

Sonntag 19.03 1. Tag – Kurz Distanz

1. Rennen / CT / Vormittag			2. Rennen / FT / Vormittag		
Streckenlänge	Strecke	Alter / Klasse	Streckenlänge	Strecke	Alter / Klasse
7 km (1 x 7,0 k)	7,0 km	M01 - 06	7 km (1 x 7,0 k)	7,0 km	M01 - 06
7 km (1 x 7,0 k)	7,0 km	M07 - 09	7 km (1 x 7,0 k)	7,0 km	M07 - 09
7 km (1 x 7,0 k)	7,0 km	F01 - 08	7 km (1 x 7,0 k)	7,0 km	F01 - 08
5 km (1 x 5,0 l.k)	5,0 km leicht	M10 - 13+	5 km (1 x 5,0 l.k)	5,0 km leicht	M10 - 13+
5 km (1 x 5,0 l.k)	5,0 km leicht	F09 - 13+	5 km (1 x 5,0 l.k)	5,0 km leicht	F09 - 13+

Montag 20.3 2. Tag – Mittlere Distanz

3. Rennen / CT / Vormittag		
Streckenlänge	Strecke	Alter / Klasse
20 km (3 x 7,0 k)	7,0 km	M01 - 06
15 km (3 x 5,0 k)	5,0 km	M07 - 09
15 km (3 x 5,0 k)	5,0 km	F01 - 08
10 km (2 x 5,0 l.k)	5,0 km leicht	M10 - 13+
10 km (2 x 5,0 l.k)	5,0 km leicht	F09 - 13+

Dienstag 21.03 3. Tag - Mittlere Distanz

4. Rennen / FT / Vormittag		
Streckenlänge	Strecke	Alter / Klasse
20 km (3 x 7,0 k)	7,0 km	M01 - 06
15 km (3 x 5,0 k)	5,0 km	M07 - 09
15 km (3 x 5,0 k)	5,0 km	F01 - 08
10 km (2 x 5,0 l.k)	5,0 km leicht	M10 - 13+
10 km (2 x 5,0 l.k)	5,0 km leicht	F09 - 13+

Mittwoch 22.03 4. Tag / Staffel

Staffel 4 x 5 km / Herren & Damen		
Staffel	Strecke	Laufstil
Leg 1 & 2 (1 x 5,0 k)	5,0 km	CT
Leg 3 & 4 (1 x 5,0 k)	5,0 km	FT

Donnerstag 23.03 5. Tag – Lange Distanz

5. Rennen / FT / Vormittag		
Streckenlänge	Strecke	Alter / Klasse
30 km (4 x 7,0 k)	7,0 km	M01 - 06
30 km (6 x 5,0 l.k)	5,0 km	M07 - 09
30 km (6 x 5,0 l.k)	5,0 km	F01 - 06
20 km (4 x 5,0 l.k)	5,0 km	F07 - 08
15 km (3 x 5,0 l.k)	5,0 km leicht	M10 - 13+
15 km (3 x 5,0 l.k)	5,0 km leicht	F09 - 13+

Freitag 24.03 6. Tag – Lange Distanz

6. Rennen / CT / Vormittag		
Streckenlänge	Strecke	Alter / Klasse
30 km (4 x 7,0 k)	7,0 km	M01 - 06
30 km (6 x 5,0 l.k)	5,0 km	M07 - 09
30 km (6 x 5,0 l.k)	5,0 km	F01 - 06
20 km (4 x 5,0 l.k)	5,0 km	F07 - 08
15 km (3 x 5,0 l.k)	5,0 km leicht	M10 - 13+
15 km (3 x 5,0 l.k)	5,0 km leicht	F09 - 13+

COMPETITION PROGRAM – MWC 2023 - NEW



Sunday 19.03 1. Day / short distance

1. Race / CT / morning			2. Race / FT / Vormittag		
distance	course	age / classes	distance	course	age / classes
7 km (1 x 7,0 k)	7,0 km	M01 - 06	7 km (1 x 7,0 k)	7,0 km	M01 - 06
7 km (1 x 7,0 k)	7,0 km	M07 - 09	7 km (1 x 7,0 k)	7,0 km	M07 - 09
7 km (1 x 7,0 k)	7,0 km	F01 - 08	7 km (1 x 7,0 k)	7,0 km	F01 - 08
5 km (1 x 5,0 l.k)	5,0 km light	M10 - 13+	5 km (1 x 5,0 l.k)	5,0 km light	M10 - 13+
5 km (1 x 5,0 l.k)	5,0 km light	F09 - 13+	5 km (1 x 5,0 l.k)	5,0 km light	F09 - 13+

Monday 20.03 2. Day / middle distance

3. Race / CT / morning		
distance	course	age / classes
20 km (3 x 7,0 k)	7,0 km	M01 - 06
15 km (3 x 5,0 k)	5,0 km	M07 - 09
15 km (3 x 5,0 k)	5,0 km	F01 - 08
10 km (2 x 5,0 l.k)	5,0 km light	M10 - 13+
10 km (2 x 5,0 l.k)	5,0 km light	F09 - 13+

Tuesday 21.03 3. Day / middle distance

4. Race / FT / morning		
distance	course	age / classes
20 km (3 x 7,0 k)	7,0 km	M01 - 06
15 km (3 x 5,0 k)	5,0 km	M07 - 09
15 km (3 x 5,0 k)	5,0 km	F01 - 08
10 km (2 x 5,0 l.k)	5,0 km light	M10 - 13+
10 km (2 x 5,0 l.k)	5,0 km light	F09 - 13+

Wednesday 22.03 4. Day / relay

Relay 4 x 5km / men & woman		
relay	course	
Leg 1 & 2 (1 x 5,0 k)	5,0 km	CT
Leg 3 & 4 (1 x 5,0 k)	5,0 km	FT

Thursday 23.03 5. Day / long distance

5. Race / FT / morning		
distance	course	age / classes
30 km (4 x 7,0 k)	7,0 km	M01 - 06
30 km (6 x 5,0 l.k)	5,0 km	M07 - 09
30 km (6 x 5,0 l.k)	5,0 km	F01 - 06
20 km (4 x 5,0 l.k)	5,0 km	F07 - 08
15 km (3 x 5,0 l.k)	5,0 km light	M10 - 13+
15 km (3 x 5,0 l.k)	5,0 km light	F09 - 13+

Friday 24.03 6. Day / long distance

6. Rennen / CT / Vormittag		
Streckenlänge	Strecke	Alter / Klasse
30 km (4 x 7,0 k)	7,0 km	M01 - 06
30 km (6 x 5,0 l.k)	5,0 km	M07 - 09
30 km (6 x 5,0 l.k)	5,0 km	F01 - 06
20 km (4 x 5,0 l.k)	5,0 km	F07 - 08
15 km (3 x 5,0 l.k)	5,0 km light	M10 - 13+
15 km (3 x 5,0 l.k)	5,0 km light	F09 - 13+