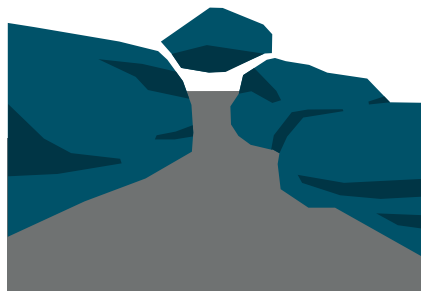


# MISTRZOSTWA POLSKI 2024



BLIŻYN, 11-12 MAJA 2024

## PARAMETRY TRAS

### BIEG NOCNY

| Kategoria | Dystans [km] | Liczba PK | Przewyższenie [m] | Skala mapy |
|-----------|--------------|-----------|-------------------|------------|
| K16       | 3,9          | 19        | 70                | 1: 10 000  |
| K18       | 4,5          | 19        | 85                | 1: 10 000  |
| K20       | 4,8          | 21        | 90                | 1: 10 000  |
| K21       | 6,2          | 28        | 120               | 1: 10 000  |
| K35       | 4,5          | 19        | 85                | 1: 10 000  |
| K40       | 4,0          | 20        | 75                | 1: 10 000  |
| K45       | 3,3          | 15        | 65                | 1: 10 000  |
| K50       | 3,1          | 12        | 60                | 1: 7 500   |
| K55       | 3,1          | 13        | 60                | 1: 7 500   |
| K60       | 2,8          | 14        | 55                | 1: 7 500   |
| K65       | 2,3          | 13        | 40                | 1: 7 500   |
| K70       | 1,8          | 8         | 25                | 1: 7 500   |
| K75       | 1,6          | 8         | 25                | 1: 7 500   |
| M16       | 5,4          | 22        | 100               | 1: 10 000  |
| M18       | 5,7          | 26        | 110               | 1: 10 000  |
| M20       | 5,9          | 24        | 115               | 1: 10 000  |
| M21       | 7,8          | 35        | 155               | 1: 10 000  |
| M35       | 5,4          | 25        | 105               | 1: 10 000  |
| M40       | 5,2          | 24        | 100               | 1: 10 000  |
| M45       | 5,1          | 21        | 95                | 1: 10 000  |
| M50       | 4,5          | 19        | 85                | 1: 7 500   |
| M55       | 3,9          | 20        | 80                | 1: 7 500   |
| M60       | 3,6          | 17        | 70                | 1: 7 500   |
| M65       | 3,2          | 14        | 65                | 1: 7 500   |
| M70       | 2,8          | 13        | 55                | 1: 7 500   |
| M75       | 2,2          | 13        | 45                | 1: 7 500   |
| M80       | 1,8          | 8         | 25                | 1: 7 500   |
| M85       | 1,7          | 8         | 25                | 1: 7 500   |

### BIEG ŚREDNIODYSTANSOWY

| Kategoria | Dystans [km] | Liczba PK | Przewyższenie [m] | Skala mapy |
|-----------|--------------|-----------|-------------------|------------|
| K16       | 3,1          | 15        | 25                | 1: 10 000  |
| K18       | 3,4          | 16        | 30                | 1: 10 000  |
| K20       | 3,6          | 16        | 30                | 1: 10 000  |
| K21       | 4,4          | 20        | 50                | 1: 10 000  |
| K35       | 3,2          | 14        | 30                | 1: 10 000  |
| K40       | 3,0          | 15        | 25                | 1: 10 000  |
| K45       | 2,8          | 13        | 25                | 1: 10 000  |
| K50       | 2,6          | 13        | 25                | 1: 7 500   |
| K55       | 2,4          | 13        | 25                | 1: 7 500   |
| K60       | 2,2          | 11        | 20                | 1: 7 500   |
| K65       | 1,9          | 9         | 20                | 1: 7 500   |
| K70       | 1,9          | 8         | 20                | 1: 7 500   |
| K75       | 1,8          | 8         | 20                | 1: 7 500   |
| M16       | 4,0          | 19        | 50                | 1: 10 000  |
| M18       | 4,3          | 22        | 50                | 1: 10 000  |
| M20       | 4,4          | 21        | 50                | 1: 10 000  |
| M21       | 5,6          | 27        | 80                | 1: 10 000  |
| M35       | 3,9          | 19        | 45                | 1: 10 000  |
| M40       | 3,9          | 18        | 45                | 1: 10 000  |
| M45       | 3,7          | 17        | 45                | 1: 10 000  |
| M50       | 3,4          | 15        | 45                | 1: 7 500   |
| M55       | 3,0          | 14        | 30                | 1: 7 500   |
| M60       | 2,8          | 13        | 30                | 1: 7 500   |
| M65       | 2,7          | 13        | 25                | 1: 7 500   |
| M70       | 2,2          | 11        | 25                | 1: 7 500   |
| M75       | 2,0          | 10        | 25                | 1: 7 500   |
| M80       | 1,9          | 9         | 20                | 1: 7 500   |
| M85       | 1,9          | 8         | 20                | 1: 7 500   |