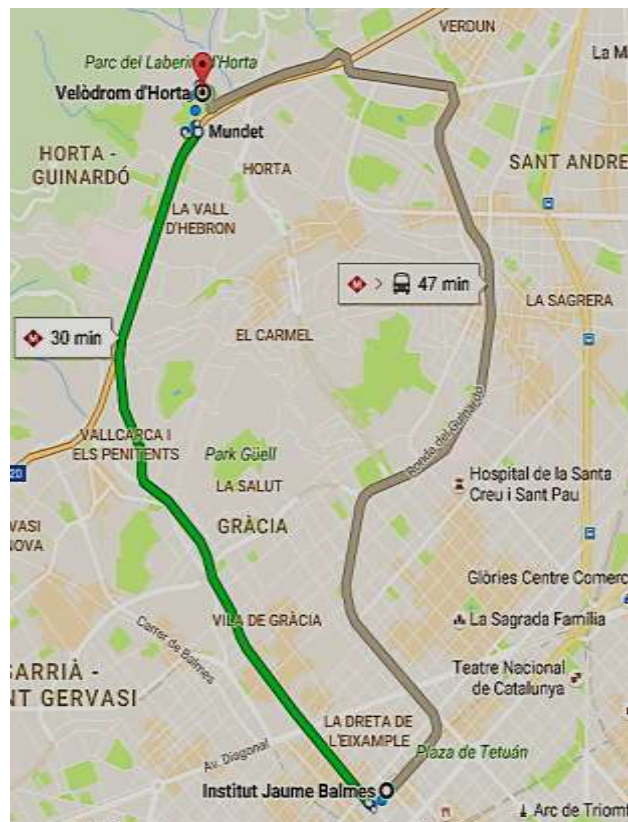
MIDDLE DISTANCE RACE: MUNDET AND MONTBAU

The middle distance race will take place in the neighbourhoods of Llaras Mundet and Montbau. The competition venue will be located at the Velòdrom d'Horta.

Public transport from l'Institut Jaume Balmes (journey: 22 minutes):

Underground **L3** for Trinitat Nova

- Get on at "**Passeig de Gràcia**" station (there's a train every 3 min.)
- 8 stops - (journey: 15 minutes)
- Get off at "**Mundet**" station
- Walk to the Velòdrom



❖ Technical Information

The starting line is 1200 metres (20 minutes walk) away from the competition venue. The finish line is at the same competition venue (Sportident download, checkrooms, showers)

Maps will not be collected at the end of the race. Runners' fair play is assumed!

Map: "Campus Mundet i Montbau Barcelona"
Scale: 1:4.000
Equidistance: 2,5 m.
Regulations: ISSOM 2007
Cartographers: Ferran Santoyo i Àngel Pi Boada
Updated: August 2016
Routes: Biel Ràfols Perramon



Category	Distance	Controls
M ELITE	4,5	33
W ELITE	3,8	28
M VETERAN	3,8	25
W VETERAN	3,1	23
M SUPERVETERAN	3	25
W SUPERVETERAN	2,5	22

Category	Distance	Controls
M ULTRAVETERAN	2,7	25
W ULTRAVETERAN	2,3	24
M JUNIOR	2,9	25
W JUNIOR	2,4	17
YOUTH	3,4	24
CHILDREN	1,5	17
M OPEN	3,1	25
W OPEN	2,6	25
BEGINNERS LONG	2,4	22
BEGINNERS SHORT	1,5	13

❖ PLANNER'S NOTES

- Although traffic is limited in those areas, it is very important to watch every time you cross any street.
- Some circuits run under Ronda de Dalt. Crossing this road is forbidden. Two available underpasses should be used.
- Controls have been placed in green areas. Pay special attention to avoid damages.
- **Some categories require over 30 control punches. Make sure that your SportIDENT model can accommodate all of them!**

