



Unione  
Montana  
Centro Cadore



FEDERAZIONE  
ITALIANA  
SPORT  
ORIENTAMENTO



FONDO  
COMUNI  
CONFINANTI



Comune di  
Auronzo di Cadore



PROVINCIA DI  
BELLUNO



DOLOMITI  
BELLUNESI  
The Mountains of Venice

# DOLOMITI CENTRO CADORE 5 DAYS ITALY ORIENTEERING 2023

From 1 to 5 July 2023  
[www.5daysitaly.it](http://www.5daysitaly.it)



Comune di  
Auronzo di Cadore



Comune di  
Calalzo di Cadore



Comune di  
Domegge di Cadore



Comune di  
Lorenzago di Cadore



Comune di  
Lozzo di Cadore



Comune di  
Perarolo di Cadore



Comune di  
Pieve di Cadore



Comune di  
Vigo di Cadore



D.O.P.  
Mela Val di Non



**MI PIACI DI PIÙ**

**MI PIACE PERCHÉ  
NASCE E CRESCE NEL POSTO IDEALE  
PER COLTIVARE LE MELE.**



**DALLE VALLI DI MELINDA, LA MELA CHE LA PENSA COME TE.**

Mi piace perché è prodotta in modo sostenibile, in armonia con la natura.

Mi piace perché utilizza solo energie rinnovabili.

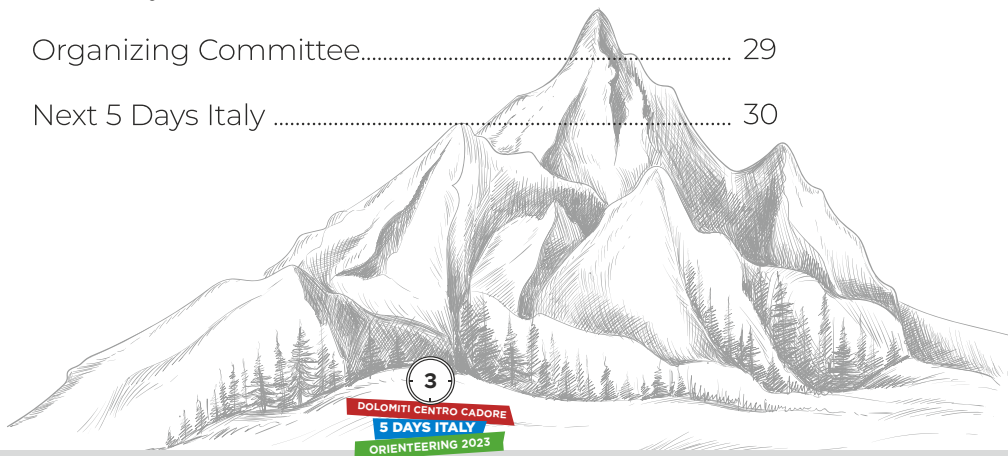
Mi piace perché è l'unica al mondo ad essere conservata nel cuore della montagna.

Mi piace perché i suoi fiori sono impollinati naturalmente dalle api,  
grazie alla collaborazione con gli apicoltori della valle.

SEGUICI SU    MELINDA.IT

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# INTRO



*"5 Days of Italy" is not just a sporting experience, able to further enrich the range of events offered by our Region. This event, taking place on the Dolomites, a UNESCO World Heritage Site also known as "Mountains of Venice", contributes to promoting the excellence of a territory full of fascination, not only from an environmental point of view, but also from an historical and cultural perspective and, last but not least, which is rich in a food and wine offer able to meet every expectation.*

*Therefore, I deeply thank the whole organizing Committee for the great passion and dedication proven in the organization of every single aspect of this event, a perfect combination and harmonic representation between outdoor sporting activity and a slow sustainable rediscovery of this peculiar part of our Region.*

*Wishing all participants to have fun and to achieve their objectives, I hereby conclude by extending my warmest greetings and the ones of the whole Veneto Region.*

**Dr. Luca Zaia**

*President of the Veneto Region*



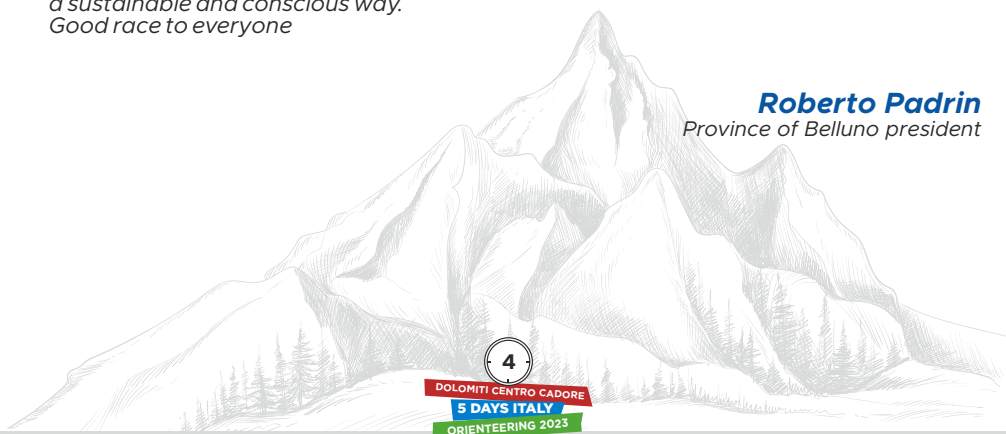
*It is not hard to get lost in the beauties of the Dolomites and Cadore, in the millenary woods and valleys rich of nature, history and culture. It is a sort of Stendhal syndrome, which captures the viewer attracted by so much beauty. This is what I wish for the athletes who will run across our mountains during the "5 Days of Italy": for the competition they will have to orient themselves, use the compass and the map to find the right path; but may they return to get lost in the midst of the extraordinary wonders of our mountains!*

*I welcome them, their companions and the organizers of this orienteering event to the Belluno Dolomites, in the province of Belluno.*

*Sport is a vehicle of human values and an exceptional mean for territorial promotion. It is all the more so, when it leads people and athletes to immerse themselves in nature in a sustainable and conscious way.  
Good race to everyone*

**Roberto Padrin**

*Province of Belluno president*





# INTRO



*The Unione Montana Centro Cadore is delighted to have seized the opportunity to hold this important international event dedicated to Orienteering, which must be understood as a strategic tourist promotion for our wonderful Dolomite area.*

*Going into the specifics and learning that Orienteering is a sport that consists of knowing how to move over unknown terrain, using only a compass and a topographical map, the certainty has been consolidated that our territory, the Heart of Cadore, is among the most suitable for hosting this event, expressing not only the characteristics but also the values of the discipline. Hence, the scheduled event will certainly be a high-level international sports meeting, but it will also be a great global celebration and, for Central Cadore, the Gateway to the*

*Dolomites, an unprecedented opportunity to make itself known and appreciated in terms of nature and culture*

## **Dott. Pier Luigi Svaluto Ferro**

*Presidente dell'Unione Montana Centro Cadore*



*I would like to offer the greetings from FISO to all the Athletes and to all the Nations that have decided to be present in Veneto Region for 5 Days Italy Dolomiti Cadore. I would also like to send my best wishes to the organizing committee which has taken on a responsibility both for the development of the sport of orienteering in Italy and for the economic and social impact that the event will have on (and in) the different villages that host the races.*

*I would like to thank in particular the local authorities, the FISO delegation from Veneto, the regional CONI, the sponsors and the many volunteers who will be the real architects of what we hope will be the great success this sporting event can guarantee.*

*Hoping to see a large participation and expecting exciting results we wait for all the athletes and team in Cadore.  
Welcome in Veneto Region, welcome in Italy.*

## **Sergio Anesi**

*Fiso President*



*Dear orienteering friends,*

*We are thrilled to announce the beginning of the Fifth edition of 5 Days Italy! This event brings together orienteering enthusiasts of all ages and backgrounds for a week of excitement and team spirit. It's a celebration of our shared love for orienteering. 5 Days Italy stands out as the only orienteering event in Italy that spans an entire week, providing athletes from different countries and cultures with the opportunity to come together. We are proud to showcase some of the best terrains our country has to offer, including UNESCO Sites, adding an extra touch of uniqueness to the experience.*

*Over the past fifth years, we have listened to your valuable feedback and continuously improved the event.*

*Our goal has always been to ensure that everyone has the best possible time with us and within the incredible orienteering community. We are now fully prepared and eagerly await your arrival for 5 Days Italy 2023. Moreover, we extend a warm invitation for you to join us again in 2024 and 2025. Get ready for an unforgettable experience filled with thrilling races and memorable moments. We wish you all enjoyable and fulfilling days during the event. Remember to cherish the time spent with fellow orienteering enthusiasts and always keep your spirits high! Best regards.*

## **Mauro Gazzerro**

*President 5 Days Italy  
Organizing Committee*





# PROGRAMME

## TIME SCHEDULE

### Thursday 29<sup>th</sup> and Friday 30<sup>th</sup> June 2023

Arrivals and Model Event  
Forest: Misurina & Somadida Forest;  
Urban: Calalzo di Cadore & Cortina

### Saturday 1<sup>st</sup> July 2023

Stage 1 - MIDDLE DISTANCE  
Perarolo di Cadore-Caralte Forest  
(First Start 4.00 p.m.)  
Opening Ceremony: 7.00 p.m. by  
"Sport in Caralte"  
Price Giving Ceremony: 7.30 p.m

### Sunday 2<sup>nd</sup> July 2023

Stage 2 - LONG DISTANCE  
Monte Zucco - Tai di Cadore  
(First Start 10.00 a.m.)

### Monday 3<sup>rd</sup> July 2023

Stage 3 - MIDDLE DISTANCE  
Valgrande  
(First Start 10.00 a.m)  
Price Giving Ceremony Stage 2 and 3:  
"6.30 p.m. by Tiziano Square in Pieve  
di Cadore

### Tuesday 4<sup>th</sup> July 2023

Stage 4 - MIDDLE DISTANCE Fiammes  
Forest, Cortina d'Ampezzo  
(First Start 10.00 a.m)

### Wednesday 5<sup>th</sup> July 2023

Stage 5 -SPRINT DISTANCE  
Pieve di Cadore  
(First Start 10.00 a.m)  
Price Giving Ceremony Stage 4 and 5  
and overall at 2.00 p.m. by Tiziano  
Square in Pieve di Cadore

## ONSITE ENTRY

On site entries during 5 Days Italy  
are allowed until availability of maps at the following prices:

Direct Easy (on site)	€ 10,00
Direct Difficult (on site)	€ 18,00
MW-10 MW 12	€ 10,00
Classes up to MW - 20	€ 20,00
Adults	€ 28,00

Rental SI - Card 3€/stage

# EVENT CENTER

**PRIMARY SCHOOL PIER FORTUNATO CALVI IN PIEVE DI CADORE**  
***Piazzale Martiri della Libertà, 7, 32044 Pieve di Cadore (BL)***

<https://goo.gl/maps/mnLb4HVSeR4HweMd7>

## Office Hours:

Thursday 29<sup>th</sup>

From 15.00 p.m to 19.00 p.m

Friday 30<sup>th</sup>

From 09.00 a.m to 12.00 a.m  
From 13.30 a.m to 19.00 p.m

Saturday 1<sup>st</sup>

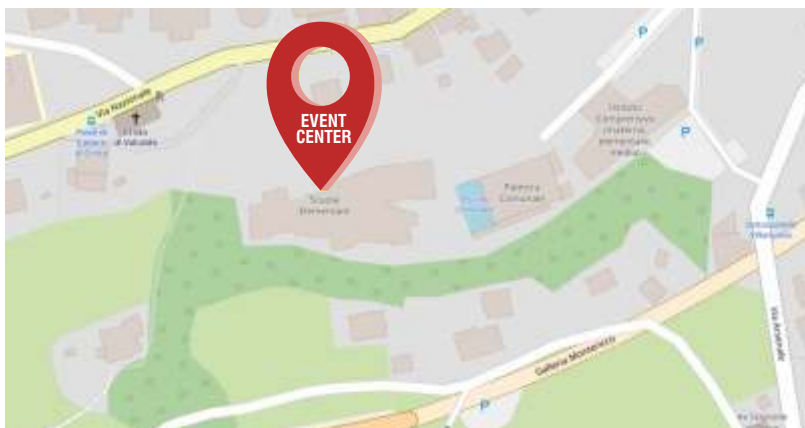
Sunday 2<sup>nd</sup>

Monday 3<sup>rd</sup>

Tuesday 4<sup>th</sup>

Wednesday 5<sup>th</sup>

From 18.00 p.m to 19.00 p.m  
(secretary office remains always  
open at competition arena during  
the races for any question  
or problem)



**For any problems or questions  
you can always send an email to [info@5daysitaly.it](mailto:info@5daysitaly.it)  
or a message at +39 347 96 99 321 (Mara)**



# CAMPERS

**Camper Area is in Lagole Steet** <https://goo.gl/maps/1z5KMma1rrhpcPMz8>



IT IS POSSIBLE FOR CAMPERS and MOTORHOMES TO STAY ALL DAY LONG BOOKING A PLACE SENDING AN EMAIL TO **info@5daysitaly.it**

TO BOOK A PLACE: <https://forms.gle/T4qoFxeKeNf7aRvg8>

SPECIAL PASS TO BUY AND COLLECT AT EVENT CENTER  
at the price of 5,00 €/day

PLEASE TAKE NOTE THAT THERE ARE NO SERVICES INCLUDED  
(water, toiletsservices etc..)

**PICK UP POINT** in Piazzale Dolomiti in Taidi Cadore  
<https://goo.gl/maps/6bpzgYrha2TYcFVt5>

**1<sup>st</sup> STAGE (01 July 2023) - Price 15,00 €**  
PIEVE DI CADORE - CARALTE  
(drop off athletes near pasticceria Beduschi)

**3<sup>rd</sup> STAGE (03 July 2023) Price 15,00 €**  
PIEVE DI CADORE - VAL GRANDE (COMELICO SUPERIORE)  
(drop off athletes near Terme di Valgrande)

**4<sup>th</sup> STAGE (04 July 2023) Price 15,00 €**  
PIEVE DI CADORE - CORTINA  
(dropp off athletes near Cortina Fiames Bus navetta )

**IF YOU BOOK ALL 3 STAGES SHUTTLE BUS THE PRICE is 40,00 €**  
SHUTTLE BUS SHOULD BE BOOKED IN ADVANCE  
<https://forms.gle/ZgMNHtcSZg6LUCBX9>

SHUTTLE PASS should be collected at event center  
when you'll collect your bib

## SHUTTLE



# COMPETITION CLASSES AND BIBS

M10, M12, M14, M16, M18, M20, M21 Elite, M21 Long, M21 Short, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80

W10, W12, W14, W16, W18, W20, W21 Elite, W21 Long, W21 Short, W35, W40, W45, W50, W55, W60, W65, W70, W75, W80

Easy Short (DES), Easy Middle (DMS), Easy Long (DEL)

DifficultShort (DDS), DifficultMiddle (DDM), DifficultLong (DDL)

Direct courses will not have overall result, only a daily results.

No price giving will be done for Direct courses.

Free start time for these classes, using punching-start

## BLUE BIBS

For categories:

M21 Élite, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80.



## RED BIBS

For categories: W21 Élite, W35, W40, W45, W50, W55, W60, W65, W70, W75, W80.



## GREEN BIBS

For categories:

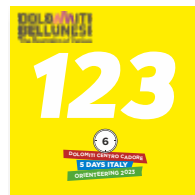
M21 Long, W21 Long, M21 Short, W21 Short, M20, W20, M18, W18, M16, W16, M14, W14.



## YELLOW BIBS

For Punch Start categories: Difficult Long, Difficult Middle, Difficult Short, Easy Long, Easy Middle, Easy Short, M12, W12, M10, W10.

The last Punch Start will be possible fifteen minutes after the last athlete on the starting list.



**Bibs will be collected at event center during opening hours**

# GENERAL INFORMATION



**FIRST AID:** There will be a First Aid Point in every Arena, provided by qualified medical staff.



**TOILETS:** Chemical toilets will be present in every Arena



**SI-CARD:** it is possible to rent Sicard at € 3,00/each stage  
The Si-Card will be withdrawn after the last stage at which the competitor is registered.  
If the Si-Card is lost by the competitor s/he must pay a penalty of 30€.



**Shoes:** In Stage 5 competitors can use normal running shoes.  
In Stages 1,2,3,4 it is recommended to wear orienteering shoes.

## Environmental statement and water:

Although many people are travelling a long way for our event, we are endeavoring to reduce the event's environmental impact as much as possible. We will not therefore be providing bottles of water for competitors at the finish of the courses. You will be expected to bring your own water. Therefore, there will be some fountains and water tanks at the finish Arena. We would also like competitors to take their own rubbish "home" with them.



**PLASTIC BAGS WILL NOT BE AVAILABLE FOR MAPS**

## PRIZE GIVING CEREMONY

The prize giving ceremonies will take place the following days:

### Saturday 1<sup>st</sup> July 2023

Opening Ceremony at 7.00 p.m. Prize giving Ceremony **STAGE 1** at 7.30 p.m.  
By "Sport Facilities (Impianti Sportivi) in Caralte"  
<https://goo.gl/maps/twbFK6xPKThR2WraA>

**Monday 3<sup>rd</sup> July 2023** Prize giving Ceremony **Stage 2** and **Stage 3** at 6.30 p.m.  
by Tiziano Square in Pieve di Cadore - <https://goo.gl/maps/kfzuYBfYcjXuaGFr6>

**Wednesday 5<sup>th</sup> July 2023** Prize giving Ceremony **Stage 4** and **Stage 5** and **overall Result** at 2.00 p.m.  
By Tiziano Square in Pieve di Cadore - <https://goo.gl/maps/kfzuYBfYcjXuaGFr6>

In case of bad weather conditions, the prize giving ceremonies will take place at Piazza Tiziano by Caffè Tiziano in Pieve di Cadore



# PARKINGS

## MODEL EVENT FOREST

### Somadida Forest

### Villa Gregoriana

### Auronzo di Cadore

There are some parking  
along the street  
(it is not possible to park  
within the Villa Gregoriana)



<https://goo.gl/maps/M2w2btohtkc7NLKB8>



## MODEL EVENT FOREST Misurina Lake

Paid Parking: <https://goo.gl/maps/BMfGTkzqpA7KuWdy5>



## SPRINT MODEL EVENT Cortina d'Ampezzo

Paid Parking "ex Ferrovia" <https://goo.gl/maps/vu3JnrWdaNjjQn1X8>

Paid Parking "Piazzale Marconi" <https://goo.gl/maps/mTT58kZmaJSSudo87>



## SPRINT MODEL EVENT Calalzo di Cadore

1) Parking in Via Montanel <https://goo.gl/maps/AKi15ket6JztzxWc9>

2) Parking in Viale Marconi <https://goo.gl/maps/9qS63HEqxnd21AGm9>

## MODEL EVENT

**Forest:** Misurina & Foresta Somadida **Urban:** Calalzo di Cadore & Cortina

The maps can be purchased at the event Centre from Thursday 29 to  
Friday 30 June during opening hour

There are FOUR types of maps: 2 Sprint and 2 Forest

**CALALZO** Scale 1:4.000, eq.2,5 mt (format 21x29 cm)

**SPRINT MODEL** (the controls will be placed only on Saturday and Sunday)

Price € 2,00

**CORTINA** Scale 1:4.000, eq.2,5 mt (format 21x29 cm)

**SPRINT MODEL** (the controls will be placed only on Saturday and Sunday)

Price € 2,00

**FORESTA SOMADIDA** Scale 1:7.500 and 10.000, eq.5 mt (format 21x29 cm)

**FOREST MODEL** (the controls will be placed from Saturday to Thursday)

Price € 4,00

**MISURINA** Scale 1:7.500 and 1:10.000, eq.5 mt (format 21x29 cm)

**FOREST MODEL** (the controls will be placed from Saturday to Thursday)

Price € 4,00

**If you purchase all 4 MAPS: Price is 10,00 €**





# Pian delle Vette®

La nostra piccola cantina, ai piedi delle Vette Feltrine, nell'area del Parco Nazionale delle Dolomiti Bellunesi, è il frutto ragionato del nostro momento di irrazionalità. Quella scelta azzardata che è il sale delle nostre vite.

Pian  
delle  
Vette



sa(olèt)  
Vin de  
le vette



vendita on-line  
[www.piandellevette.it](http://www.piandellevette.it)

seguici su:



Soc. Agr. Pian delle Vette S.r.l.

Via Teda, 11 - Vignai di Feltre (BL)

Tel. 0439 302903 - [info@piandellevette.it](mailto:info@piandellevette.it)

Egidio Cell. 329 8191436

Alessandro Cell. 347 7416350

# STAGE 1 1<sup>st</sup> July 2023

MIDDLE DISTANCE - Perarolo di Cadore - Caralte Forest

## GENERAL INFORMATION:

The stage is a middle-distance race. The terrain is alpine with even steep gradients and few trails. Village periphery with open areas and detailed forest. There are several unmarked fallen trees on the ground (after storm Vaia). The black circles correspond to piles of stones.

### Mapper:

Francesco Buselli

### Course setter:

Marco Bezzi

**1:10.000, eq. 5 mt.** (format 21 x 29 cm) for classes:  
ME, M21L, M21S, M14, M16, M18, M20, M35, M40, M45, M50,  
M55, WE, W21L, W21S, W14, W16, W18, W20, W35, W40,  
W45, W50, W55, DDS, DDM, DDL

**1:7.500, eq. 5 mt.** (format 21 x 29 cm) for classes:  
M60, M65, M70, M75, M80, W60, W65, W70, W75, W80,  
M10, M12, W10, W12, DES, DEM, DEL

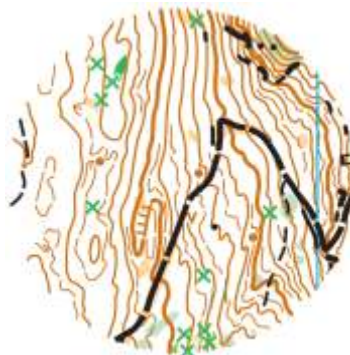
The maps are printed on blue-back paper, water-resistant

### Start and finish are in the same arena:

<https://goo.gl/maps/tVvbYWsuQLBQ1Z3k6>



START AND FINISH ARENA



MAP DETAIL

# STAGE 1 1<sup>st</sup> July 2023

MIDDLE DISTANCE - Perarolo di Cadore - Caralte Forest



# STAGE 2 2<sup>nd</sup> July 2023

LONG DISTANCE - Monte Zucco Tai di Cadore

## GENERAL INFORMATION:

The stage is a long-distance race.

Forest with good walkability and excellent runnability, rich in clearings and gullies

The competition area varies from an elevation of 800 mt  
o 1200 m above sea level.

**Mapper:** Victor Kirianov

**Course setter:** Paride Grava

### Scale

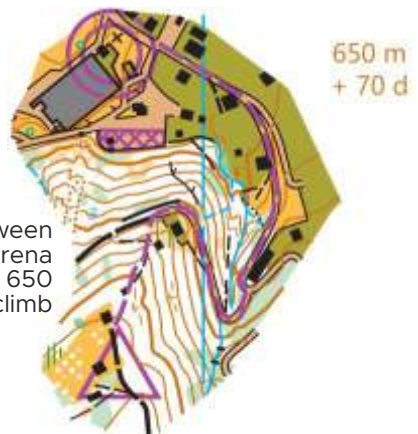
**1:10.000, eq. 5 mt.** (format 21 x 29 cm) for classes:  
ME, M21L, M21S, M14, M16, M18, M20, M35, M40, M45, M50,  
M55, WE, W21L, W21S, W14, W16, W18, W20, W35, W40,  
W45, W50, W55, DDS, DDM, DDL

**1:7.500, eq. 5 mt.** (format 21 x 29 cm) for classes:  
M60, M65, M70, M75, M80, W60, W65, W70, W75, W80,  
M10, M12, W10, W12, DES, DEM, DEL

The maps are printed on blue-back paper, water-resistant



MAP DETAIL



The distance between  
the Arena  
and the Start is 650  
mt with 70 mt climb





## STAGE 2 2<sup>nd</sup> July 2023

LONG DISTANCE - Monte Zucco Tai di Cadore



The Arena is by "GalvaluxArena -Stadio del Ghiaccio"

<https://goo.gl/maps/j3q4ehDB4fyTR8ty9>



# STAGE 3 2<sup>nd</sup> July 2023

MIDDLE DISTANCE - Valgrande (Padola)

## GENERAL INFORMATION:

The stage is a middle distance race Typical alpine pine forest with excellent visibility and travel speed. The area is rich in details such as streams, knolls and depressions. The race area ranges from an elevation of 1320 m above sea level to 1500 m above sea level

**Height** is 1320 m a.s.l.

**Mapper:** Marco Bezzi - Maurizio Ongania

**Course setter:** Federico Venezian

### Scale

**1:10.000, eq. 5 mt.** (format 21 x 29 cm) for classes:

ME, M21L, M21S, M14, M16, M18, M20, M35, M40, M45, M50, M55, WE, W21L, W21S, W14, W16, W18, W20, W35, W40, W45, W50, W55, DDS, DDM, DDL

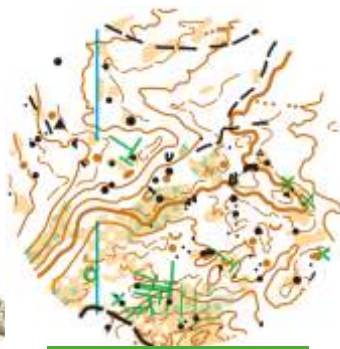
**1:7.500, eq. 5 mt.** (format 21 x 29 cm) for classes:

M60, M65, M70, M75, M80, W60, W65, W70, W75, W80, M10, M12, W10, W12, DES, DEM, DEL

The maps are printed on blue-back paper, water-resistant



The distance between the Arena and the Start is 1550 mt with 130 mt climb



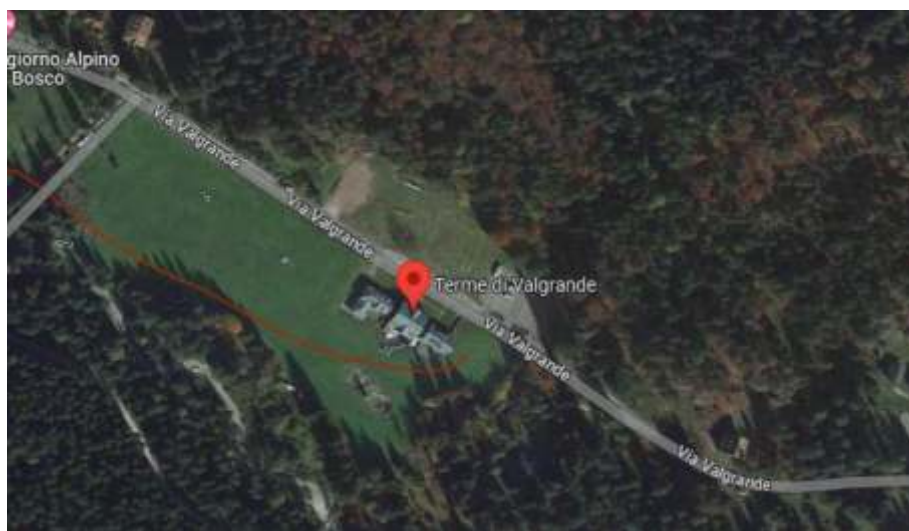
DOLOMITI CENTRO CADORE

5 DAYS ITALY

ORIENTEERING 2023

# STAGE 3 2<sup>nd</sup> July 2023

MIDDLE DISTANCE - Valgrande (Padola)



The Arena is near Terme di Valgrande  
<https://goo.gl/maps/pRuR4tvffF2sSX3J9>





# STAGE 4 4<sup>th</sup> July 2023

MIDDLE DISTANCE - Fiames (Cortina d'Ampezzo)

## GENERAL INFORMATION:

The stage is a middle-distance race. Alpine terrain between 1300 m above sea level and 1425 m above sea level with richly detailed areas alternating with faster areas, generally dense network of trails. Boulders and knolls are not always clearly distinguishable and has been represented with the most evident symbol. The entire length of the map is traversed by the Cortina-Dobbiacobike-path. Care should be taken when crossing the track as it is possible to pass bikes even at high speeds.

**Height** is 1300 m a.s.l.

**Mapper:** Victor Kirianov

**Course setter:** : Fabio Hueller

### Scale

**1:10.000, eq. 5 mt.** (format 21x29cm) for classes:

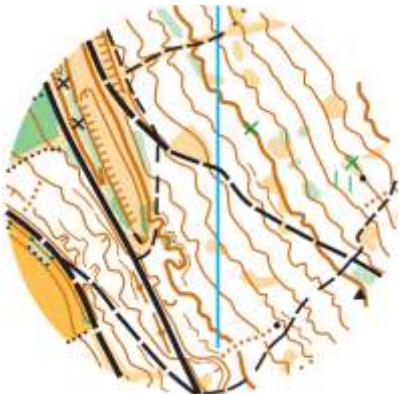
ME, M21L, M21S, M14, M16, M18, M20, M35, M40, M45, M50, M55, WE, W21L, W21S, W14, W16, W18, W20, W35, W40, W45, W50, W55, DDS, DDM, DDL

**1:7.500, eq. 5 mt.** (format 21x29cm) for classes:

M60, M65, M70, M75, M80, W60, W65, W70, W75, W80, M10, M12, W10, W12, DES, DEM, DEL

The maps are printed on blue-back paper, water-resistant

Start and finish are in the same arena by FiamesSport Nordic Center  
<https://goo.gl/maps/LgWq5aum5LnQX7L89>



MAP DETAIL



START AND FINISH ARENA



DOLOMITI CENTRO CADORE  
5 DAYS ITALY  
ORIENTEERING 2023



# STAGE 4 4<sup>th</sup> July 2023

MIDDLE DISTANCE - Fiammes (Cortina d'Ampezzo)



Parking are nearby the arena



# STAGE 5 5<sup>th</sup> July 2023

SPRINT DISTANCE - Pieve di Cadore

## GENERAL INFORMATION:

The stage is a sprint distance race; the first part is in steep forest area with some trails, second part in an urban area.

Map between 880 m above sea level and 950 m above sea level.

**Height** is 880 m a.s.l.IT

**Mapper:** Tommaso Scalet - Buselli Francesco

**Course setter:** Eddy Sandri

**Scale**

**1:4.000, eq. 2.5 mt.** (format 21x29cm) for all classes

The maps are printed on blue-back paper, water-resistant.



MAP DETAIL



The distance between the Arena and the Start is 900 mt with 45 mt climb

22

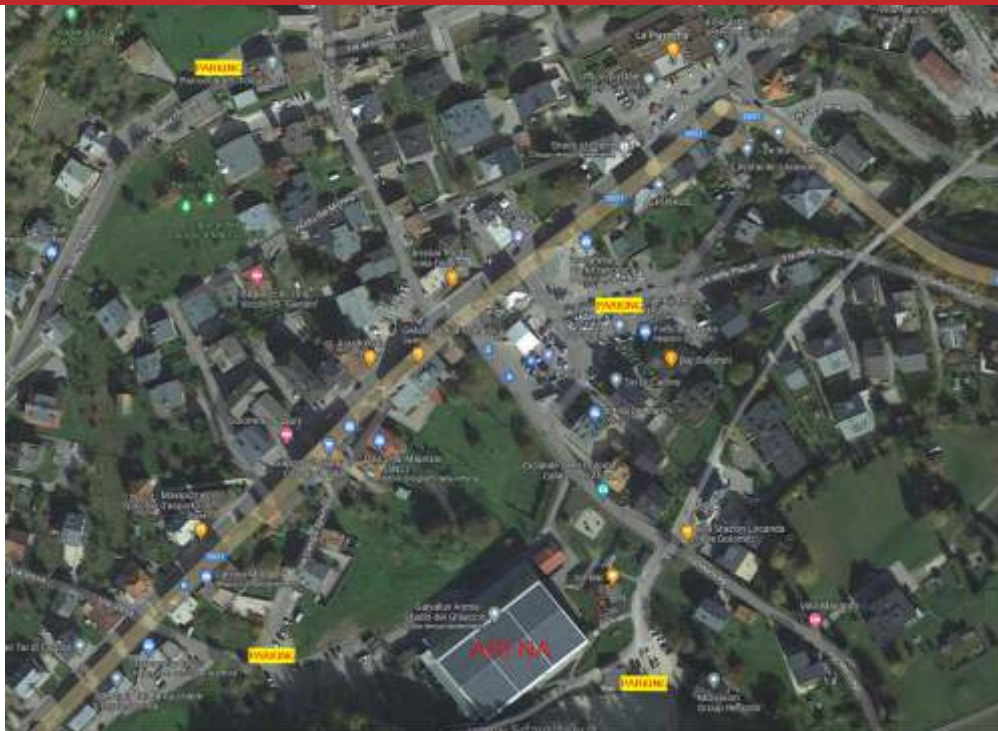
DOLOMITI CENTRO CADORE

5 DAYS ITALY

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# STAGE 5 5<sup>th</sup> July 2023

SPRINT DISTANCE - Pieve di Cadore



The Arena is in Pieve di Cadore in Tiziano Place:  
<https://goo.gl/maps/9rBzBBxvME6HPi4C8>



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DOLOMITI CENTRO CADORE  
5 DAYS ITALY  
ORIENTEERING 2023



# RACES DISTANCE

	STAGE 1 CARATE		STAGE 2 MONTE ZUCCO		STAGE 3 VALGRANDE		STAGE 4 FAMES		STAGE 5 PEVERO CADORE	
	LENGT	CLIMB	LENGT	CLIMB	LENGT	CLIMB	LENGT	CLIMB	LENGT	CLIMB
M10	1850	30	2200	60	1650	5	2170	40	1500	30
M12	2170	35	2200	60	2030	25	3050	85	1800	45
M14	3270	70	3600	100	2990	45	3320	95	2000	50
M16	4660	165	5600	185	3760	150	3630	125	2600	65
M18	5370	200	7300	270	4620	185	4190	140	3200	80
M20	5710	210	8300	455	4740	190	5140	180	3300	90
M21S	4660	165	5600	185	3760	150	3630	125	2600	65
M21L	5710	210	8300	455	4740	190	5140	180	3300	90
M2E	6470	250	10320	655	5360	190	6060	240	3600	110
M3S	5560	205	8300	480	4830	180	5190	200	3100	75
M40	5370	195	7300	280	4260	160	4780	190	2700	70
M4S	5230	195	6600	260	3960	160	4510	170	2600	60
M50	5010	190	6300	270	4000	150	4360	155	2500	60
M5S	4760	185	5800	230	3560	145	4220	140	2300	55
M60	4700	185	5600	230	3000	120	4060	125	2000	45
M6S	4470	180	4600	165	2960	115	3740	140	2200	50
M70	2970	110	4000	145	2740	95	3240	100	2100	40
M7S	2970	110	4000	145	2740	95	3240	100	2100	40
M80	2970	110	4000	145	2740	95	3240	100	2100	40
Direct ES	1850	30	2200	60	1650	5	2170	40	1500	30
Direct EM	2400	35	2800	90	1990	15	2780	75	2400	70
Direct EL	3440	50	3200	140	2410	15	3140	80	3300	95



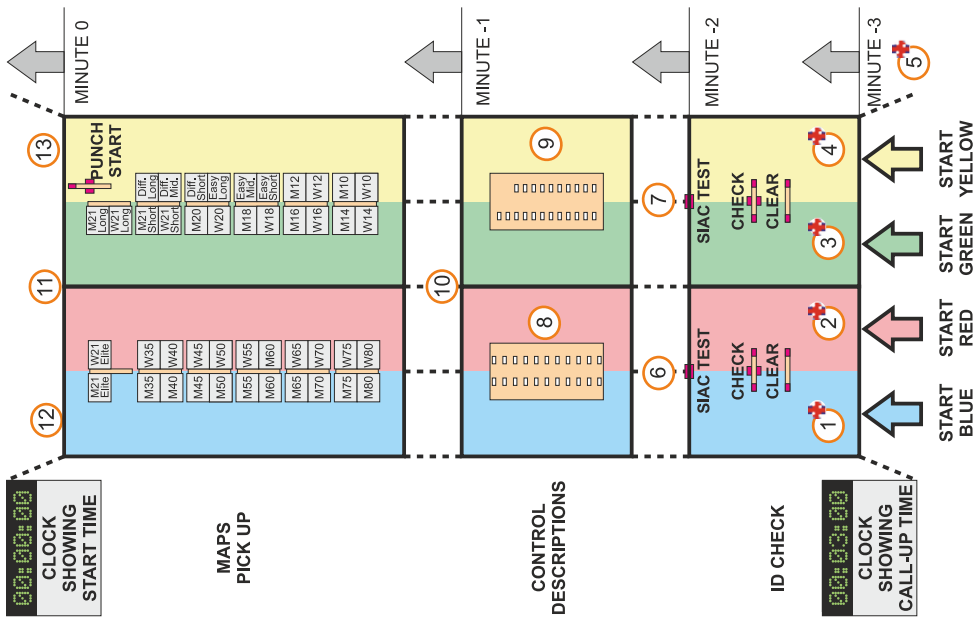
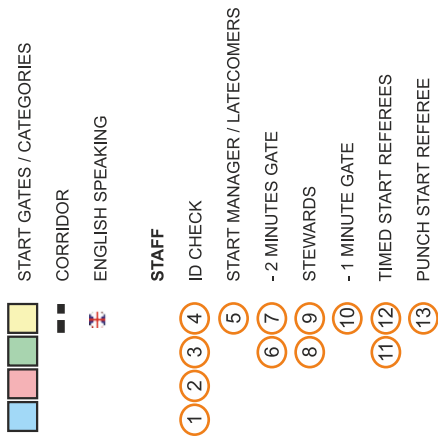
# RACES DISTANCE

	STAGE 1 CARPATE		STAGE 2 MONTE ZUCCO		STAGE 3 VALGRANDE		STAGE 4 FIMMES		STAGE 5 PENE DI CADORE	
	LENGTH	CLIMB	LENGTH	CLIMB	LENGTH	CLIMB	LENGTH	CLIMB	LENGTH	CLIMB
W10	1850	30	2200	60	1650	5	2170	40	1500	30
W12	2170	35	2200	60	2030	25	3050	85	1800	45
W14	3270	70	2600	100	2500	45	3320	95	2000	50
W16	3740	140	4400	175	3180	110	3680	110	2300	60
W18	4630	185	5000	190	3710	140	4340	130	2700	65
W20	5480	205	6500	260	4160	165	4430	170	2800	65
W21S	3740	140	4400	175	3180	110	3880	110	2300	60
W21L	5480	205	6500	260	4160	165	4430	170	2800	65
W2	5550	205	8300	480	4030	160	5190	200	3100	75
W35	5230	195	6600	260	3980	160	4510	170	2800	60
W40	5010	150	4900	200	3750	150	4160	150	2300	55
W45	5010	150	4900	200	3750	150	4160	150	2300	55
W50	4770	170	5100	185	3490	140	4030	125	2100	50
W55	4340	165	4400	160	3410	120	3880	110	2000	50
W60	5060	120	4100	190	3310	125	3800	110	1900	45
W65	3600	120	4100	190	3310	125	3800	110	1900	45
W70	2400	100	3500	90	2430	50	2720	80	1700	40
W75	2400	100	3500	90	2430	50	2720	80	1700	40
W80	2400	100	3500	90	2430	50	2720	80	1700	40
Direct D5	4340	165	4400	160	3410	120	3880	110	2000	50
Direct DM	5010	150	6300	270	4000	150	4350	165	2500	60
Direct DL	5920	210	7100	300	4030	170	5250	205	3500	100

# START AREA LAYOUT



## START AREA LAYOUT



# HONORARY COMMITTEE

**Zaia Luca** *President of Region of Veneto*

**Padrin Roberto** *President of Province of Belluno*

**Svaluto Ferro Pier Luigi** *President Unione Montana Mayor of Perarolo C.*

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FONDO  
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DOLOMITI CADORE



PROVINCIA DI  
BELLUNO



Comune di  
Auronzo di Cadore



Comune di  
Calalzo di Cadore



Comune di  
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Lozzo di Cadore



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Comune di  
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27

DOLOMITI CENTRO CADORE  
5 DAYS ITALY  
ORIENTEERING 2023



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**Gabriele Viale** *Vice President and Marketing*

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**Mara Pegoretti** *Secretary Director*

**Caterina Pezzè** *Assistant Secretary*

**Federico Bruni and Edoardo Tona** *IT -Technology*

**Michele Raus** *Start Manager*

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**Marco Bezzi** *Course setter Stage 1*

**Paride Grava–Giacomo Pezzè** *Course setter Stage 2*

**Federico Venezian - Jessica Lucchetta** *Course setter Stage 3*

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**Riccardo Scalet e Tommaso Scalet** *Social & Web Manager*

**Stefano Galletti** *Speakers*

**Chiara Sanzovo** *VoluntaryCoordinator*





★ DOLOMITI  
PAGANELLA

TRENTINO

1<sup>st</sup> - 7<sup>th</sup> July 2024

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30<sup>th</sup> June - 6<sup>th</sup> July 2025



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PRODOTTO E CERTIFICATO DAL MINISTERO ITALIANO DELL'AGRICOLTURA E DELLE POLITICHE RURALI

# DALLE DOLOMITI

UNA BONTÀ CHE  
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Assistenza di gestione: Regione del Veneto - Direzione A45 RISORSE Qualità e Iniziativa