

## CATEGORIE E DISTANZE 3^ PROVA COPPA ITALIA MTB-O SPRINT 2025

Categorie competitive: M/W 12, M/W14, M/W17, M/W20, M/W ELITE, M/W B, M/W40, M/W50, M/W60, M70.

Categorie non competitive: Esordienti, Direct, E-bike

Categoria ludica: Bianco

	DISTANZA	DISLIVELLO	LANTERNE		DISTANZA	DISLIVELLO	LANTERNE
M12	3,2 km	30 m	15	W12	3,2 km	30 m	15
M14	5 km	65 m	15	W14	5 km	65 m	15
M17	7,3 km	125 m	22	W17	5,6 km	75 m	17
M20	7,3 km	125 m	22	W20	5,6 km	75 m	17
M40	7,3 km	125 m	22	W40	6,5 km	100 m	20
M50	6,5 km	100 m	20	W50	5 km	65 m	15
M60	5,6 km	75 m	17	W60	5 km	65 m	15
M70	5 km	65 m	15	W Elite	7,3 km	125 m	22
M Elite	7,9 km	140 m	26	E-Bike	5,6 km	75 m	17
MB	6,5 km	100 m	20	WB	5,6 km	75 m	17
ESO/Bianco	3,2 km	30 m	15	Direct	5,6 km	75 m	17

## CATEGORIES AND COURSE LENGTH

Competitive classes: M/W 12, M/W14, M/W17, M/W20, M/W ELITE, M/W B, M/W40, M/W50, M/W60, M70.

Not competitive classes: BEGINNERS, DIRECT, WHITE, E-BIKE

COURSE	LENGHT	CLIMB	POINTS	COURSE	LENGHT	CLIMB	POINTS
M12	3,2 km	30 m	15	W12	3,2 km	30 m	15
M14	5 km	65 m	15	W14	5 km	65 m	15
M17	7,3 km	125 m	22	W17	5,6 km	75 m	17
M20	7,3 km	125 m	22	W20	5,6 km	75 m	17
M40	7,3 km	125 m	22	W40	6,5 km	100 m	20
M50	6,5 km	100 m	20	W50	5 km	65 m	15
M60	5,6 km	75 m	17	W60	5 km	65 m	15
M70	5 km	65 m	15	W Elite	7,3 km	125 m	22
M Elite	7,9 km	140 m	26	E-Bike	5,6 km	75 m	17
MB	6,5 km	100 m	20	WB	5,6 km	75 m	17
ESO/Bianco	3,2 km	30 m	15	Direct	5,6 km	75 m	17

## CATEGORIE E DISTANZE CAMPIONATO ITALIANO MTBO MIDDLE 2025

Categorie competitive: M/W 12, M/W14, M/W17, M/W20, M/W ELITE, M/W B, M/W40, M/W50, M/W60, M70.

Categorie non competitive: Esordienti, Direct, E-bike

Categoria ludica: Bianco

	DISTANZA	DISLIVELLO	LANTERNE		DISTANZA	DISLIVELLO	LANTERNE
M12	3,8 km	50 m	9	W12	3,8 km	50 m	9
M14	7,2 km	100 m	11	W14	7,2 km	100 m	11
M17	13,6 km	270 m	15	W17	9,0 km	150 m	11
M20	13,6 km	270 m	15	W20	9,0 km	150 m	11
M40	13,6 km	270 m	15	W40	12 km	200 m	14
M50	12 km	200 m	14	W50	7,2 km	100 m	11
M60	9,0 km	150 m	11	W60	7,2 km	100 m	11
M70	7,2 km	100 m	11	W Elite	15,5 km	300 m	16
M Elite	18,8 km	380 m	20	E-Bike	9,0 km	150 m	11
MB	12 km	200 m	14	WB	9,0 km	150 m	11
ESO/Bianco	3,8 km	50 m	9	Direct	9,0 km	150 m	11

## CATEGORIES AND COURSE LENGTH ITALIAN CHAMPIONSHIP MTBO MIDDLE

Competitive classes: M/W 12, M/W14, M/W17, M/W20, M/W ELITE, M/W B, M/W40, M/W50, M/W60, M70. --- Not competitive classes: BEGINNERS, DIRECT, WHITE, E-BIKE

COURSE	LENGHT	CLIMB	POINTS	COURSE	LENGHT	CLIMB	POINTS
M12	3,8 km	50 m	9	W12	3,8 km	50 m	9
M14	7,2 km	100 m	11	W14	7,2 km	100 m	11
M17	13,6 km	270 m	15	W17	9,0 km	150 m	11
M20	13,6 km	270 m	15	W20	9,0 km	150 m	11
M40	13,6 km	270 m	15	W40	12 km	200 m	14
M50	12 km	200 m	14	W50	7,2 km	100 m	11
M60	9,0 km	150 m	11	W60	7,2 km	100 m	11
M70	7,2 km	100 m	11	W Elite	15,5 km	300 m	16
M Elite	18,8 km	380 m	20	E-Bike	9,0 km	150 m	11
MB	12 km	200 m	14	WB	9,0 km	150 m	11
ESO/Bianco	3,8 km	50 m	9	Direct	9,0 km	150 m	11