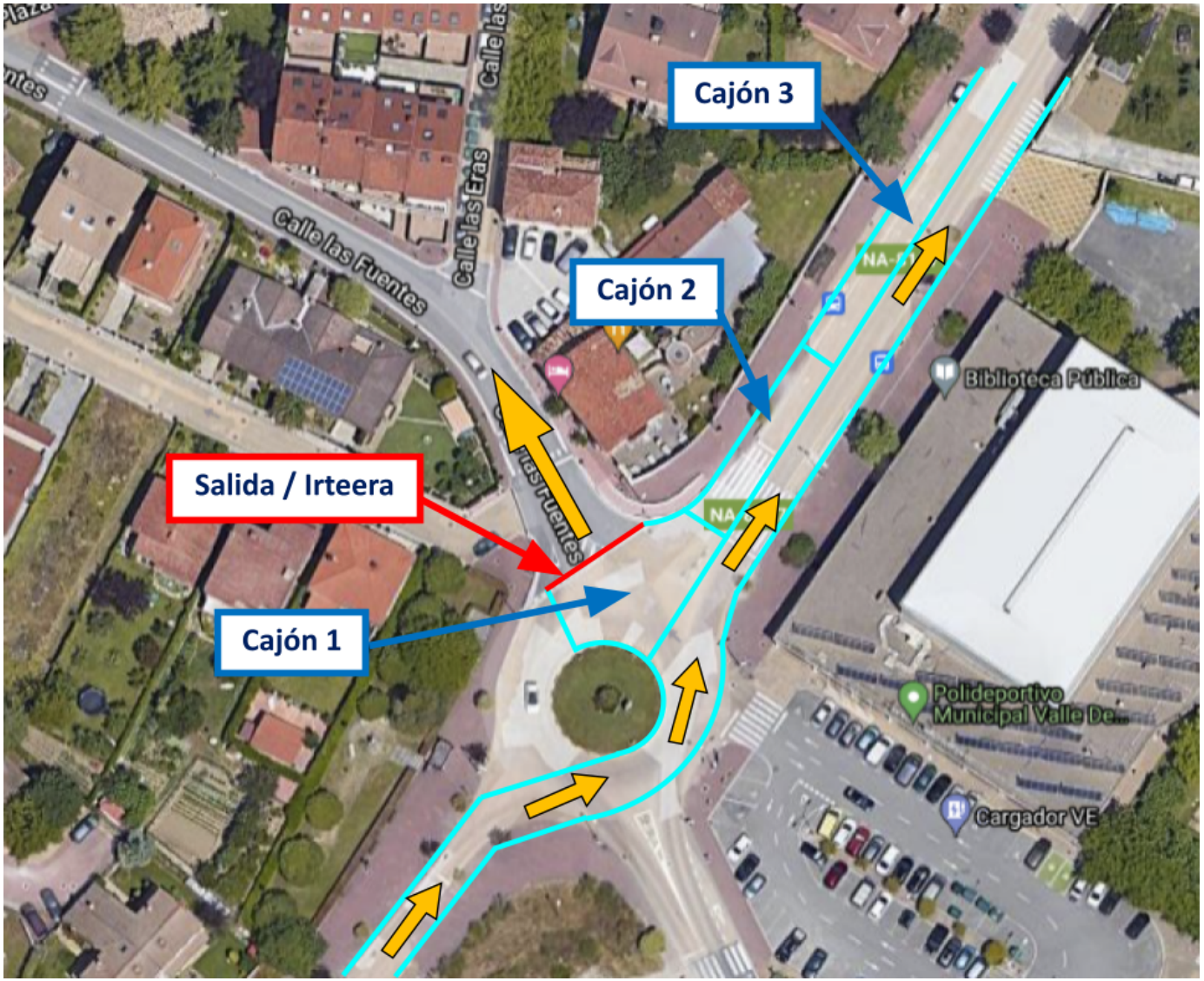

Ritmo estimado por cajón:
Aurreikusitako erritmoa

Cajón 1 / Irteera 1: 3‘/km – 3’30”/km

Cajón 2 / Irteera 2: 3‘30”/km – 4’/km

Cajón 3 / Irteera 3:: 4‘/km en adelante