

OPAA CUP 2026

1976/2026 - 50° DEL RICORDO

LUNGHEZZE / LENGTHS

SPRINT

	LUNGHEZZA	DISLIVELLO	LANTERNE
	LENGTH	CLIMBING	LANTERN
ME	7,70 km	25	29
WE – M20 – M40 – NERO	6,10 km	25	22
M17 – M50 – W40 – MB – W20	5,20 km	20	19
M60 – W17 – ROSSO	4,20 km	20	17
W50 – M70	3,60 km	20	13
W60 – WB – M14 – W14 – GIALLO	4,30 km	20	17
M12 – W12 – BIANCO	3,10 km	20	12

STAFFETTA / RELAY

	LUNGHEZZA	DISLIVELLO	LANTERNE
	LENGTH	CLIMBING	LANTERN
ME	7,70 km	125	21
WE – M40 – M18	7,00 km	125	20
M55 – W40 – W18	6,20 km	20	17
M15 – W15 – W55 – OPEN	5,50 km	20	15
M12 – W12	4,10 km	20	12

MIDDLE

	LUNGHEZZA	DISLIVELLO	LANTERNE
	LENGTH	CLIMBING	LANTERN
ME	19,70 km	100	33
WE – M20 – M40 – NERO – W20	16,70 km	80	23
M17 – M50 – W40 – MB	12,20 km	10	18
M60 – W17 – ROSSO	8,00 km	10	16
W50 – M70	6,70 km	10	12
W60 – WB – M14 – W14 – GIALLO	6,20 km	10	11
M12 – W12 – BIANCO	3,50 km	0	11

