

CAI 3* Fericianci 2023



6km - 20 ctf
CD. Javier Perez

Check in

Controlled warm up 23-25min

Rest 5 min

Warm up obstacle 2 min

Start B- ctf1 - O1

ctf2 - ctf3 - km1 - ctf4 - O2

ctf5 - ctf6 - ctf7 - km2 - O3

ctf8 - ctf9 - ctf10 - O4 - km3

ctf11 - ctf12 - ctf13 O5 - km4

ctf14 - ctf15 - ctf16 O6

km5 - ctf17 - ctf18 - ctf19 - O7

300m - ctf20 - km6 - **Finish B**

Cool down 10+5min

CAI 2* , Jun, U25 Fericianci 2023



5150m - 1-16 ctf 20 ctf
CD. Javier Perez

Check in

Controlled warm up 23-25min

Rest 5 min

Warm up obstacle 2 min

Start B- ctf1 - O1

ctf2 - ctf3 - km1 - ctf4 - O2

ctf5 - ctf6 - ctf7 - km2 - O3

ctf8 - ctf9 - ctf10 - O4 - km3

ctf11 - ctf12 - ctf13 O5 - km4

ctf14 - ctf15 - ctf16 O6

300m - ctf 20 - km5 -**Finish B**

Cool down 10+5min

CAI 2* Ch Fericanci 2023



4500m - 1-13 ctf - 20 ctf
CD. Javier Perez

Check in

Controlled warm up 23-25min

Rest 5 min

Warm up obstacle 2 min

Start B- ctf1 - O1

ctf2 - ctf3 - km1 - ctf4 - O2

ctf5 - ctf6 - ctf7 - km2 - O3

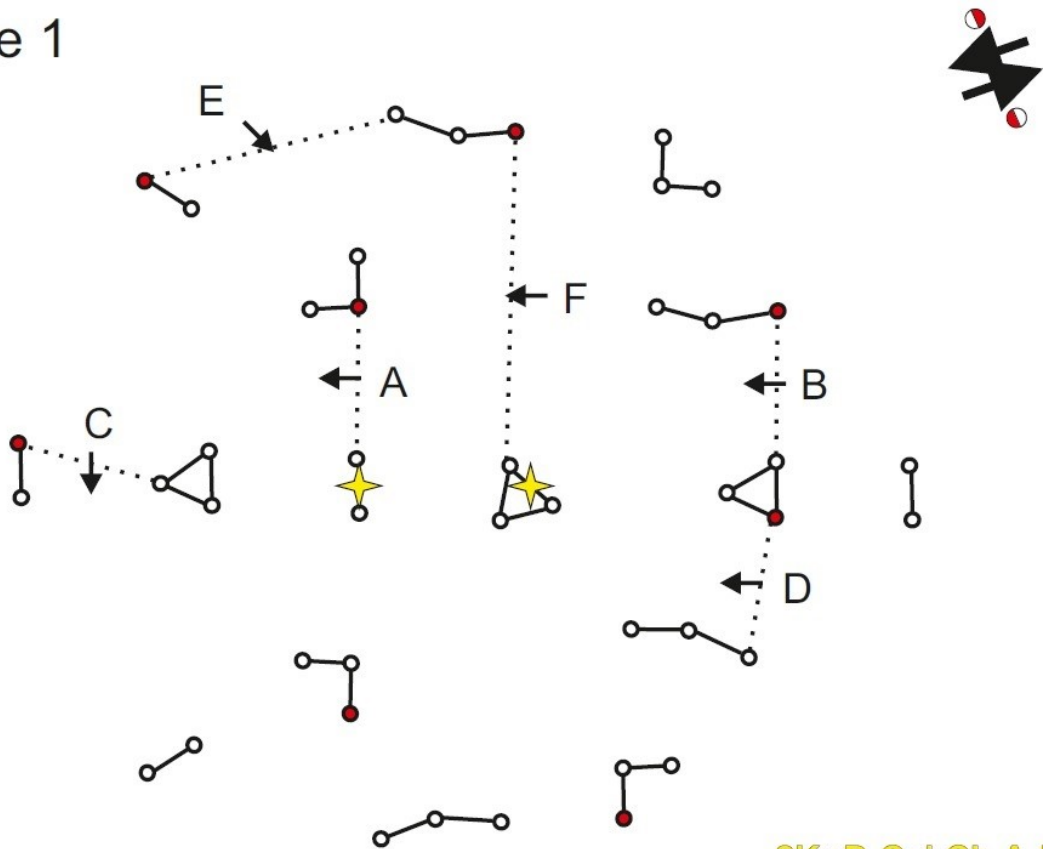
ctf8 - ctf9 - ctf10 - O4 - km3

ctf11 - ctf12 - ctf13 O5 - km4

300m - ctf20 - km6 -**Finish B**

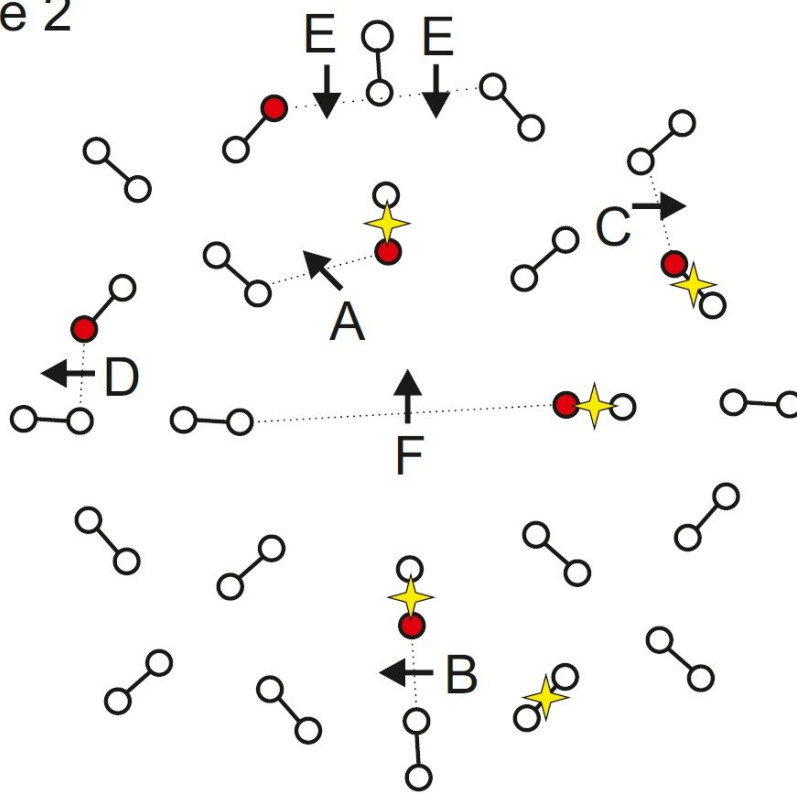
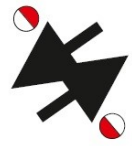
Cool down 10+5min

Obstacle 1



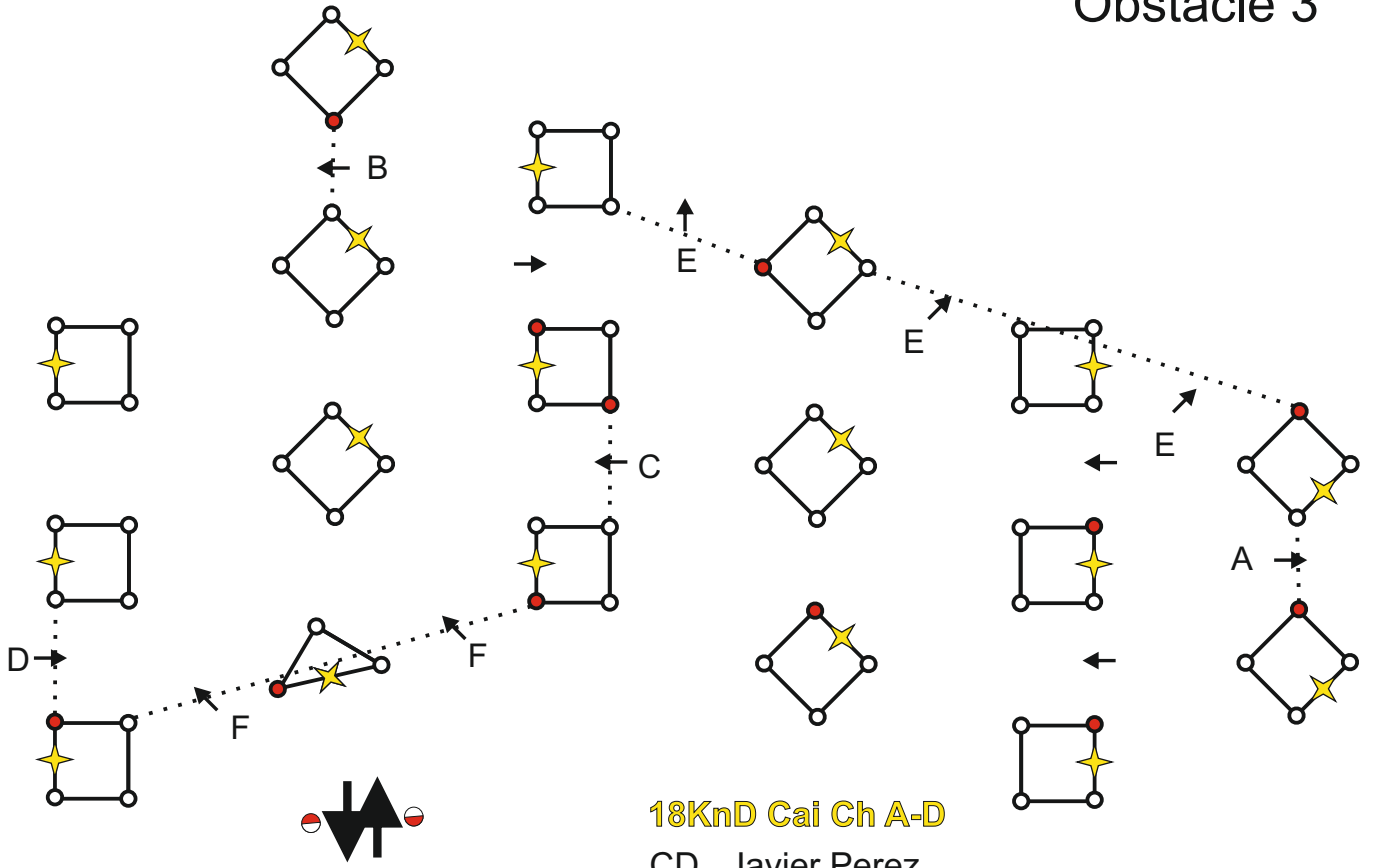
2KnD Cai Ch A-D
CD. Javier Perez

Obstacle 2



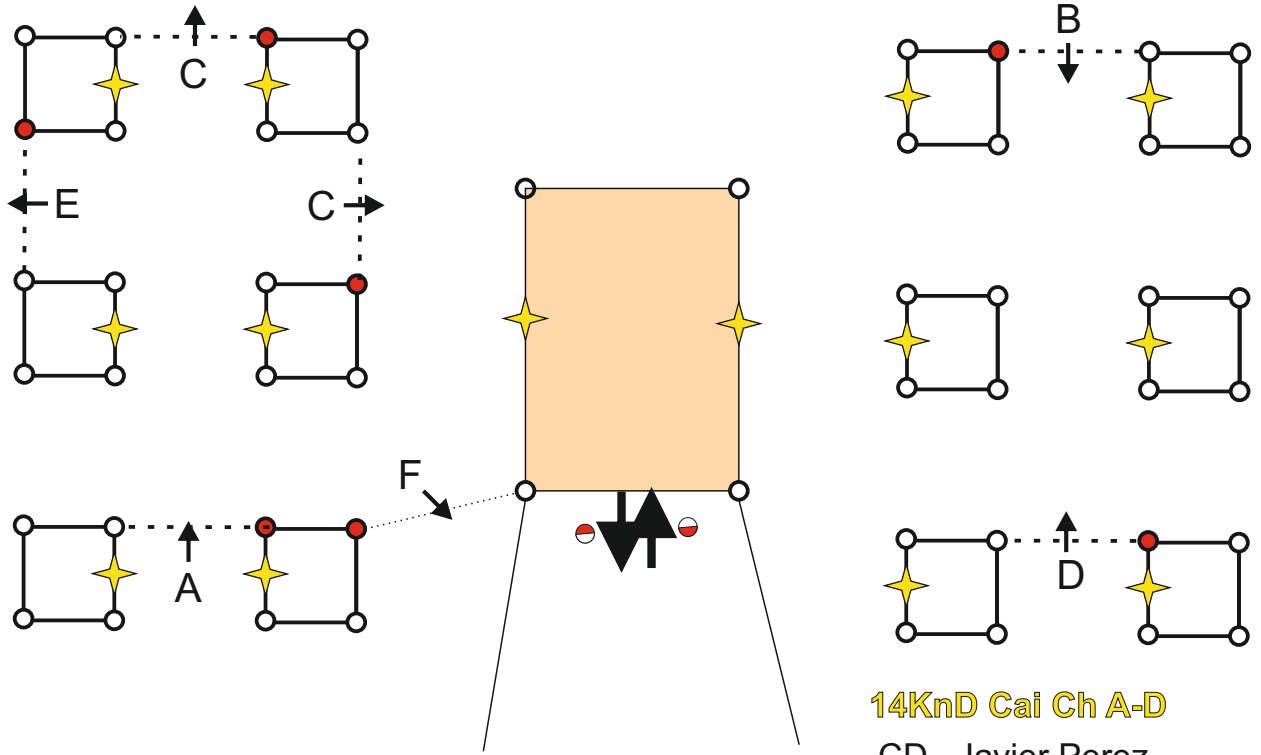
5KnD CAI Ch A-D

CD. Javier Perez



18KnD Cai Ch A-D
CD. Javier Perez

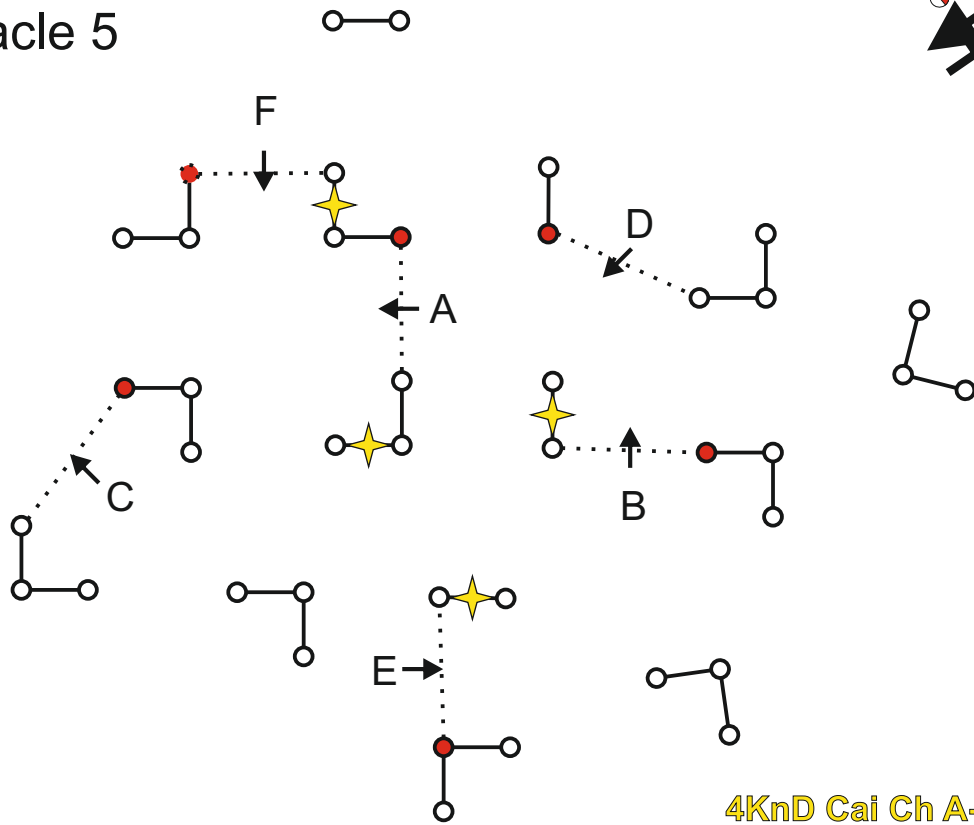
Obstacle 4



14KnD Cai Ch A-D

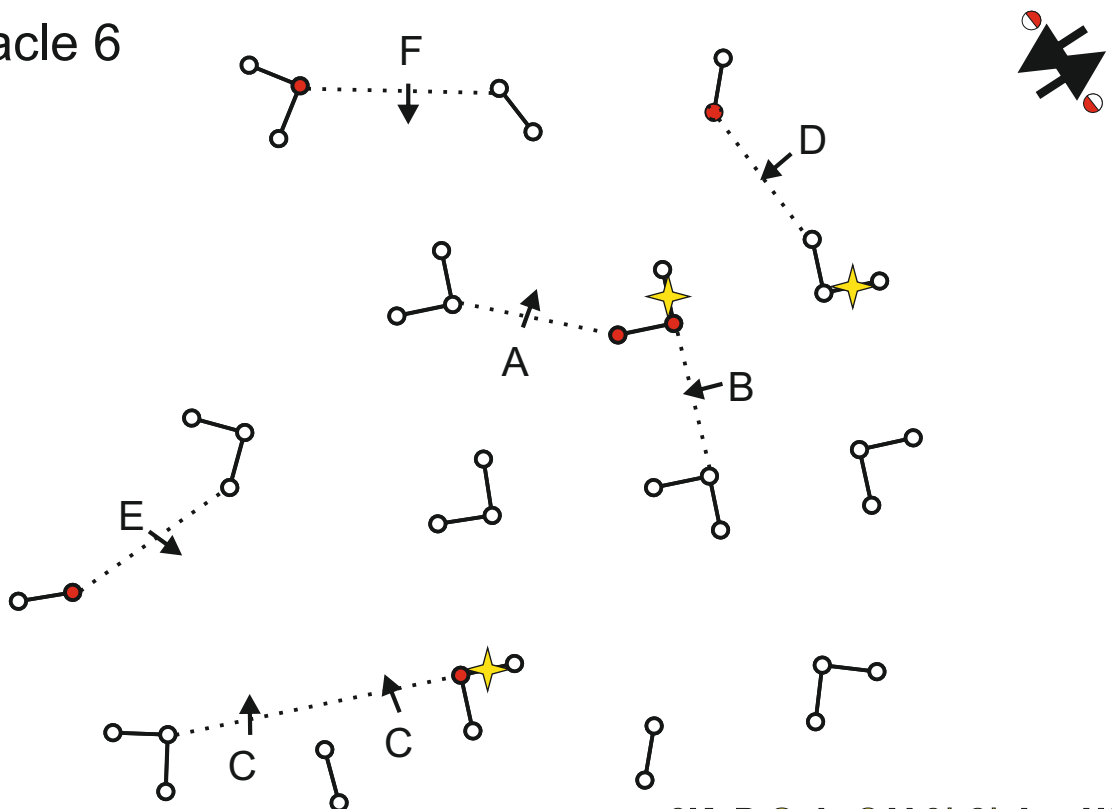
CD. Javier Perez

Obstacle 5



4KnD Cai Ch A-D
CD. Javier Perez

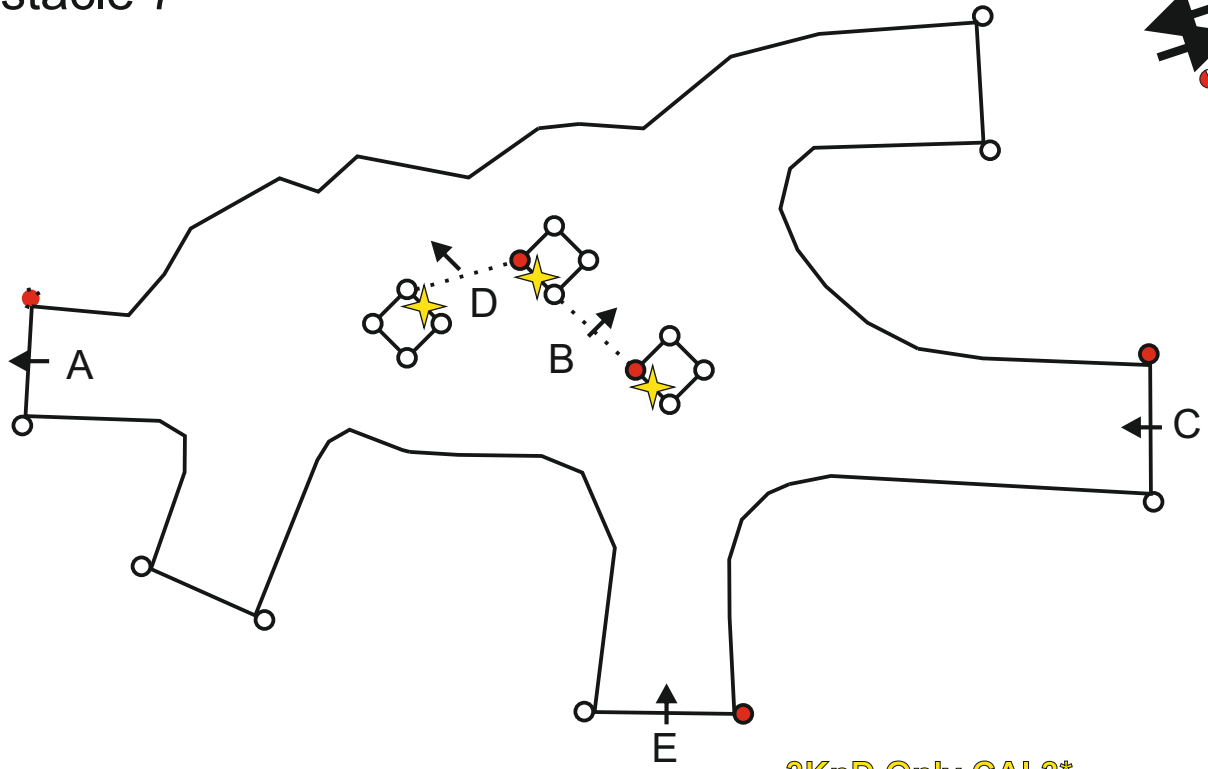
Obstacle 6



3KnD Only CAI 3*-2* Jun U25

CD. Javier Perez

Obstacle 7



3KnD Only CAI 3*
CD. Javier Perez