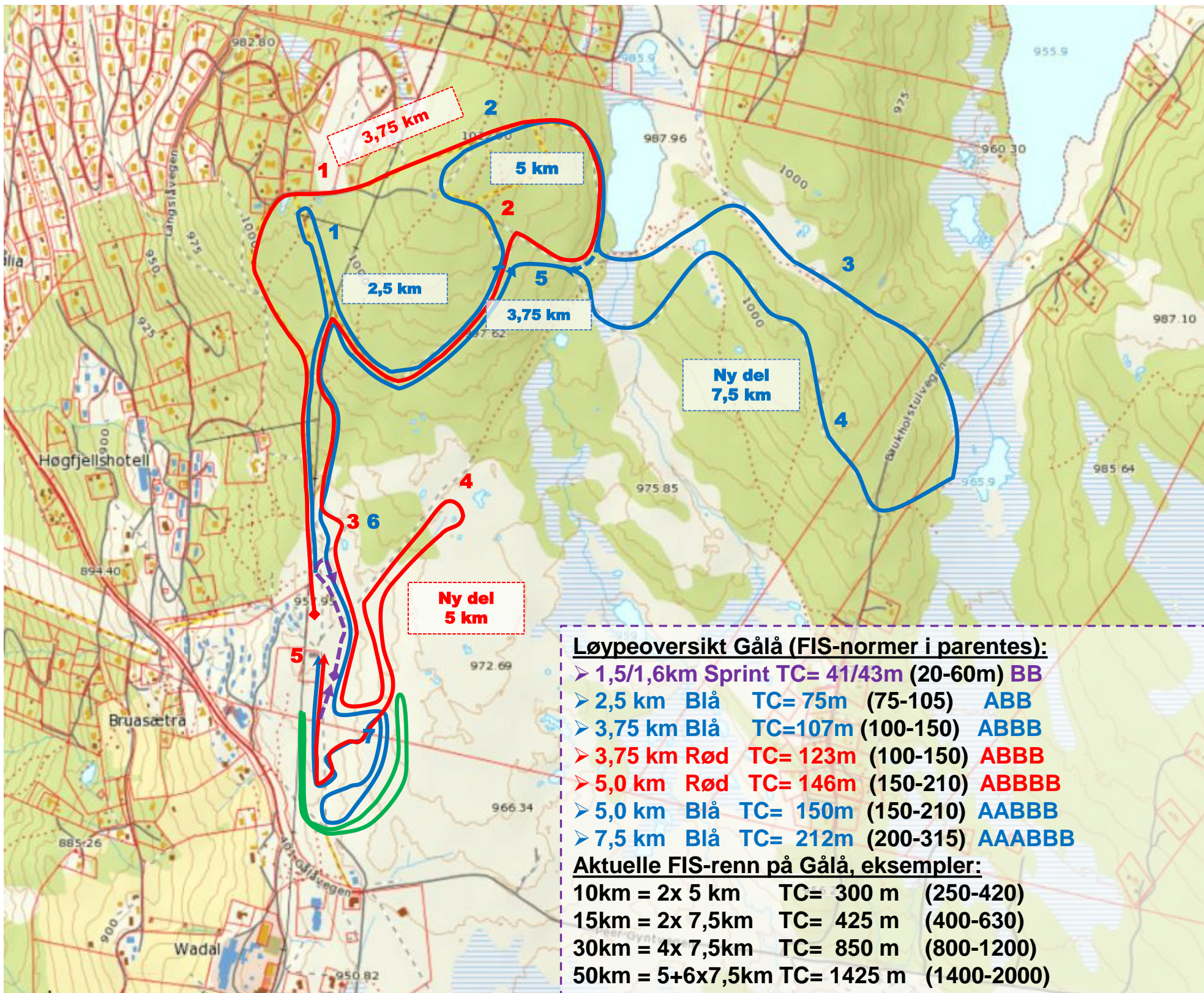


# Gåå SPRINTEN



## Løypekart Peer Gynt Stadion



### Aktuell løypebruk

Sprint = 1,5/1,6 km lilla - 2 B-bakker, både CL+F

10 km intervall = 2x 5km blå; både CL+F

15 km intervall = 2x 7,5km blå; både CL+F(alt. 3x 5km blå)

15 km Skiathlon = 2x 3,75km rød (CL) / 7,5km blå (F)

30 km Skiathlon = 3x 5km rød (CL) / 2x 7,5km blå (F)

Stafetter : Klassisk 5km rød / Fri 5km blå

Se egne kart for hver distanse som brukes under arrangementer.

30 km MS = 4x 7,5km blå, både CL+F

50 km MS = 5km blå + 6x 7,5km blå, både CL+F

7,5 km Skiathlon jr.=3,75km rød (CL)/3,75km blå (F)

10 km Skiathlon jr. = 5km rød (CL) / 5km blå (F)

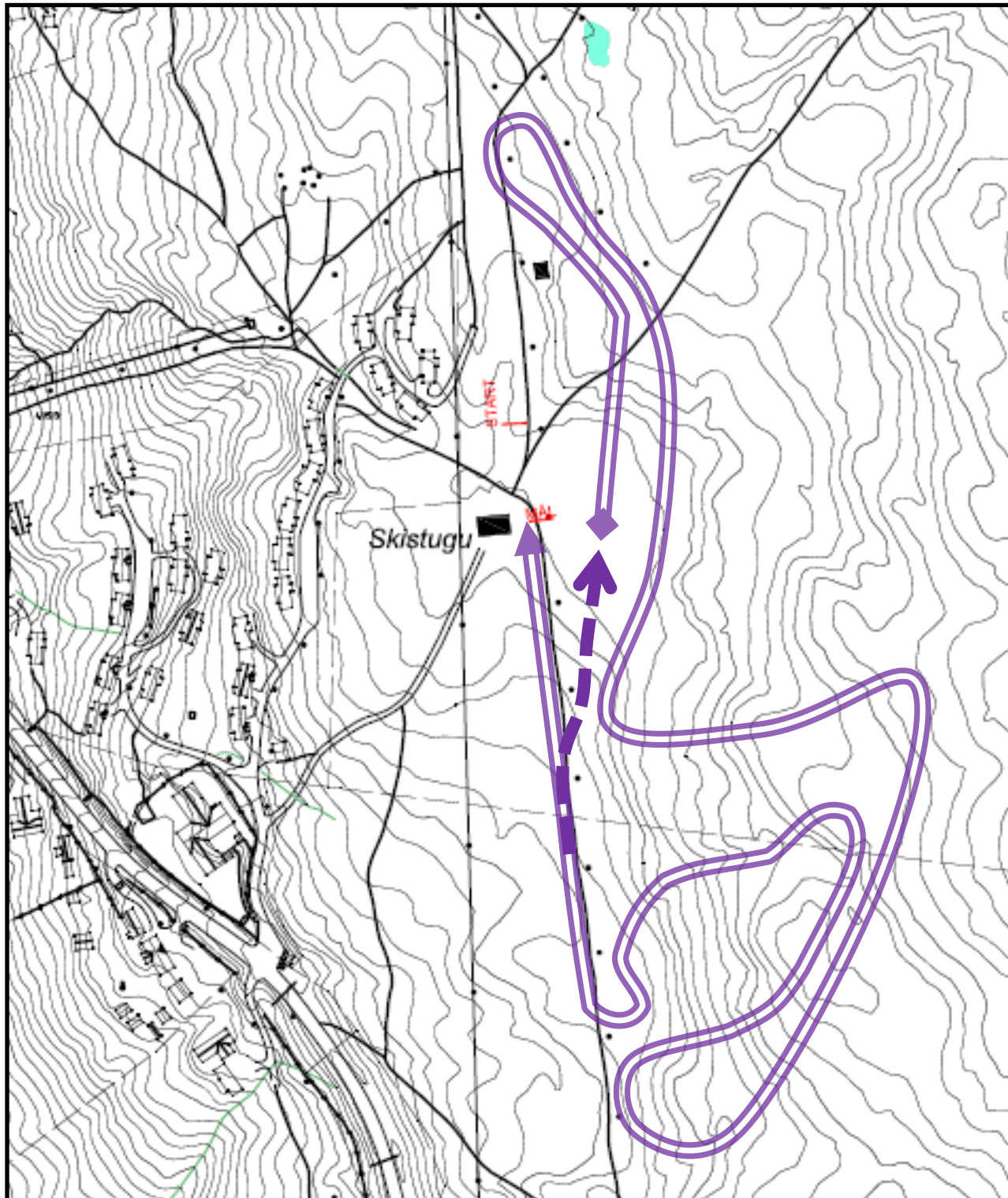
20 km Skiathlon jr. = 2x 5km rød (CL) / 2x 5blå (F)




# Gååå SPRINTEN

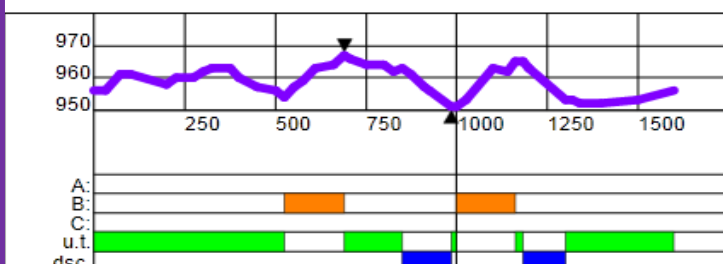


## Sprint Herrer



Gååå Sprint 1600m

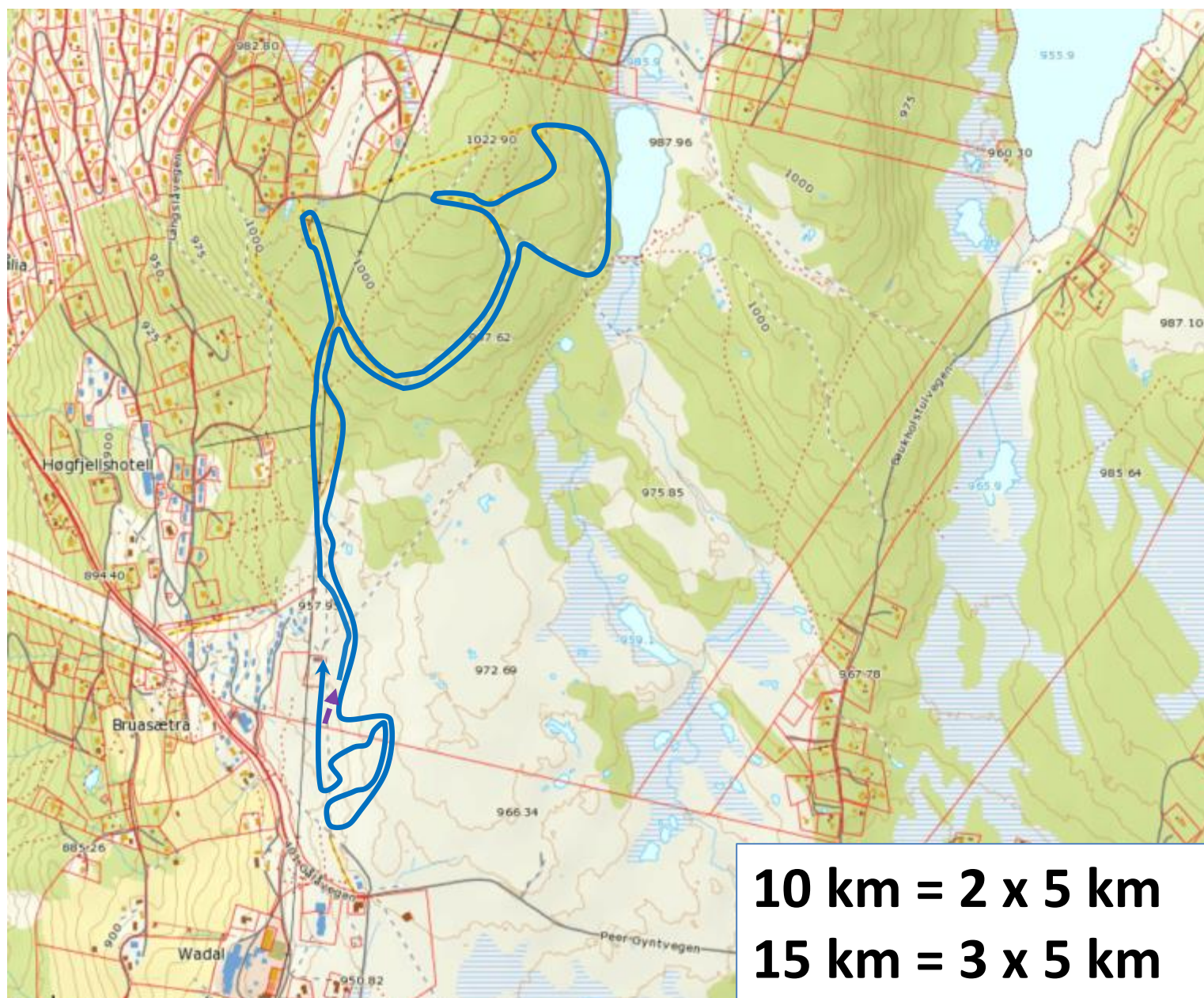
	Course length:	1600m	Height Difference (HD):	16m	Lowest point:	951m
	Category:	E	Maximum Climb (MC):	15m	Highest point:	967m
	Competition Level:	COC/FIS	Total Climb (TC):	43m		



# Gååå SPRINTEN



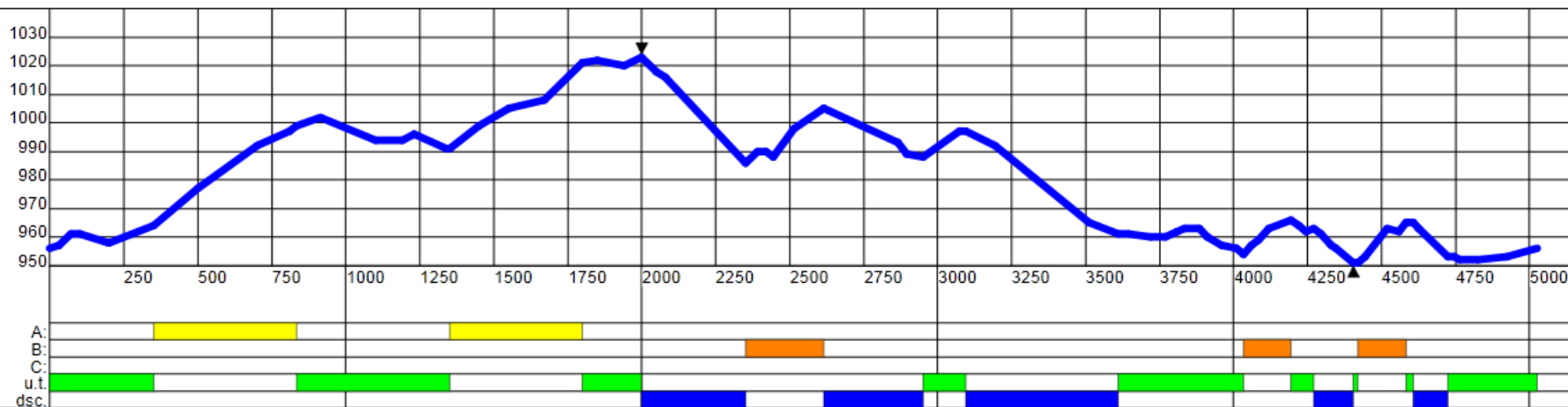
## 5,0 km Blå



Gååå 5,0 km blue



Course length:	5025m	Height Difference (HD):	72m	Lowest point:	951m
Category:	D	Maximum Climb (MC):	35m	Highest point:	1023m
Competition Level:	COC/FIS	Total Climb (TC):	150m		



# GålaSPRINTEN



## Paralangrenn, sittende

