

EUROPEAN ATHLETICS

SPAR

CROSS COUNTRY CHAMPIONSHIPS

Brussels 2023

START

FINISH

Dikke Lindenlaan - Avenue du Gros Tilleul

Short lap 1000m

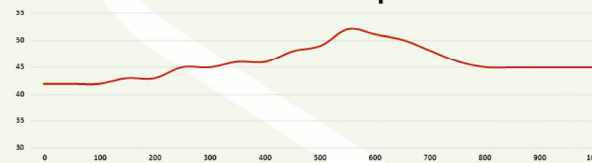
+ Long lap 1500m

U20 Women
U20 Men
Mixed Relay
U23 Women
U23 Men
Senior Women
Senior Men

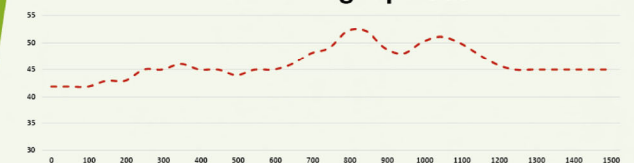
Distance
5000m
5000m
6000m
7000m
7000m
9000m
9000m

Number of loops and respective length
2 X Short Laps + 2 X Long Laps
2 X Short Laps + 2 X Long Laps
4 X Long Laps
1 X Short Lap + 4 X Long Laps
1 X Short Lap + 4 X Long Laps
6 X Long Laps
6X Long Laps

Elevation short lap 1000m



Elevation long lap 1500m



Amerikaans Theater