

starting grid - massstart

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|--------------------------------|------------------------------|----------------|---------------|
| 10:00 AM inline skating | cadets(2010-2011) | starting row 1 | 2 laps |
| | schoolchildren A (2012-2013) | starting row 2 | 1 lap |
| | schoolchildren B (2014-2015) | starting row 3 | 1 lap |

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|----------------------------|-------------------------------|----------------|---------------|
| 10:01 AM roller ski | schoolchildren II (2011-2012) | starting row 1 | 2 laps |
| | schoolchildren I (2013-2014) | starting row 2 | 1 lap |

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|--------------------------------|-------------------|----------------|----------------|
| 10:30 AM inline skating | Men/Juniors | starting row 1 | 10 laps |
| | youth (2008-2009) | starting row 2 | 5 laps |
| | Women/Juniors | starting row 3 | 10 laps |
| | youth (2008-2009) | starting row 4 | 5 laps |

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|----------------------------|--------------------|----------------|--------------------|
| 10:31 AM roller ski | Men/Juniors | starting row 1 | 10 laps |
| | youth I & youth II | starting row 2 | 3 or 5 laps |
| | Women/Juniors | starting row 3 | 7 laps |
| | youth I & youth II | starting row 4 | 3 or 5 laps |

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| 10:32 AM roller ski classic | Men/Women U50/Ü50 | starting row 5 | 7 laps |
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|----------------------------|-----------------------------|----------------|----------------|
| 10:33 AM kick biker | Men (from 2008 and older) | starting row 1 | 10 laps |
| | Women (from 2008 and older) | starting row 2 | 10 laps |
| | schoolchildren (2009-2014) | starting row 3 | 3 laps |
| | schoolchildren (2009-2014) | starting row 4 | 3 laps |

11:04 AM Fitnessrun

starting row 1 **3 laps**