

INFORMACIÓ CONTROLS SOBREPUNY TRAIL

EL TRAIL - 36,7km i 2510m

| CONTROLS | NOM CONTROL | ALTITUD | DISTANCIA | D+ | D- | AL. MÀX | AL. MÍN |
|----------|------------------------|---------|-----------|------|------|---------|---------|
| A1 | Collada de Pasquals | 1.210m | 3,8m | 390m | 65m | 1.210m | 850m |
| A2 | Vilada | 735m | 6,6km | 210m | 680m | 1.295m | 720m |
| A3 | Collada de Pasquals | 1.210m | 4,1km | 500m | 30m | 1.210m | 735m |
| A4 | Jaça d'Espades | 1.460m | 3,9km | 465m | 220m | 1.656m | 1.210m |
| A5 | Collada de Sant Miquel | 1.690m | 5,1km | 390m | 150m | 1.730m | 1.375m |
| A6 | Monnell | 1.150m | 5,2km | 175m | 720m | 1.690m | 1.150m |
| A7 | Cruilla | 1.000m | 2,8km | 95m | 235m | 1.150m | 940m |
| A8 | La Nou de Berguedà | 880m | 5,2km | 285m | 410m | 1.175m | 875m |

LA MITJA - 22,3km i 1605m

| CONTROLS | NOM CONTROL | ALTITUD | DISTANCIA | D+ | D- | AL. MÀX | AL. MÍN |
|----------|---------------------|---------|-----------|------|------|---------|---------|
| A1 | Collada de Pasquals | 1.210m | 3,8m | 390m | 65m | 1.210m | 850m |
| A2 | Vilada | 735m | 6,6km | 210m | 680m | 1.295m | 720m |
| A3 | Collada de Pasquals | 1.210m | 4,1km | 500m | 30m | 1.210m | 735m |
| A4 | Jaça d'Espades | 1.460m | 3,9km | 465m | 220m | 1.656m | 1.210m |
| A5 | La Nou de Berguedà | 880m | 3,9km | 40m | 610m | 1.1460m | 860m |

EXPRES - 11,6km i 895m

| CONTROLS | NOM CONTROL | ALTITUD | DISTANCIA | D+ | D- | AL. MÀX | AL. MÍN |
|----------|---------------------|---------|-----------|------|------|---------|---------|
| A1 | Collada de Pasquals | 1.210m | 3,8m | 390m | 65m | 1.210m | 850m |
| A2 | Jaça d'Espades | 1.460m | 3,9km | 465m | 220m | 1.656m | 1.210m |
| A3 | La Nou de Berguedà | 880m | 3,9km | 40m | 610m | 1.460m | 860m |