

PUNCT	CROS 10K		
	Pace	Duration	Hour
	0:03:00		09:30
	0:10:30		
Piata Victoriei - Hidratare	min/km		1,80 km
Primul alergator	0:03:00	0:05:24	09:35
Ultimul alergator	0:10:30	0:18:54	09:48
Calea Victoriei / Splaiul Independetei	min/km		4,70 km
Primul alergator	0:03:00	0:14:06	09:44
Ultimul alergator	0:10:30	0:49:21	10:19
5K - Schimb Stafeta / Refresh	min/km		5,00 km
Primul alergator	0:03:00	0:15:00	09:45
Ultimul alergator	0:10:30	0:52:30	10:22
Intrare Bd. Unirii	min/km		5,30 km
Primul alergator	0:03:00	0:15:54	09:45
Ultimul alergator	0:10:30	0:55:39	10:25
Piata Alba Iulia	min/km		7,50 km
Primul alergator	0:03:00	0:22:30	09:52
Ultimul alergator	0:10:30	1:18:45	10:48
Piata Muncii	min/km		8,60 km
Primul alergator	0:03:00	0:25:48	09:55
Ultimul alergator	0:10:30	1:30:18	11:00
FINISH	min/km		10,00 km
Primul alergator	0:03:00	0:30:00	10:00
Ultimul alergator	0:10:30	1:45:00	11:15