

# The Staircase

Single: Station 4  
 Relay Team: Station 1

**Start at Station 4 exactly 30 Minutes after the initial Start Time**

This station is completed without breathing apparatus, but with trained breathing apparatus (steel cylinder)

## Structure of Station 4

In the stair run, 15 floors [usual floor height] must be run up via a stairwell. If less than 15 floors are available, a preliminary run of 50 meters must be completed for each missing floor.

## Process of Station 4

The stairwell is run up in the prescribed time.

## Errorlist Station 4

Mistake	Penalty
started later than 10 Minutes after starting at Station 1	Time delay is Transferred 1:1 to the Total Time
False Start	5 Second Time Penalty
Deliberate Obstruction of the Opponent	<b>Disqualification</b>
Respirator thrown on the floor or not put down carefully	10 Second Time Penalty
Station not completed	automatically 8 [or 9] Minutes Total Time

### **Total Time**

Men max. 4 Minutes

Women max. 5 Minutes

**If the Time is exceeded, a Time penalty of 4 minutes will be added to the maximum Time.**

### **Transfer to routing slip:**

Running time + Penalty time = Total time

Example:

02:10 min + 3 sec Penalty Time = 02:13 min

03:58 min + 10 sec Penalty Time = 04:08 min

04:00 min + 3 sec Penalty Time = 08:00 min [Total Time exceeded 04:00 min]