



MEX CHAMPIONSHIP 2023

03 > 05.03.2023 - TOBLACH / DOBBIACO
3 ZINNEN DOLOMITES - SOUTH TYROL - ITALY

CROSS COUNTRY – 04TH MARCH 2023

START	Nordic Arena Toblach Dobbiaco
FINISH	Pro Slope Trenker
STARTING TIMES	9.30 (men) & 9.50 (women)
FORMAT	Mass Start – Free Technique
DISTANCE	10 km (men) & 5 km (women) – course map attached*

*** WOMEN start directly out of the stadium towards Lake Dobbiaco and continue to the finish at the Trenker Slope**

*** MEN start on the 5km FIS Track “Nathalie”, come back to the stadium, do a stadium lap and then follow the WOMEN course towards Lake Dobbiaco and Trenker Slope**

RACE OFFICE	Nordic Arena 2 nd Floor Office Sport OK Toblach
BIB DISTRIBUTION	4 th March from 8.00 to 9.00
PRIZE GIVING CEREMONY	Pro Slope Ski Center Rienza, 5 th March

