



Sudety Cup



CZARNA GÓRA RESORT



CZARNA GÓRA RESORT

In winter one of the best
ski resorts in Poland.

In summer - a mountain of sports possibilities.
For 365 days a year in the Clean Air Zone.

**TU ZACZYNA SIĘ
PRZYGODA!**

25-28.07.2024

**Sudety
Cup**

sudetycup.pl

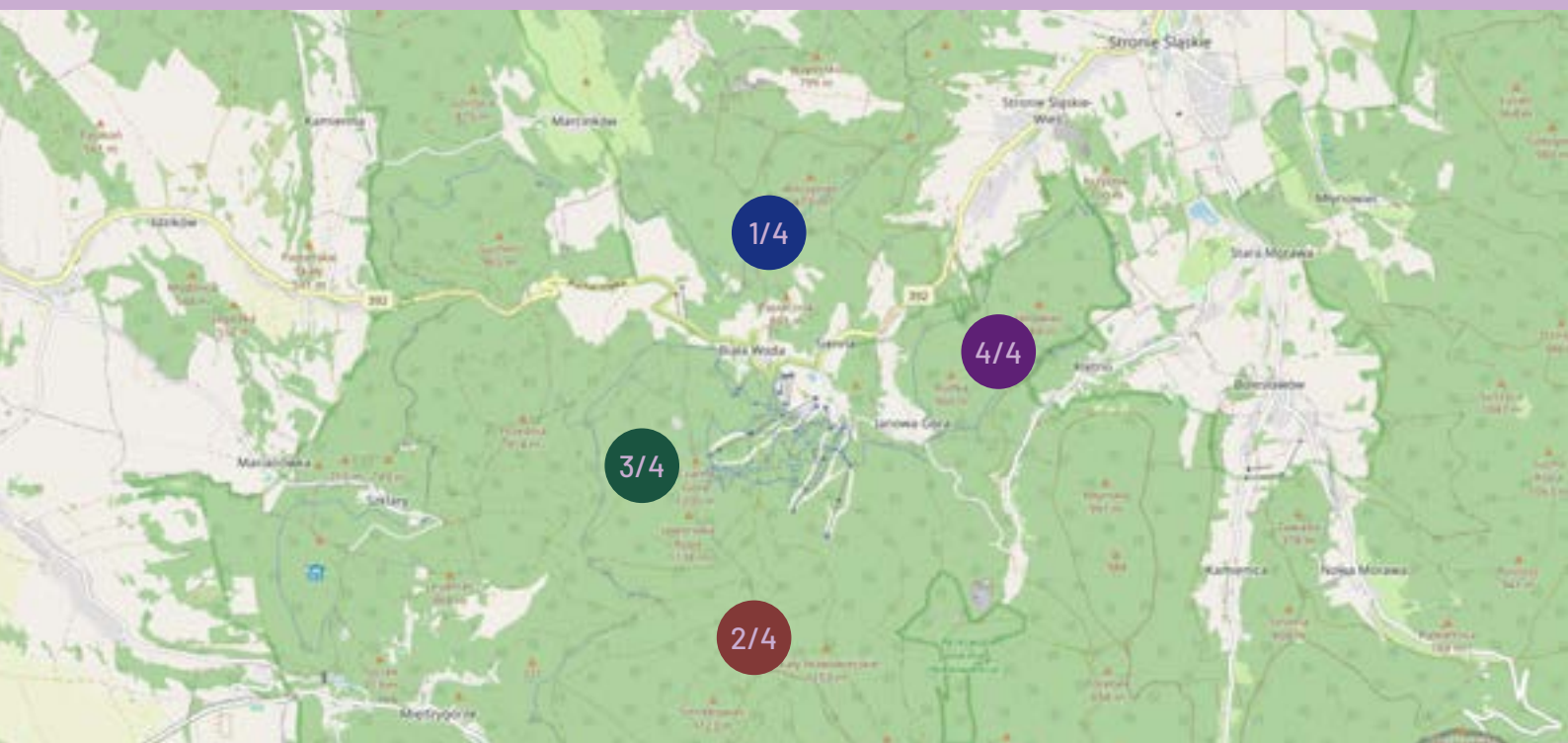


Abstract

In the upcoming fourth edition of Sudety Cup we would like to climb two peaks - the first is the perfect event organization, while the second one is to enable you to conquer Czarna Góra 1205 m above sea level. As running at such altitude is quite a challenge, achieving perfection in organizing an orienteering event is not the easiest thing to do. However, we are convinced that we will be well prepared for this climb and we will provide you with an absolutely compact competition formula. All stages

will have one Event Center with a convenient car parking located at your fingertips. What is more, we do not forget about the issues that are most important in orienteering - picturesque and unique terrains. It is supposed be an unforgettable experience in the rhythm of **#SlowEvent** - do not wait, register even today!

- Wojtek Dwojak and Jacek Morawski



25-28.07.2024

Sudety
Cup

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1/4

Pasiecznik

middle distance
25.07.2024

2/4

Żmijowiec

long distance
26.07.2024

3/4

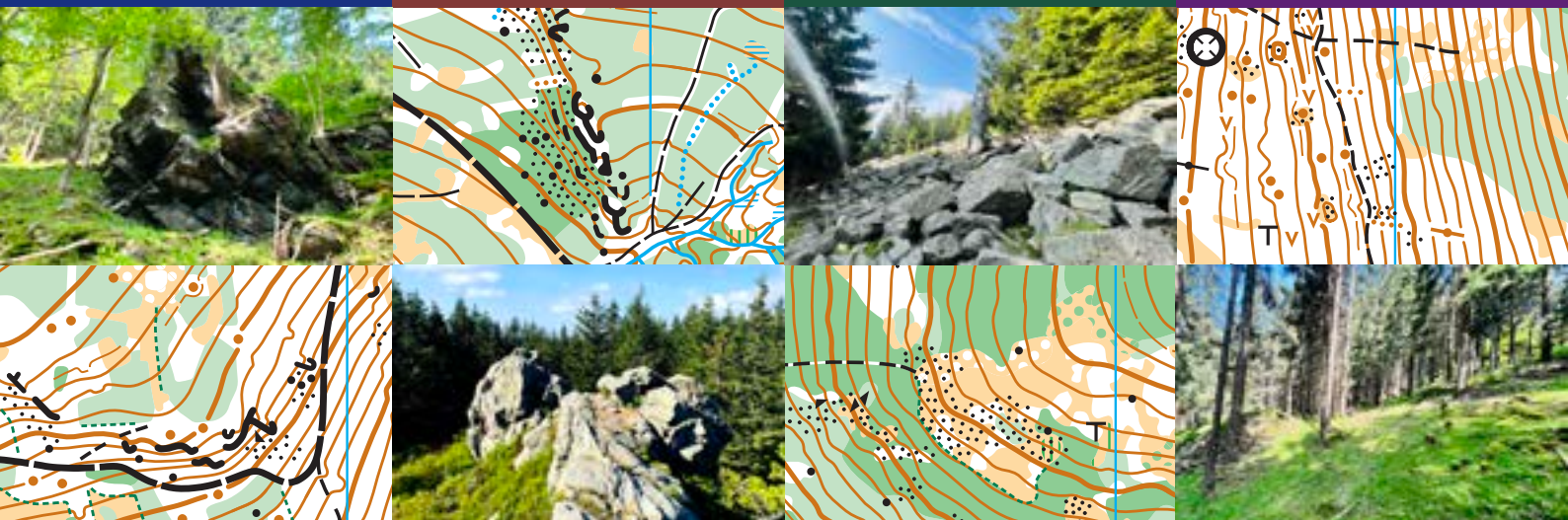
Czarna Góra

middle distance
27.07.2024

4/4

Janowa Góra

chasing start
28.07.2024



Organizer

Dolnośląski Związek Orientacji Sportowej
ul. Borowska 1-3
50-529 Wrocław, Poland
sudety@sudetycup.pl

Co-organizer

Fundacja Slow Event
ul. Lindleya 16
02-013 Warszawa, Poland

Organizing committee

Event Director
Main Referee
IOF Adviser/Controller
Start
SPORTident
Cartography

Wojciech Dwojak
Jacek Morawski
Tadeusz Piłkowski
Arleta Sosenko
Marcin Leśnicki
Wojciech Dwojak, Jacek Morawski

Partners

International Orienteering Federation
Polish Orienteering Association
Stronie Śląskie
State Forests
Forest Inspectorate Łądek Zdrój
Forest Inspectorate Międzyzlesie



Event rank

4-stage individual national ranking event, KM21E classes with WRE status during stage 3.

25-28.07.2024



sudetycup.pl



Start procedure

- SI clear before start boxes
- 3' SI check
- 2' control descriptions
- 1' maps (athlete can take the map in the moment of the start - beep on the clock)
- 60-220 m marked route from timed start to start triangle

Refreshment points

There will be self-service refreshment points during 2nd and 4th stage. During 2nd stage refreshment points will be located on several legs between controls and marked on the map. During 4th stage refreshment point will be located at one of control points. In addition, during 3rd stage elite classes will have a refreshment point in approx. 55% of their courses. All refreshment points will provide potable water.

Start

KM14-60, M65, M70, Średnia, Challenge, Ultra

KM10-12, K65-75, M75-85, Rodzinna, Enka, Krótka

Stage 1 500 m to start (75 m climb),
300 m from finish to Event Center (EC)

Stage 2

<p>START 1 400 m from EC to Luxtorpeda, Luxtorpeda ride, 1000 m to start (100 m downhill)</p>	<p>START 2 400 m from EC to Luxtorpeda, Luxtorpeda ride, 700 m to start (100 m downhill)</p>
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Stage 3

<p>START 1 400 m from EC to Luxtorpeda, Luxtorpeda ride, start located next to top station of Luxtorpeda</p>	<p>START 2 100 m to start (15 m climb), start located near Event Center</p>
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Stage 4 500 m to start (15 m climb)

During each stage the route to each start will be marked with red ribbons.

The participants' clothes will be transported from start to the Event Center after the start of all athletes. The clothes will be available for collection at Sudety shop.

Luxtorpeda

When getting to the start of the 2nd and 3rd stage, you will ride the extra-fast Luxtorpeda chairlift to the very top of Czarna Góra, 1205 m above sea level. You will not only do more than 360 m of climb in five minutes thanks to this ride, but also you will observe amazing views of the Śnieżnik Massif and the surroundings of Stronie Śląskie.

Entering Luxtorpeda will be possible through a specially marked entrance and will be available on Friday and Saturday 10:00-14:30. On Saturday participants starting from Start 2 (near Event Center) can use Luxtorpeda before or after the start for sightseeing purposes. Children under 14 may use Luxtorpeda only when accompanied by an adult.





Open classes

There is no start time assignment for open classes, you can start in the first three hours of the start time (00-180').

Participants competing in both sport classes and open classes with children are asked to do the sport classes course first in order to maintain fair play rules.

Marked courses

Enka and Rodzinna courses will be marked with orange ribbons.

Two maps will be prepared at the start for each registered competitor in Rodzinna class - one for the child, the other one for the parent.

Punching system

SPORTident system in AIR+ mode will be used for punching during the event.

Control descriptions

Printed on the map and separate descriptions available at start.

Chasing start

4th stage will include a chasing start for all classes (apart from open classes). Competitors in each class will start in accordance with the following rules:

- the clock at the entrance to the first start box will be set to -5',
- the best competitor after three stages in each class starts as the first one,
- the next competitors in each class start according to the time losses to the leader (up to 45 minutes loss),
- competitors who are more than 45 minutes behind the leader after three stages start in the interval start.

The final order in the general classification of Sudety Cup in all classes with a chasing start during the 4th stage will be determined by the punch time from the SPORTident FINISH station.

Maps

	Rodzinna, Enka, Krótka	KM50-85	KM10-45, Średnia, Challenge, Krótka
Stage 1	1:7 500 e-5 m 297x210 mm	1:7 500 e-5 m 297x210 mm	1:10 000 e-5 m 297x210 mm
Stage 2	1:7 500 e-5 m 210x297 mm	1:7 500 e-5 m 297x420 mm	1:10 000 e-5 m 297x420 mm
Stage 3	1:7 500 e-5 m 210x297 mm	1:7 500 e-5 m 210x297 mm	1:10 000 e-5 m 210x297 mm
Stage 4	1:7 500 e-5 m 297x210 mm	1:7 500 e-5 m 297x210 mm	1:10 000 e-5 m 297x210 mm

All maps prepared according to ISOM 2017-2 in 2024. Digital print, sealed in plastic bags.

Maps will not be collected at the finish, so please follow fair play rules and do not show the maps to competitors who have not already started.





Environment sustainability

Respecting the surrounding nature is extremely important, therefore during the competition we will try to reduce the negative impact of our event on the environment as much as possible - we will replace plastic with paper products where possible. You can also help us with this - bring your own reusable cups for water at the finish line.

Kid's zone

There will be Kid's zone with attractions for the youngest organized at each stage at the Event Center. Also, a special Miniknat course for children located next to the Event Center will be available. Both Kid's zone and Miniknat will be free of charge and available to all willing children without prior registration.

Medical support

An ambulance with paramedics will be located in the Event Center near the finish line. Additionally, during 2nd and 3rd stage, there will be a medical point in the forest marked with the symbol 712 on all maps.

Food

Ski Bar restaurant in Czarna Perła hotel will be open and serve delicious local dishes every day. Also, during stages 2-4, there will be a barbecue food stand prepared by Czarna Góra Resort located next to Event Center.

Toilets

Toilets will be available only in Event Center in the basement of Czarna Perła hotel.

Shops

It will be possible to purchase products from the official Sudety collection as well as other sports equipment or footwear for orienteering at the Event Center.

WRE

3rd stage in KM21E classes will be a World Ranking Event race. More information concerning the WRE can be found in the latter part of this bulletin.

Time limit

Stage 1	120 minutes	Stage 3	120 minutes
Stage 2	180 minutes	Stage 4	120 minutes

Bike Park Czarna Góra

There are single track bike routes and downhill bike routes going down from the summit of Czarna Góra through the area of stages 2-4. The crucial spots where bike and orienteering routes intersect will be marked with warning signs. Also, some bike routes will be closed temporarily during 3rd stage. **However, please be careful of bikers who can ride down the route at high speed.**



Fees

	KM10-14 Rodzinna Enka	KM16-20 KM65 and older Krótka Średnia	KM21-60 Challenge Ultra
1st deadline 30.04.2024	20 PLN / stage 80 PLN / 4 stages	35 PLN / stage 140 PLN / 4 stages	50 PLN / stage 200 PLN / 4 stages
2nd deadline 15.07.2024	25 PLN / stage 100 PLN / 4 stages	40 PLN / stage 160 PLN / 4 stages	60 PLN / stage 240 PLN / 4 stages
late entry	30 PLN / stage 120 PLN / 4 stages	45 PLN / stage 180 PLN / 4 stages	70 PLN / stage 280 PLN / 4 stages

Entry fee includes two rides with Luxtorpeda chairlift to the top of Czarna Góra on the way to the start of 2nd and 3rd stage.

Payments

Dolnośląski Związek Orientacji Sportowej
ul. Borowska 1-3
50-529 Wrocław
Poland
IBAN : **PL87116022020000000230177716**
SWIFT: **BIGBPLPW**

Please include participant details (name and club) and "Sudety" word in bank transfer description.

The validity of the entry within a given deadline is determined by entry fee payment to the organizer's account, not by the fact of just registering an entry via entry system.

We allow payments also in Koruna česká (CZK) and Euro (EUR). Please find all entry fees and payment details on our website and choose the preferred currency.

Stage classification

We introduce stage classification where winners of stages 1-3 of all classes will receive special awards.

Prize-giving ceremony is scheduled for 19:30 on Saturday and will take place at the scene in the Event Center.

Prize

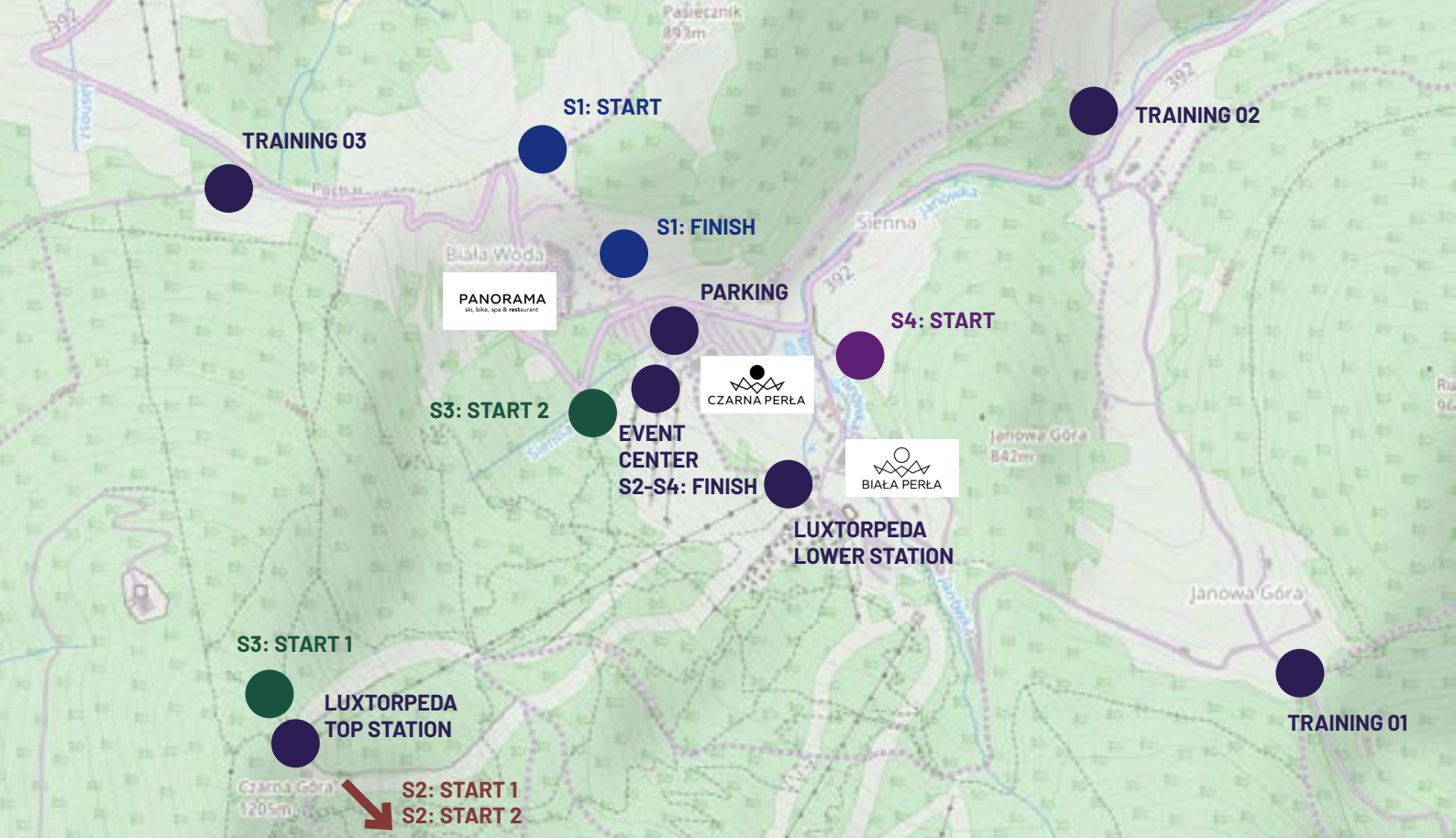
Gifts and diplomas for the TOP3 participants in each class in the general classification after four stages will be awarded. All K10, M10, Rodzinna and Enka class participants will be awarded small gifts.

Prize-giving ceremony is scheduled for 14:00 on Sunday. Winners will be awarded in the following order: veterans, children, juniors, seniors.

Additional information

- The organizer provides medical care during the event.
- The organizer has a valid third party insurance.
- The organizer is not responsible for individual insurance of the participants.
- The organizer is not financially responsible for any items lost during the event.
- The organizer reserves the right to change the event program, as well as to cancel the event due to force majeure.

- The organizer reserves the right to the final interpretation of this Bulletin.
- By registering for the event you consent to the publication of your image on the website sudetycup.pl, in the organizer's social media and in other promotional materials.
- By registering for the event you accept this Bulletin.
- Further information about the event can be found at sudetycup.pl.



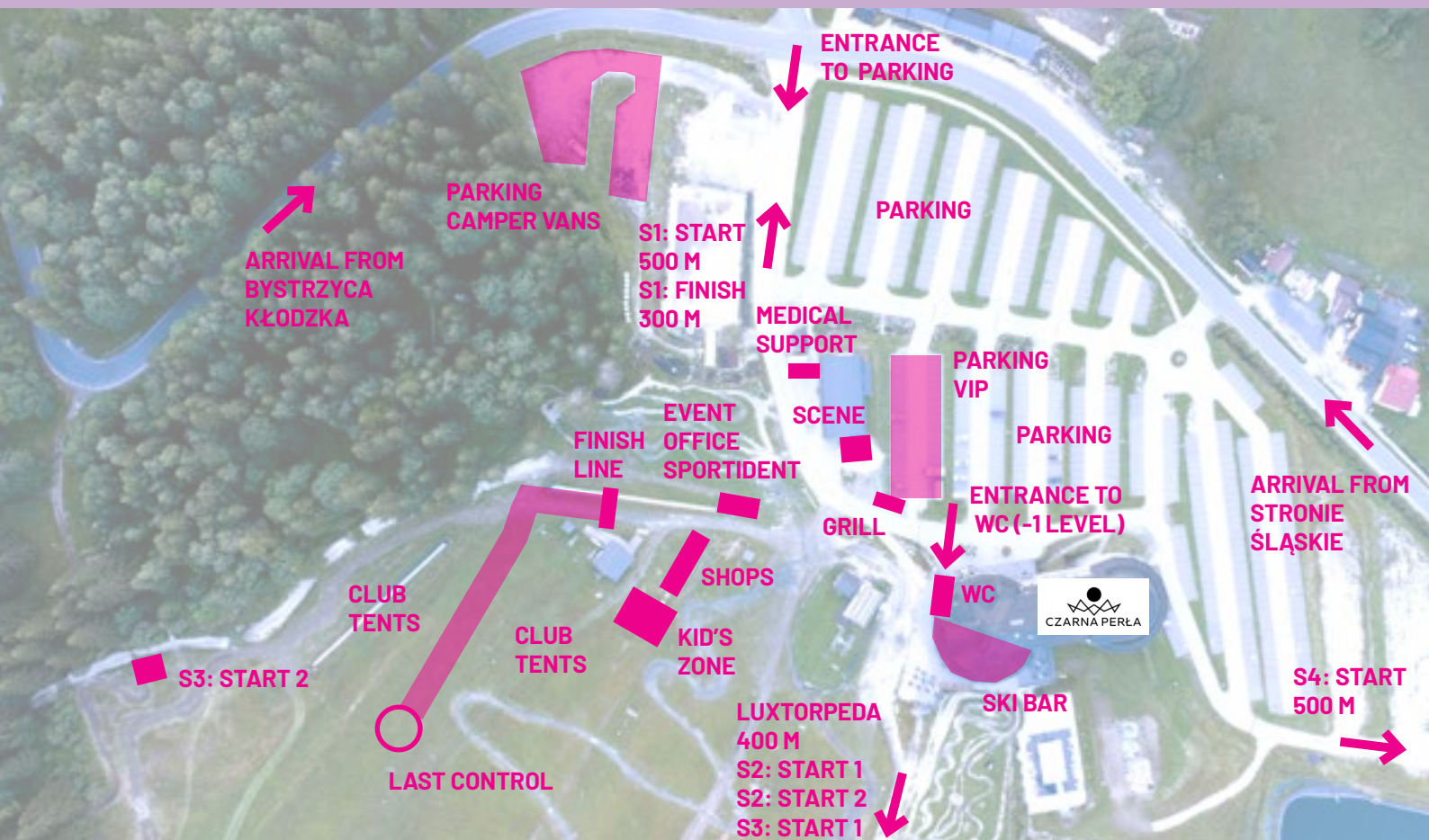
Arena Czarna Góra Resort

Parking

Event Center for all four stages is located in Czarna Góra Resort Ski Area in Sienna.

We provide convenient and free car parking located near Event Center.

GPS: 50.260611, 16.818197



Stage 1

1/4

Pasiecznik

middle distance
25.07.2024



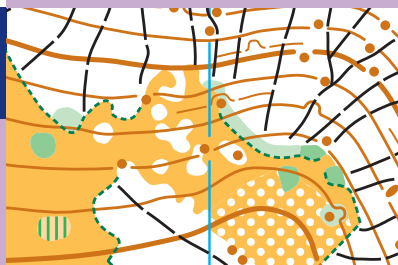
Parking

Free car parking located near Event Center.



Program

15:00 first start
20:00 finish closing



Start

500 m from Event Center to start (75 m climb), follow red ribbons



We start the 2024 edition with a fast stage in the terrain typical of the forested hills of the Śnieżnik Massif. The start will be located in a breathtaking place which will assure you that coming to Sudety Cup was the best possible decision. The area of the first stage is not only a spruce forest with excellent running and visibility, but also an ocean of knolls where you will certainly be able to sail - remember that the control point may be hidden behind each of them. Let us add some boulders and rocks to all above and we will get the perfect recipe for a **fast** and **technical** opening of the event.



Finish

300 m from Event Center, follow red ribbons



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Stage 2

2/4

Żmijowiec

long distance
26.07.2024



Parking

Free car parking located near Event Center.



Program

11:00 first start
16:00 finish closing



Start

START 1
400 m from Event Center to Luxtorpeda, Luxtorpeda ride, 1000 m to start (100 m downhill)

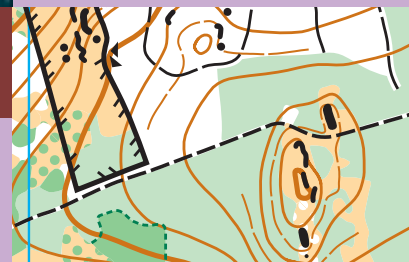
START 2
400 m from Event Center to Luxtorpeda, Luxtorpeda ride, 700 m to start (100 m downhill)



The second stage will be varied. Start will be located 1000 m above sea level and you will get there using extra-fast Luxtorpeda chairlift. You will have a chance to compete on a demanding plateau with varying runnability and complicated rock formations where accurate map reading will be crucial. We will also offer you a lot of legs on steep slopes. Here, a moment of inattention will cost you additional painful meters of climbing. All this right by the top of Śnieżnik Mountain. Who knows, maybe if you are lucky, you will see some mountain chamois there? In a word - the second stage will be **picturesque** and **intense**.

Finish

Located in the Event Center



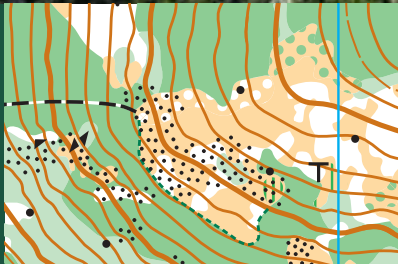
25-28.07.2024

Stage 3

3/4

Czarna Góra

middle distance
27.07.2024



Parking

Free car parking located near Event Center.



Program

11:00 first start
15:00 finish closing



Start

START 1
400 m from Event Center to Luxtorpeda, Luxtorpeda ride, start located next to top station of Luxtorpeda

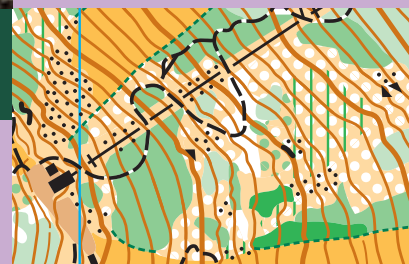
START 2
100 m from Event Center to start (15 m climb), start located near Event Center



During the third stage you will have the opportunity to race at a highest altitude as for Polish conditions - 1200 m above sea level. This is where the most difficult terrain and the most technically demanding courses await you. You will run through boulder fields covered by mountain pine, steep slopes with varied vegetation, rich in marshes and numerous point features. We are preparing a truly royal stage in **alpine** and sometimes **extreme** terrain that will feature World Ranking Event status for the elite classes. Just like during the second stage - the reliable Luxtorpeda chairlift will take you to the start.

Finish

Located in the Event Center

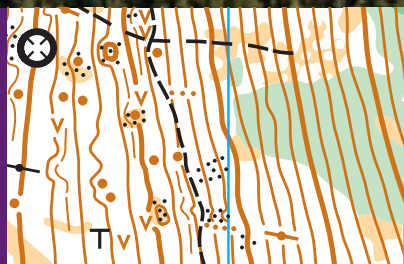


Stage 4

4/4

Janowa Góra

chasing start
28.07.2024



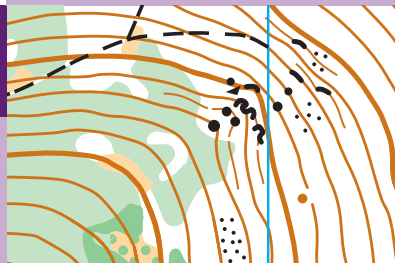
Parking

Free car parking located near Event Center.



Program

10:00 first start
14:00 finish closing



Start

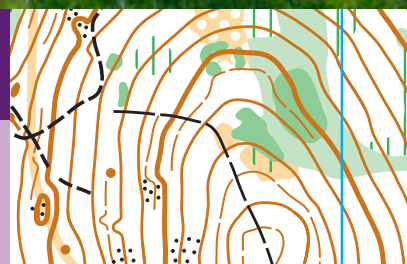
500 m from Event Center to start (15 m climb), follow red ribbons

The fourth stage is fast running filled with sports emotions just like every chasing start is. Cool head and the ability to choose the best route choice will certainly be useful in the fight for the title of Sudety Cup winner. In addition, you have to be prepared for significant climbs throughout the course, as well as careful orienteering in the post-mining areas with large number of pits and knolls. During the last race of Sudety Cup expect a **route choice-demanding**, but also **vigilant** terrain that will require strength in your legs and focus on the map at the right moments.



Finish

Located in the Event Center



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WRE Appendix



Climate

Temperature for July in Sienna vary between 10 and 25 °C with an average of 17 °C. Average rainfall for July is 129 mm with 12 rainy days during a month. The weather can be anything from warm and sunny to windy and rainy. Please take into account that the race will be held between 800 and 1200 m a. s. l., so the weather conditions at start and finish can differ a lot and change rapidly.

Visas

According to current regulations, citizens of some countries must obtain a visa in order to enter Poland. Please check the following website for more information: <https://www.gov.pl/web/diplomacy/visas>
Visas should be applied for at your closest Polish embassy. Please note that conditions of entry may change. All participants are advised to keep themselves updated on the situation by consulting their local Polish embassy.

Transport

No transport offered by the organizers.

Winning time

30-35 minutes for both KM21E classes.

GPS-enabled devices

GPS-enabled devices (watches etc.) can be carried provided that they are not used for communication or navigation.

Control descriptions

The dimensions of control descriptions are as follows:
K21E 5,0 x 10,5 cm
M21E 5,0 x 12,0 cm

Complaints

Complaints must be submitted in writing at the Event Office no later than 15 minutes after the full results have been published.

Jury

Karol Galicz	POL
Helge Lang Pedersen	DEN
Marek Wołowczyk	POL

Training opportunities

We provide three training maps that will allow you to get familiar with the specifics of Śnieżnik Massif mountain terrain. At your disposal there are both a training course and an all controls map. Training map files are available free of charge for self-printing:
<https://sudetycup.pl/en/trainings/>
Also, we provide free training maps from previous editions of Sudety Cup available on our website:
<https://sudetycup.pl/en/maps/>

Summary of entries received

Nation	K21E	M21E
Czech Republic	7	16
Hong Kong	2	2
Germany		2
Italy		1
Latvia	1	1
Lithuania		2
Norway	1	4
Poland	11	20
Sweden		1
Ukraine	1	2
TOTAL	23	51

Accommodation

Hard floor



Location

Hala sportowa – Stroński Park Aktywności
Kościuszki 20a
57-550 Stronie Śląskie, Poland
GPS: 50.299592, 16.872616

Check-in

Check-in is possible at the 24-hour reception of Hotel Stronie – ul. Kościuszki 20, Stronie Śląskie, tel. +48 748 141 604 (50 m from the Sport Hall building) on Wednesday from 17:00 or on Thursday from 12:00 (depending on the length of your stay purchased). You will receive a card giving access to the showers in the swimming pool upon check-in. Check-out on Sunday possible until 16:00.

Facilities

There will be a huge gym with limited sanitary facilities (only toilets) at your disposal. Showers located inside indoor swimming pool facilities within the same building will be available during its operating hours:

:: Wednesday 6:00-20:00
:: Thursday 8:00-20:00
:: Friday 6:00-20:00
:: Saturday, Sunday 10:00-20:00

Access to the showers is only possible upon presentation of the card issued at check-in.

Sudety Camp



Location

Kąpielisko Stara Morawa
Stara Morawa 6B
57-550 Stara Morawa, Poland
GPS: 50.273281, 16.883265

Check-in

Check-in is possible on Wednesday or Thursday (depending on the length of your stay purchased) from 12:00:
– at the main building of swimming zone in Stara Morawa (09:00-18:00)
– at the 24-hour reception of Hotel Stronie – ul. Kościuszki 20, Stronie Śląskie, tel. +48 748 141 604 (18:00-09:00)
Check-out on Sunday possible until 18:00.

Facilities

On the camping site you will find a pavilion with all sanitary facilities (toilets, showers), a kitchen and access to electricity. Additionally, as part of your stay at Sudety Camp, you will have free entry to nearby outdoor swimming zone with an observation tower, pier, beach and water equipment rental.

Course details

	1/4	2/4	3/4	4/4	
	<i>Pasiecznik</i>	<i>Żmijowiec</i>	<i>Czarna Góra</i>	<i>Janowa Góra</i>	
K10	🏁 2,1 km 🏁 11 CP 🏁 85 m	🏁 2,3 km 🏁 9 CP 🏁 30 m	🏁 1,3 km 🏁 7 CP 🏁 125 m	🏁 2,2 km 🏁 8 CP 🏁 135 m	K10
K12	🏁 2,7 km 🏁 12 CP 🏁 110 m	🏁 3,0 km 🏁 10 CP 🏁 105 m	🏁 2,0 km 🏁 11 CP 🏁 165 m	🏁 2,5 km 🏁 9 CP 🏁 155 m	K12
K14	🏁 2,8 km 🏁 12 CP 🏁 105 m	🏁 3,2 km 🏁 7 CP 🏁 135 m	🏁 2,2 km 🏁 11 CP 🏁 40 m	🏁 2,8 km 🏁 8 CP 🏁 160 m	K14
K16	🏁 3,0 km 🏁 14 CP 🏁 155 m	🏁 4,0 km 🏁 11 CP 🏁 165 m	🏁 2,6 km 🏁 11 CP 🏁 55 m	🏁 4,0 km 🏁 14 CP 🏁 290 m	K16
K18	🏁 3,2 km 🏁 15 CP 🏁 150 m	🏁 4,4 km 🏁 10 CP 🏁 170 m	🏁 2,8 km 🏁 10 CP 🏁 105 m	🏁 4,4 km 🏁 18 CP 🏁 290 m	K18
K20	🏁 3,4 km 🏁 15 CP 🏁 150 m	🏁 5,1 km 🏁 14 CP 🏁 220 m	🏁 2,9 km 🏁 13 CP 🏁 75 m	🏁 4,8 km 🏁 17 CP 🏁 350 m	K20
K21	🏁 3,2 km 🏁 15 CP 🏁 145 m	🏁 4,7 km 🏁 13 CP 🏁 200 m	🏁 2,9 km 🏁 12 CP 🏁 90 m	🏁 4,2 km 🏁 14 CP 🏁 265 m	K21
K21E	🏁 4,0 km 🏁 18 CP 🏁 190 m	🏁 6,3 km 🏁 17 CP 🏁 270 m	🏁 3,7 km 🏁 15 CP 🏁 140 m	🏁 6,0 km 🏁 21 CP 🏁 385 m	K21E
K35	🏁 3,2 km 🏁 15 CP 🏁 150 m	🏁 4,4 km 🏁 10 CP 🏁 170 m	🏁 2,8 km 🏁 10 CP 🏁 105 m	🏁 4,4 km 🏁 18 CP 🏁 290 m	K35
K40	🏁 3,0 km 🏁 14 CP 🏁 155 m	🏁 4,0 km 🏁 11 CP 🏁 165 m	🏁 2,6 km 🏁 11 CP 🏁 55 m	🏁 4,0 km 🏁 14 CP 🏁 290 m	K40
K45	🏁 3,0 km 🏁 14 CP 🏁 115 m	🏁 3,6 km 🏁 10 CP 🏁 150 m	🏁 2,5 km 🏁 10 CP 🏁 85 m	🏁 3,6 km 🏁 12 CP 🏁 215 m	K45

	1/4	2/4	3/4	4/4	
	<i>Pasiecznik</i>	<i>Żmijowiec</i>	<i>Czarna Góra</i>	<i>Janowa Góra</i>	
K50	2,9 km 14 CP 130 m	3,4 km 9 CP 140 m	2,3 km 10 CP 40 m	3,4 km 12 CP 220 m	K50
K55	2,5 km 11 CP 115 m	3,0 km 8 CP 95 m	2,1 km 11 CP 40 m	2,7 km 9 CP 180 m	K55
K60	2,5 km 11 CP 115 m	3,0 km 8 CP 95 m	2,1 km 11 CP 40 m	2,7 km 9 CP 180 m	K60
K65	2,3 km 11 CP 85 m	2,4 km 9 CP 35 m	2,0 km 10 CP 105 m	2,3 km 8 CP 150 m	K65
K70	2,3 km 11 CP 85 m	2,4 km 9 CP 35 m	2,0 km 10 CP 105 m	2,3 km 8 CP 150 m	K70
K75	2,3 km 11 CP 80 m	2,2 km 7 CP 30 m	1,5 km 8 CP 100 m	2,2 km 8 CP 135 m	K75
M10	2,1 km 11 CP 85 m	2,3 km 9 CP 30 m	1,3 km 7 CP 125 m	2,2 km 8 CP 135 m	M10
M12	2,7 km 12 CP 110 m	3,0 km 10 CP 105 m	2,0 km 11 CP 165 m	2,5 km 9 CP 155 m	M12
M14	3,2 km 13 CP 160 m	3,8 km 9 CP 165 m	2,8 km 11 CP 45 m	3,4 km 11 CP 180 m	M14
M16	3,2 km 15 CP 145 m	4,7 km 13 CP 200 m	2,9 km 12 CP 90 m	4,2 km 14 CP 265 m	M16
M18	3,4 km 16 CP 155 m	5,9 km 15 CP 255 m	3,1 km 15 CP 85 m	5,0 km 18 CP 400 m	M18
M20	3,9 km 17 CP 185 m	6,9 km 17 CP 290 m	3,3 km 16 CP 105 m	6,4 km 23 CP 450 m	M20

	1/4	2/4	3/4	4/4	
	<i>Pasiecznik</i>	<i>Żmijowiec</i>	<i>Czarna Góra</i>	<i>Janowa Góra</i>	
M21	4,0 km 18 CP 190 m	6,3 km 17 CP 270 m	3,7 km 15 CP 140 m	6,0 km 21 CP 385 m	M21
M21E	5,1 km 20 CP 210 m	9,8 km 24 CP 420 m	4,8 km 18 CP 170 m	7,6 km 24 CP 530 m	M21E
M35	3,9 km 17 CP 185 m	6,9 km 17 CP 290 m	3,3 km 16 CP 105 m	6,4 km 23 CP 450 m	M35
M40	3,5 km 15 CP 170 m	6,0 km 16 CP 245 m	3,3 km 12 CP 115 m	5,3 km 15 CP 315 m	M40
M45	3,4 km 15 CP 150 m	5,1 km 14 CP 220 m	2,9 km 13 CP 75 m	4,8 km 17 CP 350 m	M45
M50	3,2 km 16 CP 165 m	4,6 km 11 CP 150 m	3,0 km 13 CP 100 m	4,5 km 15 CP 320 m	M50
M55	3,1 km 15 CP 150 m	4,1 km 11 CP 170 m	2,7 km 13 CP 60 m	3,9 km 13 CP 255 m	M55
M60	3,0 km 14 CP 115 m	3,6 km 10 CP 150 m	2,5 km 10 CP 85 m	3,6 km 12 CP 215 m	M60
M65	2,8 km 12 CP 105 m	3,2 km 7 CP 135 m	2,2 km 11 CP 40 m	2,8 km 8 CP 160 m	M65
M70	2,5 km 11 CP 115 m	3,0 km 8 CP 95 m	2,1 km 11 CP 40 m	2,7 km 9 CP 180 m	M70
M75	2,3 km 11 CP 85 m	2,4 km 9 CP 35 m	2,0 km 10 CP 105 m	2,3 km 8 CP 150 m	M75
M80	2,3 km 11 CP 80 m	2,2 km 7 CP 30 m	1,5 km 8 CP 100 m	2,2 km 8 CP 135 m	M80

	1/4	2/4	3/4	4/4	
	<i>Pasiecznik</i>	<i>Żmijowiec</i>	<i>Czarna Góra</i>	<i>Janowa Góra</i>	
MS5	2,0 km 9 CP 50 m	1,9 km 6 CP 30 m	1,4 km 8 CP 95 m	1,9 km 8 CP 140 m	MS5
Rodzinna	1,7 km 6 CP 55 m	1,9 km 6 CP 10 m	1,6 km 6 CP 90 m	1,9 km 5 CP 130 m	Rodzinna
Enka	1,7 km 7 CP 55 m	1,9 km 6 CP 10 m	1,6 km 6 CP 90 m	2,0 km 5 CP 130 m	Enka
Krótka	2,4 km 12 CP 105 m	2,6 km 9 CP 75 m	2,1 km 10 CP 190 m	1,9 km 8 CP 140 m	Krótka
Średnia	3,0 km 16 CP 130 m	3,9 km 10 CP 160 m	2,8 km 10 CP 50 m	3,6 km 13 CP 200 m	Średnia
Challenge	2,6 km 13 CP 110 m	3,5 km 9 CP 130 m	2,5 km 12 CP 65 m	3,3 km 13 CP 185 m	Challenge
Ultra	3,6 km 17 CP 160 m	5,0 km 12 CP 205 m	3,2 km 14 CP 130 m	4,8 km 17 CP 335 m	Ultra





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Sudety Cup

2025

Sowie Mountains
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1/4

Sokolica

middle distance
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2/4

Wielka Sowa

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1.08.2025

3/4

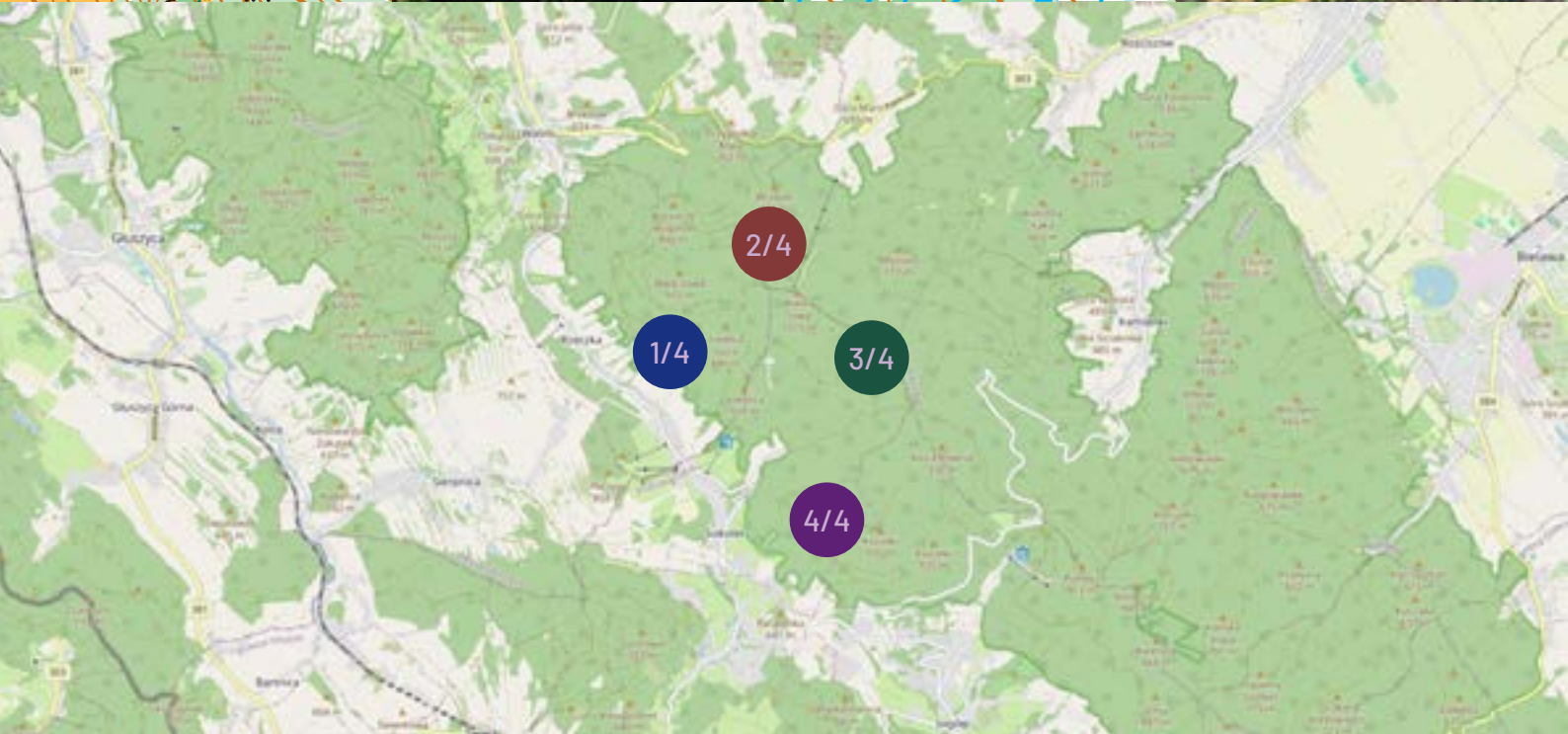
Kozie Siodło

middle distance
2.08.2025

4/4

Grabina

chasing start
3.08.2025



31.07-3.08.2025

Sudety
Cup

sudetycup.pl

MAZURY CUP...→

2025 JELENIOWO

1/3

ZIMNA WODA

middle distance
4.07.2025

2/3

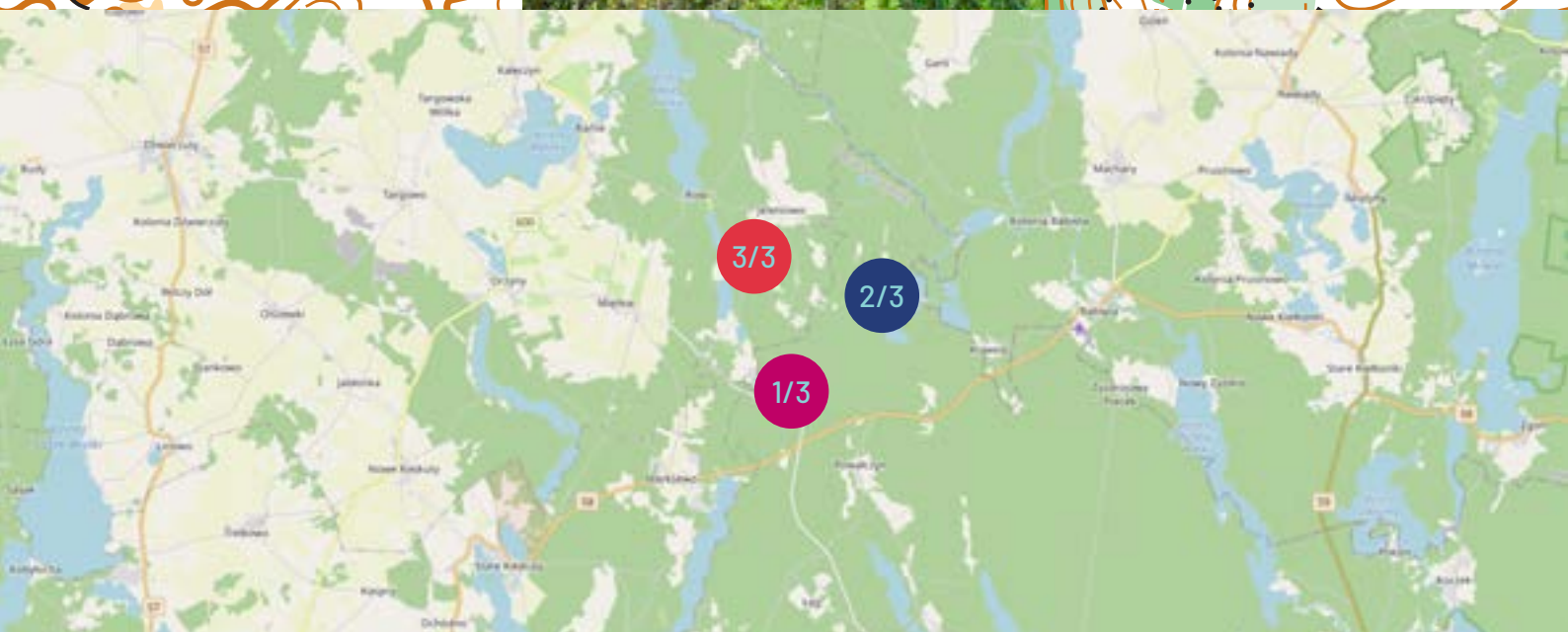
JEZIORO MIĘTKIE

long distance
5.07.2025

3/3

JEZIORO KRAWNO

chasing start
6.07.2025



4-7.07.2025