



**LA MARINA**  
RESORT

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**o-travel**

# **Bulletin 3**

## **Alicante 2024**

# **CHRISTMAS CUP**



## **26-30 December 2024**



## **o-travel Alicante Christmas Cup**



We are happy to inform that more than 200 runners from 20 countries will participate in our training Cup! In this Bulletin 3 you will find the same information as in Bulletin 1 and 2, with additional technical information about the courses, more information about parking, tourism and at the end a list of the participants.



¡Felizmente les podemos informar que más de 200 corredores de 20 países participarán en nuestra Copa de entrenamiento! En este Boletín 3 encontrarás la misma información que en el Boletín 1, y además información técnica sobre los recorridos, algo más de información sobre el aparcamiento y turismo. También, al final, una lista de los participantes.



## **GENERAL NEW INFORMATION**

### **PLASTIC POCKET FOR THE MAPS**

There is only one plastic pocket per participant. The first day the maps will be put in a plastic pocket at the start, bring this to the rest of the days. If you are not running on the first day/s you can get a pocket at the reception. The maps are printed in competition standard but not on waterproof paper.

### **RESULTS**

Results will be posted on **Winsplits Spain** every day:  
<http://obasen.orientering.se/winsplits/online/es/default.asp>



The combined results from Day 2 and on will be posted on our homepage:  
<https://www.o-travel.com/christmas-cup/>



## RENT SI CARDS

We are using Air + Touch Free. SI Touch Free cards for rent: 2 euros / day. Not returned SI-card will cost 70 euros.

## CONTROL DESCRIPTIONS

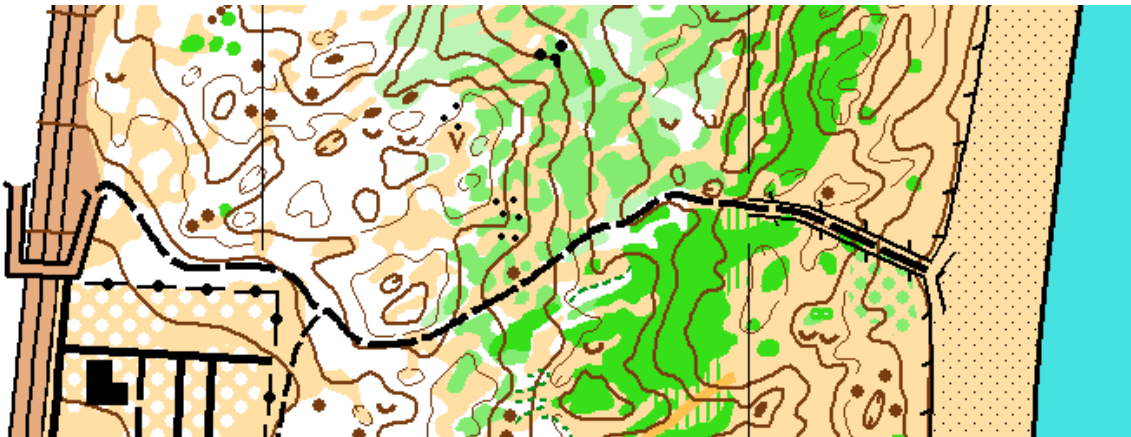
On the map and also printed description sheets at the start.

## START

We are using system START PUNCH. You look at the map **after** you start.

## PATH ON DAY 4

On day 4 there is a path on the map going from west to east towards the ocean:



In reality, it is an elevated built wooden path, which can be tricky to cross / climb over for the youngest runners.



## THE FINISH

The finish will be located in the terrain, **not** at the venue / competition center. You will have to do **orienteering all the way to the finish line**.

## EXTRA PATH ON DAY 5 (for M12, W12 and Open easy)

The categories M12, W12 and Open easy will have an extra “path”. This path is marked with red on the map for these categories only. There is no path in reality, but you can follow red ribbons, placed low on the ground or almost on the ground. Other categories will not have this “path” marked on the map.



## THE CONTROLS

Touch free. The controls will be hanging from tree branches or similar. There will be a security wire led through the hole (see photo). If you don't use *touch free*, there is no problem to punch with the SI-card, we have tried with all the SI-cards on the market! Competition flags: 30x30 cm.



## TERRAIN DESCRIPTION

Day 1-2 & 4-5: fast pine tree forest with sand dunes, few paths, challenging contours, many knolls and hills and small depressions. Day 3: Fast pine tree forest, mainly flat, only partly hilly.

## GUIDING / SUPPORT

Adults can accompany young runners/beginners only on **Open Easy**.

## TRAINING MAPS

Extra training maps are available. If you have booked accommodation through o-travel, extra maps are included / free.

Otherwise, price: 6 Euro (courses with ribbons in the forest, and Sprint maps); 3 Euro (courses without ribbons).



## INFORMACIÓN GENERAL NUEVA

### PLASTIC POCKET FOR THE MAPS

Sólo habrá un bolsillo de plástico por participante. El primer día los mapas estarán metidos en una bolsa de plástico en la Salida, tráelo el resto de días. Si no vas a correr el primer día/s podrás conseguir una bolsa en recepción. Los mapas están impresos con el estándar de competición pero no en papel impermeable.

## RESULTADOS

En **Winsplits España** todos los días:

<http://obasen.orientering.se/winsplits/online/es/default.asp>



Resultados globales a partir del día 2:

<https://www.o-travel.com/christmas-cup/>



## ALQUILER TARJETA SPORTIDENT

Estamos usando Air + Touch Free. Alquiler de tarjetas SI Touch Free: 2 euros/día. La tarjeta SI no devuelta costará 70 euros.

## DESCRIPCIONES CONTROL

En el mapa y también en descripciones sueltas, en la salida.

## SALIDA

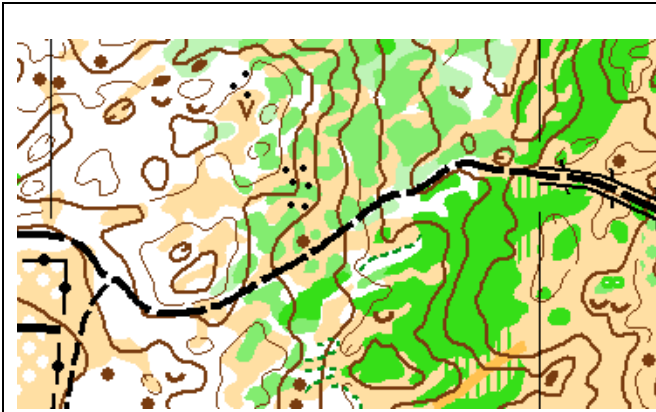
Estamos utilizando el sistema BASE START. Mirarás el mapa después de tomar la salida.



## UNA SENDA DÍA 4

El día 4 hay un camino en el mapa que va de oeste a este hacia el mar:

En realidad, se trata de un camino elevado de madera, que puede resultar complicado de cruzar para los corredores más jóvenes.



## LA META

La meta estará ubicada en el terreno, no en “centro de competición”. Tendrás que hacer orientación hasta la meta.

## SENDA ESPECIAL DÍA 5 (para M12, W12 and Open easy)

Las categorías M12, W12 y Open easy tendrán un “camino” extra. Este camino está marcado en rojo en el mapa solo para estas categorías. En realidad no hay senda, pero hemos confeccionado esta “senda” poniendo trozos de cintas rojas, colocadas a poca altura o casi en el suelo. Otras categorías no tendrán este “camino” marcado en el mapa.



## LOS CONTROLES

“Touch free”. Los controles estarán colgados de ramas de árboles o de alguna forma similar. Habrá un cable de seguridad de hierro que pasará a través del agujero (ver foto). Si no utilizas el sistema “touch free”, no hay problema para picar con la tarjeta SI, ¡lo hemos probado con todas las tarjetas SI del mercado! Balizas de competición: 30x30 cm.



## DESCRIPCIÓN DEL TERRENO

Día 1-2 y 4-5: Bosque de pinos sobre dunas, muy pocos caminos, curva de nivel desafiante, muchas lomas, colinas y pequeñas depresiones. Rápido aunque en parte la arena blanda ralentiza la progresión. Día 3: Bosque de pinos, en gran parte muy llano, pero existe algunas subidas. En general resulta ser un terreno muy rápido de correr.

## ACOMPAÑANTE

Se puede acompañar a los jóvenes corredores/principiantes sólo en Open Easy.

## MAPAS DE ENTRENAMIENTO

Tendremos entrenamientos con cintas puestas.

Coste: 6 euros por mapas ( con cintas) 3 euros (sin cintas)



## From bulletin 2:

**Entries now closed.**

**Start every day at 10:20 – 11:20. Finish line will be closed every day at 13:00h.**

**Free start, using "Sportident start punch" 1 minute between runner in same category.**



## Inscripciones ya cerradas.

**Salida cada mañana a las 10:20- 11:20. La meta cierra a las 13 horas cada día.**

**Salida libre "base start" un minuto entre corredores misma categoría.**



## Christmas cup

Sportident touch free. Winsplits. Livelox.

Five different maps, Guardamar norte N, Guardamar, Sax, Guardamar sur, Guardamar norte S

Classes: M/W12, M/W14, M/W16, M/W21, M/W40, M/W55, M/W65, M/W75 and Open easy, Open 3 km, Open 4 km.

**Prizes** for the 3 best in each category **also in Open**. Combined results of all five days. The sum of time. You must run all 5 days.



## Copa de navidad

¡Bienvenidos a la Copa de navidad 26-30 de diciembre 2024!

Sportident Air, Winsplits, Livelox.

Nuevo mapa cada día: Guardamar norte N, Guardamar, Sax, Guardamar sur, Guardamar norte S

Categorías: M/W12, M/W14, M/W16, M/W21, M/W40, M/W55, M/W65, M/W75 y open fácil, open 3 km, open 4 km.

**Premios.** Tres premios en cada categoría, también en las categorías "Open". Se cuenta la suma de tiempo de las **5 etapas**.

## ENTRY FEE / COSTE

Cost, runners from international clubs: 50 euros / 5 days. One day: 10 euro.

Coste participantes de clubes españoles 25 euros / 5 días. Una etapa: 5 euros.



## Payment / pagos

Cuenta bancaria: o-travel, Cajamar

ES3030580860722720021851

(SWIFT / BIC Code: CCRIES2A)

Enviar justificante a / send copy of Bank transfer: [info@o-travel.com](mailto:info@o-travel.com)

It is also possible to pay at the venue/s. También se puede pagar en efectivo.

Svenska deltagare kan använda **Swish**: 0706031075







# PROGRAM



**26<sup>th</sup> of December. Guardamar Norte N.**

**Meeting point, information / registration / results:** Inside La Marina resort, in front of the cafeteria. **Open** from 09:30. La Marina Café and Restaurant is a nice place to stay after the race for something to drink and race analysis.



**Punto de encuentro, información / inscripciones / resultados:**



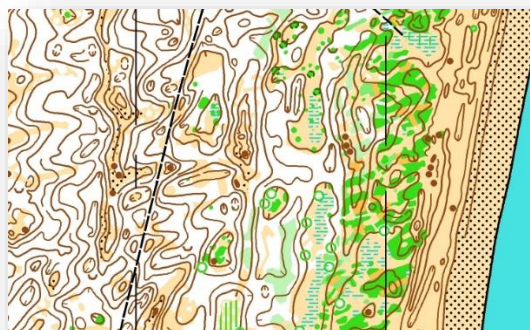
Dentro de La Marina resort, en frente de la cafetería. Abrimos a las 09:30. cafetería.  
La Marina Café / Restaurante es un buen sitio para tomar algo o para comer!

Address / Dirección [Av. de l'Alegría, s / n, 03194 la Marina, Alicante](#)

Parking: <https://maps.app.goo.gl/Npxka1QWUvnKatyZ8>



**PARKING**  
Distance to start: 300 m



## 27<sup>th</sup> of March. Guardamar



**Meeting point**, information / registration / results: Outside the cafeteria Sotavento. **Open** from 09:30. Sotavento is a nice place to stay for something to drink or eat.



**Punto de encuentro**, información / inscripciones / resultados:

Detrás de la cafeteria Sotavento. Abrimos a las 09 30. Sotavento es un buen sitio para tomar algo o para comer!

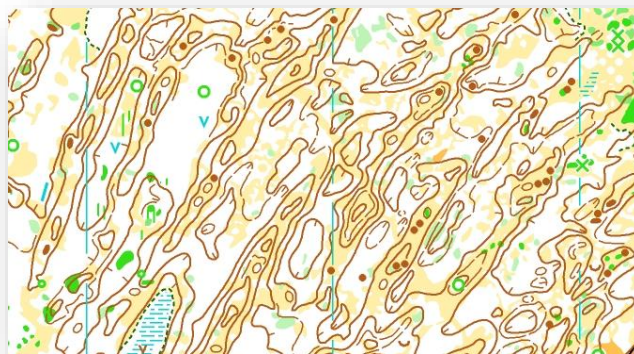


**Parking.** Distance from La Marina: 7 km.

<https://maps.app.goo.gl/tdjm4epRr6uzBZQc8>



Start 10:30 – 11:15  
Distance to start: 700 m



## 28<sup>th</sup> of December. Sax



**Meeting point**, information / registration / maps / results: **Open** from 09:30.

**Parking.** Distance from La Marina: 63 km.

<https://maps.app.goo.gl/2qJVy8SCwbJJMz1ZA>





The small town Sax is famous for its castle. On the 28<sup>th</sup> there will be guided tours at 12:00 and 16:00.

Information: <https://www.sax.es/visitas-guiadas-castillo>

Meeting point to visit the castle (**Google Maps**):

<https://goo.gl/maps/ZewiedXRAf4RcYcT8>



**Punto de encuentro, información / inscripciones / resultados:** Abrimos a las 09:30

**Parking. Distance from La Marina: 63 km.**

<https://maps.app.goo.gl/2qJVy8SCwbJmz1ZA>

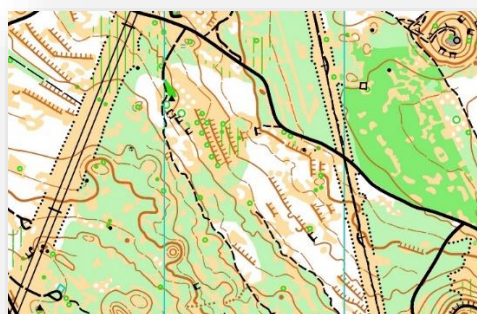
Sax es famosa por su castillo. El 28 de diciembre habrá rutas guiadas a las 12:00 y 16:00.

Information: <https://www.sax.es/visitas-guiadas-castillo>

**Ubicación de la actividad para visitar el Castillo (Google Maps):**

<https://goo.gl/maps/ZewiedXRAf4RcYcT8>

Meeting point / Parking



Distance to start: 100 m



## 29<sup>th</sup> of December. Guardamar sur



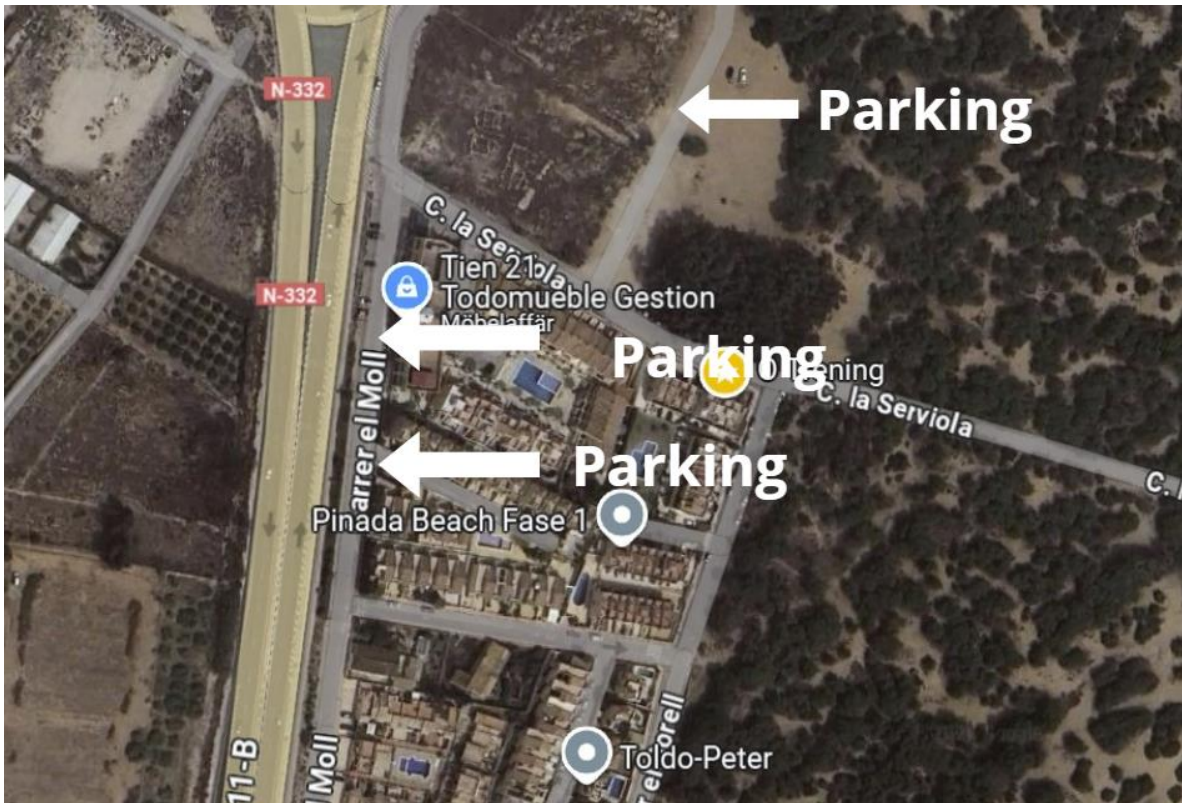
Meeting point, information / registration / results:

Open from 09:30.



Punto de encuentro, información / inscripciones / resultados. Abrimos a las 09:30  
Distance from La Marina: 10 km.

<https://maps.app.goo.gl/7j1iioHejkogqCs87>



Distance to start: 150 m



## 30<sup>th</sup> of December. Guardamar Norte S.



**Meeting point, information / registration / results:** Inside La Marina resort, in front of the cafeteria. **Open** from 09:30. Same as the 26<sup>th</sup>.

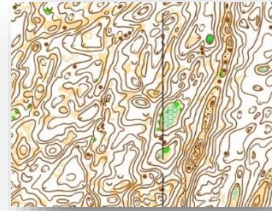


**Punto de encuentro, información / inscripciones / resultados.** El mismo que el día 26.

**Parking:** <https://maps.app.goo.gl/Npxka1QWUvnKatyZ8>

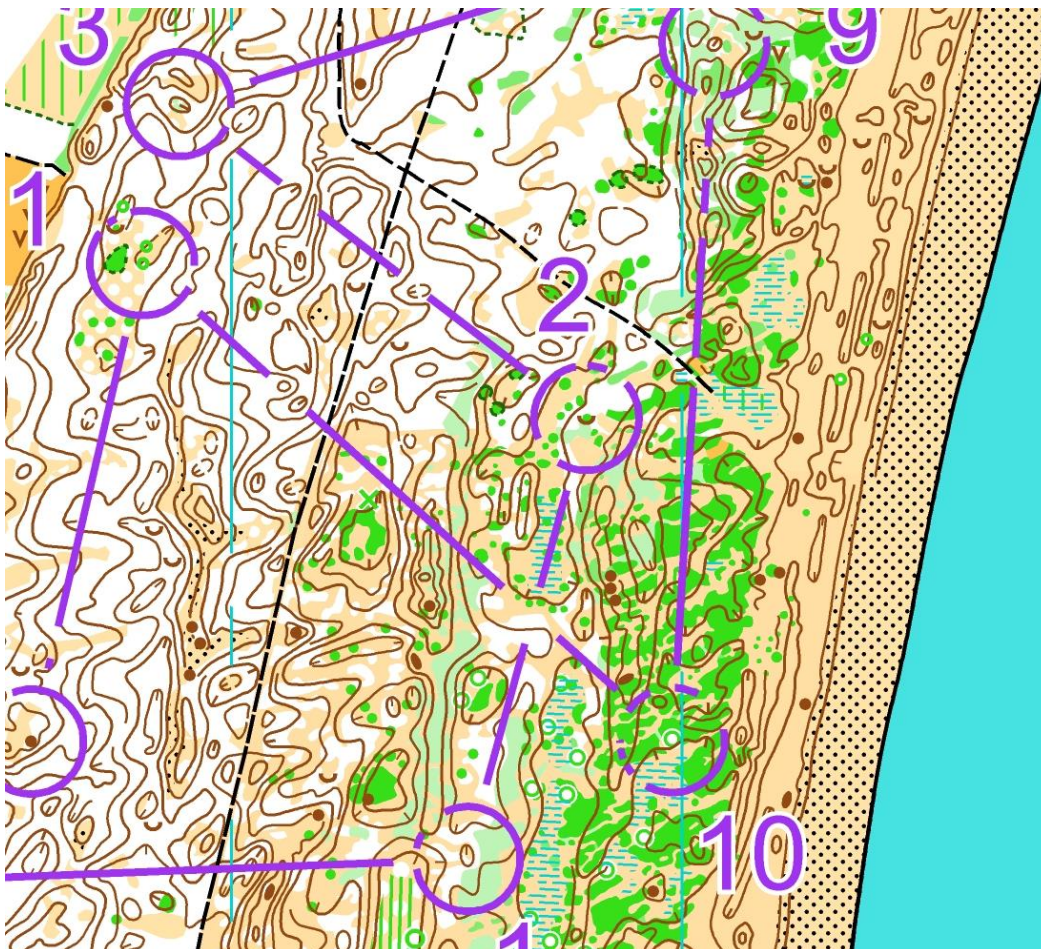


Distance to start: 300 m



**Prize giving ceremony a las 12:30 – 13:30**

**Entrega de premios entre las 12:30 – 13:30**



# THE COURSES / LOS RECORRIDOS

## Day 1 Guardamar norte

Categoría	Distancia	Desnivel / climb	Controles	Scale
	[km]	[m]		
M12	1,8	25	10	5000
W12	1,8	25	10	5000
M14	2,4	35	9	7500
W14	2,4	35	9	7500
M16	4,5	60	16	7500
W16	3,5	45	11	7500
M21	6,8	100	22	10000
W21	6,1	85	18	10000
M40	5,9	80	22	7500
W40	5,1	60	15	7500
M55	4,6	60	15	7500
W55	3,7	50	12	7500
M65	3,9	50	13	7500
W65	3,2	45	12	7500
M75	3,2	40	13	5000
W75	2,6	35	10	5000
Open 4	4,0	60	15	7500
Open 3	2,9	40	12	7500
Open easy	1,8	25	10	5000



## Day 2 Guardamar

Categoría	Distancia	Desnivel / climb	Controles	Scale
	[km]	[m]		
M12	2,2	30	8	5000
W12	2,2	30	8	5000
M14	2,3	35	9	7500
W14	2,3	35	9	7500
M16	4,0	50	16	7500
W16	3,4	40	12	7500
M21	6,5	70	17	10000
W21	5,7	60	16	10000
M40	5,6	60	14	7500
W40	4,5	45	15	7500
M55	4,5	45	16	7500
W55	3,8	40	15	7500
M65	3,8	40	15	7500
W65	3,4	35	11	7500
M75	3,0	35	12	5000
W75	2,7	30	11	5000
Open 4	4,0	50	16	7500
Open 3	3,0	40	10	7500
Open easy	2,2	30	8	5000

## Day 3 Sax

<b>Categoría</b>	<b>Distancia</b>	<b>Desnivel / climb</b>	<b>Controles</b>	<b>Scale</b>
	[km]	[m]		
M12	2,1	25	7	5000
W12	2,1	25	7	5000
M14	2,8	35	7	7500
W14	2,8	35	7	7500
M16	4,9	65	13	7500
W16	4,2	50	11	7500
M21	8,0	90	23	10000
W21	6,7	75	21	10000
M40	6,3	70	18	7500
W40	5,1	60	14	7500
M55	5,2	60	15	7500
W55	4,6	55	11	7500
M65	4,5	50	13	7500
W65	4,0	45	10	7500
M75	3,4	40	10	5000
W75	3,1	35	9	5000
Open 4	4,0	55	10	7500
Open 3	3,0	40	10	7500
Open easy	2,1	25	7	5000



## Day 4 Guardamar sur

<b>Categoría</b>	<b>Distancia</b>	<b>Desnivel / climb</b>	<b>Controles</b>	<b>Scale</b>
	[km]	[m]		
<b>M12</b>	2,1	25	9	5000
<b>W12</b>	2,1	25	9	5000
<b>M14</b>	2,6	35	9	7500
<b>W14</b>	2,6	35	9	7500
<b>M16</b>	4,3	55	12	7500
<b>W16</b>	3,3	45	11	7500
<b>M21</b>	6,3	80	19	10000
<b>W21</b>	5,7	70	18	10000
<b>M40</b>	5,7	70	17	7500
<b>W40</b>	4,7	55	14	7500
<b>M55</b>	4,7	60	15	7500
<b>W55</b>	3,5	45	11	7500
<b>M65</b>	3,5	40	12	7500
<b>W65</b>	3,1	35	11	7500
<b>M75</b>	3,1	35	11	5000
<b>W75</b>	2,3	30	10	5000
<b>Open 4</b>	4,0	55	13	7500
<b>Open 3</b>	3,0	40	11	7500
<b>Open easy</b>	2,1	25	9	5000

## Day 5 Guardamar norte

Categoría	Distancia	Desnivel / climb	Controles	Scale
	[km]	[m]		
M12	1,9	30	7	5000
W12	1,9	30	7	5000
M14	2,1	45	13	7500
W14	2,4	45	14	7500
M16	3,9	60	11	7500
W16	3,2	45	13	7500
M21	6,1	80	19	10000
W21	5,2	65	16	10000
M40	5,3	65	18	7500
W40	4,1	55	14	7500
M55	4,1	55	13	7500
W55	3,3	45	14	7500
M65	3,3	55	12	7500
W65	2,8	45	12	7500
M75	2,9	35	11	5000
W75	2,4	30	10	5000
Open 4	4,0	60	13	7500
Open 3	3,0	45	9	7500
Open easy	1,9	30	7	5000



# TOURISM

## Tabarca island

The boats are leaving from Santa Pola harbor at 10:00 and returns at 13:45 (and also at other hours).

Ask the reception at La Marina to call to confirm that the boat is leaving that day. We have an **orienteering map** (made 2023) of the island. Contact us if you are interested in the map.

**Cost for the boat:** about 12-14 euros round trip. There is parking 10 meters from the boats in Santa Pola.



## Hot thermal baths in Fortuna

**Price:** 14 euros during the week and 18.50 during weekends. Children up to 12, between 7 and 10 euros.

[Balneario de Leana](#) en Fortuna Murcia.

About 1:10h from the camp. Open until 21:00 every day.



### [Video about Guardamar](#)







Guardamar, year 1900, location of the famous pine forest and our maps. There were only sand dunes before the forestation project started more than 100 years ago.



Ruins in the middle of the forest in Guardamar

## Visit a winery

Follow this link for the location on Google maps:

[The winery Casa de la Ermita](#)

[www.casadelaermita.com](http://www.casadelaermita.com)

Winery also in Bullas, Murcia

Recommended "El Museo del Vino" in Bullas

Close to the maps Coto de las Maravillas and Sprint Cehegín.

[Wine route Bullas in English.](#)

Visit a Wine bodega

BODEGAS Y VIÑEDOS  
**CASA DE LA ERMITA**

Carretera del Carche, Km 11  
30520 Jumilla (Murcia)  
SPAIN

Tel.: +34 968 43 54 23  
Fax: +34 968 10 89 13

- UTM: x=659285 y=4258734

[bodega@casadelaermita.com](mailto:bodega@casadelaermita.com)

Schedule for visits

Monday to Friday : 10:00 to 14:00 and 15:00 to 18:00  
Saturdays: 10:00 to 14:30 Sundays closed



We are currently experiencing a special moment in the wine market and opportunities are rising for those ready to seize them. The Jumilla area has particularly old vineyards, producing high quality wines. Indeed the most current variety is Monastrell (a.k.a. Mourvedre), which had never been considered at its real value before. Having our own vineyards with such a potential, "Casa de la Ermita"s project could not have a better environment to develop. Four partners, all wine lovers with a strong background in producing quality grapes, started "Casa de la Ermita". They invested more than 3'3 million euros in the construction of the cellar and the expansion of the vineyard.

Our vineyards and cellar are close to the regional park "El Carche", which is a beautiful and colourful piece of nature. The land was bought by "Casa de la Ermita" with a view to benefit from the best environment and landscape from the very beginning.

All the visitors who come of our cellar leave with a fabulous impression, and keep in mind the great and clever characteristics of this initiative. Quality material (such as natural stone) has been used for the buildings ; we nevertheless use the newest techniques and the best machinery available, since we claim to have the best production that can be.



## Tourist information Murcia

<https://www.murciaturistica.es/en/home/>







## Tourist information Alicante

[Homepage](#)



At the Castle of Santa Barbara in the center of Alicante



La esplanada de España Paseo Marítimo, Alicante

## PARTICIPANT LIST

Everyone on the list will not participate every day / Todos no van a participar todos los días. Please check and get back to us if you see something wrong on the list! / Por favor comprueben que los datos estén bien.

Categoría	Nombre / Name	Apellidos / Last name	Club	País / Country
M12	Samuel	SARANEN	HELSINGIN SUUNNISTAJAT	FINLAND
M12	Jurgi	CALZADA LUCIO	COBI	SPAIN
M12	Alexandru	ZINCĂ	CS UNIREA ALBA IULIA	ROMANIA
M14	Oxel	GOIKOETXEA LERTXUNDI	GOT	SPAIN
M14	Jonatan	SAHLIN	IF HAGEN	SWEDEN
M16	Guilhem	CHAMP	SMOG	FRANCE
M16	Toan	ELLISSECHE	BROS	FRANCE
M16	Alain	GOIKOETXEA LERTXUNDI	GOT	SPAIN
M16	Hampus	SAHLIN	IF HAGEN	SWEDEN
M16	Mikkel	BERGMAN	IK UVEN	SWEDEN
M16	Alvin	HOGEDAL	OK ALEHOF	SWEDEN
M16	Gabriel	HOGEDAL	VÄNERSBORGS SK	SWEDEN
M16	André	ÖHLING	OK TOR	SWEDEN
M21	Arthur	BARRIERE	SMOG	FRANCE
M21	Ivaylo	IVANOV	BEGUN	BULGARIA
M21	Aleksandar	IVANOV	BEGUN	BULGARIA
M21	Nikola	KARACHOROV	BEGUN	BULGARIA
M21	Svetlozar	KOLEV	BEGUN	BULGARIA
M21	Dani	NIKOLOV	BEGUN	BULGARIA
M21	Preslav	SHTEREV	BEGUN	BULGARIA
M21	Veselin	SHTEREV	BEGUN	BULGARIA
M21	Ivan	DIMITROV	BROWN TEAM	BULGARIA
M21	Boyan	IVANDJIKOV	BULGARIAN OF	BULGARIA
M21	Ivaylo	KAMENAROV	COMPASS CROSS	BULGARIA
M21	Dimitar	RUSEV	COMPASS CROSS	BULGARIA
M21	Zdravko	TARALOV	COMPASS CROSS	BULGARIA
M21	Ivaylo	DRAGOEV	NSA SIVEN	BULGARIA
M21	Tervel	DRAGOEV	NSA SIVEN	BULGARIA
M21	Bogdan	EVGENIEV	VALDI SOFIA	BULGARIA
M21	Emil	STOICHEV	VALDI SOFIA	BULGARIA
M21	Ivan	SIRAKOV	VARIANT 5 TARGOVISHTE	BULGARIA
M21	Stefan	YORDANOV	VARIANT 5 TARGOVISHTE	BULGARIA
M21	Hans	GRÖNBORG NIELSEN	FARUM TISVILDE OK	DENMARK
M21	Erik	GRÖNBORG NIELSEN	FARUM TISVILDE OK	DENMARK
M21	Oscar David	BROMAN JENSEN	OK PAN KRISTIANSTAD	DENMARK
M21	Sebastian	ROEYSLAND MALTBY	SANT JOAN	DENMARK
M21	Miska	KUUSIKKO	IKAALISTEN NOUSEVA VOIMA	FINLAND
M21	Samuli	PELTOLA	JANSAN RETKI VEIKOT	FINLAND
M21	Aarni	RONKAINEN	JANSAN RETKI VEIKOT	FINLAND
M21	Aapo	VIRKAJÄRVI	JANSAN RETKI VEIKOT	FINLAND

M21	Veikka	HEINO	SK POHJANTAHTI	FINLAND
M21	Severi	SIMILÄ	TAMPEREEN PYRINTO	FINLAND
M21	Angel	LABARBE	BROS	FRANCE
M21	Masataka	TANAKA	TSUKUBA ORIENTEERING CLUB	JAPAN
M21	Maksym	VOLKOV	TJ SLAVIA ZILINSKA UNIVERZITA	SLOVAKIA
M21	Joseba Iñaki	CALZADA MENDIGUREN	COBI	SPAIN
M21	Natanael	CALDERON PUJANTE	COMN MURCIA	SPAIN
M21	Elmar	MONTERO CARCELES	GODIH	SPAIN
M21	David	CORTES LOPEZ	MURCIA-O	SPAIN
M21	Jonatan	MARTINEZ PINEDA	MURCIA-O	SPAIN
M21	Francisco	LEIVA CAÑARDENAS	ORIENTIJOTE	SPAIN
M21	Allan	HEDBERG	LUNDS OK	SWEDEN
M21	Loke	HEDBERG	OK PAN KRISTIANSTAD	SWEDEN
M21	Liam	HOGEDAL	VÄNERSBORGS SK	SWEDEN
M21	Lucas	AHLSTRÖM	VÄSTERAS SOK	SWEDEN
M21	Andreas	GROTE	ORIENTABONITO	SWITZERLAND
M21	Anthony	RILEY	DVOA	UNITED STATES
M21	Topias	AHOLA	NAVI	FINLAND
M21	Joonas	AHOLA	NAVI	FINLAND
M21	Vinski	MALINEN	NAVI	FINLAND
M21	Sami-Petter	JUOPPERI	NAVI	FINLAND
M21	Jacopo Massimiliano	STÖCHER	OK PAN KRISTIANSTAD	AUSTRIA
M21	Raúl	PUCHE HERRERO	GODIH	SPAIN
M21	Ionuț	ZINCĂ	CS UNIREA ALBA IULIA	ROMANIA
M21	Iacob	IOAN	CS BABARUNCA	ROMANIA
M21	Stefan Alexandru	BIRO	CS ELECTRO SISTEM	ROMANIA
M21	Mihai	TINTAR	CS ELECTRO SISTEM	ROMANIA
M40	Magnus	ÖHLING	OK TOR	SWEDEN
M40	Matthieu	BARRIERE	SMOG	FRANCE
M40	Javier	MONTIEL BONMATÍ	UNIVERSIDAD ALICANTE	SPAIN
M40	Oleksandr	IEVSTAFIEV	NO CLUB	AUSTRIA
M40	Nikolay	ZLATANOV	MARATONETS	BULGARIA
M40	Ivan	SHOPOV	PLOVDIV	BULGARIA
M40	Plamen	YORDANOV	VALDI SOFIA	BULGARIA
M40	Niels-Peter	VEST NIELSEN	ALLERÖD OK	DENMARK
M40	Steen	LARSEN-LEDET	OK PAN AARHUS	DENMARK
M40	Jakob	MULE RASMUSSEN	OK PAN AARHUS	DENMARK
M40	Keld	KROGSGAARD	SILKEBORG OK	DENMARK
M40	Jesper David	JENSEN	TISVILDE HEGN OK	DENMARK
M40	Kimmo	LILJESTRÖM	HELSINGIN SUUNNISTAJAT	FINLAND
M40	Veli-Matti	PULLI	LAPPEEN RIENTO	FINLAND
M40	Jouni	SIMILÄ	SK POHJANTAHTI	FINLAND
M40	Stephane	BERTRAND	BROS	FRANCE
M40	Serge	ELLISSECHE	BROS	FRANCE
M40	Sebastien	LOCHET	BROS	FRANCE
M40	Wangki	YUEN	MDOC	HONG KONG
M40	Alexander	VOLKOV	TJ SLAVIA ZILINSKA UNIVERZITA	SLOVAKIA
M40	Moisés	ROMO CARBONELL	CEAM IBI-O	SPAIN
M40	Carlos	LAZKANO FUENTES	COBI	SPAIN



M40	Ibon	GOIKOETXEA RETEGI	GOT	SPAIN
M40	Antonio	GAZQUEZ MILLÁN	LORCA	SPAIN
M40	Jesús María	BERNAL GÓMEZ	MURCIA-O	SPAIN
M40	Jaime	MAYOL VIUDEZ	MURCIA-O	SPAIN
M40	Tomás José	ROS PÉREZ	MURCIA-O	SPAIN
M40	Niklas	SAHLIN	IF HAGEN	SWEDEN
M40	Max	SUDERBYS	IF HAGEN	SWEDEN
M40	Martin	HOGEDAL	OK ALEHOF	SWEDEN
M40	Jonas	HOGEDAL	VÄNERSBORGS SK	SWEDEN
M40	Johan	AHLSTRÖM	VÄSTERAS SOK	SWEDEN
M40	Godefroy	SCHRAGO	CA ROSE	SWITZERLAND
M40	Gregoire	SCHRAGO	ORIENTABONITO	SWITZERLAND
M40	Wyatt	RILEY	DVOA	UNITED STATES
M40	Olivier	GUIGNARD	AMSO34	FRANCE
M40	Julián José	SÁNCHEZ-GIL MÍNGUEZ	MANZANARES-O	SPAIN
M40	Miguel Ángel	CAMPOS GÓMEZ-FLOR	MANZANARES-O	SPAIN
M40	José	PUCHE MADRID	GODIH	SPAIN
M55	Gert Michael	BINDER	OLC SKOG FRIBOURG	AUSTRIA
M55	Anders	KNUDSEN	HERLUFSHOLM OK	DENMARK
M55	Eric	BONDIVENNE	COOL	FRANCE
M55	Raphael	LE CAM	CRCO	FRANCE
M55	Kjetil	STENHAMMER	LILLOMARKA OL	NORWAY
M55	Francisco Javier	MONTERO FERNÁNDEZ	GODIH	SPAIN
M55	Joaquín	GIL MUÑOZ	MURCIA-O	SPAIN
M55	Pedro	MAYOL CLEMENTE	MURCIA-O	SPAIN
M55	Pesho	HEDBERG	LUNDS OK	SWEDEN
M55	Ola	TOVEN	ORIENTABONITO	SWEDEN
M55	Christoph	STÄUBLE	OLG GALGENEN	SWITZERLAND
M55	Dieter	WOLF	SUSANNE&FRIENDS	SWITZERLAND
M55	José Manuel	PRIETO GARCÍA	MALARRUTA	SPAIN
M65	Matz	LARSSON	GUSTAVSBERGS OK	SWEDEN
M65	Rene	STEENSSENS	BALISE 10	BELGIUM
M65	Timo	ASIKAINEN	HIISIRASTI	FINLAND
M65	Veli-Matti	HEINONEN	RAJAMÄEN RYKMENTTI	FINLAND
M65	Jouko	MALINEN	RAJAMÄEN RYKMENTTI	FINLAND
M65	Niilo	BUTILKIN	SÄYNEISEN SALPA	FINLAND
M65	Ulf	MERIHEINA	YLLAKSEN RASTI	FINLAND
M65	Donal	DOWD	KERRYO	IRELAND
M65	Fredrik	STEIWER	LILLOMARKA OL	NORWAY
M65	Manuel	DIAS	LISBOA OK	PORTUGAL
M65	Magnus	HARALDSSON	GUSTAVSBERGS OK	SWEDEN
M65	Lars	HOGEDAL	VÄNERSBORGS SK	SWEDEN
M65	Alain	JUAN	ANCO	SWITZERLAND
M65	Keith	TONKIN	BORDER LINERS	UNITED KINGDOM
M75	Paul	NORÉN	OK SÖDERTÖRN	SWEDEN
M75	Ossi	LAKKALA	KUOPION SUUNNISTAJAT	FINLAND
M75	Kauko	MIETTINEN	SUONENJOEN VASAMA	FINLAND
M75	Ulf	KJELLIN	OK HEDSTRÖMMEN	SWEDEN
M75	Tommy	ÖHLING	ORIENTABONITO	SWEDEN
M75	Jan	BOJLING	SOLNA OK	SWEDEN

M75	Hannes	ZAUGG	SUSANNE&FRIENDS	SWITZERLAND
OPEN 3km	Karine	CHAMP	SMOG	FRANCE
OPEN 3km	John	ANANA	PIHKANISKAT	FINLAND
OPEN 3km	Gaël	CHAMP	SMOG	FRANCE
OPEN 3km	Anni	HOGEDAL	OK ALEHOF	SWEDEN
OPEN 3km	Madelene	HANSSON	OK LÖFTAN	SWEDEN
OPEN 3km	Lena	DAVY	VÄNERSBORGS SK	SWEDEN
OPEN 3km	Peter	CEDERLÖF	VÄSTERAS SOK	SWEDEN
OPEN 3km	Sune	NYBO	VÄSTERAS SOK	SWEDEN
OPEN 3km	Olena	KOROLOVA	ORIENTABONITO	UKRAINE
OPEN 4km	Stephane	PUJOL	SMOG	FRANCE
OPEN 4km	Alexandar	GEORGIEV STANEV	BROWN TEAM	BULGARIA
OPEN 4km	Tommi	LILJESTRÖM	HELSINGIN SUUNNISTAJAT	FINLAND
OPEN 4km	Matti	PELTOLA	KEURUUN KISAILIJAT	FINLAND
OPEN 4km	Joanne	ANANA-SARANEN	PIHKANISKAT	FINLAND
OPEN 4km	Aki	SARANEN	PIHKANISKAT	FINLAND
OPEN 4km	Selina	SIMILÄ	SK POHJANTAHTI	FINLAND
OPEN 4km	Katri	NITTYMÄKI	SUUNTA JYVÄSKYLÄ	FINLAND
OPEN 4km	Eloane	CHAMP	SMOG	FRANCE
OPEN 4km	Mark	HEIKOOP	ALIGOTS	NETHERLANDS
OPEN 4km	Kimi	OP DE WEEGH	ALIGOTS	NETHERLANDS
OPEN 4km	Illia	OLIINYK	WKS WAWEL	POLAND
OPEN 4km	Gabriel	ORTEGA MARTÍNEZ	INDEPENDIENTE	SPAIN
OPEN 4km	Magnus	HANSSON	OK LÖFTAN	SWEDEN
OPEN 4km	Pihla	OTSAMO	NAVI	FINLAND
OPEN 4km	Javier	DE LA GUÍA ESCOBAR	MANZANARES-O	SPAIN
OPEN EASY	Marie-Christine	FLUET	CA ROSE	SWITZERLAND
OPEN EASY	Pyttan	ASPLUND	OK SÖDERTÖRN	SWEDEN
OPEN EASY	Eliana	SCHRAGO	CA ROSE	SWITZERLAND
OPEN EASY	Lara	SCHRAGO	CA ROSE	SWITZERLAND
W12	Alma	SUDERBYS	IF HAGEN	SWEDEN
W12	Mely	ELLISSECHE	BROS	FRANCE
W12	Arina	OLIINYK	WKS WAWEL	POLAND
W12	Akane	LAZKANO QUINTANA	COBI	SPAIN
W12	Olivia	BINDER CHICOTE	MALARRUTA	SPAIN
W12	Meja	SUDERBYS	IF HAGEN	SWEDEN
W12	Lova	HOGEDAL	OK ALEHOF	SWEDEN
W12	Ana	DE LA GUÍA CRUZ-SEPÚLVEDA	MANZANARES-O	SPAIN
W12	Manuela	SÁNCHEZ-GIL MANZANEQUE	MANZANARES-O	SPAIN
W14	Hanna	OLIINYK	WKS WAWEL	POLAND
W16	Emma	BARRIERE	SMOG	FRANCE
W16	Marylou	BERTRAND	BROS	FRANCE
W16	Julia	BERTRAND	BROS	FRANCE
W16	Lena	SCHWEIZER	BROS	FRANCE
W16	Yelyzaveta	OLIINYK	WKS WAWEL	POLAND
W16	Maja	VOLKOVA	TJ SLAVIA ZILINSKA UNIVERZITA	SLOVAKIA
W21	Kristina	IVANOVA	BROWN TEAM	BULGARIA
W21	Iljana	CHASOVNIKAROVA	ABRITUS	BULGARIA

W21	Vyara	ILIEVA	BEGUN	BULGARIA
W21	Valeriya	DIMITROVA	BROWN TEAM	BULGARIA
W21	Kameliya	GEORGIEVA-STOYCHEVA	BROWN TEAM	BULGARIA
W21	Eleonora	HRISTOVA	COMPASS CROSS	BULGARIA
W21	Maya	NEDYALKOVA	COMPASS CROSS	BULGARIA
W21	Evangelina	DYAKSOVA	KARLAK	BULGARIA
W21	Siliya	GINCHEVA	VALDI SOFIA	BULGARIA
W21	Yulia	GEORGIEVA	VARIANT 5 TARGOVISHTE	BULGARIA
W21	Helmiina	SIMILÄ	SK POHJANTAHTI	FINLAND
W21	Pihla	HAKKINEN	CE COLIVENC	FINLAND
W21	Marie	BARRIERE	SMOG	FRANCE
W21	Beatriz	LUCÍO MORAL	COBI	SPAIN
W21	Raquel	CHACÓN MARTÍNEZ	MURCIA-O	SPAIN
W21	Mónica	MARTÍNEZ GÓMEZ	MURCIA-O	SPAIN
W21	Paula	MAYOL VIUDEZ	MURCIA-O	SPAIN
W21	Esmeralda	RUIZ ALONSO	MURCIA-O	SPAIN
W21	María	TENZA VIDAL	MURCIA-O	SPAIN
W21	Pim	HEDBERG	OK PAN KRISTIANSTAD	SWEDEN
W21	Oriana	RILEY	DVOA	UNITED STATES
W21	Lotta	VANHALA	NAVI	FINLAND
W21	María	PRIETO DEL CAMPO	MALARRUTA	SPAIN
W21	Diana Mar	POP	CS CHIMIA VICTORIA	ROMANIA
W21	Ana	BRÂNDUȘ	CS BABARUNCA	ROMANIA
W21	Andreea	ZINCĂ	CS UNIREA ALBA IULIA	ROMANIA
W40	Angelique	GRÖNBORG RASMUSSEN	ALLERÖD OK	DENMARK
W40	Tine	KRISTENSEN	OK PAN AARHUS	DENMARK
W40	Heidi	HINGE KROGSGAARD	SILKEBORG OK	DENMARK
W40	Tessa	PULLI	LAPPEEN RIENTO	FINLAND
W40	Johanna	HANKONEN	SK POHJANTAHTI	FINLAND
W40	Charlotte	LEYRIS	BROS	FRANCE
W40	Sabine	MARQUES	BROS	FRANCE
W40	Charlotte	PINGUET	BROS	FRANCE
W40	Muriel	LE CAM	CRCO	FRANCE
W40	Geraldine	PUJOL	SMOG	FRANCE
W40	Merete	BERGERUD BERGMAN	IK UVEN	NORWAY
W40	Alona	OLIINYK	WKS WAWEL	POLAND
W40	Belén	CARBONELL MARTÍN	CEAM IBI-O	SPAIN
W21	Inma	OVEJERO DUEÑAS	COBI	SPAIN
W40	Itziar	QUINTANA SAENZ	COBI	SPAIN
W40	Aitana	LERTXUNDI MANTEROLA	GOT	SPAIN
W40	Maria	SAHLIN	IF HAGEN	SWEDEN
W40	Malin	SUDERBYS	IF HAGEN	SWEDEN
W40	Emelie	SVALIN	VÄNERSBORGS SK	SWEDEN
W40	Anna	NYGÅRD	VÄSTERAS SOK	SWEDEN
W40	Angelica	RILEY	DVOA	UNITED STATES
W40	Heidi	LAUNISTOLA	ESPOON AKILLES	FINLAND
W40	Milagros	RODRÍGUEZ OLIVARES	MANZANARES-O	SPAIN
W40	María Pilar	CRUZ-SEPÚLVEDA MUÑOZ-QUIRÓS	MANZANARES-O	SPAIN
W40	Carmen María	MANZANEQUE ESTESO	MANZANARES-O	SPAIN
W40	Joaquina	HERRERO VINADER	GODIH	SPAIN



W55	Synnoeve	ROEYSLAND	SANT JOAN	DENMARK
W55	Tine	MEYHOFF PETERSEN	HERLUFSHOLM OK	DENMARK
W55	Paula	SAVOLAINEN	PAIMION RASTI	FINLAND
W55	Tiina	MÄKELÄ	RAUMAN TYÖVÄEN-URHEILIJAT	FINLAND
W55	Marie	BONDIVENNE	COOL	FRANCE
W55	Elena	POLI	POLISPORTIVA BESANESE ASD	ITALY
W55	Maria Pia	VIRGOLINI	POLISPORTIVA BESANESE ASD	ITALY
W55	Unni	STENHAMMER	LILLOMARKA OL	NORWAY
W55	Rosario	MATIAS	LISBOA OK	PORTUGAL
W55	Tamara	DENYSENKO	TJ SLAVIA ZILINSKA UNIVERZITA	SLOVAKIA
W55	Cati	VIUDEZ DE HARO	MURCIA-O	SPAIN
W55	Ingela	ANDERSSON	LUNDS OK	SWEDEN
W55	Susanne	MAIBACH	SUSANNE&FRIENDS	SWITZERLAND
W55	Ursula	WOLF	SUSANNE&FRIENDS	SWITZERLAND
W55	Cristina	DEL CAMPO CAMPOS	MALARRUTA	SPAIN
W65	Lotta	VALENTIN	GUSTAVSBERGS OK	SWEDEN
W65	Päivikki	LAHTINEN	LAHDEN SUUNNISTAJAT 37	FINLAND
W65	Aino	NENONEN	SUONENJOEN VASAMA	FINLAND
W65	Maia	CAMERINI	POLISPORTIVA BESANESE ASD	ITALY
W65	Reidunn	HALLAN	LILLOMARKA OL	NORWAY
W65	Yvonne	TOVEN	ORIENTABONITO	SWEDEN
W65	Gunilla	HOGEDAL	VÄNERSBORGS SK	SWEDEN
W65	Christine	KIDDIER	BORDER LINERS	UNITED KINGDOM
W75	Brigitte	BINDER	WAT	AUSTRIA
W75	Margareta	HJELMQUIST	GUSTAVSBERGS OK	SWEDEN
W75	Irene	ÖHLING	ORIENTABONITO	SWEDEN
W75	Yvette	ZAUGG	SUSANNE&FRIENDS	SWITZERLAND

## Välkomna / Welcome / Bienvenidos!

Per and Helena

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