

Course Data AAC Relay, 7.6.2024

Category	Distance (m)	Climbing (m)	Controls
Relay W21	4600-4700	130	19
Relay M21	5400-5500	195	24-25
Relay MW-18, leg 1	3000	110	14
Relay MW-18, legs 2 and 3	3800	130	16
Relay MW35-, leg 1	3400	95	12-13
Relay MW35, legs 2 and 3	4200	140	16-17
Individual Short			
Individual Short	2200	55	10
Individual Medium			
Individual Medium	3600	125	16
Individual Long			
Individual Long	5100	200	19