

Duathl'O 2025 Rules – 27 september 2025

Article 1 : Principle of the Duathl'O

Realization of 2 Orienteering races over one day, a MTBO race (Mass Start) followed by a FootO race (Sprint). These 2 races are not chained together.

Article 2 : Calculation of points

In each race, a competitor scores a number of points based on his time on the circuit, points awarded by category.

- The number of points (N) for a runner is calculated as follows : $N = 100 * Tv / T$

Tv = Best time in the category (runner registered for the 2 races of the duathl'O only)

T = Runner's Time

- A rider who has been MP in one of the races will not be classified.
- To be classified and score points, all runners must be FFCO licensed or have taken a competition license for the day (This is necessarily the case for foreigners).
- A rider must race on the circuit of his age category according to the rules of the LBFCO 2024 (see table below)

Article 3 : Calculation of the Duathl'O ranking

The points scored on each race are added together.

The classification is carried out by categories of OC on mountain bikes (see table below) – Any rider wishing to participate in the final classification of the duathl'O must register for the races on the coloured circuits corresponding to his MTBO category (**D/H16 and D/H18 1st year enrol in D/H17, D/H18 2nd year enrol in D/H20**)

Article 4 : Duathl'O Category/Circuit Assignment Table

	MTBO Mass Start	FootO Sprint
D10	H-Green	E-Green/Blue
D12	G-Blue	E-Green/Blue
D14	F- Orange Short	D-Yellow
D17	D- Orange Long	D-Yellow
D20	C- Purple Short	B-Orange
D21	B-Purple Medium	B-Orange
D40	D- Orange Long	B-Orange
D50	E- Orange Medium	B-Orange
D60	F- Orange Short	B-Orange
D70	F- Orange Short	B-Orange
H10	H-Green	E-Green/Blue
H12	G-Blue	E-Green/Blue
H14	E- Orange Medium	C-Yellow
H17	C- Purple Short	C-Yellow
H20	B-Purple Medium	A-Orange
H21	A-Purple Long	A-Orange
H40	B-Purple Medium	A-Orange
H50	C- Purple Short	A-Orange
H60	D- Orange Long	A-Orange
H70	E- Orange Medium	A-Orange