

The course profile

Balkan Mountain Running Championship, Câmpulung Moldovenesc, 14 May 2022

The course is 5,6km long and 480m elevation gain.

The start point is from Campulung Moldovenesc town center.

It starts uphill for about 2,6 km and 470m elevation gain to the top of Runc hill at 1115m altitude. The tough and technical uphill section is divided in 3 sections. The first sector of 1 km long with 120m gain is on asphalt then it continues on meadow. After a 100m flat the course turns right and the second sector begins, on a 0,8km ground path with 230 m gain on 25-30 degrees slopes. After the final 120m climb the third sector, 0,8km long reaches the top of the Runc hill.

The descent is about 3 km long, first on a steep path through a spruce forest followed by a forest road. The last kilometer is on a dirt, grass and asphalt road.

U 20: one round – 5,6 km

Senior: two rounds – 11,2 km

