

INTRO		
Distance	2840	meter
Speed	500	m./min.
Optimal Time	5 min 41 sec	
Allowed Time	11 min 22 sec	
Fences	19	
Efforts	25	

CCIP2-L		
Distance	2840	
Speed	520	
Optimal Time	5 min 28 sec	
Allowed Time	10 min 56 sec	
Fences	19	
Efforts	25	

