

## LUNGHEZZE PERCORSI

		dislivello			dislivello
ESO	1280	5	DIRECT	1490	10
M12	1280	5	W12	1280	5
M16	1870	10	W16	1730	10
M20	2510	15	W20	2440	15
M35+	2510	15	W35+	2440	15
M45+	2440	15	W45+	1870	10
M55+	1870	10	W55+	1730	10
M65+	1730	15	W65+	1490	10
MA	2780	15	WA	2510	15
MB	1870	10	WB	1730	10