



## CROSS DU RCA SPA – Dimanche 13 novembre 2022

12H30 - CENTRE ADEPS LA FRAINEUSE

### HORAIRE

| N° course | Heure | Catégorie                     | Distance | Parcours |
|-----------|-------|-------------------------------|----------|----------|
| 1         | 12H30 | CROSS COURT HOMMES            | 2835m    | 2C       |
| 2         | 12H45 | CADETTES<br>CROSS COURT DAMES | 1470m    | C        |
| 3         | 13H00 | CADETS HOMMES                 | 1470m    | C        |
| 4         | 13H15 | SCOLAIRES HOMMES              | 3790m    | B + 2C   |
| 5         | 13h40 | JUNIORS HOMMES                | 6930m    | 5C       |
|           |       | SENIORS HOMMMES               | 6930m    | 5C       |
|           |       | MASTERS HOMMES                | 6930m    | 5C       |
| 6         | 14h25 | SCOLAIRES DAMES               | 2425m    | C + B    |
|           |       | JUNIORES DAMES                | 3380m    | C + 2B   |
|           |       | SENIORES DAMES                | 3380m    | C + 2B   |
|           |       | MASTERS DAMES                 | 3380m    | C + 2B   |
| 7         | 14H55 | BENJAMINES FILLES 1           | 600m     | A        |
| 8         | 15H01 | BENJAMINES FILLES 2           | 600m     | A        |
| 10        | 15H07 | BENJAMINS GARCONS 1           | 600m     | A        |
| 11        | 15H13 | BENJAMINS GARCONS 2           | 600m     | A        |
| 12        | 15H19 | PUPILLES DAMES 1              | 1060m    | B        |
| 13        | 15H26 | PUPILLES DAMES 2              | 1060m    | B        |
| 14        | 15H33 | PUPILLES GARCONS 1            | 1060m    | B        |
| 15        | 15H40 | PUPILLES GARCONS 2            | 1060m    | B        |
| 16        | 15H46 | MINIMES DAMES 1               | 1060m    | B        |
| 17        | 15H54 | MINIMES DAMES 2               | 1060m    | B        |
| 18        | 16H02 | MINIMES HOMMES 1              | 1470m    | C        |
| 19        | 16H10 | MINIMES HOMMES 2              | 1470m    | C        |