

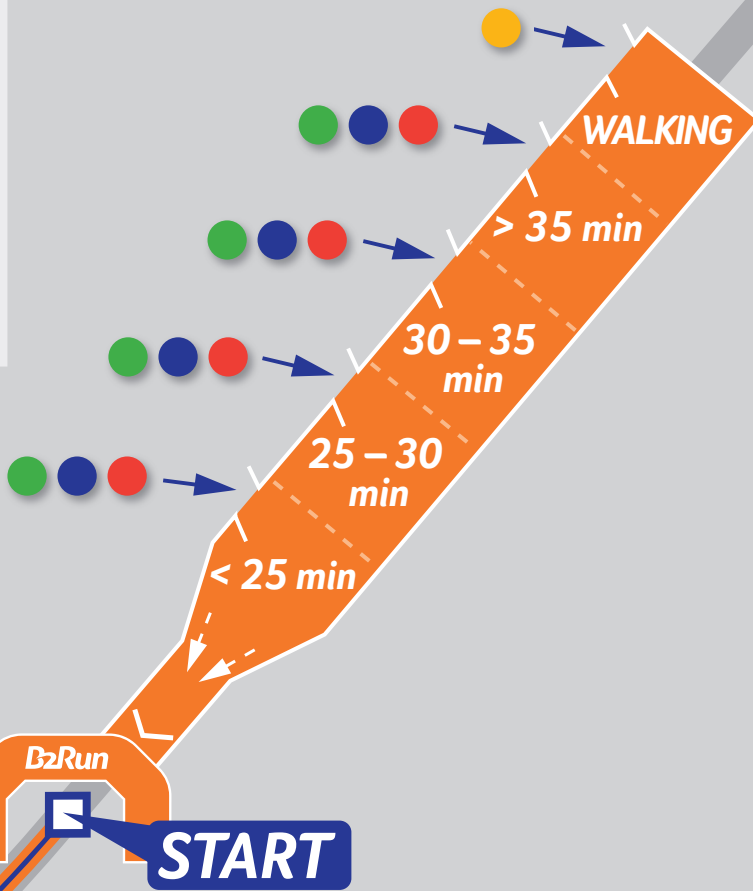
STARTING TIMES

18:00

18:20

18:40

18:40



STARTING BLOCKS

BLOCK 1
< 25 min

Performance-oriented runners

BLOCK 2
25-30 min

Ambitious runners

BLOCK 3
30-35 min

Casual runners

BLOCK 4
> 35 min

Amateur runners and beginners

WALKING

Nordic walkers and walkers
Starting time only at 18:40 h