

MODIFICATION OF TRACKS AND CUTTING TIME

Due to the rains of the last two weeks, we have been forced to modify some parts of the routes (tracks). We have tried that the modifications do not have a significant impact on the total distances, distances between refreshments and race profiles.

WIKILOK TRACKS WILL NOT BE VALID; ONLY THE LINKS ATTACHED IN THIS COMMUNICATION AND THE LINKS OF THE OFFICIAL RACE WEBSITE WILL BE VALID.

It is important that you delete the previous tracks and replace them with the ones attached in this communication. The new distances and travel times are attached in the communicate.

IT IS VERY IMPORTANT TO HAVE THE TRACK LOADED ON YOUR WATCH OR PHONE. FOR REASONS EXTERNAL TO THE ORGANIZATION THERE COULD BE SECTIONS WITH A LACK OF MARKINGS

DEFINITIVE TRACKS

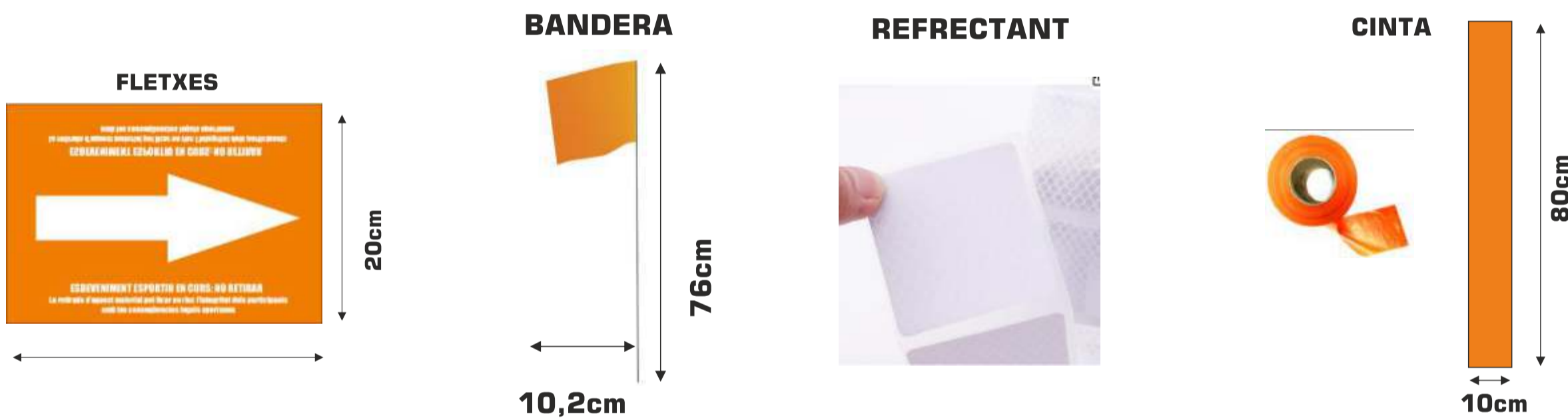
We have attached a link where you can download the definitive tracks

THE ROUTES WITH VARIATIONS ARE: 90K, 50K and 25K

<https://www.muntanyesdepradesepictrail.com/tracks-definitius>

MARKING MATERIAL

The material is orange in color.



CLIMATOLOGY <https://www.meteoprades.net/>

Only light rain is expected on Saturday afternoon. Temperatures for the weekend are expected to range 8 and 15 degrees Celsius. Winds are expected to be light throughout the weekend, at 7 to 13 km/h.

POINTS AT RISK DURING THE TOUR

PRADES MOUNTAINS 90K:
 KM 47.5: Los Cogullons (Farena). Exposed step.
 KM 80: Mirador de la Guardia. Fog area

CINGLERES DE LA FEBRÓN 50K:
 KM 38: Mirador de la Guardia. Fog area

HERMITAGE OF LA ABELLERA 25K:
 KM 7 to 8: Hermitage of Abellera. Very steep descent.

	dv. 8 NOV. ↑ 14° ↓ 9°	ds. 9 NOV. ↑ 13° ↓ 8°	dg. 10 NOV. ↑ 13° ↓ 6°
08:00	9°	10°	8°
14:00	14°	13°	13°
20:00	10°	10°	9°
Pluja	0.7 mm	0 mm	0 mm
Nieve	0 cm	0 cm	0 cm
Vent	→ 7 km/h	↘ 11 km/h	↘ 13 km/h
	07:35	07:36	07:37
	17:44	17:43	17:42

MODIFICATIONS TO START TIMES.

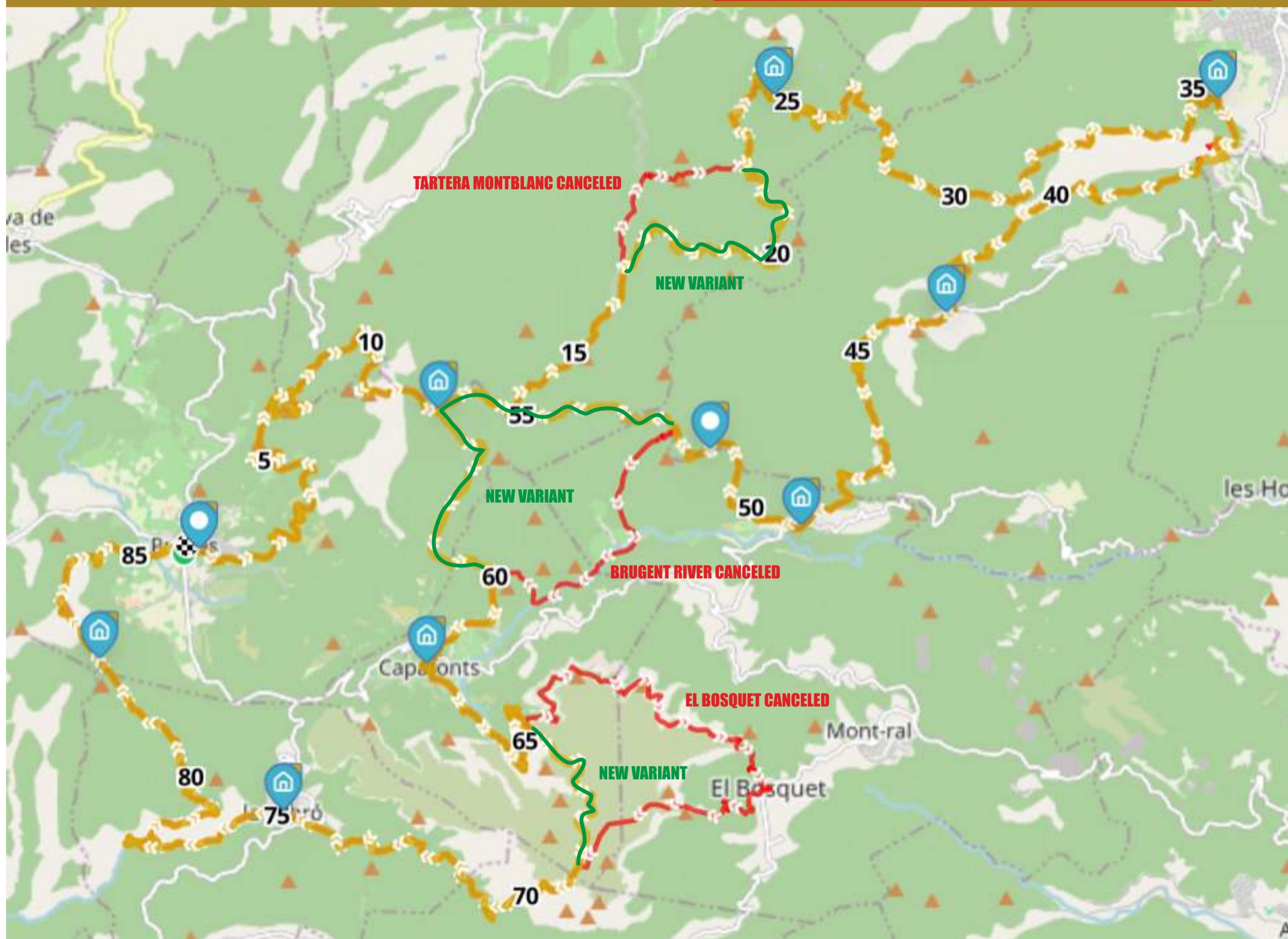
90K: 6:00 A.M. BIB DELIVERY FROM 5:00 AM

12K: 10:15 AM

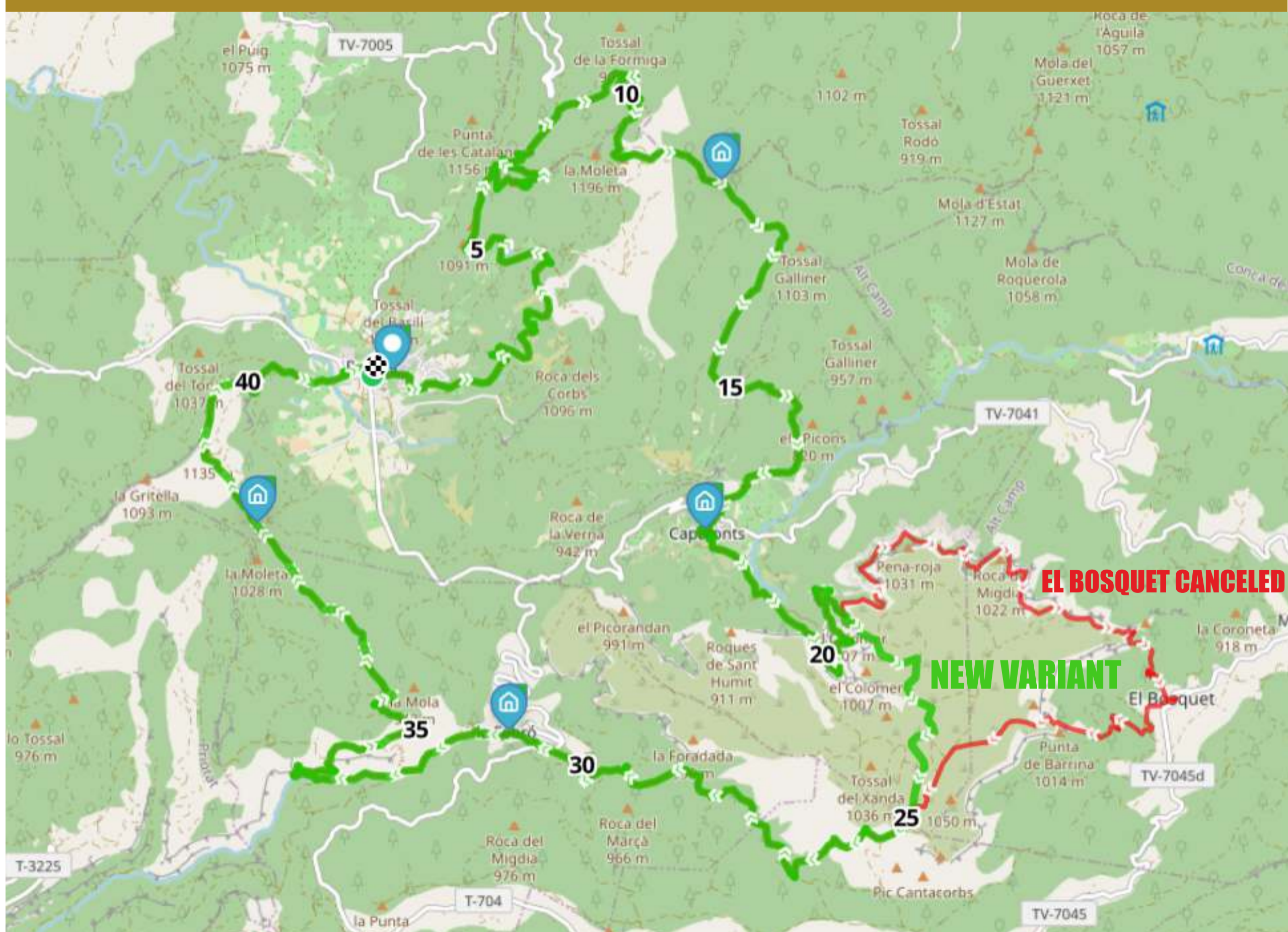
MANDATORY EQUIPMENT. NO CHANGES SUFFERED

90K TRACK CHANGES

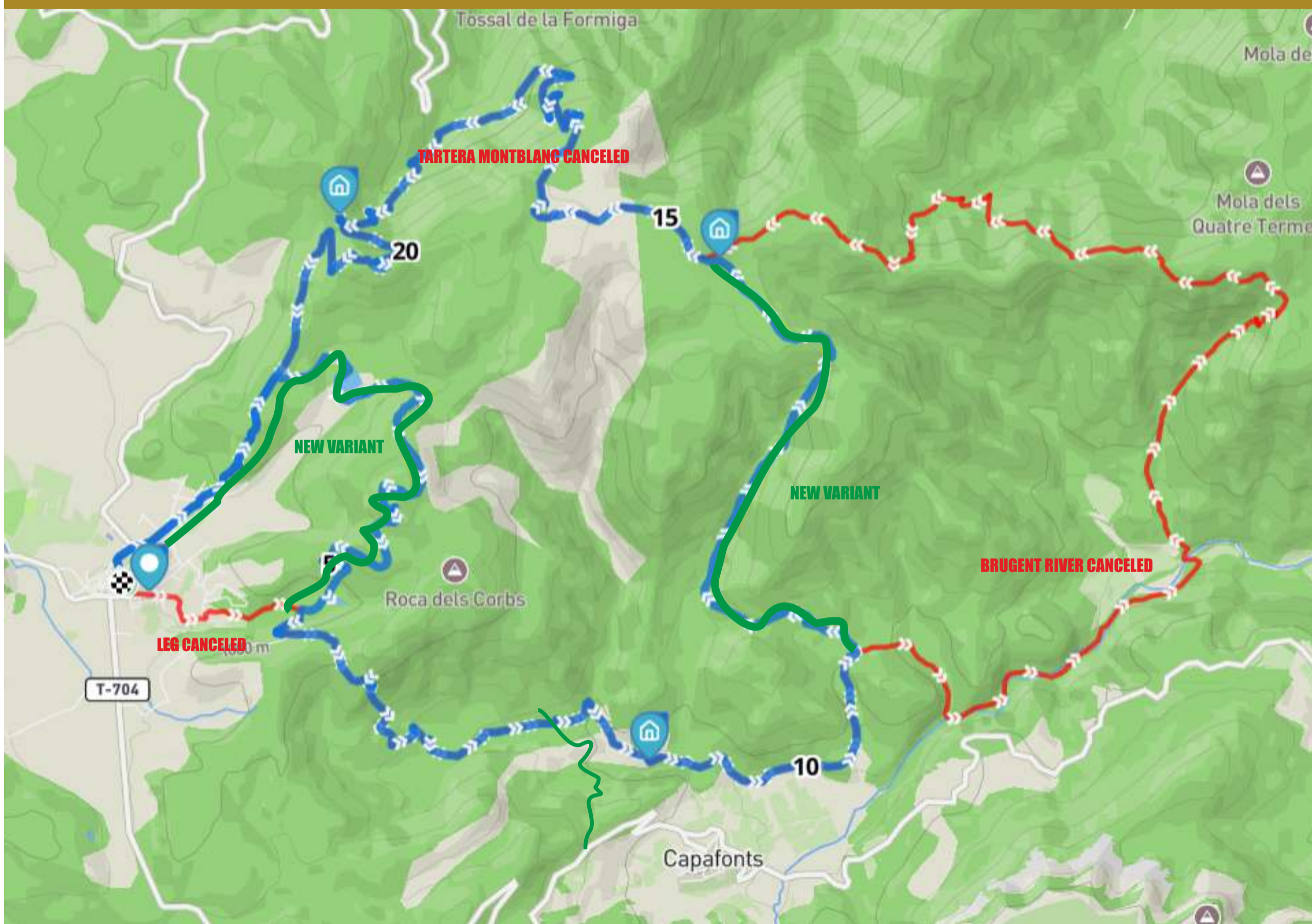
NEW START TIME: 6:00 a.m



50K TRACK CHANGES



25K TRACK CHANGES



TIMESTABLE PRADES EPIC TRAIL COSTA DAURADA 2024 - FINAL VERSION 6/11/2024

MUNTANYES DE PRADES 90K

TIPO AV	GENERAL INFORMATION										TIEMPOS DE PASO PREVISTOS / RANNER'S TIMESTABLE												CORTE / CUT OFF
	SALIDA: 9 NOVIEMBRE 6:00										1ST RUNNER (tiempos ganador ultima edicion)						NORMAL RUNNER			LAST RUNNER			
	PUNTO	ALT	ACUMULADO		TRAMO				VELOCIDAD	TIEMPO		FECHA	VELOCIDAD	TIEMPO		FECHA	VELOCIDAD	TIEMPO		FECHA			
COFEE	SALIDA - PRADES	952	0	0	0	0	0	0	0	0	min/km	TRAMO	ACUMULADO	Y HORA	min/km	TRAMO	ACUMULADO	Y HORA	min/km	TRAMO	ACUMULADO	Y HORA	6:00H
SOLIDO	AV1. DINERAL	1130	11,98	691	502	11,98	691	502	5,77	4,19	0:05:45	1:08:53	1:08:53	9-11-24 7:08	0:08:10	1:37:50	1:37:50	9-11-24 7:37	0:11:45	2:20:46	2:20:46	9-11-24 8:20	
SOLIDO	AV2. ALIGA	1009	24,56	1217	1506	12,58	526	1004	4,18	7,98	0:06:30	1:21:46	2:30:39	9-11-24 8:30	0:09:10	1:55:19	3:33:09	9-11-24 9:33	0:12:45	2:40:24	5:01:10	9-11-24 11:01	
SOLIDO	AV3. MONTBLANC	373	35,48	1738	2367	10,92	521	861	4,77	7,88	0:05:45	1:02:47	3:33:27	9-11-24 9:33	0:08:20	1:31:00	5:04:09	9-11-24 11:04	0:12:45	2:19:14	7:20:23	9-11-24 13:20	13:30H
SOLIDO	AV4. ROJALS	972	43,38	2666	2701	7,9	928	334	11,75	4,23	0:07:30	0:59:15	4:32:42	9-11-24 10:32	0:13:30	1:46:39	6:50:48	9-11-24 12:50	0:16:45	2:12:20	9:32:43	9-11-24 15:32	
SOLIDO	AV5. FARENA	614	49,03	2797	3186	5,65	131	485	2,32	8,58	0:06:00	0:33:54	5:06:36	9-11-24 11:06	0:08:00	0:45:12	7:36:00	9-11-24 13:36	0:12:30	1:10:38	10:43:20	9-11-24 16:43	
COMPLETO	AV6. CAPAFONTS	747	62,03	3597	3743	13	800	557	6,15	4,28	0:06:45	1:27:45	6:34:21	9-11-24 12:34	0:13:45	2:58:45	10:34:45	9-11-24 16:34	0:15:00	3:15:00	13:58:20	9-11-24 19:58	20:00H
COMPLETO	AV8. LA FEBRÓ	747	74,87	4022	4218	12,84	425	475	3,31	3,70	0:06:00	1:17:02	7:51:23	9-11-24 13:51	0:10:00	2:08:24	12:43:09	9-11-24 18:43	0:14:00	2:59:46	16:58:06	9-11-24 22:58	23:00H
SOLIDO	AV9. GRITELLA	982	82,33	4530	4491	7,46	508	273	6,81	3,66	0:07:20	0:54:42	8:46:05	9-11-24 14:46	0:10:40	1:19:34	14:02:44	9-11-24 20:02	0:14:00	1:44:26	18:42:32	10-11-24 0:42	24:45H
COMPLETO	META - PRADES	952	86,1	4724	4720	3,77	194	229	5,15	6,07	0:07:30	0:28:16	9:14:22	9-11-24 15:14	0:11:20	0:42:44	14:45:27	9-11-24 20:45	0:18:00	1:07:52	19:50:24	10-11-24 1:50	02:00H (+1)
			86,1	4724	4720				5,49	5,48	0:08:26		9:14:22	9-11-24 15:14	0:10:17		14:45:27	9-11-24 20:45	0:13:50		19:50:24	10-11-24 1:50	

CINGLERES DE LA FEBRÓ 50K

CORTE / CUT OFF	GENERAL INFORMATION										TIEMPOS DE PASO PREVISTOS / RANNER'S TIMESTABLE												CORTE / CUT OFF
	SALIDA: 9 NOVIEMBRE 9:00										1ST RUNNER (tiempos ganador ultima edicion)						NORMAL RUNNER			LAST RUNNER			
	PUNTO	ALT	ACUMULADO		TRAMO				VELOCIDAD	TIEMPO		FECHA	VELOCIDAD	TIEMPO		FECHA	VELOCIDAD	TIEMPO		FECHA			
09/11/2024 9:00	SALIDA - PRADES	952	0	0	0	0	0	0	0	0	min/km	TRAMO	ACUMULADO	Y HORA	min/km	TRAMO	ACUMULADO	Y HORA	min/km	TRAMO	ACUMULADO	Y HORA	9:00H
	AV1. DINERAL	1130	11,98	691	502	11,98	691	502	5,77	4,19	0:05:20	1:03:54	1:03:54	9-11-24 10:03	0:07:20	1:27:51	1:27:51	9-11-24 10:27	0:15:45	3:08:41	3:08:41	9-11-24 12:08	
09/11/2024 12:30	AV2. CAPAFONTS	747	18,08	846	996	6,1	155	494	2,54	8,10	0:04:30	0:27:27	1:31:21	9-11-24 10:31	0:06:30	0:39:39	2:07:30	9-11-24 11:07	0:14:20	1:27:26	4:36:07	9-11-24 13:36	13:45H
09/11/2024 17:30	AV4. LA FEBRÓ	747	31,08	1271	1471	13	425	475	3,27	7,79	0:05:30	1:11:30	2:42:51	9-11-24 11:42	0:11:30	2:29:30	4:37:00	9-11-24 13:37	0:14:45	3:11:45	7:47:52	9-11-24 16:47	16:45H
09/11/2024 19:45	AV5. GRITELLA	982	38,54	1779	1744	7,46	508	273	6,81	4,48	0:05:40	0:42:16	3:25:07	9-11-24 12:25	0:11:40	1:27:02	6:04:02	9-11-24 15:04	0:14:00	1:44:26	9:32:18	9-11-24 18:32	18:45H
09/11/2024 21:00	META - PRADES	952	42,31	1973	1973	3,77	194	229	5,15	3,75	0:05:30	0:20:44	3:45:51	9-11-24 12:45	0:08:30	0:32:03	6:36:05	9-11-24 15:36	0:18:00	1:07:52	10:40:10	9-11-24 19:40	20:00H
			42,31	1973	1973				4,66	4,66	0:05:20		3:45:51	9-11-24 12:45	0:09:22		6:36:05	9-11-24 15:36	0:13:08		10:40:10	9-11-24 19:40	

ERMITA DE L'ABELLERA 25K

CORTE / CUT OFF	GENERAL INFORMATION										TIEMPOS DE PASO PREVISTOS / RANNER'S TIMESTABLE												CORTE / CUT OFF
	SALIDA: 10 NOVIEMBRE 9:00										1ST RUNNER (tiempos ganador ultima edicion)						NORMAL RUNNER			LAST RUNNER			
	PUNTO	ALT	ACUMULADO		TRAMO				VELOCIDAD	TIEMPO		FECHA	VELOCIDAD	TIEMPO		FECHA	VELOCIDAD	TIEMPO		FECHA			
10/11/2024 9:00	SALIDA - PRADES	952	0	0	0	0	0	0	0	0	min/km	TRAMO	ACUMULADO	Y HORA	min/km	TRAMO	ACUMULADO	Y HORA	min/km	TRAMO	ACUMULADO	Y HORA	9:00H
	AV1. CAPAFONTS	726	8,66	300	519	8,66	300	519	3,46	5,99	0:04:06	0:35:30	0:35:30	10-11-24 9:35	0:06:40	0:57:44	0:57:44	10-11-24 9:57	0:10:30	1:30:56	1:30:56	10-11-24 10:30	10:45H
	AV2. CASTELLFOLLIT	1122	14,64	783	608	5,98	483	89	8,08	1,49	0:05:35	0:33:23	1:08:54	10-11-24 10:08	0:10:00	0:59:48	1:57:32	10-11-24 10:57	0:14:45	1:28:12	2:59:08	10-11-24 11:59	
10/11/2024 13:15	AV3. COLL DEL BOSC	1094	19,51	1014	873	4,87	231	265	4,74	5,44	0:05:14	0:25:29	1:34:23	10-11-24 10:34	0:08:45	0:42:37	2:40:09	10-11-24 11:40	0:14:00	1:08:11	4:07:19	10-11-24 13:07	13:15H
10/11/2024 14:00	META - PRADES	952	23,58	1126	1126	4,07	112	253	2,75	6,22	0:04:12	0:17:06	1:51:28	10-11-24 10:51	0:07:33	0:30:44	3:10:52	10-11-24 12:10	0:10:45	0:43:45	4:51:04	10-11-24 13:51	14:00H
			23,58	1126	1126				4,78	4,78	0:04:44		1:51:28	10-11-24 10:51	0:08:06		3:10:52	10-11-24 12:10	0:12:21		4:51:04	10-11-24 13:51	

TOSSAL DE LA BALTASSANA 12K

CORTE / CUT OFF	GENERAL INFORMATION										TIEMPOS DE PASO PREVISTOS / RANNER'S TIMESTABLE												CORTE / CUT OFF
	SALIDA: 10 NOVIEMBRE 10:00										1ST RUNNER (tiempos ganador ultima edicion)						NORMAL RUNNER			LAST RUNNER			
	PUNTO	ALT	ACUMULADO		TRAMO				VELOCIDAD	TIEMPO		FECHA	VELOCIDAD	TIEMPO		FECHA	VELOCIDAD	TIEMPO		FECHA			
10/11/2024 10:00	SALIDA - PRADES	952	0	0	0	0	0	0	0	0	min/km	TRAMO	ACUMULADO	Y HORA	min/km	TRAMO	ACUMULADO	Y HORA	min/km	TRAMO	ACUMULADO	Y HORA	10:15H
	AV1. BASSOTS	1035	4,5	200	117	4,43	200	117	4,51	2,64	0:04:06	0:18:10	0:18:10	10-11-24 10:33	0:06:40	0:29:32	0:29:32	10-11-24 10:44	0:10:30	0:46:31	0:46:31	10-11-24 11:01	
10/11/2024 12:00	AV2. COLL DEL BOSC	1094	9,39	518	377	4,96	318	260	6,41	5,24	0:05:14	0:25:57	0:44:07	10-11-24 10:59	0:08:45	0:43:24	1:12:56	10-11-24 11:27	0:14:00	1:09:26	1:55:57	10-11-24 12:10	12:30H
10/11/2024 13:00	META - PRADES	952	13,46	630	630	4,07	112	253	2,75	6,22	0:04:12	0:17:06	1:01:13	10-11-24 11:16	0:07:33	0:30:44	1:43:40	10-11-24 11:58	0:10:45	0:43:45	2:39:42	10-11-24 12:54	13:15H
			13,46	630	630				4,68	4,68	0:04:33		1:01:13	10-11-24 11:16	0:07:42		1:43:40	10-11-24 11:58	0:11:52		2:39:42	10-11-24 12:54	

COLL DEL BOSC 6K KIDS

CORTE / CUT OFF	GENERAL INFORMATION										TIEMPOS DE PASO PREVISTOS / RANNER'S TIMESTABLE												CORTE / CUT OFF
	SALIDA: 10 NOVIEMBRE 10:30										1ST RUNNER						NORMAL RUNNER			LAST RUNNER			
	PUNTO	ALT	ACUMULADO		TRAMO				VELOCIDAD	TIEMPO		FECHA	VELOCIDAD	TIEMPO		FECHA	VELOCIDAD	TIEMPO		FECHA			
10/11/2024 10:30	SALIDA - PRADES	952	0	0	0	0	0	0	0	0	min/km	TRAMO	ACUMULADO	Y HORA	min/km	TRAMO	ACUMULADO	Y HORA	min/km	TRAMO	ACUMULADO	Y HORA	10:30H
10/11/2024 11:30	AV2. COLL DEL BOSC	1094	2,95	168	30	2,75	168	30	6,11	1,09	0:06:45	0:18:34	0:18:34	10-11-24 10:48	0:08:45	0:24:04	0:24:04	10-11-24 10:54	0:18:20	0:50:25	0:50:25	10-11-24 11:20	11:30H
10/11/2024 12:30	META - PRADES	952	5,36	190	190	2,61	22	160	0,84	6,13	0:05:50	0:15:13	0:33:47	10-11-24 11:03	0:07:33	0:19:42	0:43:46	10-11-24 11:13	0:18:20	0:47:51	1:38:16	10-11-24 12:08	12:30H
			5,36	190	190				3,54	3,54	0:06:18		0:33:47	10-11-24 11:03	0:08:10		0:43:46	10-11-24 11:13	0:18:20		1:38:16	10-11-24 12:08	