

MISSION BRIEFING: CAPOLIVERI LEGEND CUP

Target Date: 2026-05-09 | Mode: MTB | System: BikeScout TAE^L© v3.2

DISTANCE
73.66 km

TOTAL ASCENT
+2528.8 m

MAX ALTITUDE
394.7 m

TACTICAL SUMMARY: [GO]

Ideal conditions: Low wind, dry, and safe.

Recommended Gear: Standard (Short sleeves, summer bibs, light base layer)

1. WEATHER & TERRAIN ANALYSIS

Optimal conditions expected. Mud risk is **Low** (Score: 0.55). Surface expectation: **Hardpack** (compact terrain).

Time	Temp	Wind	Direction
07:00	14.7°C	5.4 km/h	360°
09:00	17.9°C	3.8 km/h	49°
11:00	19.3°C	6.5 km/h	161°
13:00	19.7°C	9.0 km/h	178°

2. NUTRITION & HYDRATION PLAN

Based on high endurance intensity. Hydration is critical as temperatures rise towards midday.

Total Fluids	3.4 L	Hourly Average	953 ml/h
Total Carbs	143 g	Hourly Target	40 g/h
Total Sodium	2743 mg	Hourly Sodium	763 mg/h

3. CLIMBING & PERFORMANCE ANALYSIS


Simulated Target Power: **6.08 W/kg**.

Start (km)	Length	Avg Grade	Est. VAM	Est. Time
0	2.78 km	11.2%	1846 m/h	10.1 min
19.6	8.54 km	3.6%	1162 m/h	15.9 min
37.9	4.27 km	4.7%	1364 m/h	8.8 min
45.5	4.6 km	5.2%	1452 m/h	10 min

4. TACTICAL ACTION ZONES (TAZ)

Maximum focus required for the last 10 km. The Legend Cup finale is extremely technical.

KM	Grade	Action Type	Difficulty
64.63	13.8%	Explosive Wall / Attack Point	MEDIUM
69.15	-34.5%	Steep Technical Descent	HIGH
70.92	-35%	Steep Technical Descent	HIGH
72.24	10.2%	Explosive Wall / Attack Point	LOW
73.3	-35%	Steep Technical Descent	HIGH

 **TECHNICAL WARNING:** Negative gradients detected down to **-35%** between km 69 and the finish line. Tire pressure and brake check recommended.