

starting grid - massstart

10:00 AM inline skating	cadets (2012-2013)	starting row 1	2 laps
	schoolchildren A (2014-2015)	starting row 2	1 lap
	schoolchildren B (2016-2017)	starting row 3	1 lap

10:01 AM roller ski	schoolchildren II (2013-2014)	starting row 1	2 laps
	schoolchildren I (2015-2016)	starting row 2	1 lap

10:30 AM inline skating	Men/Juniors	starting row 1	10 laps
	youth (2010-2011)	starting row 2	5 laps
	Women/Juniors	starting row 3	10 laps
	youth (2010-2011)	starting row 4	5 laps

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

10:32 AM roller ski cl.	Men/Women U50/O50	starting row 5	7 laps
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10:33 AM kick biker	Men (from 2010 and older)	starting row 1	10 laps
	Women (from 2010 & older)	starting row 2	10 laps
	schoolchildren (2011-2016)	starting row 3	3 laps
	schoolchildren (2011-2016)	starting row 4	3 laps

11:04 AM Fitnessrun	Everything that rolls.	starting row 1	3 laps
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