

Kayseri – 0 Days

BULLETIN-4



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TERRAIN DETAILS

STAGE-4 (UP) SPRINT RACE (NEW MAP)	İNCESU
<ul style="list-style-type: none">The area, primarily composed of residential zones and dwellings, features narrow streets and scattered stairways. It also hosts numerous historical structures, given its location within a historically significant region.The elevation depicted on the map ranges from 1000 to 1100, with both runnability and visibility being relatively favorable.It is advisable to use standard running shoes.	
Map: Cuma Ekici Course setter: Cuma Ekici	Traffic congestion 
Scale: 1/4000 Contour interval: 2.5 meters	Runnability 
<ul style="list-style-type: none">Start quarantine will be applied. Quarantine opening time: 8.30, closing time: 9.30.	



STAGE DISTANCES

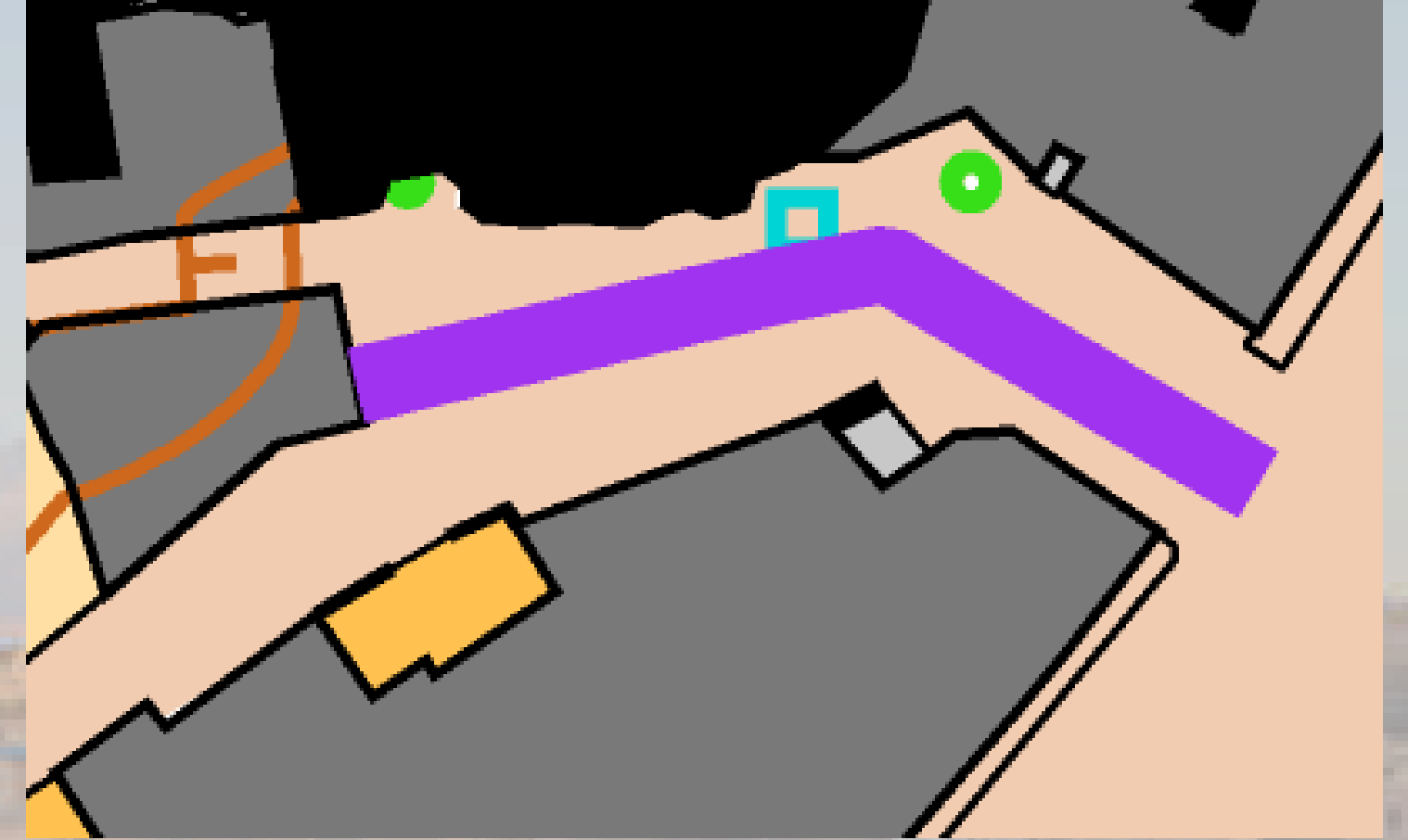
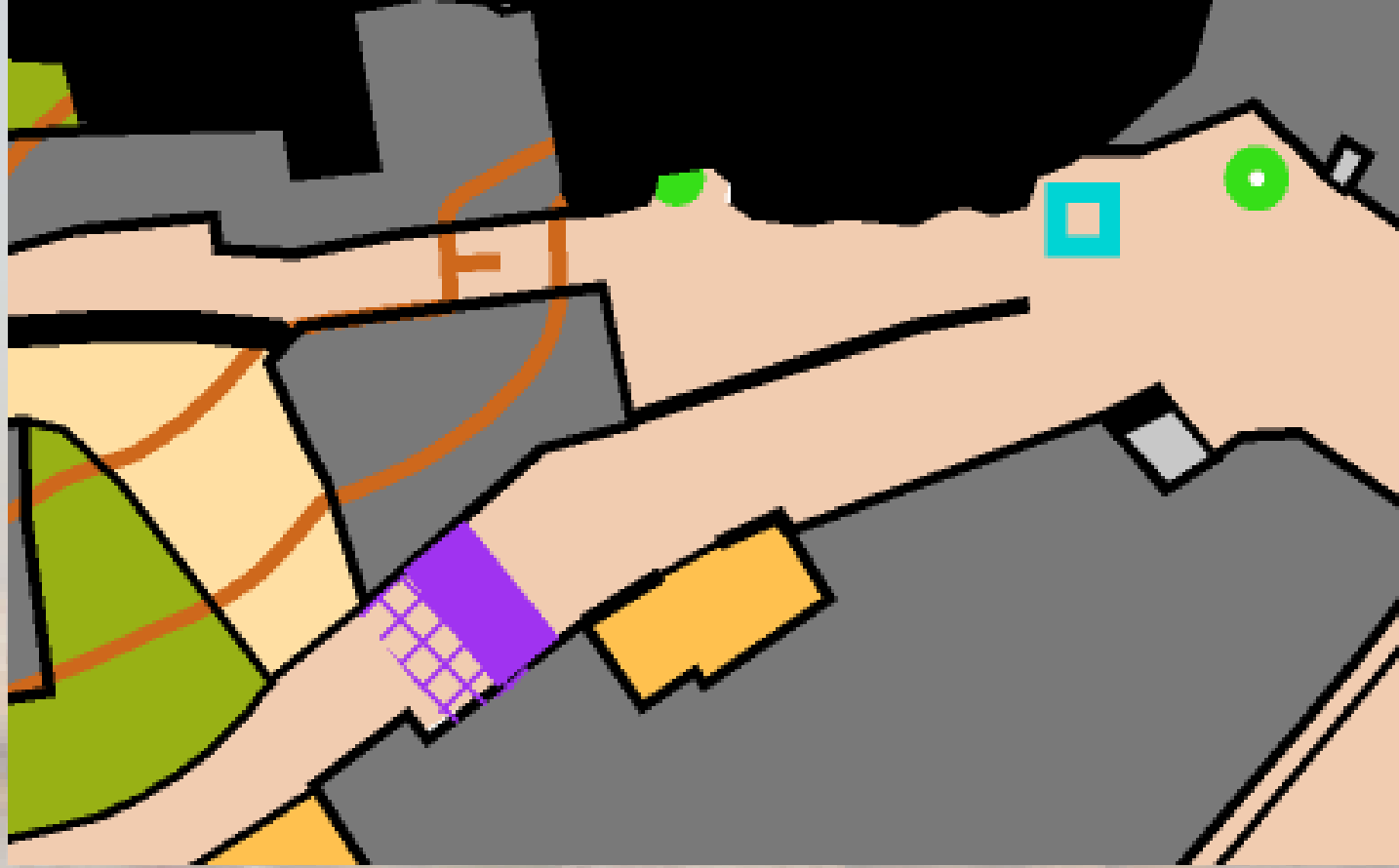
GESİ KAYABAĞ					ÜNİVERSİTE GECE		LİFOS			İNCESU		
S/N	KATEGORİ	MESAFE	TIRMANIŞ	HEDEF SAYISI	MESAFE	HEDEF SAYISI	MESAFE	TIRMANIŞ	HEDEF SAYISI	MESAFE	TIRMANIŞ	HEDEF SAYISI
1	W10	1,1 Km	30 m	15	1,0 Km	9	1,7 Km	50 m	9	1,1 Km	10 m	12
2	M10	1,2 Km	30 m	14	1,2 Km	10	1,8 Km	65 m	9	1,2 Km	20 m	11
3	W12	1,2 Km	40 m	14	1,2 Km	10	1,8 Km	75 m	9	1,3 Km	15 m	14
4	M12	1,3 Km	40 m	16	1,3 Km	11	1,9 Km	85 m	9	1,5 Km	25 m	14
5	W14	1,5 Km	45 m	13	1,4 Km	12	1,9 Km	85 m	9	1,8 Km	25 m	15
6	M14	1,6 Km	50 m	14	1,4 Km	12	1,9 Km	95 m	9	1,9 Km	30 m	16
7	W16	1,8 Km	45 m	15	1,5 Km	12	2,6 Km	110 m	13	2,5 Km	40 m	16
8	M16	2,2 Km	75 m	18	2,6 Km	15	3,2 Km	150 m	15	2,9 Km	45 m	19
9	W18	2,4 Km	65 m	18	1,5 Km	12	2,9 Km	145 m	15	2,7 Km	40 m	17
10	M18	2,9 Km	85 m	20	2,6 Km	15	3,4 Km	180 m	14	3,0 Km	45 m	16
11	W20	3,3 Km	70 m	20	2,5 Km	14	3,4 Km	150 m	13	2,9 Km	45 m	16
12	M20	3,3 Km	90 m	22	3,0 Km	18	4,1 Km	220 m	17	3,6 Km	50 m	21
13	W21A	2,1 Km	60 m	17	1,5 Km	12	3,0 Km	135 m	16	2,2 Km	25 m	17
14	M21A	3,0 Km	85 m	20	2,6 Km	15	3,5 Km	165 m	16	2,8 Km	50 m	19
15	W21E	3,2 Km	90 m	23	2,5 Km	14	3,7 Km	175 m	14	3,1 Km	40 m	19
16	M21E	3,9 Km	125 m	25	3,0 Km	18	4,2 Km	225 m	17	3,8 Km	60 m	23
17	W35	2,3 Km	70 m	18	2,5 Km	14	3,5 Km	140 m	16	2,7 Km	45 m	18
18	M35	2,9 Km	85 m	20	3,0 Km	18	4,1 Km	210 m	17	3,5 Km	50 m	21
19	M40	2,3 Km	50 m	20	2,0 Km	14	3,6 Km	190 m	16	2,8 Km	35 m	19
20	W45	2,0 Km	50 m	18	1,7 Km	12	2,8 Km	120 m	14	2,5 Km	40 m	16
21	M45	2,2 Km	55 m	18	2,0 Km	14	3,1 Km	140 m	14	2,5 Km	35 m	18
22	M50	1,9 Km	50 m	15	2,0 Km	14	2,9 Km	135 m	13	2,4 Km	35 m	17
23	M55	1,8 Km	50 m	16	1,5 Km	11	2,7 Km	115 m	13	2,1 Km	25 m	16
24	M60	1,8 Km	50 m	16	1,5 Km	11	2,5 Km	105 m	12	2,1 Km	20 m	14



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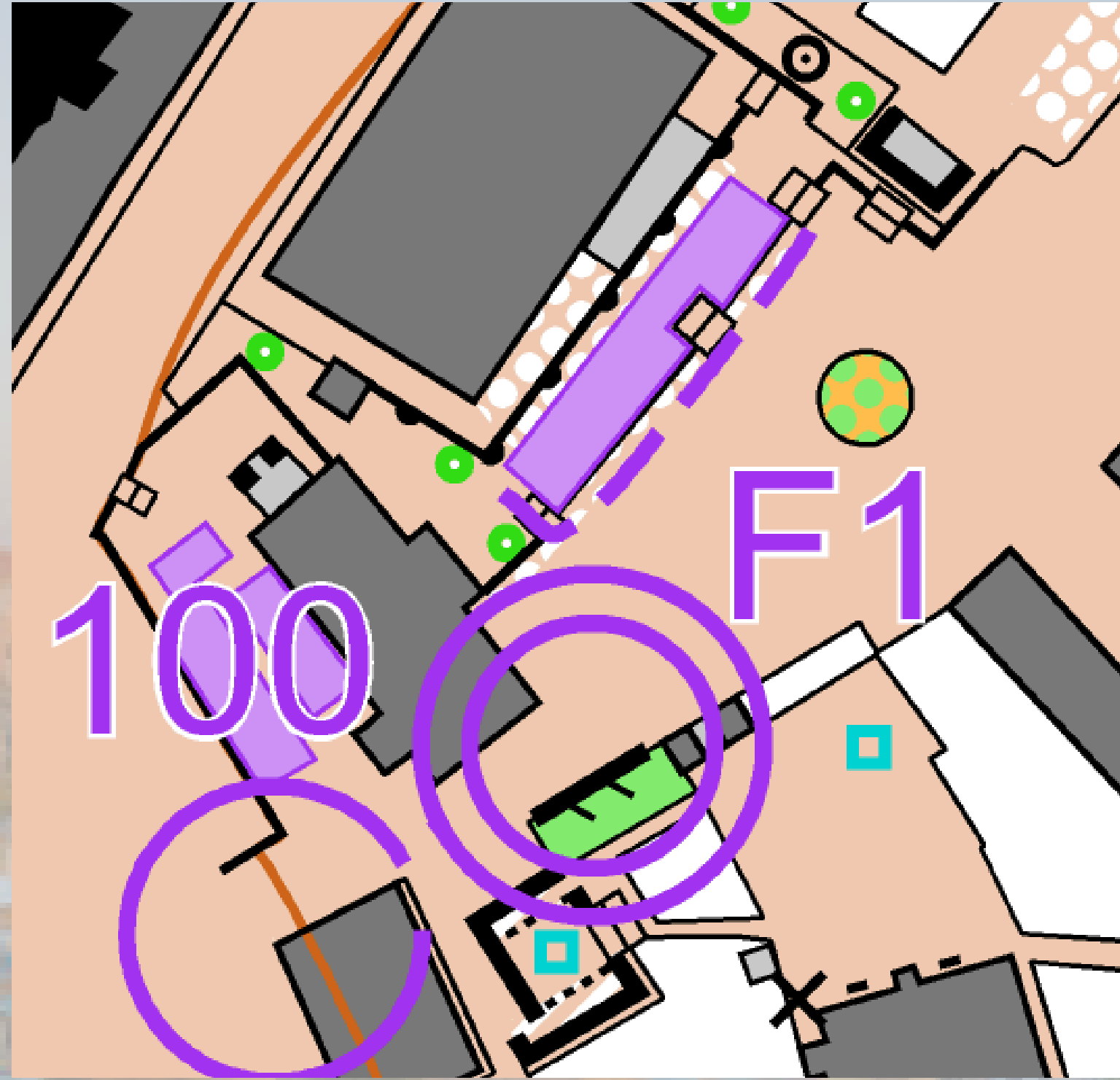
IN STAGE-4, THERE WILL BE STREET CLOSURES WHERE PASSING IS PROHIBITED. STRIPES WILL BE DRAWED IN THESE AREAS. ATHLETES WHO VIOLATE WILL BE DISQUALIFIED. EXAMPLES OF STREET CLOSINGS ARE AVAILABLE IN THE IMAGES ABOVE.



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AS SHOWN ABOVE FOR ALL ATHLETES IN STAGE-4
THERE WILL BE A MANDATORY PASSAGE POINT .



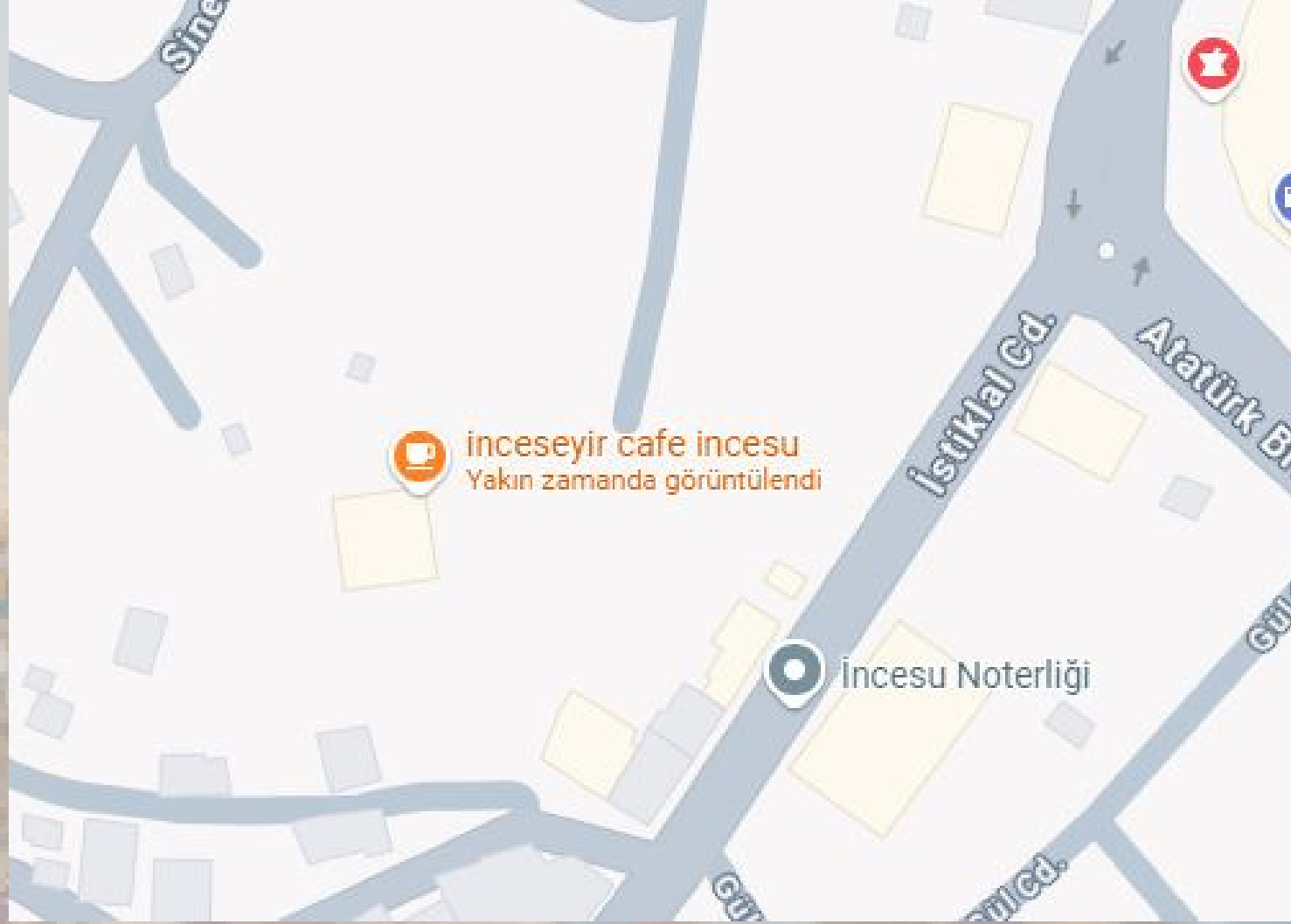
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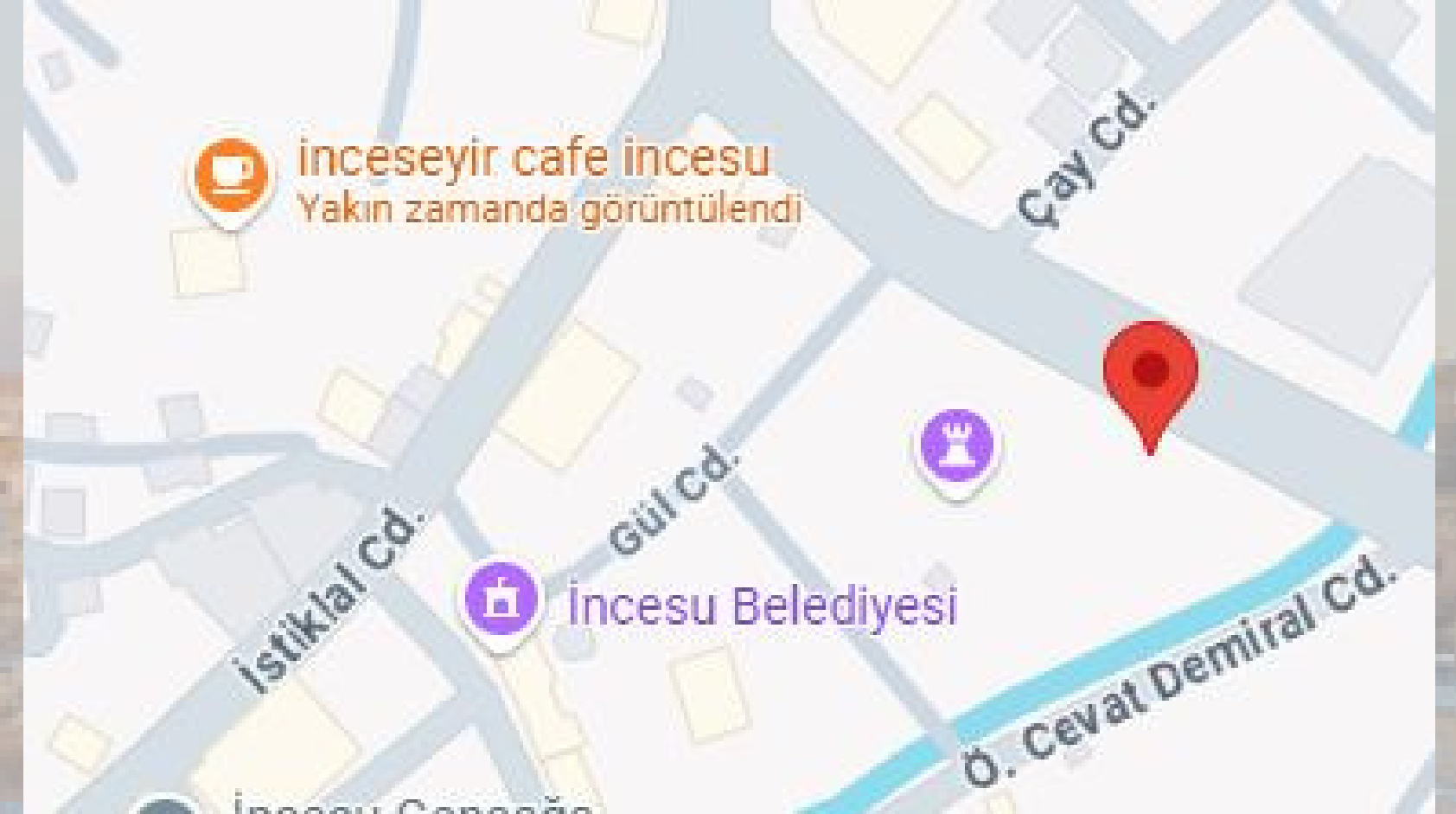
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ETAP-4 KONUMLAR

QUARANTINE AREA LOCATION



ASSMEBLY AREA LOCATION



OUR COACHES CAN GO TO THE ASSMEBLY AREA AFTER THEIR ATHLETES ENTER THE QUARANTINE. NO COACHERS WILL BE ALLOWED IN THE QUARANTINE AREA AFTER THE QUARANTINE IS CLOSED. ATHLETE EQUIPMENT WILL BE TRANSFERRED TO THE ASSMEBLY AREA. IT WILL BE PURCHASED AS -5 FOR ATHLETES COMING OUT OF QUARANTINE.



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