

## 49ème Edition du cross du Mamelon

### Championnat du Rhône de cross

Dimanche 12 janvier 2020

CATEGORIES	HORAIRES	DISTANCES	BOUCLES
<b>TRAIL</b> <i>ouvert non licenciés</i>	8 H 30	10 km	5 B TRAIL
<b>MASTER (M1-2-3 ...)</b>	9 H 45	8 686 m	DA+2MB+3GB
<b>EVEIL F</b>	10 H 40	1 131 m	DA+1PB
<b>EVEIL M</b>	10 H 55	1 131 m	DA+1PB
<b>POUSSIN</b>	11 H 10	1 131 m	DA+1PB
<b>POUSSINE</b>	11 H 25	1 131 m	DA+1PB
<b>BENJAMIN</b>	11 H 40	2 056 m	DA+2PB
<b>BENJAMINE</b>	12 H 00	2 056 m	DA+2PB
<b>MINIME F</b>	12 H 15	2 671 m	DA+1PB+1MB
<b>MINIME M</b>	12 H 35	2 931 m	DA+1PB+1GB
<b>CADETTTE</b>	12 H 55	2 931 m	DA+1PB+1GB
<b>CADET+JUNIOR F</b>	13 H 15	4 211 m	DA+1PB+2MB
<b>JUNIOR M</b>	13 H 45	6 011 m	DA+1PB+2MB+1GB
<b>CROSS COURT H et F</b>	14 H 20	3 806 m	DA+2GB
<b>ELITE F (ES+SE+M)</b>	14 H 45	7 146 m	DA+1MB+3GB
<b>ELITE H (ES+SE+M0)</b>	15 H 30	8 686 m	DA+2MB+3GB

