



THE POLISH ALPINE ASSOCIATION - SKI MOUNTAINEERING COMMISSION
INDIVIDUAL SKI MOUNTAINEERING POLISH CHAMPIONSHIPS
THE TATRA - ZAKOPANE, 17th APRIL 2010

SINGLES RACE MEN AND WOMEN
A. BASIC ROUTE
TECHNICAL DATA

	uphill grade (m):	1790	8510	:all uphill (m)
	downhill grade (m):	-1790	6850	:all downhill (m)
	% equilibrium:	0	15360	:total (m)

symbol	location	height (m)	function	grade (m)	distance (m)	growing distance (m)
S	Murowaniec	1500	H,M,P,Rm,Rs,S	551	4000	4000
C1	Świnicka P.	2051	C,Ch	-353	1000	5000
C2	Dol. Gąsienicowa	1698	C,Ch	155	750	5750
C3	Karb	1853	C,Ch	-229	300	6050
C4	Czarny Staw Gąsienicowy	1624	C,Ch	667	2260	8310
C8	Mały Kozi Wierch	2291	C,Ch	-571	2250	10560
C9	Dol. Pięciu Stawów Polskich	1720	C,Ch	417	1500	12060
C10	Kozia P.	2137	C,Ch	-637	3300	15360
F	Murowaniec	1500	F,H,M,P,Rm,Rs			

- C - checkpoint
- Ch - change area
- F - finish
- M - medical area
- P - provisioning area
- Rm - race management committee area
- Rs - rescue station
- S - start
- T - time limit