

## Preliminary XC Map >

- Distance: 2735 meters
- Speed: 520 mpm
- **Optimum Time: 5:16 min**
- Time Limit: 10:32 min
- Speed Faults: ---- min

## Training XC Map >

- Distance: 2250 meters
- Speed: 450 mpm
- **Optimum Time: 5:00 min**
- Time Limit: 10:00 min
- Speed Faults: 4:20 min / 520 mpm

## Novice XC Map >

- Distance: 1900 meters
- Speed: 375 mpm
- **Optimum Time: 5:04 min**
- Time Limit: 10:08 min
- Speed Faults: 4:14 min / 450 mpm

## Beginner Novice XC Map >

- Distance: 1850 meters
- Speed: 325 mpm
- **Optimum Time: 5:42 min**
- Time Limit: 11:24 min
- Speed Faults: 4:25 min / 420 mpm