

# Hovden Langrennsarena – løypekart NM

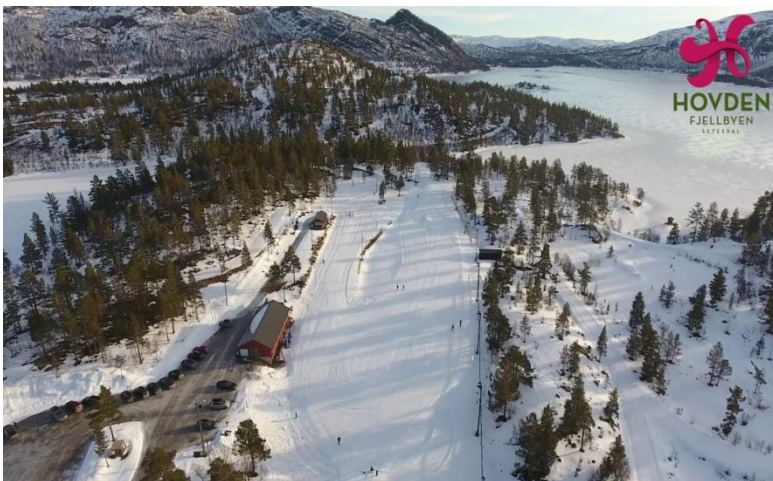
## NM-del 2 (Jun + Sen) – 27 - 30. mars 2025:

Torsdag: Team Sprint F + *Para Sprint*

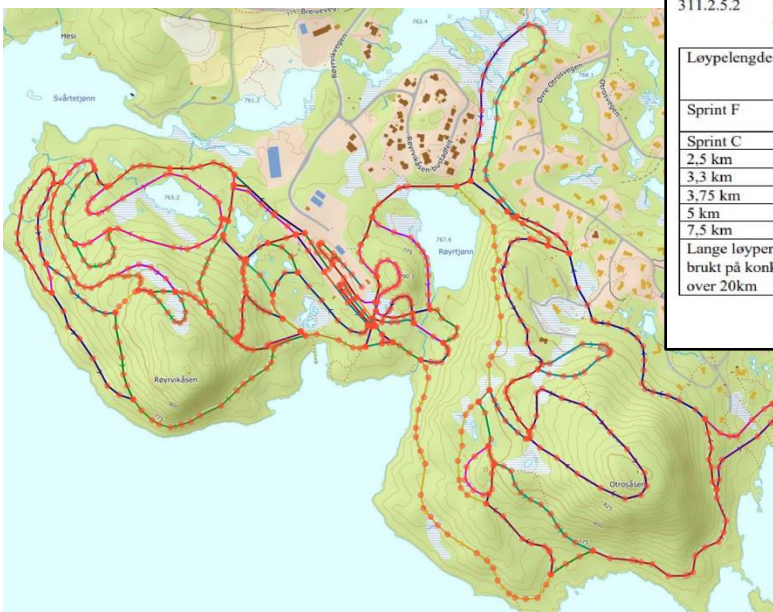
Fredag: 5 + 10 km F Intervall + *Para 5km*

Lørdag: *Sprint CL Jr. før / etter* → 30 + 50 km CL Intervall

Søndag: Junior-finale 7,5/7,5/10 & 10/10/15 CL Felles



## Hovden Langrenn - Løypeoversikt



### 311.2.5.2 Normer for langrennsløyper som ikke er World Cup og verdensmesterskap

Løypelengde	Minimum motbakke	Største høydeforskjell (SH)	Største sammenhengende stigning (SHS)	Samlet stigning (SS)
Sprint F	-	- maks 50 m	0-30 m	0-60 m
Sprint C	1 bakke > 15m	maks 50 m	15-40 m	20-60 m
2,5 km	1 bakke > 25m	maks 50m	25-50 m	68-105 m
3,3 km	1 bakke > 25m	maks 65 m	25-65 m	90-140 m
3,75 km	1 bakke > 25m	maks 80 m	25-80 m	99-160 m
5 km	1 bakke > 25m	maks 100 m	25-80 m	135-210 m
7,5 km	2 bakker > 25m	maks 125 m	25-80 m	180-315 m
Lange løyper brukt på konk over 20km	2 bakker > 25m	maks 125 m	25 m eller mer	25-42m/km

Samlet stigning i løyper for barn og ungdom bør ligge i nedre del av skalaen ovenfor.

7.2.1 Courses for the sit-ski category cannot follow FIS Cross-Country homologation rules due to the fact that sit-skiers have no use of their lower body, and push/pull themselves forward with poles from a sitting position (on their sledge).

The categories for A, B and C hills are therefore:

A-hills 10 – 15 m PHD and gradient between 4 – 12 %

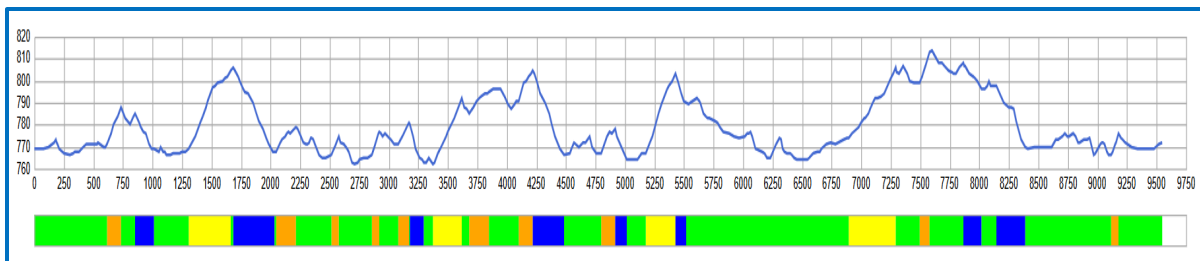
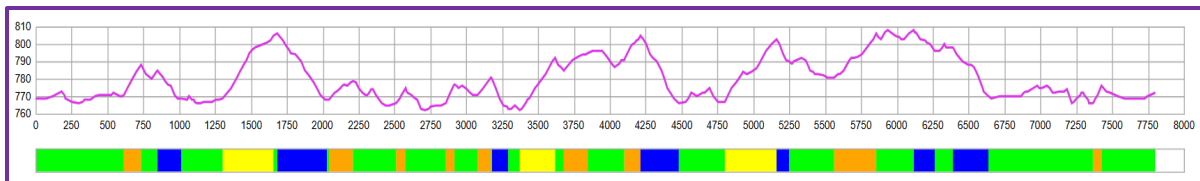
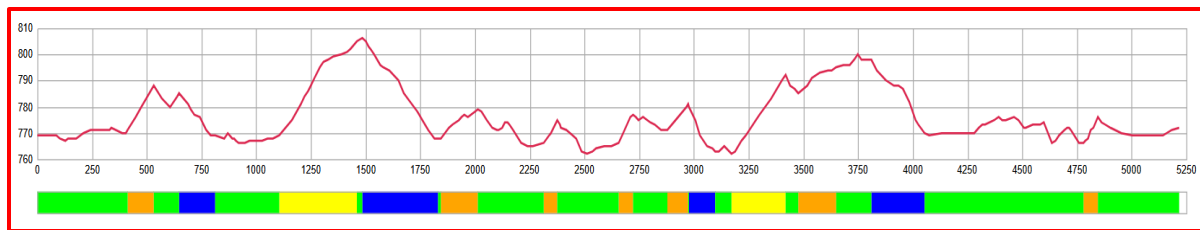
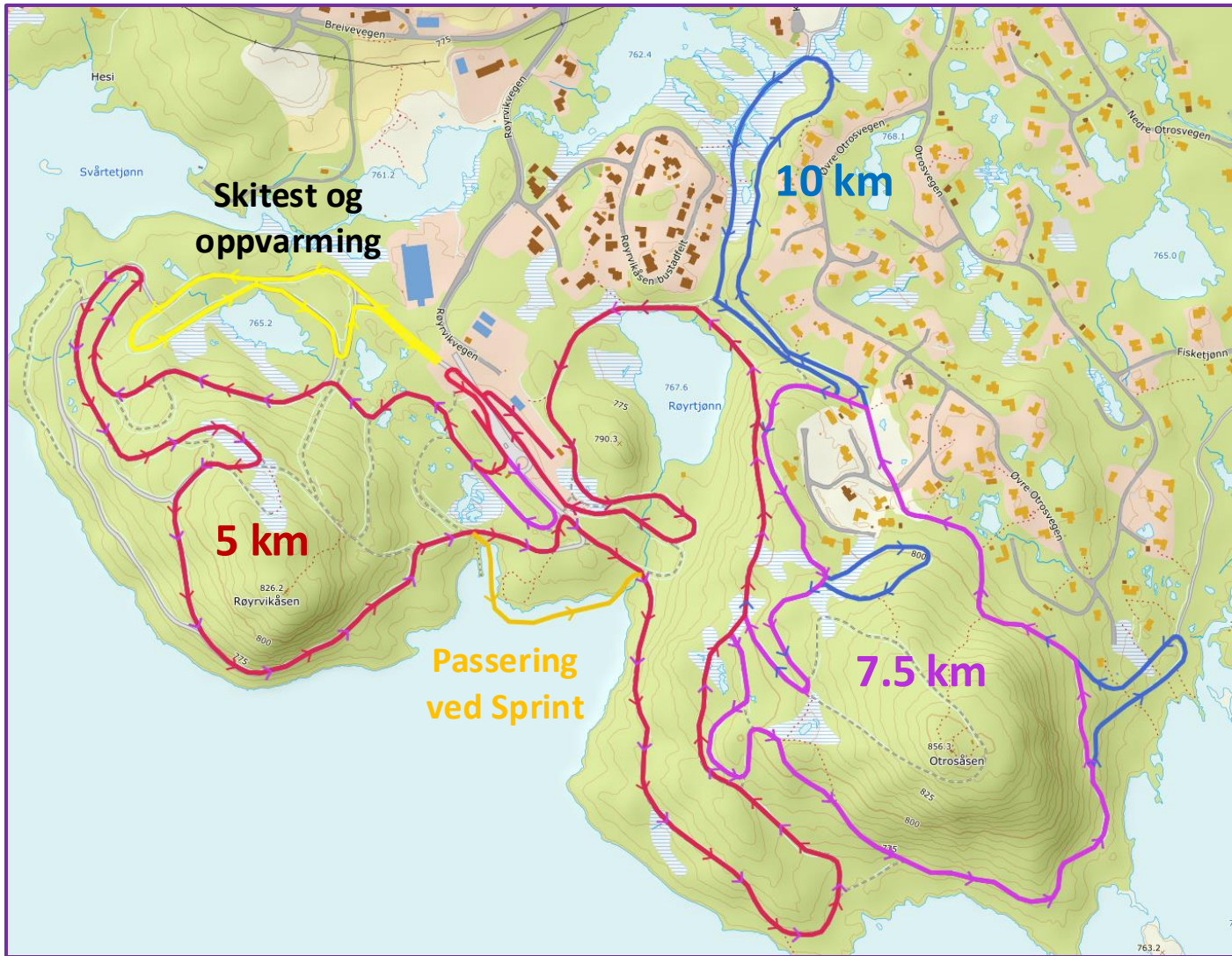
B-hills 4 – 9 m PHD and gradient between 4 – 12 %

C-hills 2 – 4 m PHD distance < 30 m long and gradient > 12 %, maximum 16 %

Climbs with < 4m will be included as undulating terrain or as part of an A or B climb.

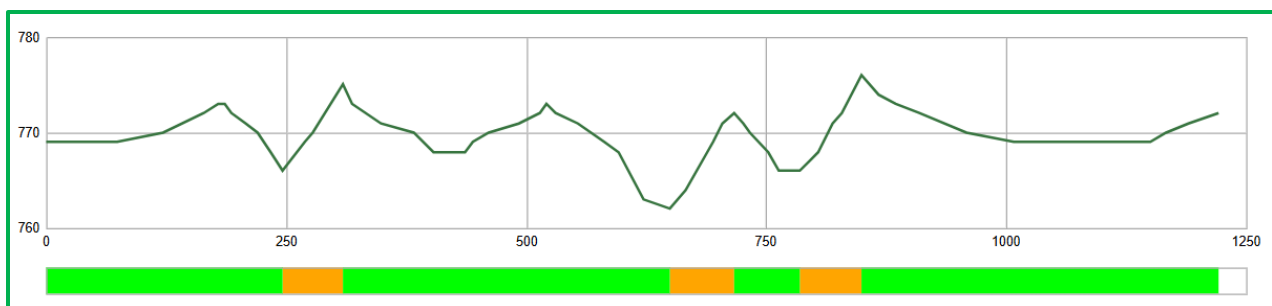
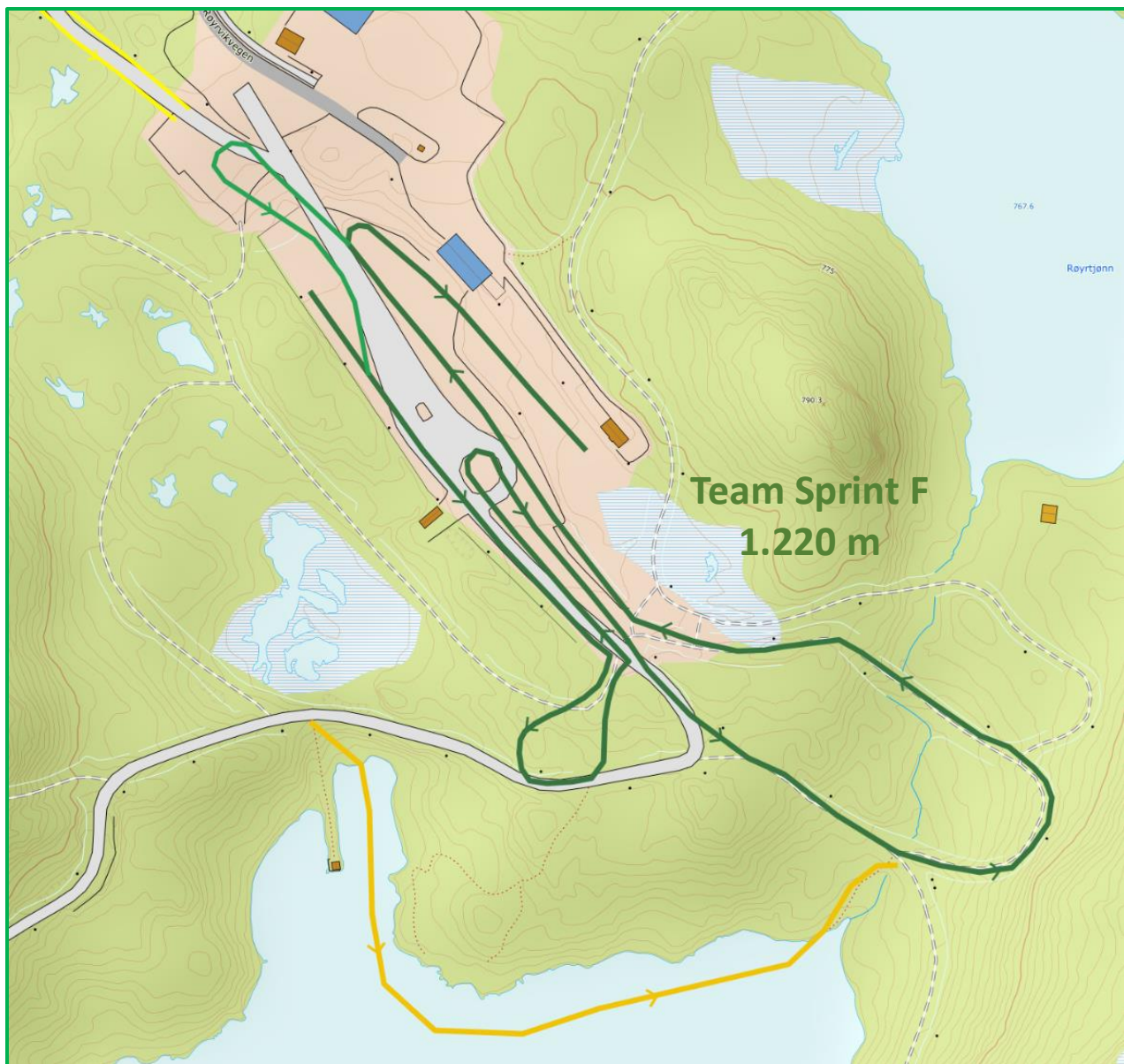
# NM-2 Hovden 2025

## Distanse-løyper 5km – 7,5km – 10km



# NM-2 Hovden 2025

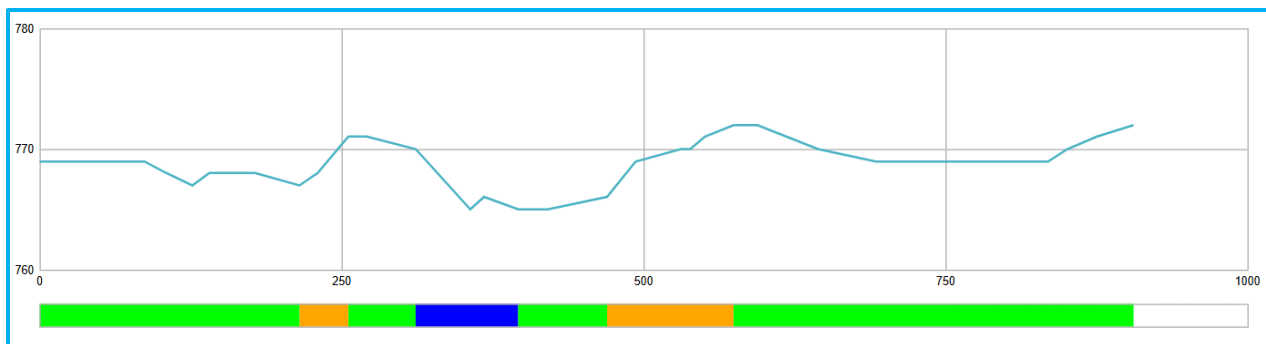
## Torsdag: Team Sprint F



Course length:	1,221m	Height difference (HD):	14m
		Maximum climb (MC):	10m
		Total climb (TC):	41m

# NM-2 Hovden 2025

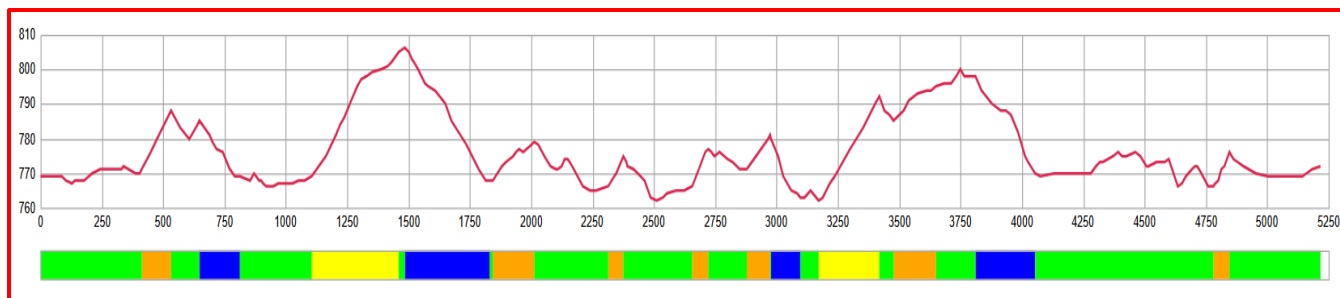
## Torsdag: Para Sit-ski Sprint



Course length:	906m	Height difference (HD):	7m
		Maximum climb (MC):	6m
		Total climb (TC):	16m

# NM-2 Hovden 2025

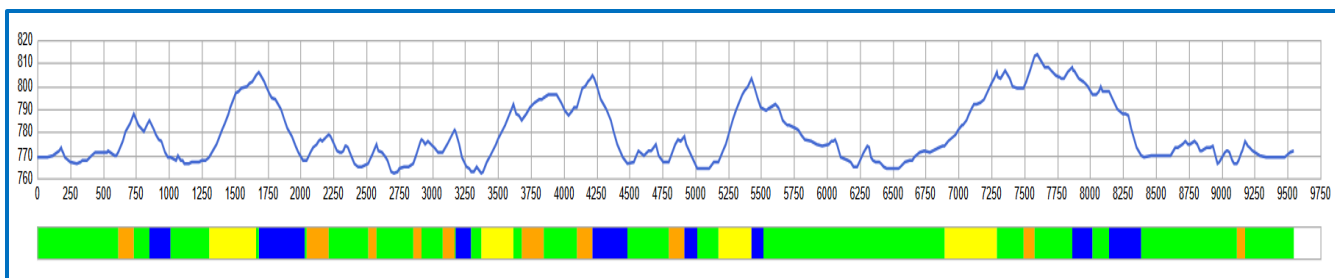
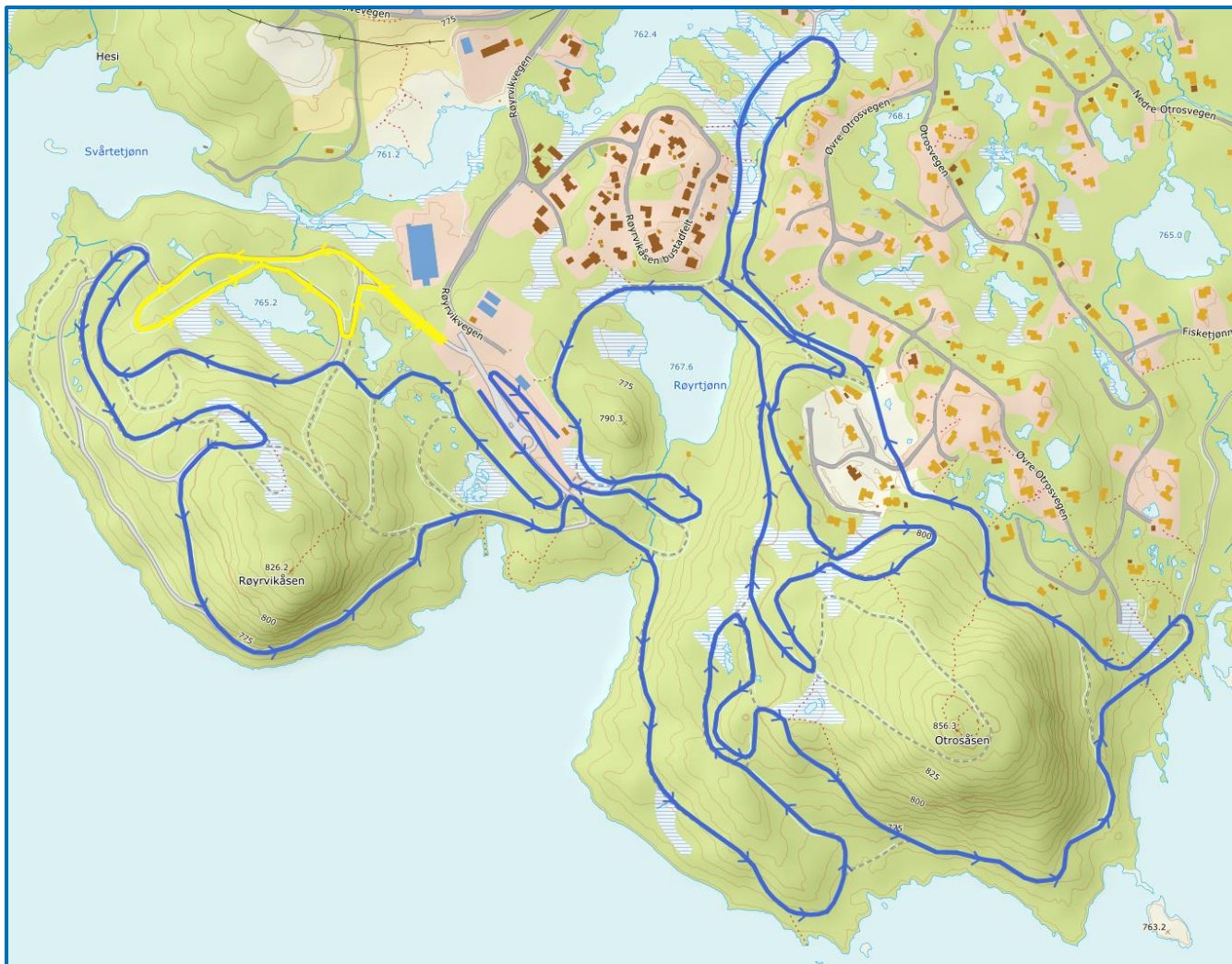
## Fredag: Kvinner 5 km F



Course length:	5,217m	Height difference (HD):	44m
		Maximum climb (MC):	36m
		Total climb (TC):	197m

# NM-2 Hovden 2025

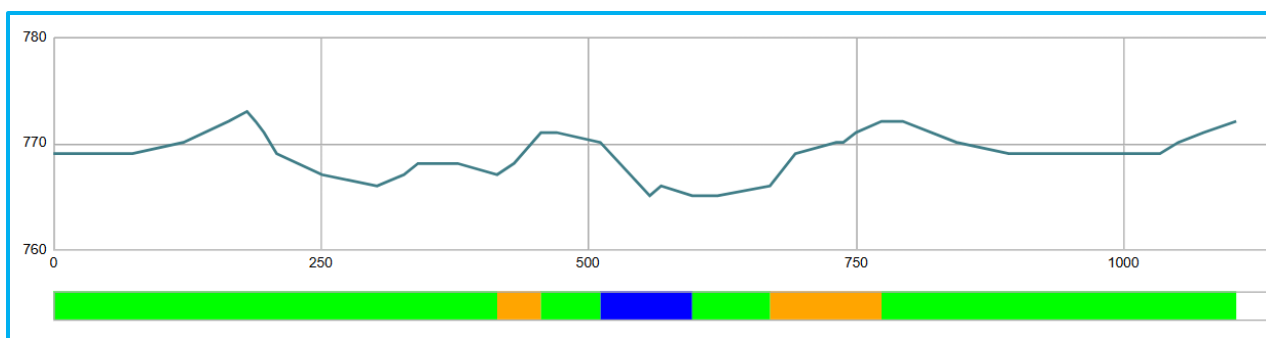
## Fredag: Menn 10 km F



Course length:	9,550m	Height difference (HD):	52m
		Maximum climb (MC):	36m
		Total climb (TC):	364m

# NM-2 Hovden 2025

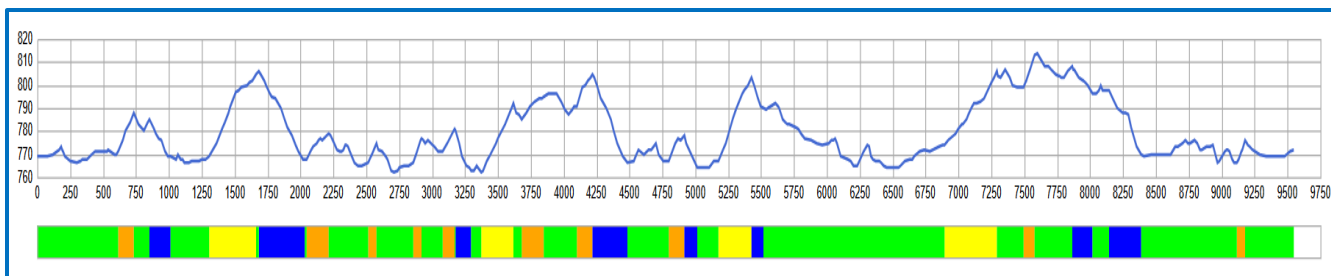
## Fredag: Para Sit-ski 5 km



Course length:	1,106m	Height difference (HD):	8m
		Maximum climb (MC):	6m
		Total climb (TC):	21m

# NM-2 Hovden 2025

## Lørdag: Kvinner 30 km / Menn 50 km CL



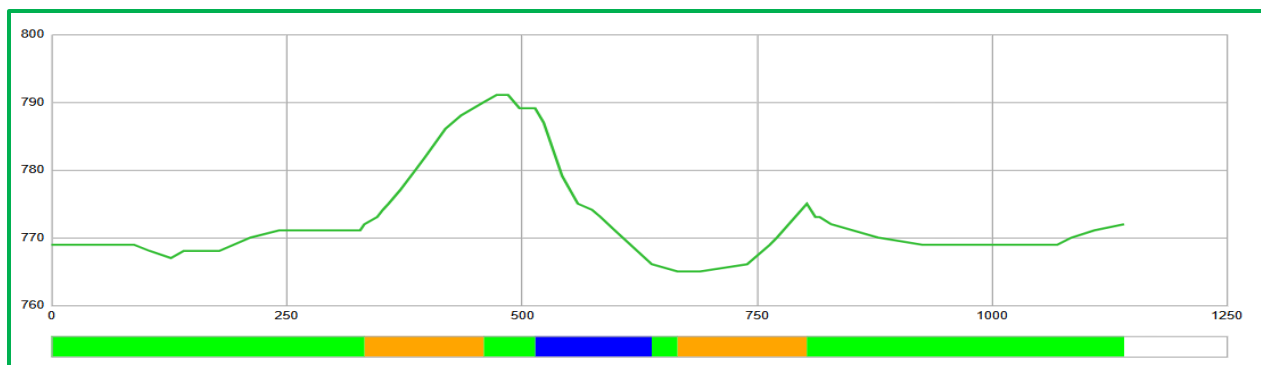
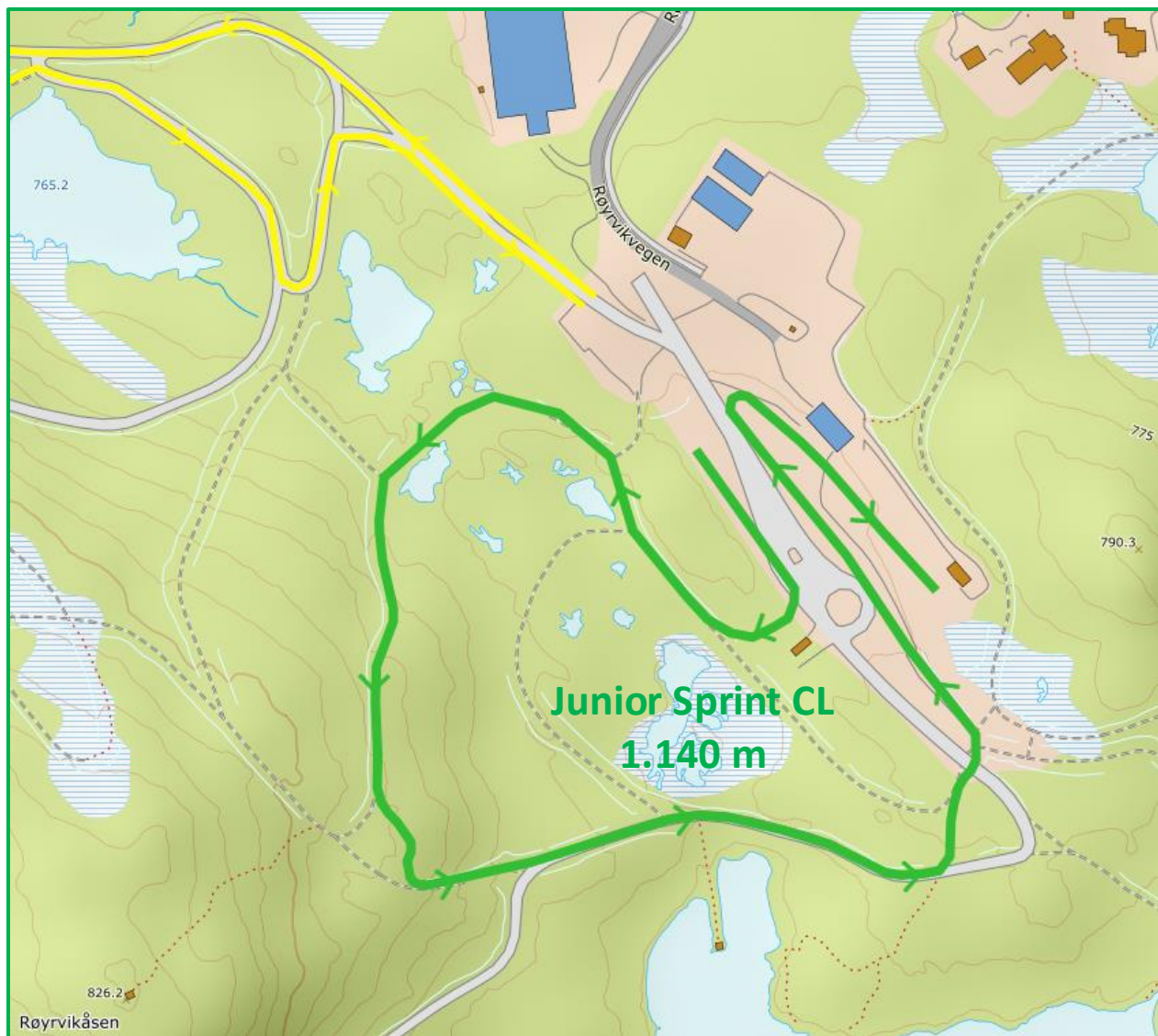
Course length: 9,550m  
**Kvinner = 3 runder = 30 km**  
**Menn = 5 runder = 50 km**

Height difference (HD): 52m  
Maximum climb (MC): 36m  
Total climb (TC): 364m



# NM-2 Hovden 2025

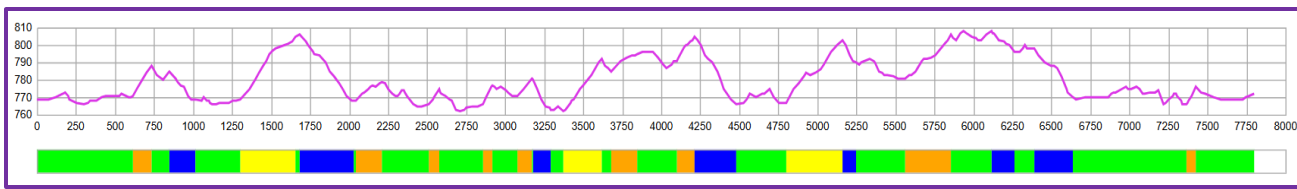
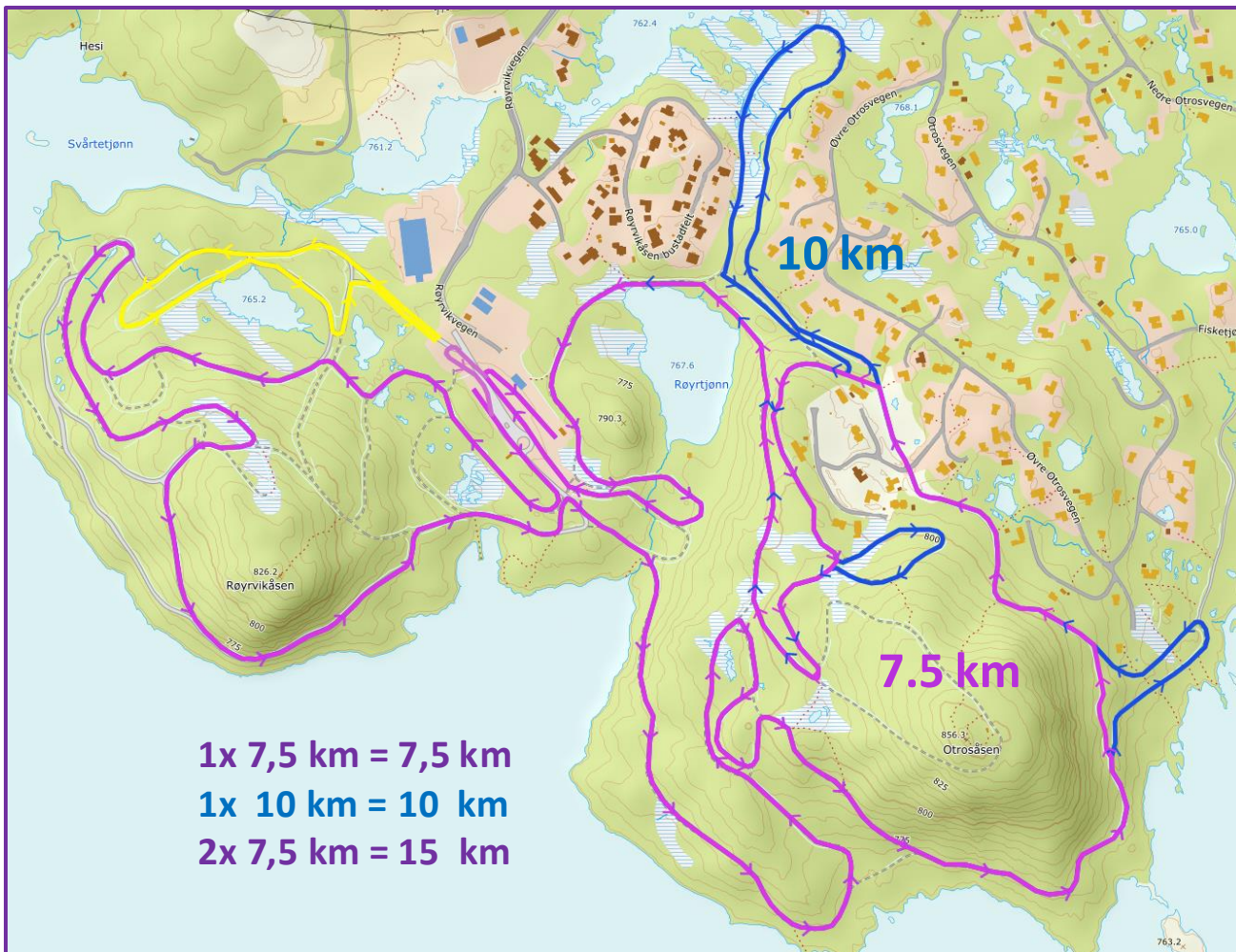
## Lørdag: Junior Sprint CL



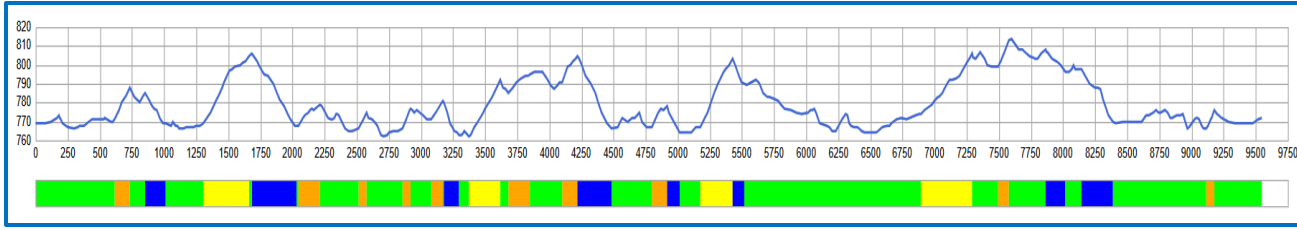
Course length:	1,140m	Height difference (HD):	26m
		Maximum climb (MC):	18m
		Total climb (TC):	37m

# NM-2 Hovden 2025

## Søndag: Junior NC-Finaler CL MS



Course length:	7,801m	Height difference (HD):	46m
		Maximum climb (MC):	37m
		Total climb (TC):	306m



Course length:	9,550m	Height difference (HD):	52m
		Maximum climb (MC):	36m
		Total climb (TC):	364m