

B100 CURSA DELS NASSOS

www.cursadenassos.barcelona #cursadelsnassos

31.12.2025

START AT 5:15 PM

Record number of registrations with more than 13,000 participants — thank you all!

START TIMES ON SELVA DE MAR STREET

Wheelchair	athletes	start:	5:14	PM
First start (gold, red, yellow and green bibs):			5:15	PM
Second start (blue and black bibs):			5:18	PM
Third start (white bibs):			5:24	PM

Time limit: 1 hour 25 minutes.

Very important: the chip, whether it is the white rental chip or your own yellow chip, must always be attached to your shoe.

B100 CURSA DELS NASSOS

★★★

SORTIDA 17:15H

- Km 0 ➡ **Sortida:** C. Selva de Mar - Pl. Ramon Calsina
- Km 1 ➡ Pg. García Fària
- Km 2 ➡ C. Salvador Espriu - Jaume Vicens Vives
- Km 3 ➡ C. Salvador Espriu - Parc Carles I
- Km 4 ➡ Pla de palau
- Km 5 ➡ Pg. Circumval·lació
- Km 6 ➡ C. Lluís
- Km 7 ➡ C. Lluís - Llacuna
- Km 8 ➡ C. Llacuna - Av. Diagonal
- Km 9 ➡ Av. Diagonal
- Km 10 ➡ **Arribada:** C. Selva de Mar - Pl. Ramon Calsina

IMPORTANT
XIP A LA SABATILLA
CHIP EN LA ZAPATILLA
TIMING CHIP ON THE SHOE
PUCE DE CRONOMETRAGE SUR LA CHAUSSURE

- 28 pacers from La Sansi and Funrunners

- Fast 10 km course, officially certified by the FCA, passing through emblematic areas of Barcelona.
- Long-sleeve ALS Sports technical t-shirt, with four stars representing the four world records of the race.
- Bag drop located 200 m from the start/finish next to Selva de Mar metro station.
- Course marked every 500 meters.
- Triple points for the @xipgroc League.
- Medalists from major championships will compete in the international 5 km race and are expected to finish at 4:33 PM.
- Goodie bag provided with the bib.

VERY IMPORTANT

The t-shirt, bib and chip will be collected at:

Grèvol School Sports Center S.C.C.L., Provençals Street, 9 (sports center entrance next to Passeig Taulat).

ENTREGA DE DORSALS
Escola Grèvol, carrer de Provençals, 9

29/12	10:00 - 15:00 h
29/12	15:00 - 19:00 h
30/12	10:00 - 15:00 h
30/12	15:00 - 19:00 h
31/12	10:00 - 12:00 h <small>*per participants de fora de Barcelona</small>

PER ACCEDIR AL RECINTE S'HAURÀ D'ACREDITAR L'HORARI RESERVAT AMB LA INSCRIPCIÓ.

No es podrà accedir al recinte amb gossos, ni bicis ni patinets

B100 CURSA DELS NASSOS
 ★★★★★

Schedule

- Days 29 and 30: morning shift from **10:00 AM to 3:00 PM**, and afternoon shift from 3:00 PM to 7:00 PM.

- Day 31: morning shift from **10:00 AM to 12:00 PM** (only for participants who reserved this time slot).

The selected day and time slot must be strictly respected; **proof will be required**.

To access and facilitate the organization tasks, you must bring: ID card and/or **registration receipt** (can be shown on your mobile phone).

If a participant cannot collect their bib and chip within the selected time slot, another person may collect them by presenting the registration receipt and ID (or photocopy), always respecting the chosen time slot.

No t-shirt size changes will be allowed. **However**, there will be an athlete **meeting** tent where you may exchange sizes among yourselves.



Locations



ON RACE DAY BEFORE THE START

I need:

- BIB (identifies the runner and its color indicates the assigned start segment).
- CHIP (if rented, it must be returned at the finish line).
- APPROPRIATE FOOTWEAR AND CLOTHING (ALS Sports t-shirt recommended).
- BAG OR BACKPACK (if you wish to use the bag drop service).

GETTING TO THE RACE

VERY IMPORTANT: at **3:30 PM** the course will be closed due to the international 5 km race, which starts at **4:20 PM**.

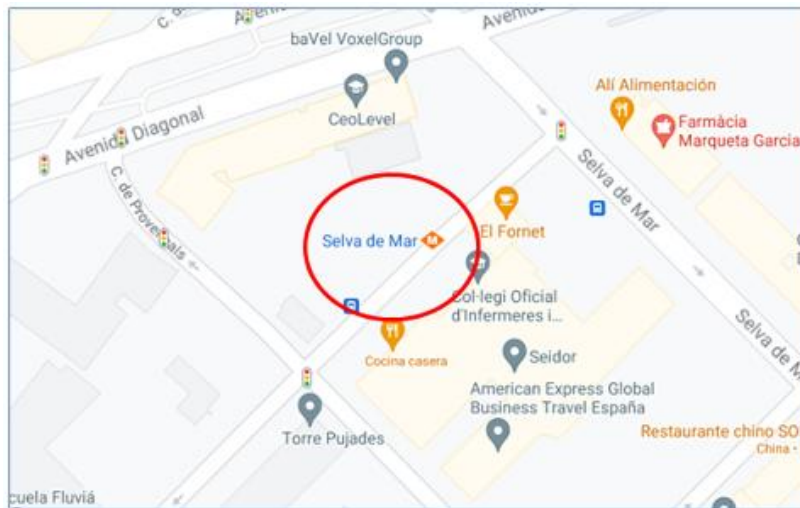
The use of public transport is recommended. It is advisable to arrive with enough time to get oriented, warm up and stretch beforehand.

HOW TO GET THERE AND PARKING MOBILITY PLAN

The race organization will use electric vehicles to reduce the environmental impact of the event. With the same goal, we recommend accessing the race by public transport or zero-emission vehicles. If you plan to come by private car, one **option** is the shopping center located 500 meters from the start.

Underground public transport:

- Selva de Mar Metro Station (Line 4 – yellow).



Surface public transport:

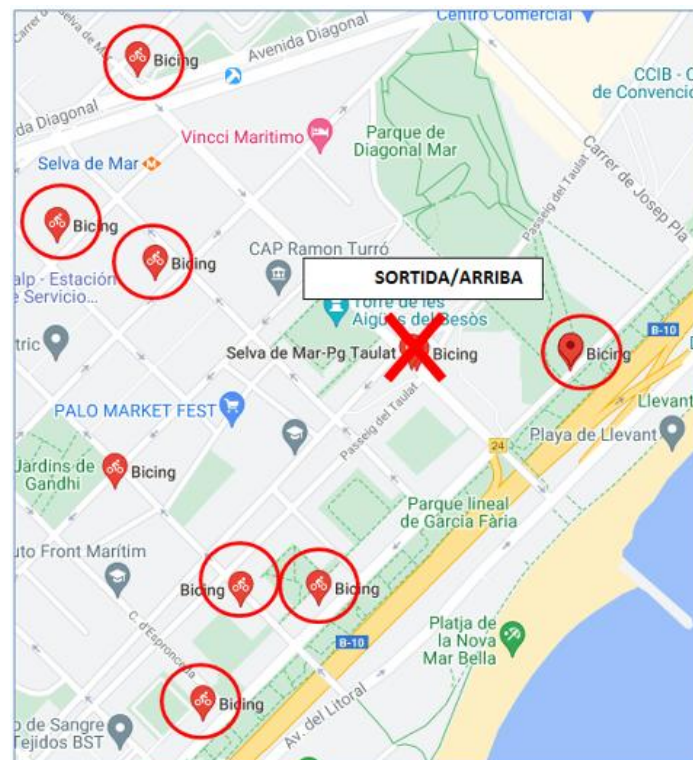
- Tram Besòs, Selva de Mar stop.



- Bus line 7 (Fòrum – University Zone).



- **Bicing:** The stations closest to the start, finish and bag drop areas are shown in the following map.



**The station located directly in the start area will be out of service.*

Accessibility:

Buses: V31, V29, H16
Metro: Line 4 (Selva de Mar)
Tram: T4 Ciutadella–Vila Olímpica – Sant Adrià Station (Selva de Mar stop)

ACCESS TO RACE AREAS

Previously known as start boxes, they are now called segments. Access to the start area depends on the assigned segment, which corresponds to the color of the bib. Participation with scooters or other personal mobility devices is not permitted.

To access the segment, you must:

- Arrive on time and with enough advance to access your assigned segment, approximately 15 minutes before the race.
- Show your bib or wristband to verify the assigned segment.

RACE: SERVICES AND COURSE

SERVICES:

- Toilets: available at different points.
- Bag drop: located next to Selva de Mar Metro Station, 200 m from the start/finish.
- Bag drop hours: from 3:30 PM to 7:15 PM.
- All items must be deposited in a bag or backpack.
- Medical services: Red Cross.
- Liquid refreshment: compostable cup of water a few meters before km 6.
- Final post-finish refreshment with hydration (compostable cup of water + Aquarius + banana from Fundació Ametller).

The race course, with kilometer points marked every 500 meters, is as follows:



Free train with this voucher — it must be printed.



Bescanvia gratuïtament aquest val per un bitllet d'anada i tornada a Barcelona des de qualsevol estació del servei de rodalia de Barcelona amb venda a taquilles.

Vàlid exclusivament fins les 17:00h del 31 de desembre 2025

*Aquest val per si mateix no és vàlid com a títol de transport.

Canjea gratuitamente este vale por un billete de ida y vuelta a La Barcelona desde cualquier estación del Servicio de cercanías de Barcelona con venta en taquilles.

Válido exclusivamente hasta las 17:00h del 31 de diciembre de 2025

*Este vale por si mismo no es valido como titulo de transporte.

És obligatori presentar el bitllet imprès físicament,
NO VÀLID VIRTUALMENT

Rodalies Renfe és patrocinador oficial de la mobilitat de la cursa
Fomentem el transport públic com a mitjà de transport



Pacer times from Funrunners and La Sansi:
28:25; 32:00; 35:00; 37:00; 40:00; 42:00; 45:00; 48:00; 50:00; 52:00; 55:00; 60:00; 65:00; 70:00
and end of race. Many are repeated in different segments.

The Cursa dels Nassos 2025 5K, exclusively for **international** athletes, can be followed live at: www.barcelona.cat/esports and www.cursadenassos.barcelona, or in person in front of the Nova Icaria gym at **4:20 PM**, finishing on Selva de Mar Street at **4:33 PM**, featuring world-class athletes.

The start of the Cursa dels Nassos is designed by segments based on your best accredited 10 km time in @xipgroc officially certified races over the last two years.

Each segment will be identified by a color; only runners with the corresponding colored bib or wristband may access each segment. If you do not have an accredited time from an official race, you will start in the 3rd start from the white segment (the last segment). At bib collection, you may accredit an official certified race time and you will be given a colored wristband to start from the corresponding segment.

B100 CURSA DELS MASSOS

★★★★

LLEBRES

28' / 32' / 35' / 37'

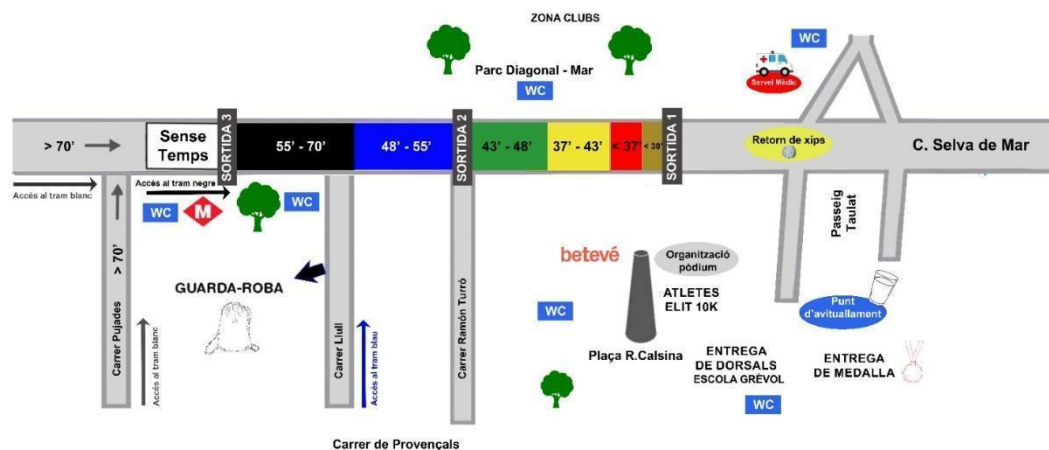
37'30 / 40' / 42'

40' / 45'

40' / 45' / 50' / 55'

45' / 50' / 55' / 60' / 65'

50' / 55' / 60' / 65'



Barcelona

Good luck to everyone!