



DISCIPLINES

STAGE 1

- MOUNTAIN BIKING
 - 64,5 Km
 - 1500 m +
- TREKKING
 - 30 Km
 - 1250 m +
- SEA KAYAKING
 - 14 Km
- ROLLERS IN-LINE
 - 9 Km
 - 225 m +
- SPELEOLOGY
 - 150 m
- ABSEILING
 - 70 m
- VIA FERRATA
 - 2 - low level via ferrata
- ROGAINING-ORIENTATION
 - 12 Km.
 - 250 m +
- INDIVIDUAL ORIENTEERING TEAM RELAY
 - 3,1 Km./raider
 - 53 m./raider

STAGE 2 – Pineda's Final Raid Show

- COASTERING
- MOUNTAIN BIKING
- ROLLERS IN-LINE