

Streckendaten

| Kat | Etappe 1 (Sprint) | | | Etappe 2 (Langdistanz) | | | Etappe 3 (Jagdstart) | | |
|-----|-------------------|-----------------|--------|------------------------|-----------------|--------|----------------------|-----------------|--------|
| | km ^a | Hm ^c | Posten | km ^b | Hm ^c | Posten | km ^b | Hm ^c | Posten |
| D10 | 1.9 | 20 | 20 | 2.4 | 45 | 12 | 2.6 | 5 | 11 |
| D12 | 2.3 | 25 | 19 | 3.3 | 60 | 13 | 3.3 | 10 | 12 |
| D14 | 2.6 | 30 | 21 | 4.1 | 130 | 11 | 4.5 | 30 | 15 |
| D16 | 2.9 | 35 | 21 | 4.5 | 180 | 11 | 5.3 | 35 | 16 |
| D18 | 3.1 | 35 | 22 | 5.3 | 235 | 12 | 6.3 | 25 | 19 |
| D35 | 3.1 | 35 | 22 | 5.3 | 235 | 12 | 6.3 | 25 | 19 |
| D40 | 3.1 | 35 | 22 | 5.3 | 235 | 12 | 6.3 | 25 | 19 |
| D45 | 2.9 | 35 | 22 | 4.9 | 200 | 12 | 5.9 | 25 | 19 |
| D50 | 2.9 | 35 | 22 | 4.9 | 200 | 12 | 5.9 | 25 | 19 |
| D55 | 2.6 | 35 | 22 | 3.6 | 110 | 9 | 4.7 | 30 | 15 |
| D60 | 2.6 | 35 | 19 | 3.6 | 110 | 9 | 4.7 | 30 | 15 |
| D65 | 2.3 | 35 | 14 | 3.2 | 100 | 6 | 3.2 | 20 | 12 |
| D70 | 2.3 | 35 | 14 | 3.2 | 100 | 6 | 3.2 | 20 | 12 |
| D75 | 1.6 | 30 | 13 | 2.5 | 70 | 8 | 3.0 | 15 | 11 |
| D80 | 1.6 | 30 | 13 | 2.5 | 70 | 8 | 3.0 | 15 | 11 |
| DAL | 3.4 | 45 | 26 | 6.1 | 340 | 12 | 7.5 | 35 | 20 |
| DAM | 2.6 | 35 | 22 | 3.6 | 110 | 9 | 6.3 | 25 | 19 |
| DAK | 2.3 | 35 | 14 | 3.2 | 100 | 6 | 4.7 | 30 | 15 |
| DB | 2.6 | 30 | 21 | 4.1 | 130 | 11 | 4.5 | 30 | 15 |
| H10 | 1.9 | 20 | 20 | 2.4 | 45 | 12 | 2.6 | 5 | 11 |
| H12 | 2.3 | 25 | 19 | 3.3 | 60 | 13 | 3.3 | 10 | 12 |
| H14 | 2.6 | 30 | 21 | 4.1 | 130 | 11 | 4.5 | 30 | 15 |
| H16 | 3.1 | 40 | 23 | 4.7 | 235 | 12 | 6.3 | 30 | 19 |
| H18 | 3.4 | 45 | 25 | 6.5 | 330 | 12 | 8.2 | 35 | 24 |
| H35 | 3.4 | 45 | 25 | 6.5 | 330 | 12 | 8.2 | 35 | 24 |
| H40 | 3.4 | 45 | 25 | 6.5 | 330 | 12 | 8.2 | 35 | 24 |
| H45 | 3.4 | 45 | 26 | 6.1 | 340 | 12 | 7.5 | 35 | 20 |
| H50 | 3.4 | 45 | 26 | 6.1 | 340 | 12 | 7.5 | 35 | 20 |
| H55 | 3.1 | 40 | 21 | 5.8 | 215 | 14 | 7.0 | 30 | 20 |
| H60 | 3.1 | 40 | 21 | 5.8 | 215 | 14 | 7.0 | 30 | 20 |
| H65 | 2.9 | 35 | 22 | 4.9 | 200 | 12 | 5.9 | 25 | 19 |
| H70 | 2.5 | 35 | 18 | 3.7 | 145 | 8 | 4.2 | 20 | 15 |
| H75 | 2.5 | 35 | 18 | 3.7 | 145 | 8 | 4.2 | 20 | 15 |
| H80 | 2.3 | 35 | 14 | 3.2 | 100 | 6 | 3.2 | 20 | 12 |
| H85 | 2.3 | 35 | 14 | 3.2 | 100 | 6 | 3.2 | 20 | 12 |
| HAL | 3.9 | 50 | 25 | 8.3 | 495 | 17 | 9.1 | 40 | 28 |
| HAM | 3.4 | 45 | 25 | 6.5 | 330 | 12 | 8.2 | 35 | 24 |
| HAK | 2.7 | 35 | 22 | 3.7 | 160 | 9 | 5.1 | 20 | 16 |
| HB | 2.9 | 35 | 21 | 4.9 | 165 | 11 | 5.9 | 25 | 18 |
| OS | 1.9 | 20 | 20 | 2.4 | 45 | 12 | 2.6 | 5 | 11 |
| FAM | 2.3 | 25 | 19 | 3.3 | 60 | 13 | 3.3 | 10 | 12 |
| OK | 2.3 | 25 | 19 | 3.3 | 60 | 13 | 3.3 | 10 | 12 |
| OM | 2.9 | 35 | 21 | 4.4 | 155 | 12 | 4.9 | 25 | 14 |
| OL | 3.1 | 40 | 23 | 6.1 | 280 | 9 | 6.3 | 30 | 19 |

^a Distanz auf der Idealroute, ^b Distanz Luftlinie, ^c Steigung auf der Idealroute

geringfügige Änderungen vorbehalten