

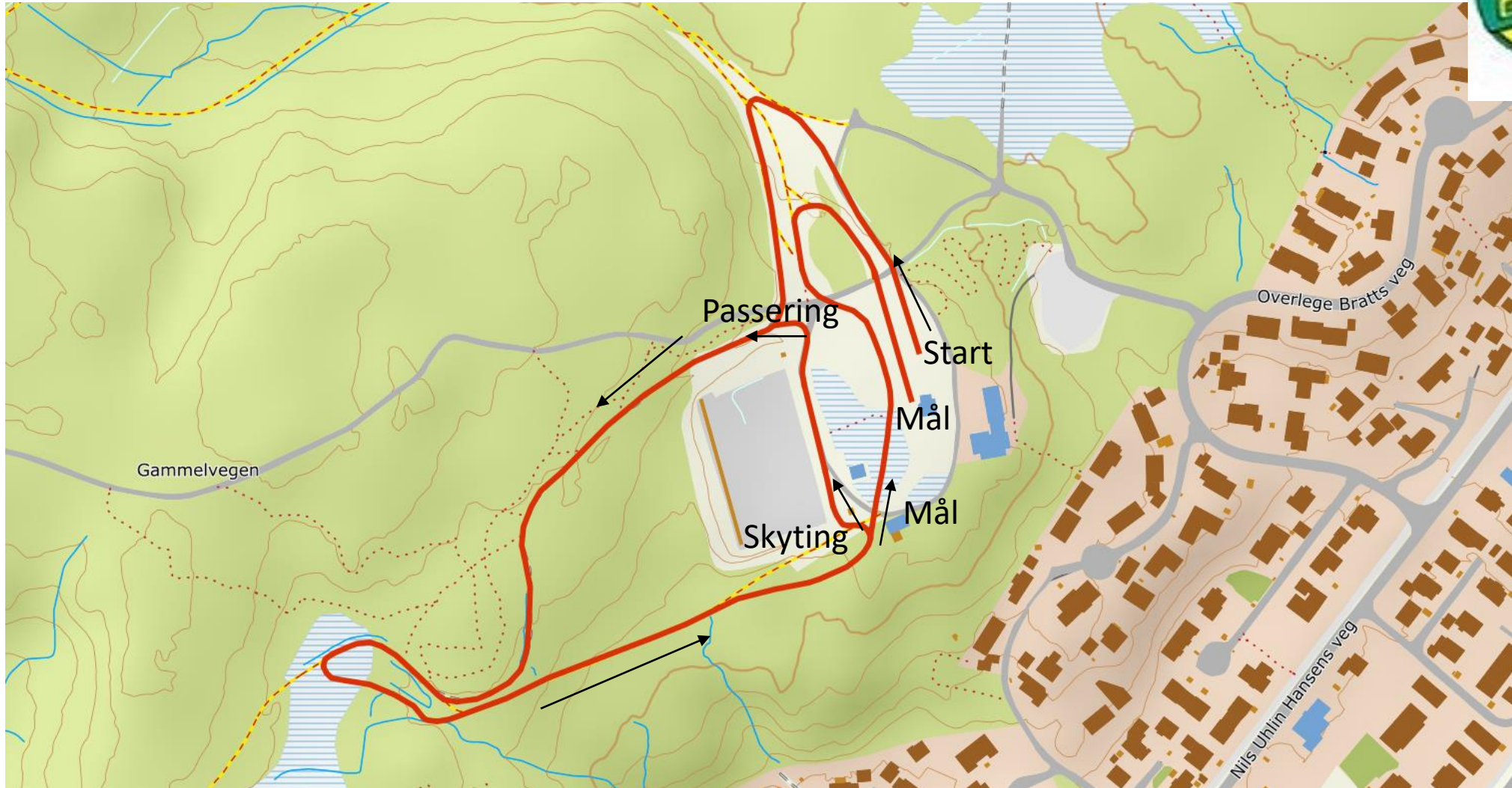


Løypekart

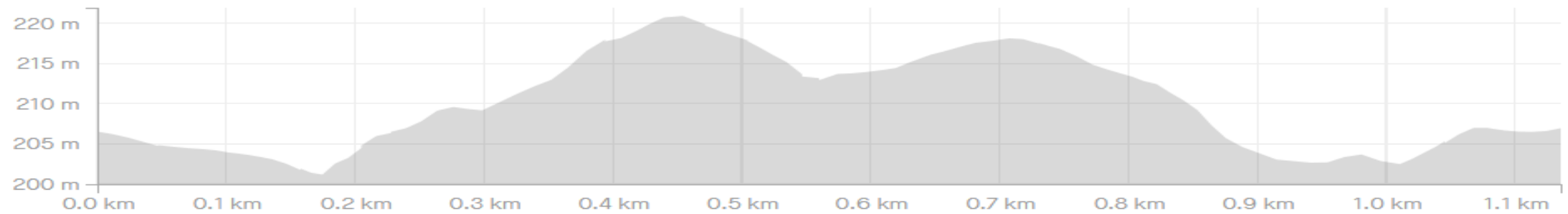
Normalprogram

3x1km

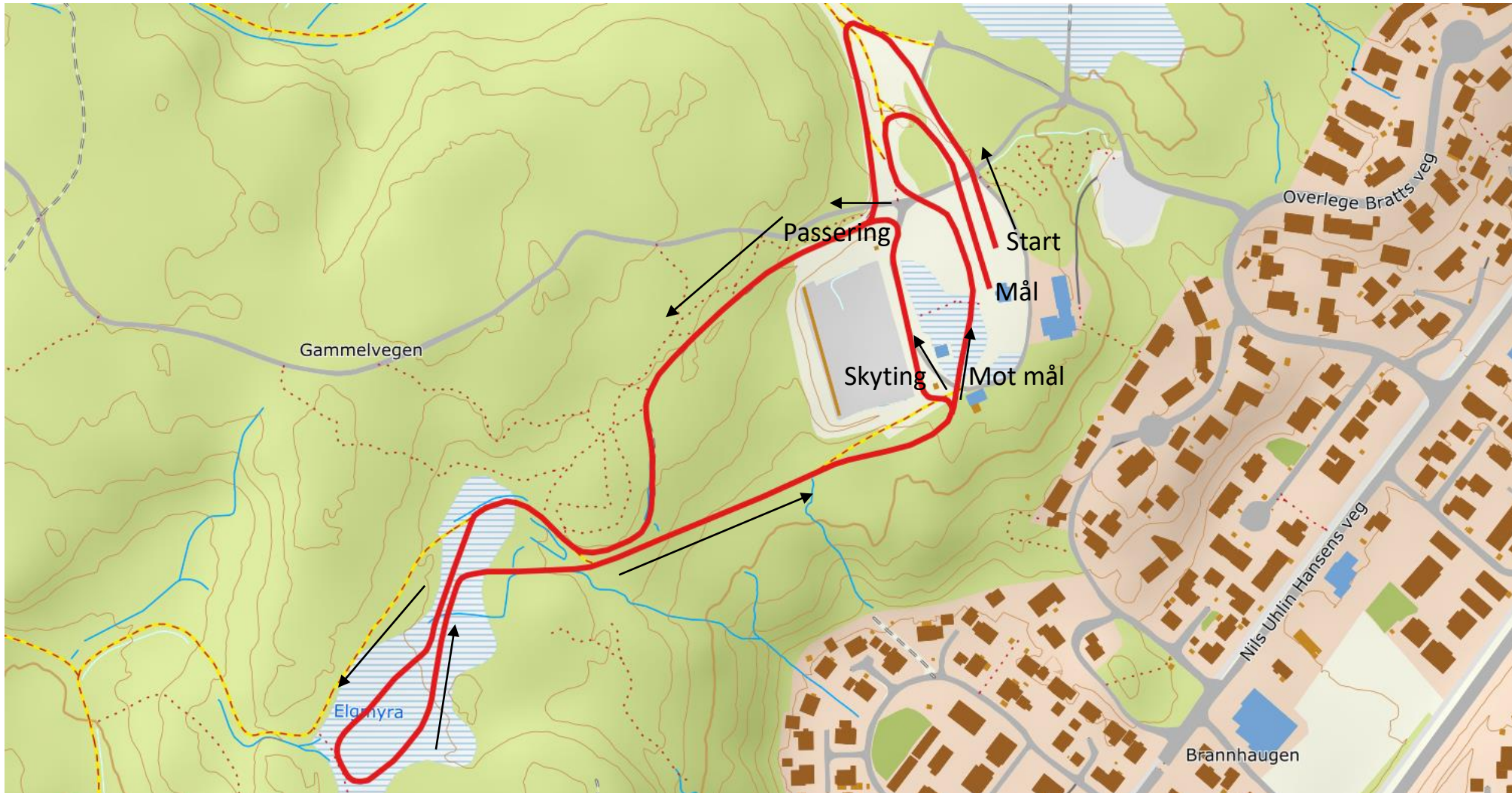
Nybegynnere u/13 og j/g 11-12 år



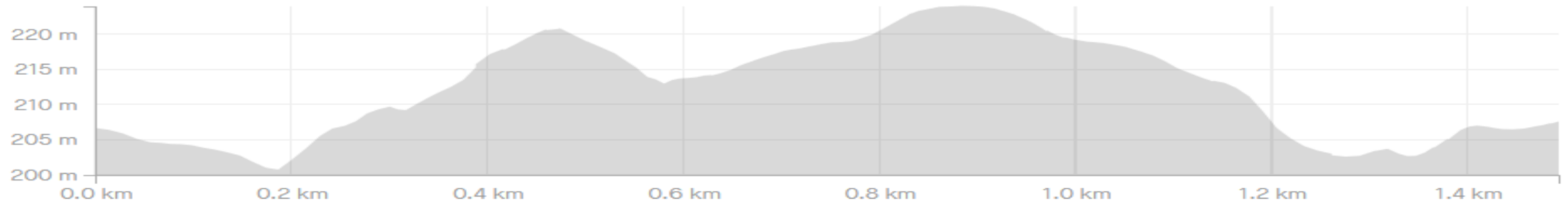
Høydeprofil 1 km



3 x 1,3 km
Nybegynnere fra 13 år og j/g 13-14 år

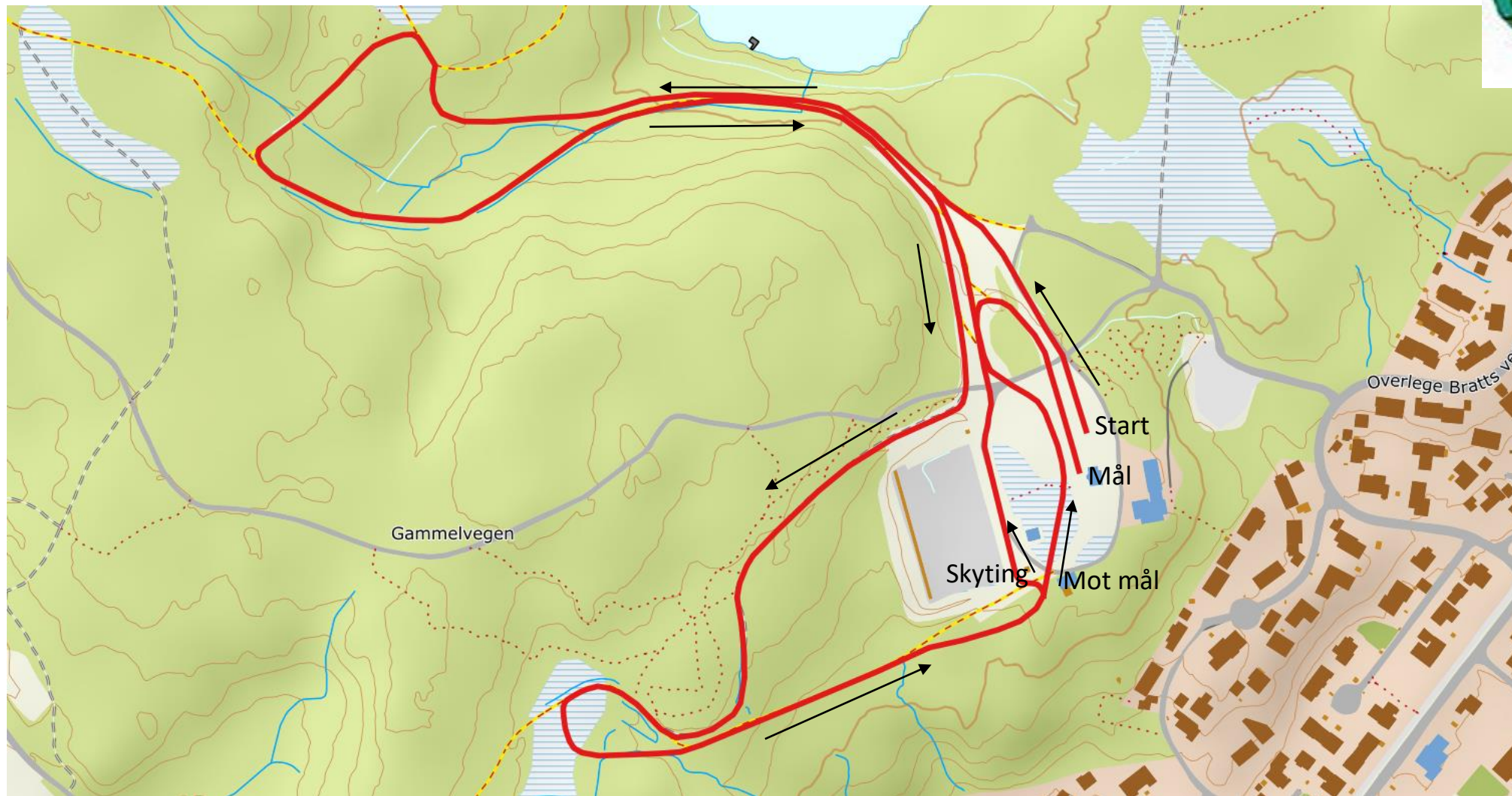


Høydeprofil 1,3 km

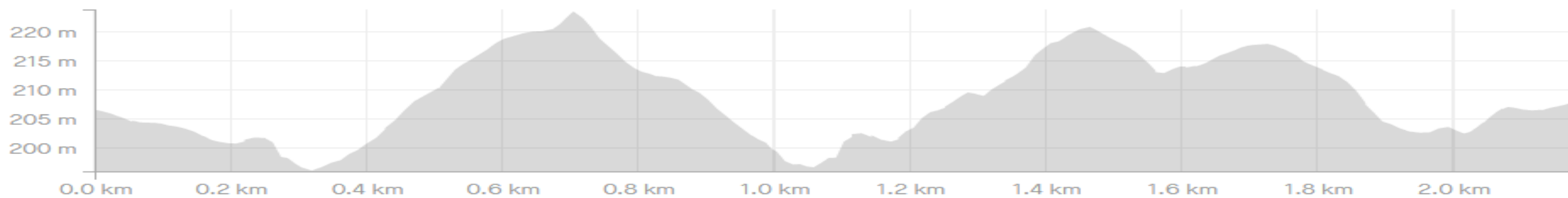


3x2km og 5x2km

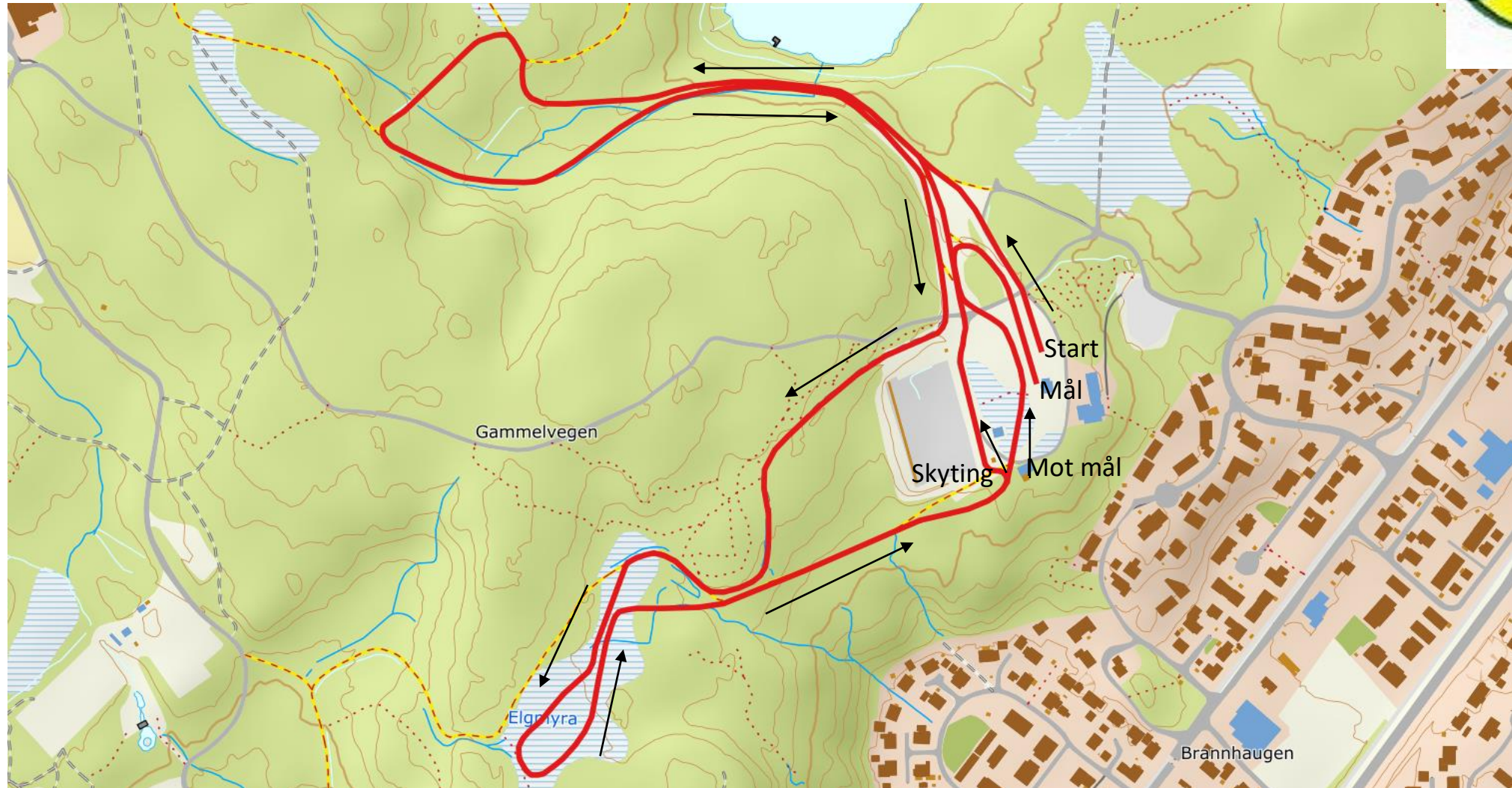
J 15-16 år og K 17-19 år



Høydeprofil 2 km



3x2,5 km og 5x2,5 km
G 15-16 år, M 17-19 år, K 20-22 år og K senior



Høydeprofil 2,5 km



5 x 3,0 km M 20-22 år og M senior



Høydeprofil 3 km

