



# Parcours

Nationale LD Schoenefeld 17-02-2019

|    |                                    | Longueur | Denivelé | Nbre postes |
|----|------------------------------------|----------|----------|-------------|
| 1  | HE                                 | 14960 m  | 250 m    | 38          |
| 2  | H21                                | 11600 m  | 235 m    | 28          |
| 3  | H-20 / H35                         | 9840 m   | 235 m    | 25          |
| 4  | H40 / DE                           | 8850 m   | 220 m    | 26          |
| 5  | H-18 / H45                         | 7940 m   | 150 m    | 25          |
| 6  | H-16 / H50 / HB / D21              | 6880 m   | 150 m    | 20          |
| 7  | H55 / D-18 / D-20 / D35 / D40      | 6160 m   | 150 m    | 17          |
| 8  | H-14 / H60 / D-16 / D45 / D50 / DB | 5500 m   | 150 m    | 18          |
| 9  | H65 / D-14 / D55 / D60             | 4490 m   | 50 m     | 15          |
| 10 | H-12 / D-12                        | 2700 m   | 40 m     | 8           |
| 11 | H70 / H75 / D65 / D70              | 3590 m   | 50 m     | 11          |
| 12 | H80 / H85 / H90 / D75 / D80 / D85  | 3100 m   | 50 m     | 10          |
| 13 | H-10 / D-10                        | 2700 m   | 40 m     | 8           |
| 14 | LE                                 | 5400 m   | 150 m    | 14          |
| 15 | LD                                 | 7040 m   | 150 m    | 20          |
| 16 | SD                                 | 4000 m   | 50 m     | 15          |
| 17 | SE                                 | 4110 m   | 60 m     | 11          |