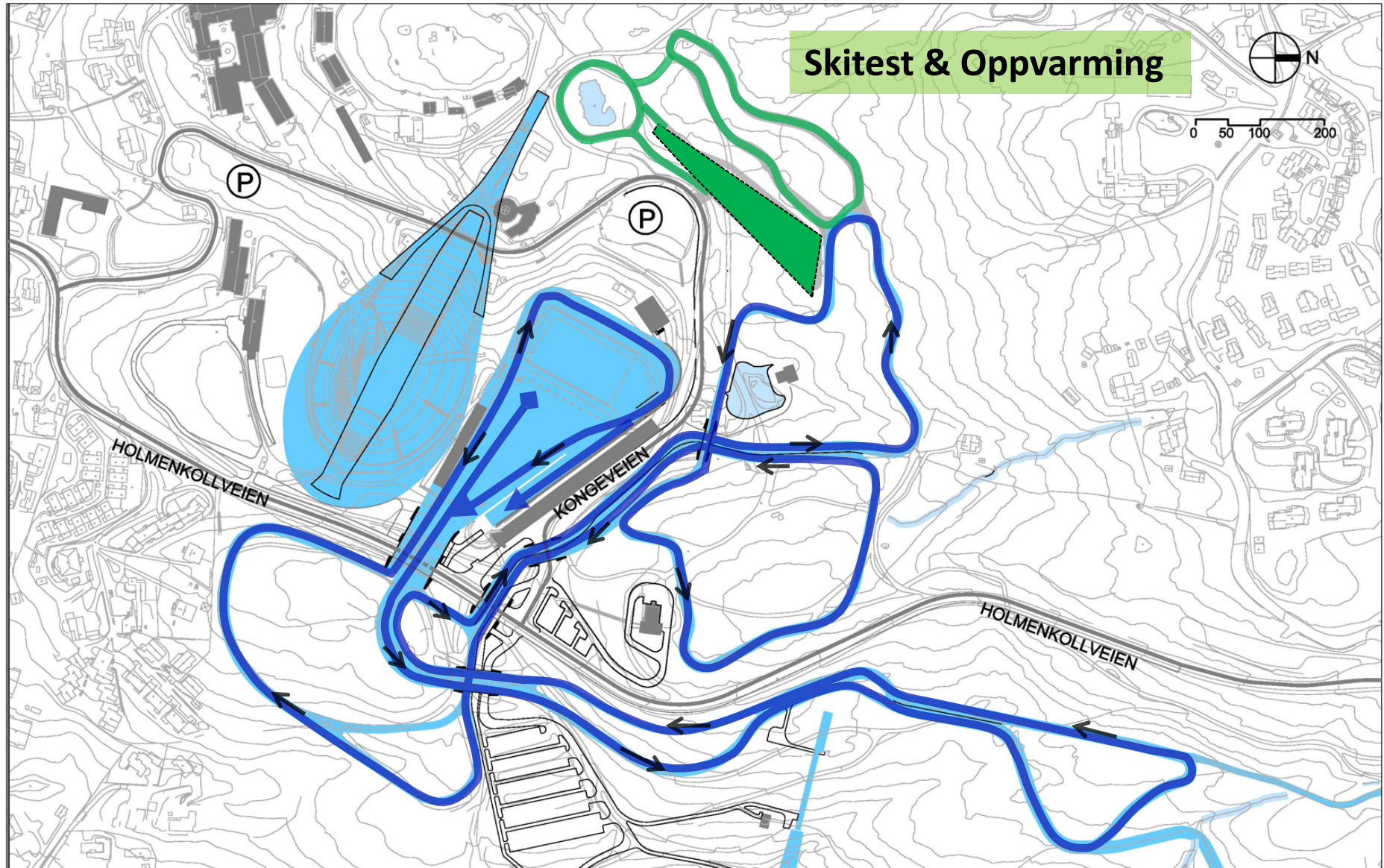


# Løypebruk NC/NM junior 16-18/2 2018

## Holmenkollen



# Fredag : 5 + 10 km Fri - Holmenkollen Course 5km blue

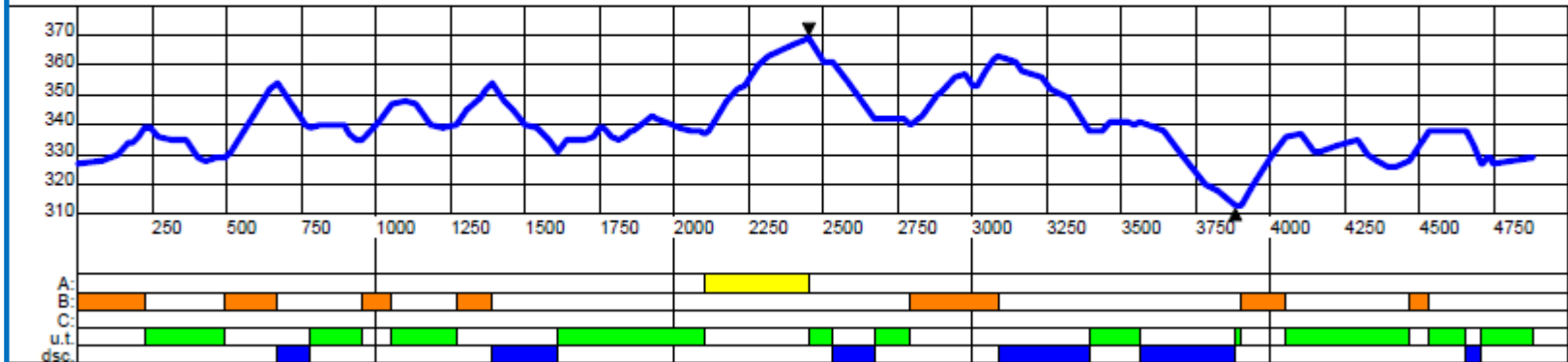


# Course Profile 5.0 km blue – Holmenkollen

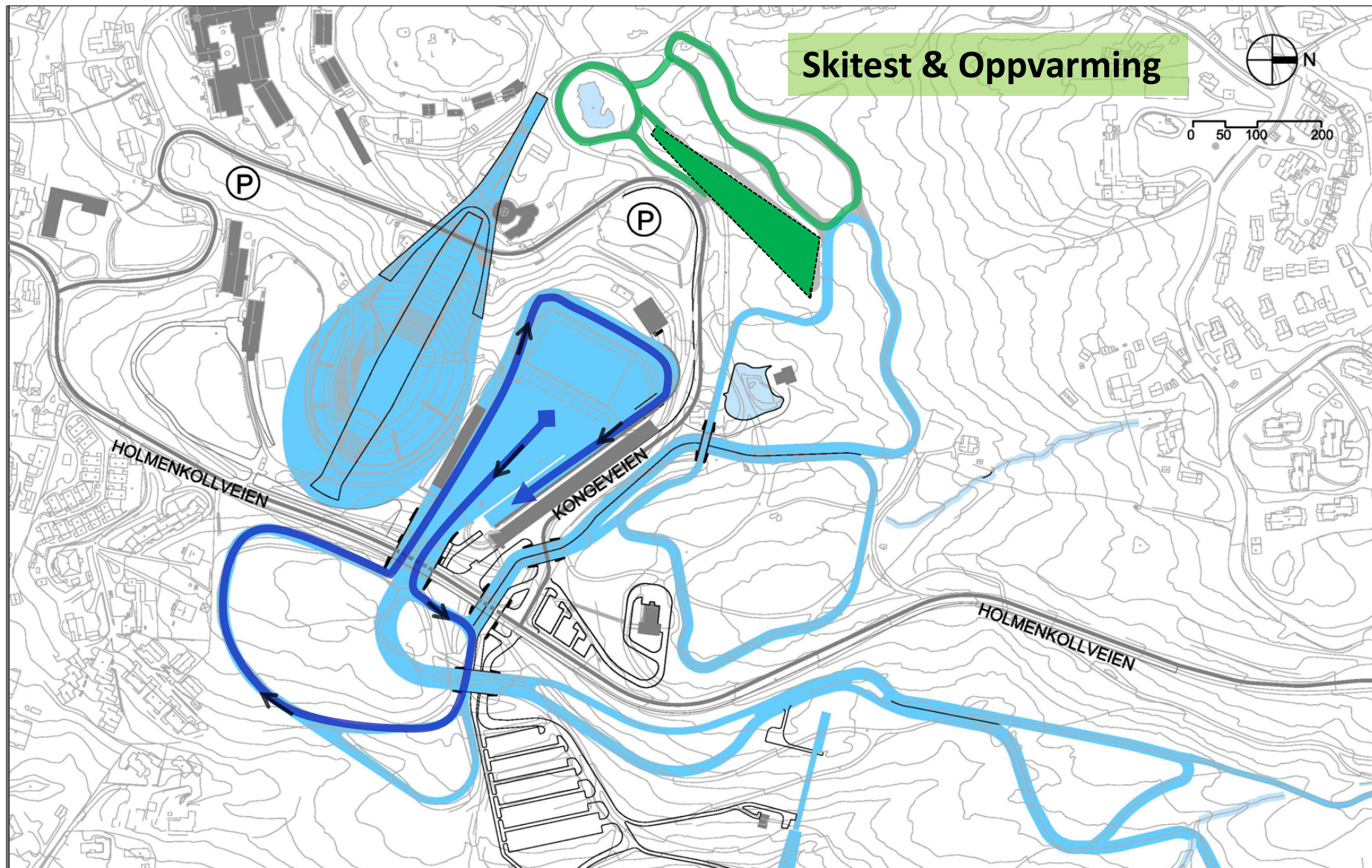
5 km blue interval 2012



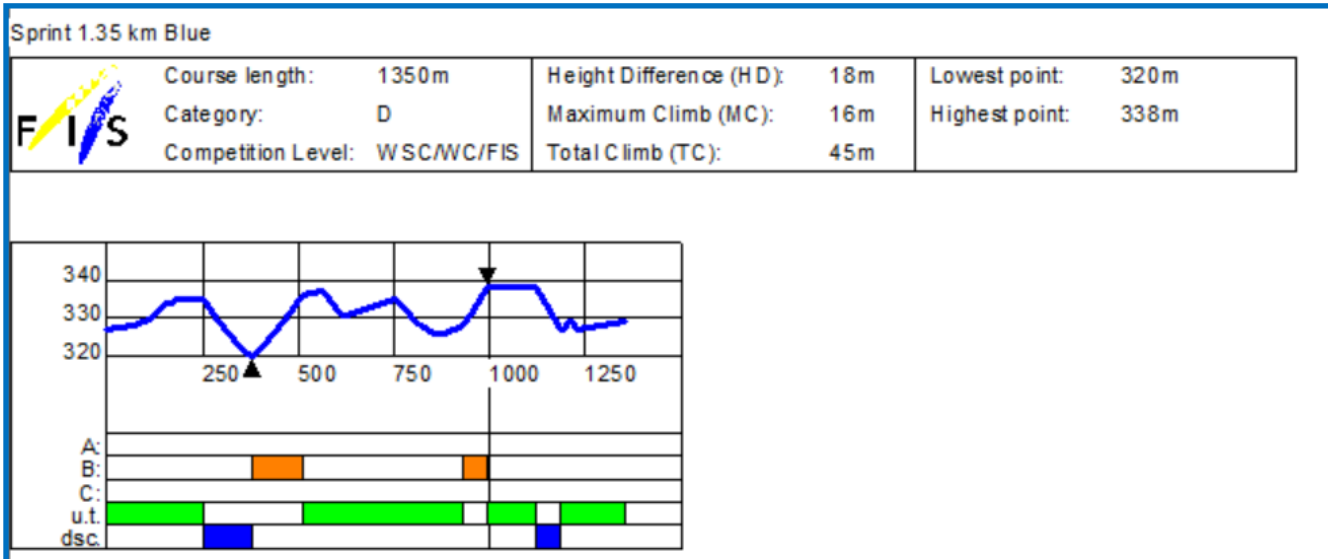
Course length:	4880m	Height Difference (HD):	56m	Lowest point:	313m
Category:	D	Maximum Climb (MC):	32m	Highest point:	369m
Competition Level:	WSC/WC	Total Climb (TC):	190m		



# Lørdag : 1.3 km Sprint CL - Holmenkollen Course 1.3 blue

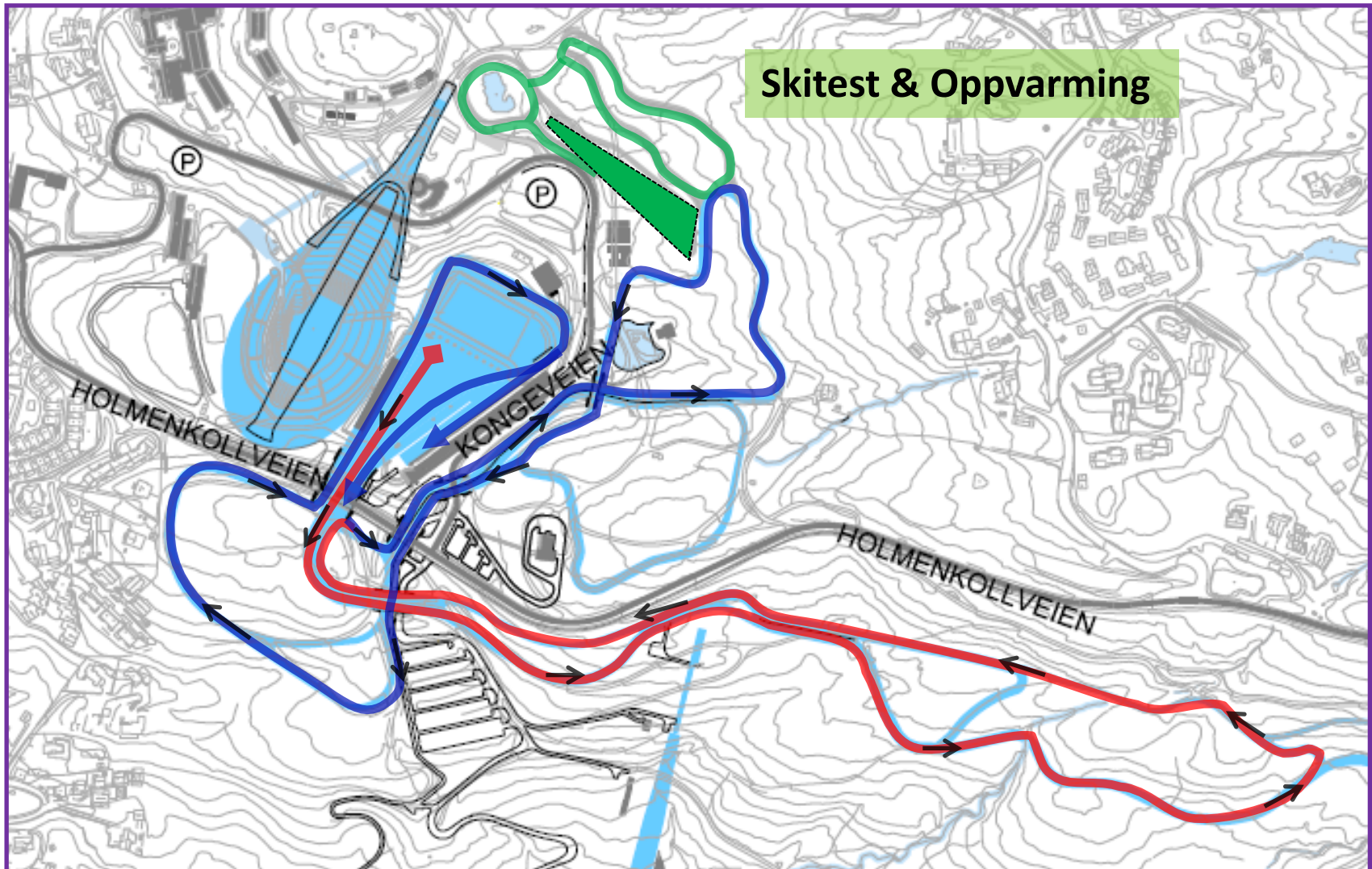


# Course Profile 1.3 km blue (Sprint) – Holmenkollen



## Søndag : 7,5 + 10 + 15 km CL - Course 2.5 km red + 2.5km blue

- 7,5 km = 1x (rød + blå) + blå (*Egen kutt oppe mot broa på siste runde!*)
- 10 km = 2x (rød + blå)
- 15 km = 3x (rød + blå)

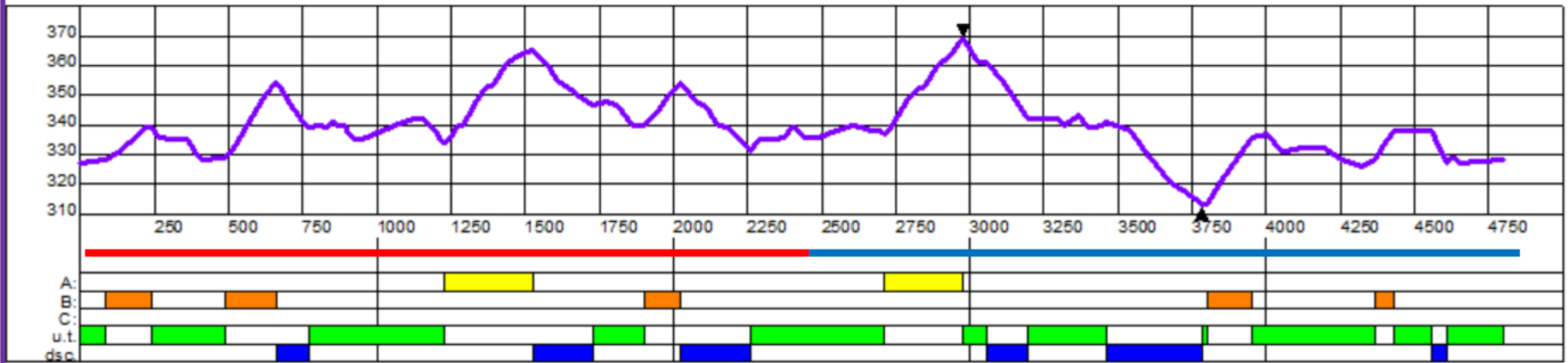


# Course Profile 5km (2.5 red + 2.5 blue) – Holmenkollen

Kollen 5km red-blue - 17 asa



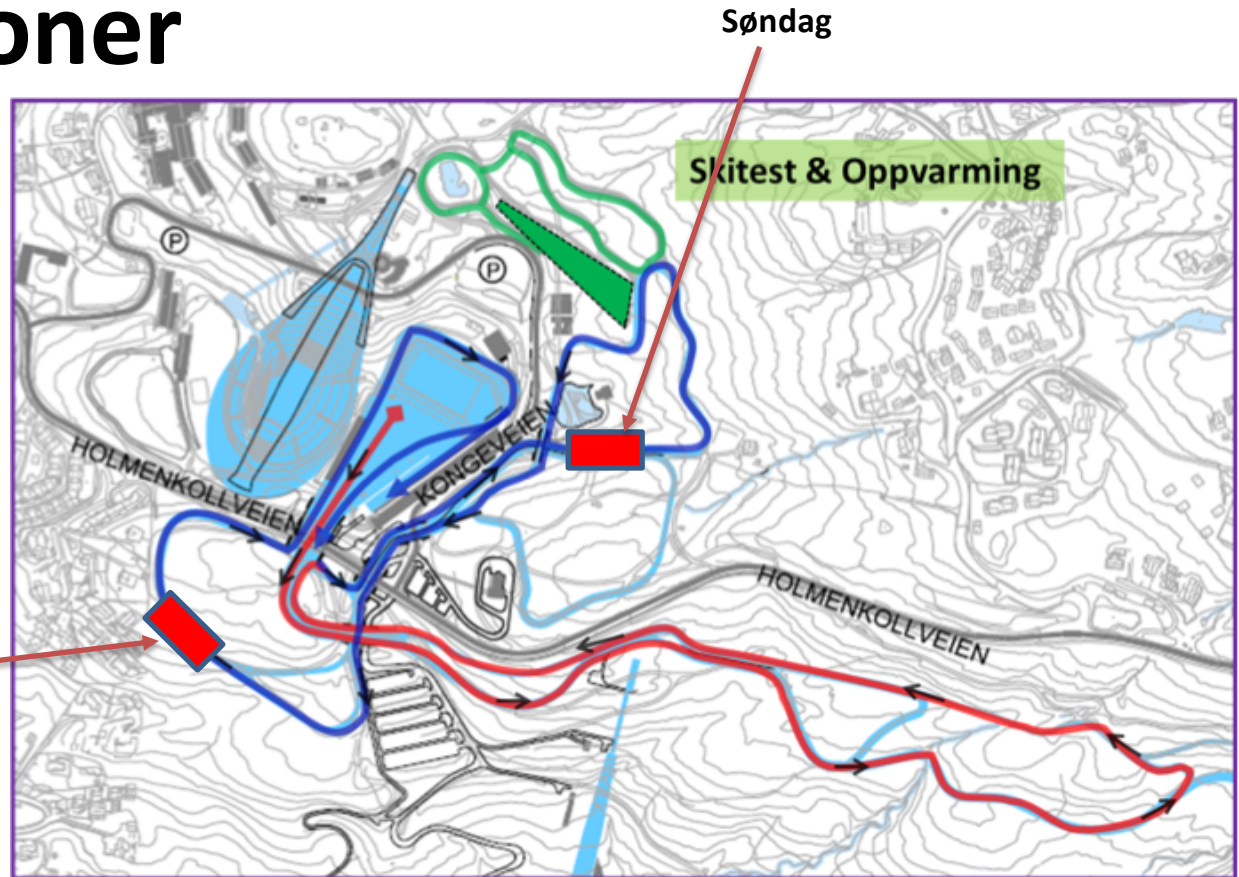
Course length:	4800m	Height Difference (HD):	56m	Lowest point:	313m
Category:	D	Maximum Climb (MC):	32m	Highest point:	369m
Competition Level:	WSC/WC	Total Climb (TC):	183m		



# Stakefrie soner

- Stakefrie soner lørdag og søndag
- Kontroll blir utført

Lørdag & søndag





# Tilskuere og «no coaching zone»

- Ingen tilskuere eller støtteapparat innenfor grå merkert område

