

Peer Gynt Stadion

Løypekart 5 km Blå (TC = 149m)

Gålå 2026



JUNIOR NM LANGRENN 13-15. MARS

Fredag 13. Mars:

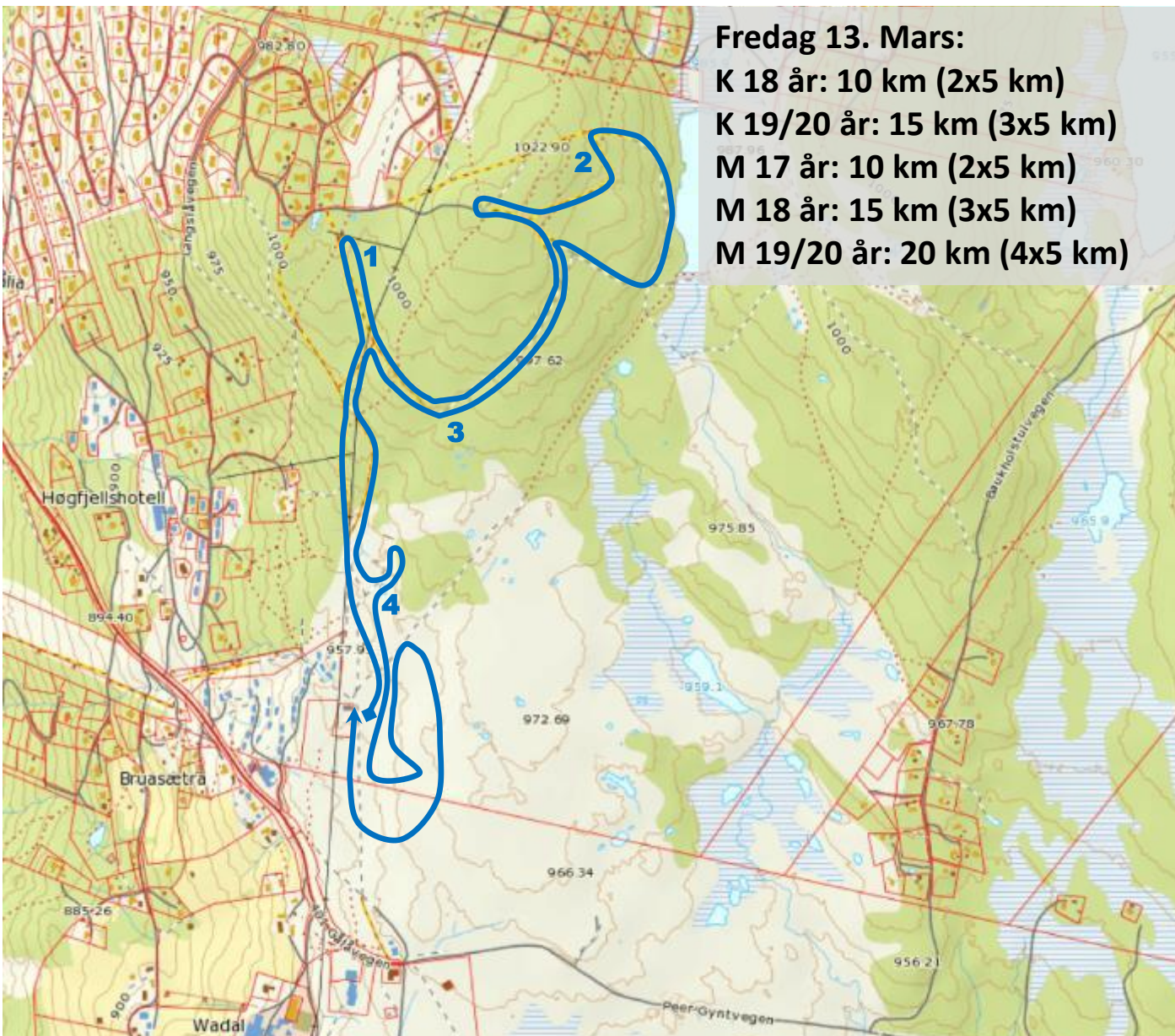
K 18 år: 10 km (2x5 km)

K 19/20 år: 15 km (3x5 km)

M 17 år: 10 km (2x5 km)

M 18 år: 15 km (3x5 km)

M 19/20 år: 20 km (4x5 km)



Course length: 4,828m

Course category: C

Height difference (HD):

66m

Maximum climb (MC):

38m

Total climb (TC):

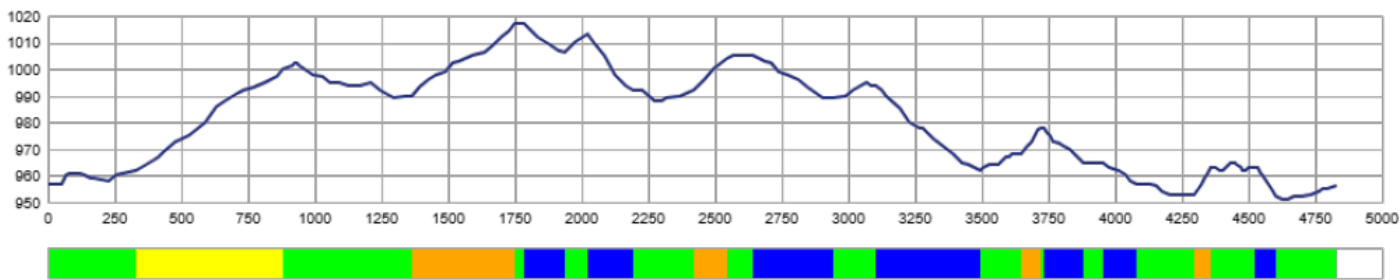
142m

Lowest point:

951m

Highest point:

1,017m



Peer Gynt Stadion

Løypekart 3,75 km Blå (TC = 100m)

Gålå 2026



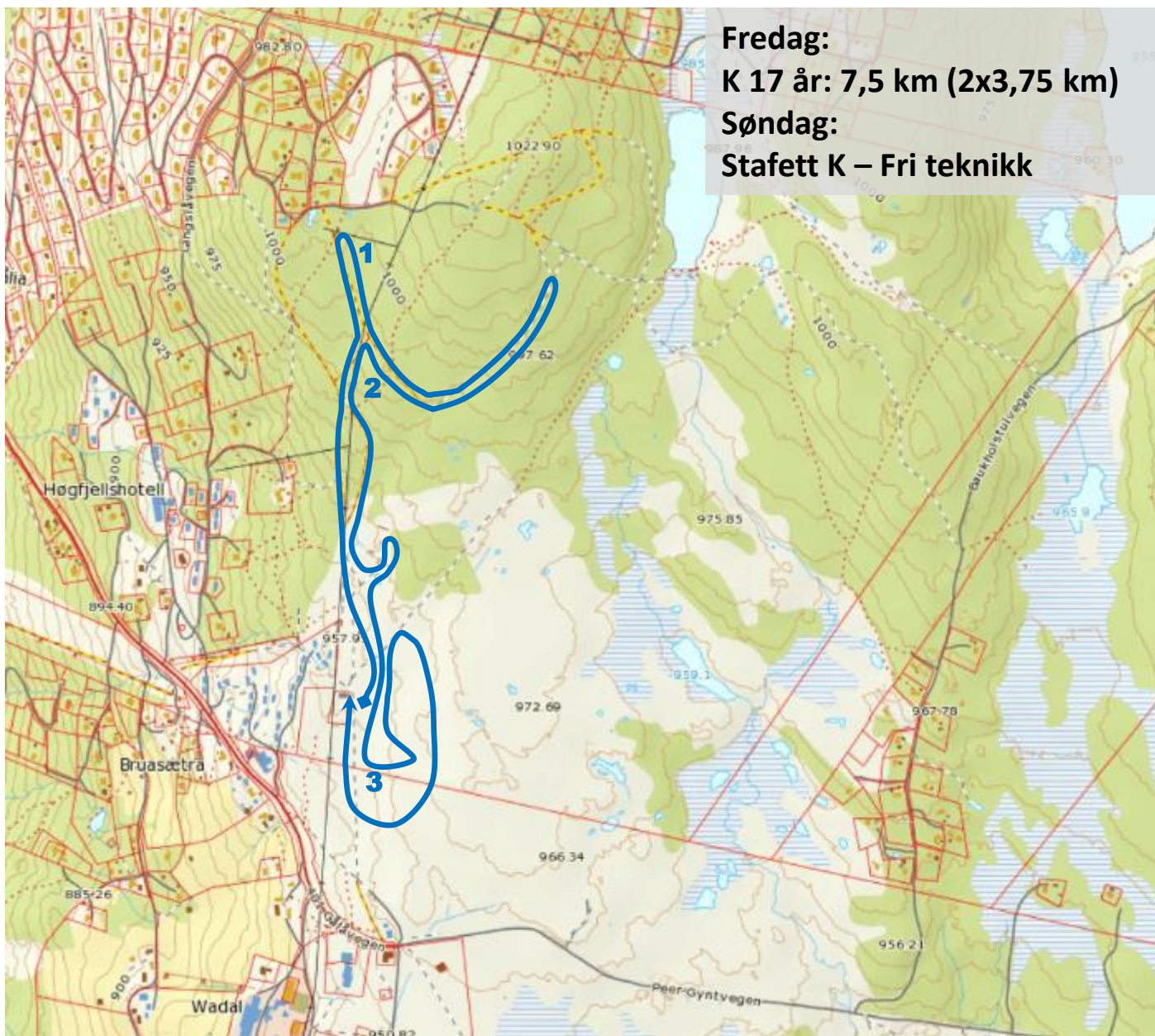
JUNIOR NM LANGRENN 13-15. MARS

Fredag:

K 17 år: 7,5 km (2x3,75 km)

Søndag:

Stafett K – Fri teknikk



Course length: 3,736m

Course category: E

Height difference (HD):

52m

Maximum climb (MC):

39m

Total climb (TC):

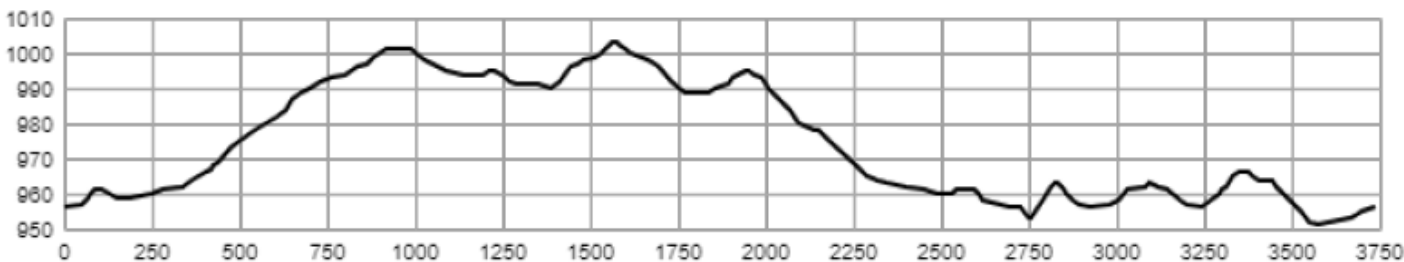
100m

Lowest point:

951m

Highest point:

1,003m



Peer Gynt Stadion

Løypekart 5 km Sort (TC = 159m)

Gålå 2026



JUNIOR NM LANGRENN 13-15. MARS

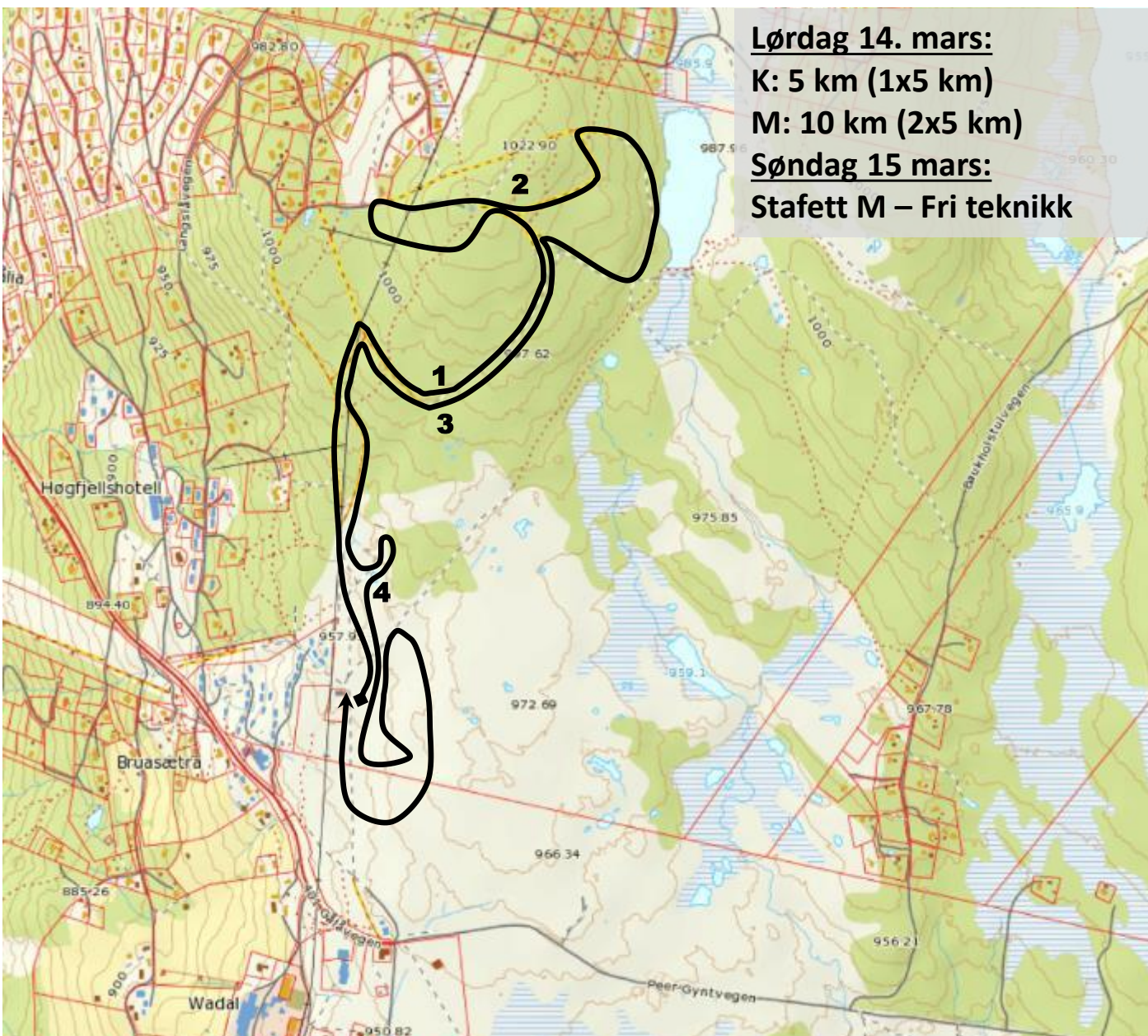
Lørdag 14. mars:

K: 5 km (1x5 km)

M: 10 km (2x5 km)

Søndag 15 mars:

Stafett M – Fri teknikk



Course length:
Course category:

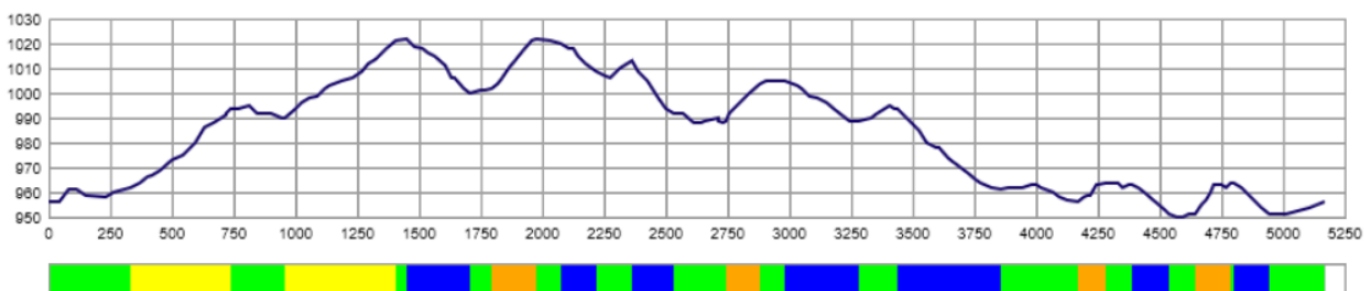
5,167m
D

Height difference (HD):
Maximum climb (MC):
Total climb (TC):

72m
32m
159m

Lowest point:
Highest point:

950m
1,022m



Peer Gynt Stadion

Løypekart 3,75 km Rød (TC = 123m)

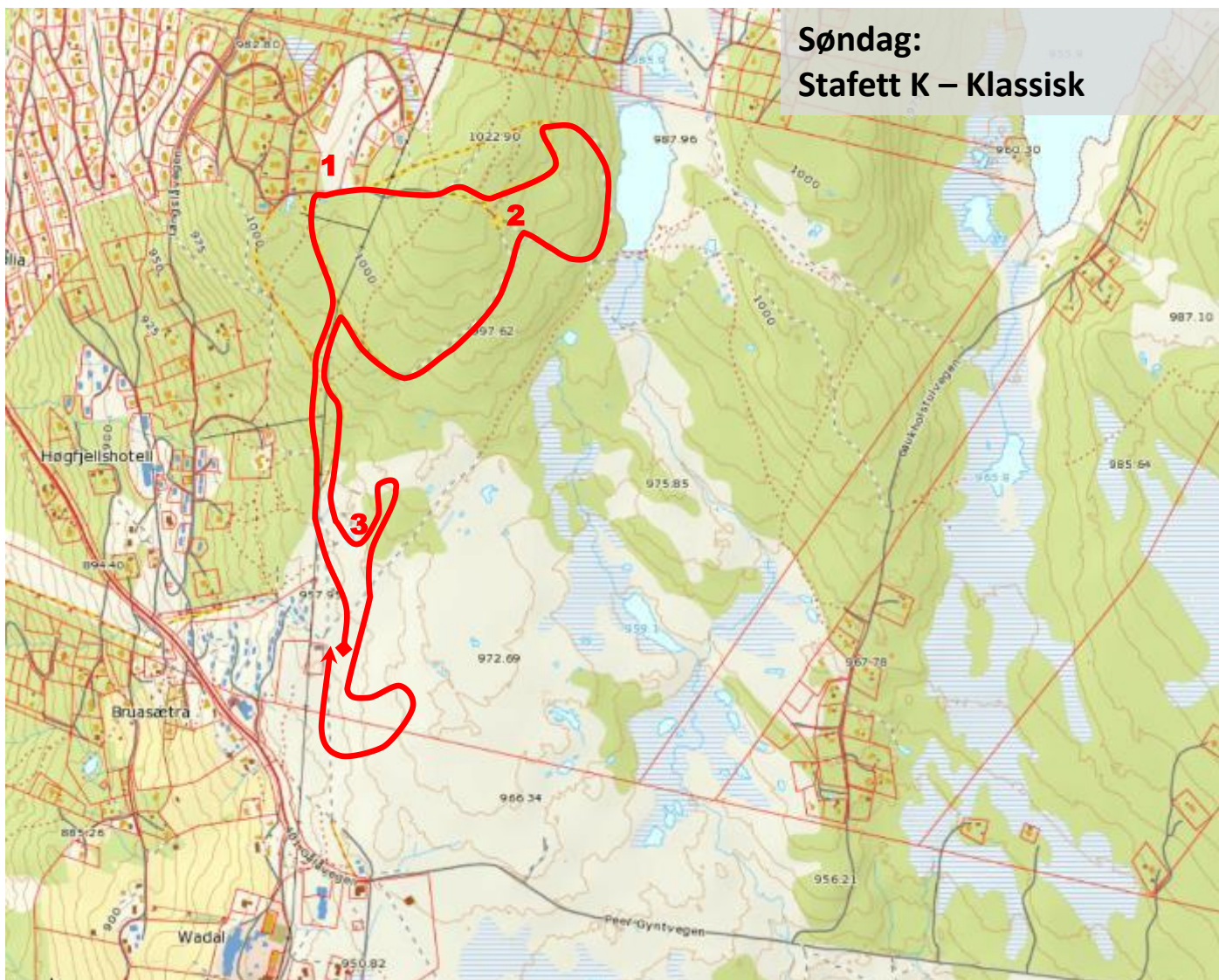
Gålå 2026



JUNIOR NM LANGRENN 13-15. MARS

Søndag:

Stafett K – Klassisk



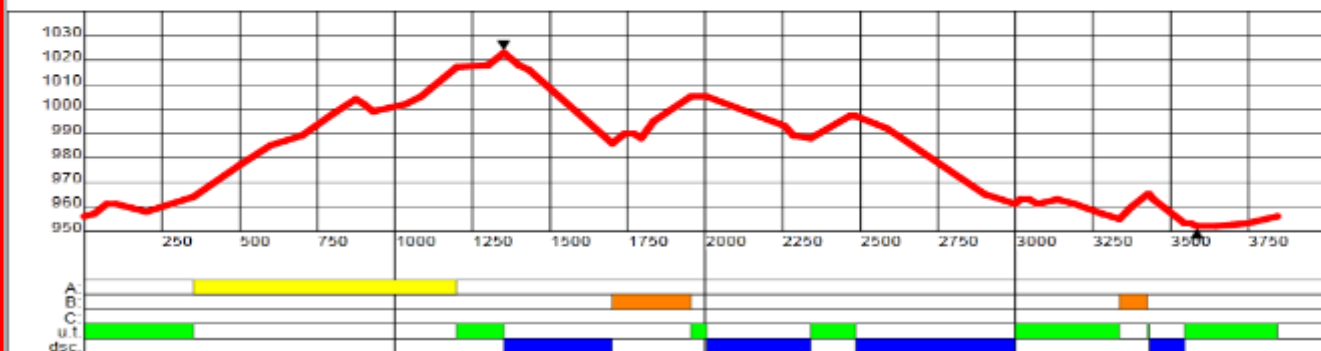
Gålå 3,75 km Red



Course length: 3845m
Category: D
Competition Level: COC/FIS

Height Difference (HD): 71m
Maximum Climb (MC): 58m
Total Climb (TC): 123m

Lowest point: 952m
Highest point: 1023m



Peer Gynt Stadion

Løypekart 5 km Rød (TC = 146m)

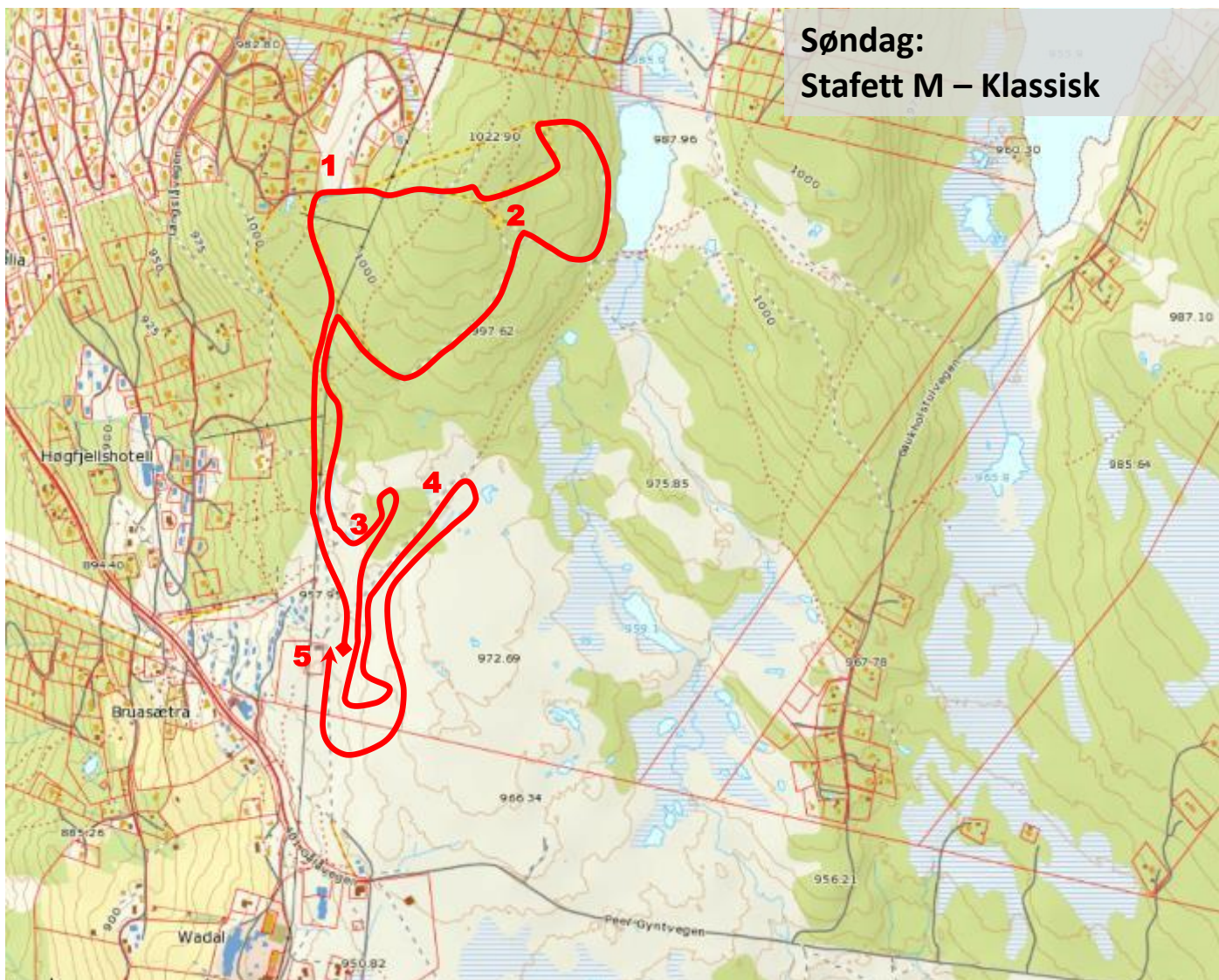
Gålå 2026



JUNIOR NM LANGRENN 13-15. MARS

Søndag:

Stafett M – Klassisk



Gålå 5,0 km Red



Course length: 4990m

Category: C

Competition Level: COC/FIS

Height Difference (HD): 71m

Maximum Climb (MC): 58m

Total Climb (TC): 146m

Lowest point: 952m

Highest point: 1023m

