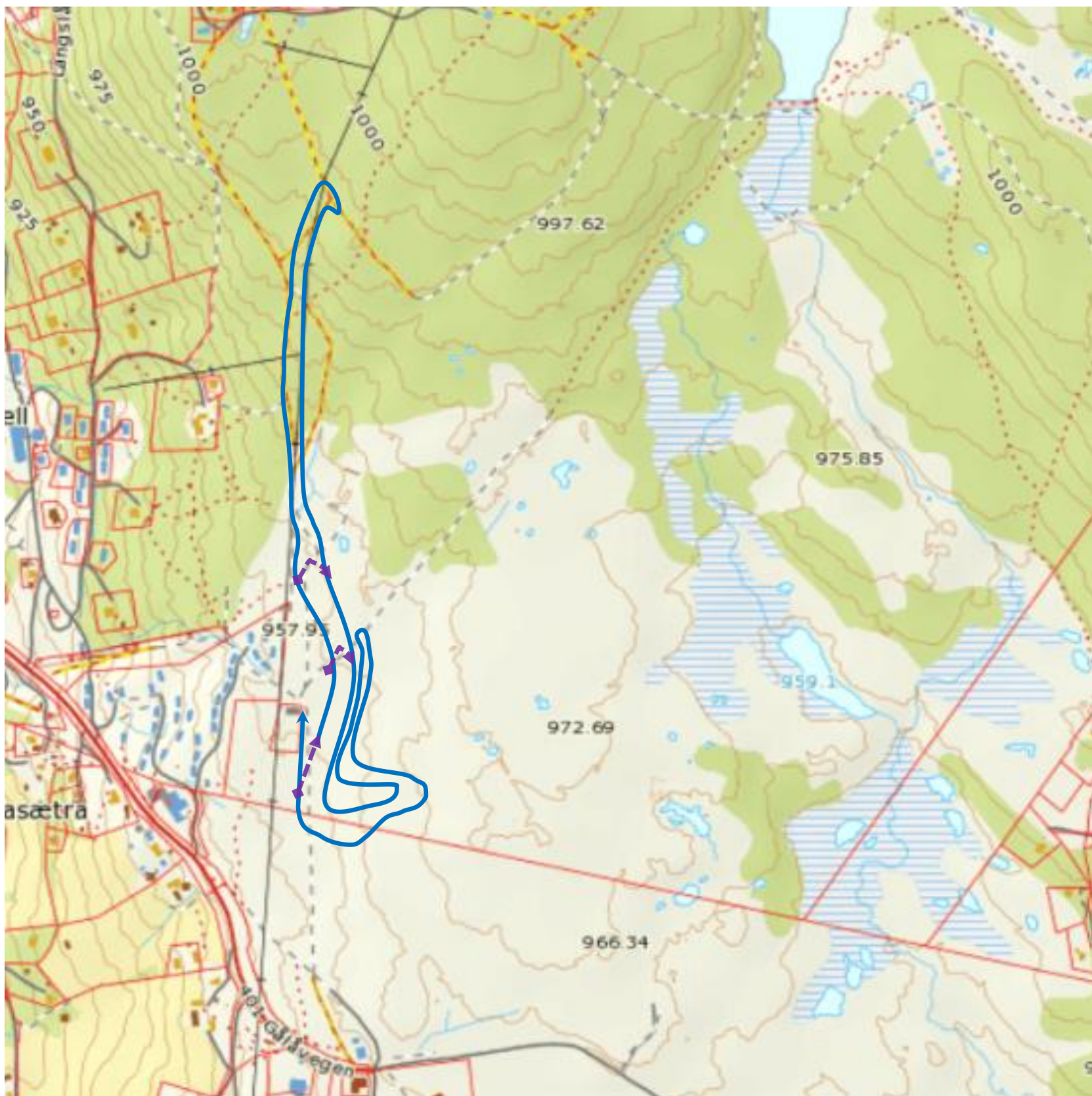


# GålaSPRINTEN



## Løpekart Peer Gynt stadion 2022



### Aktuell løypebruk

Sprint damer - 1 170 m

Sprint herrer - 1 480 m

5 km = 2 x 2,5 km blå

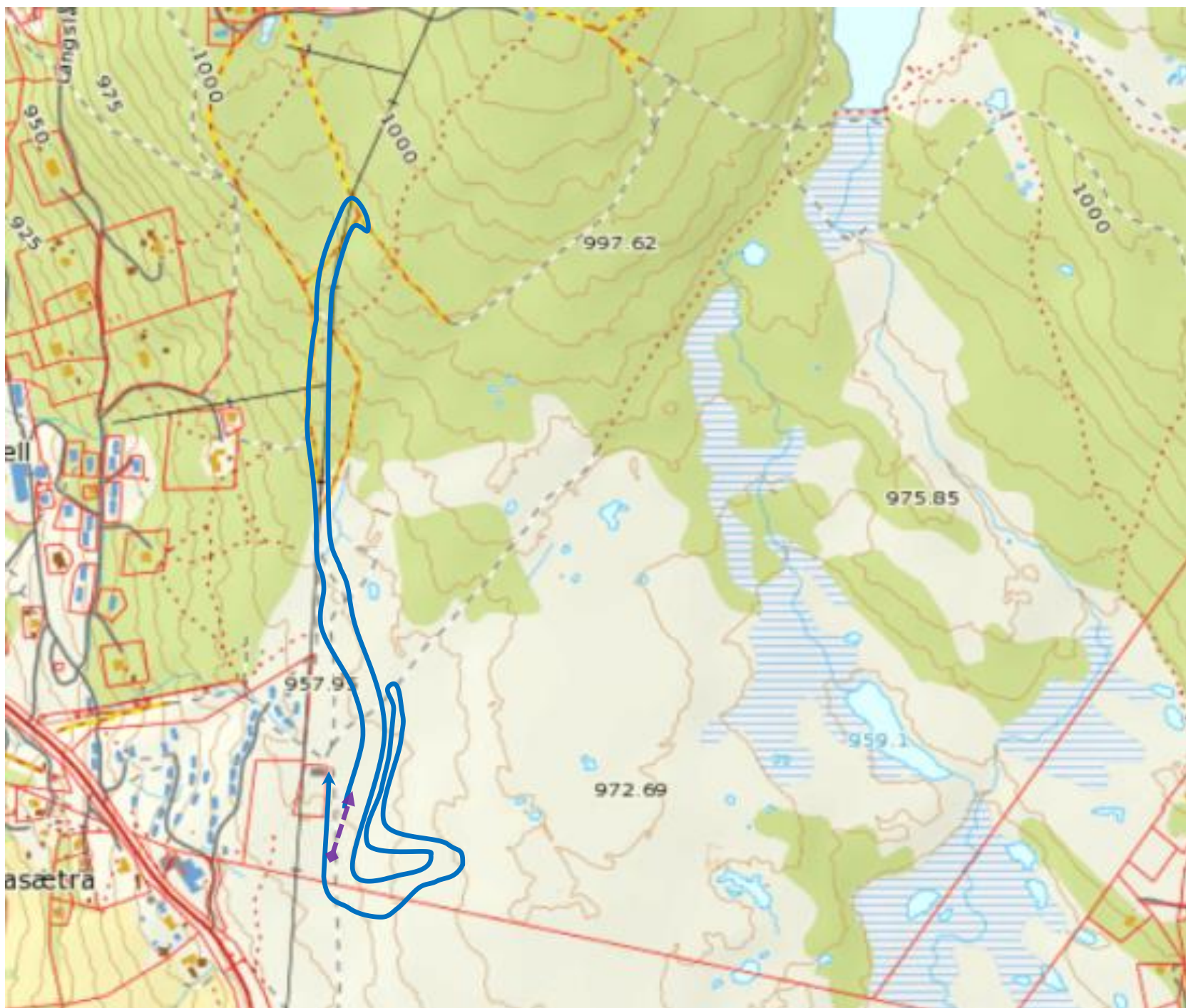
10 km = 4 x 2,5 km blå

20 km = 8 x 2,5 km blå

# GålaSPRINTEN



## Løypekart 2022 – 2,5 km



### Data

Lengde – 2 500m

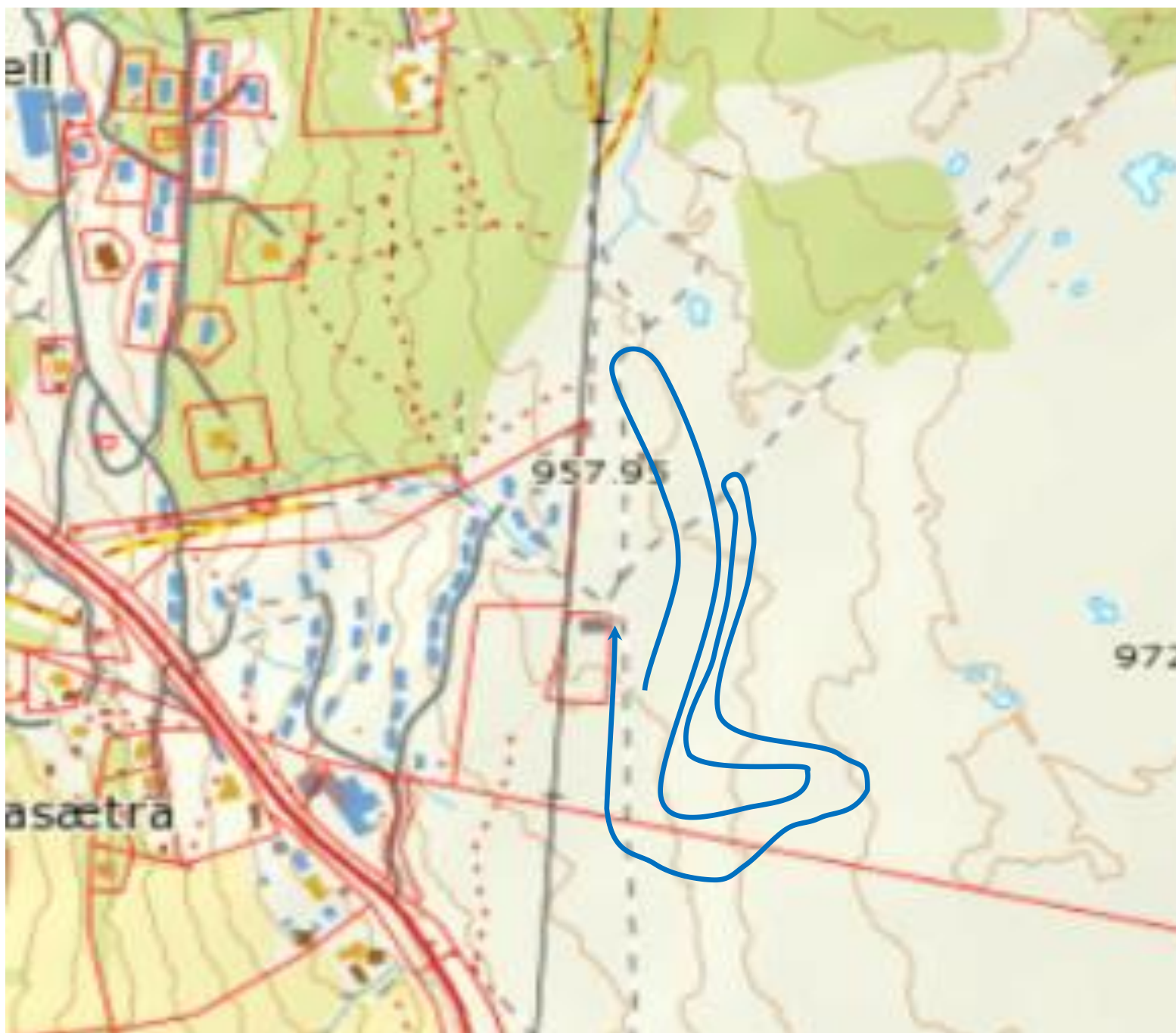
Total stigning – 75m



# GålaSPRINTEN



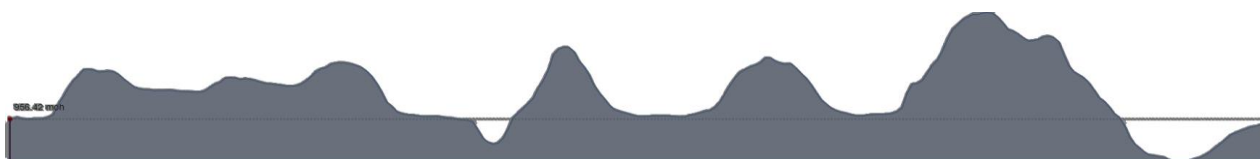
## Løypekart 2022 – Sprint herrer



### Data

Lengde – 1 480 m

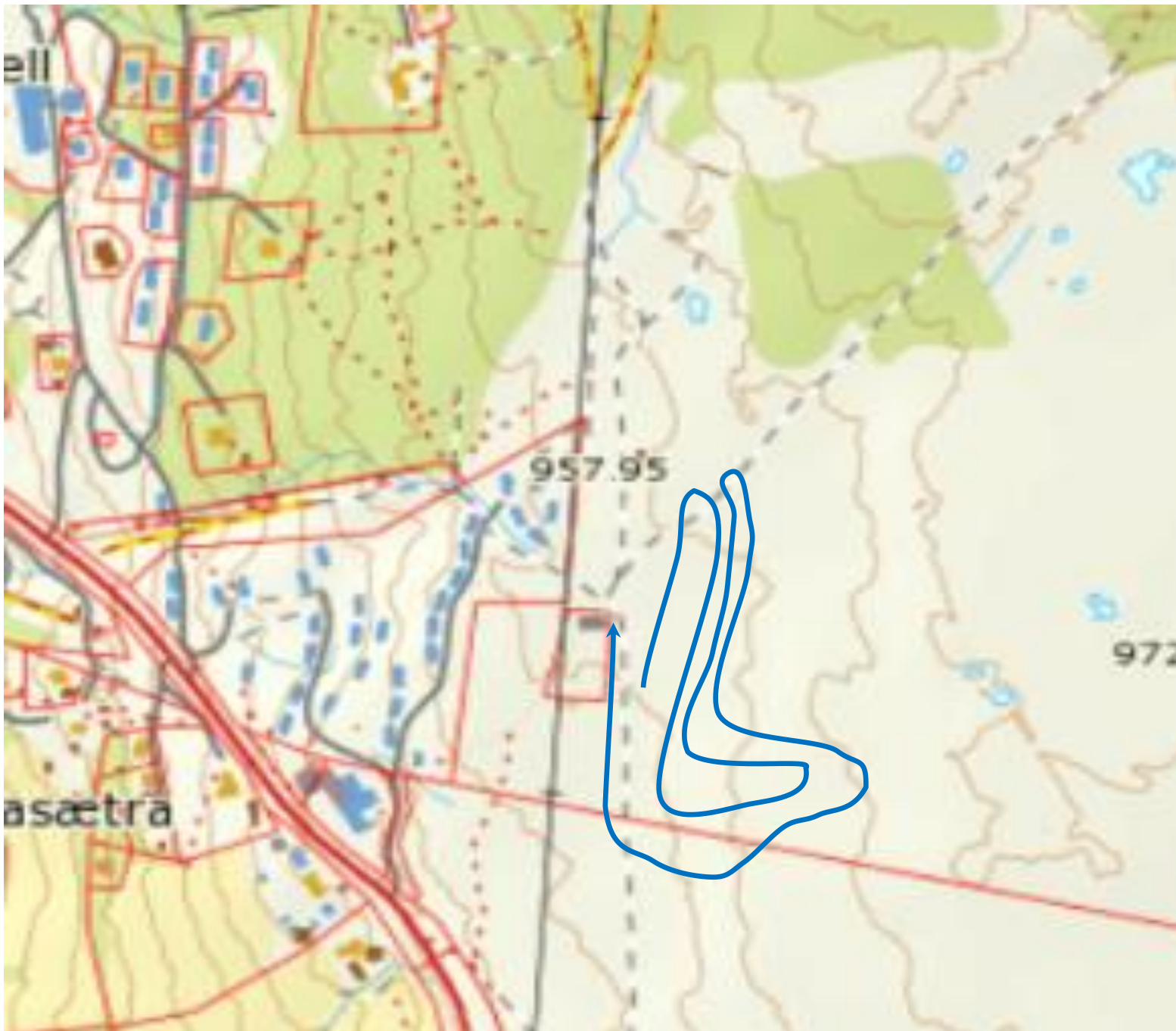
Total stigning – 32 m



# Gååå SPRINTEN



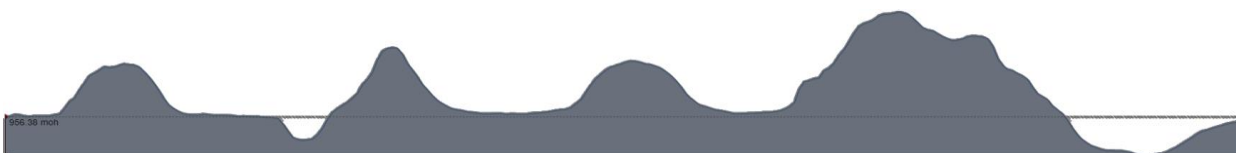
## Løypekart 2022 – Sprint damer/sprint para stående



### Data

Lengde – 1 170 m

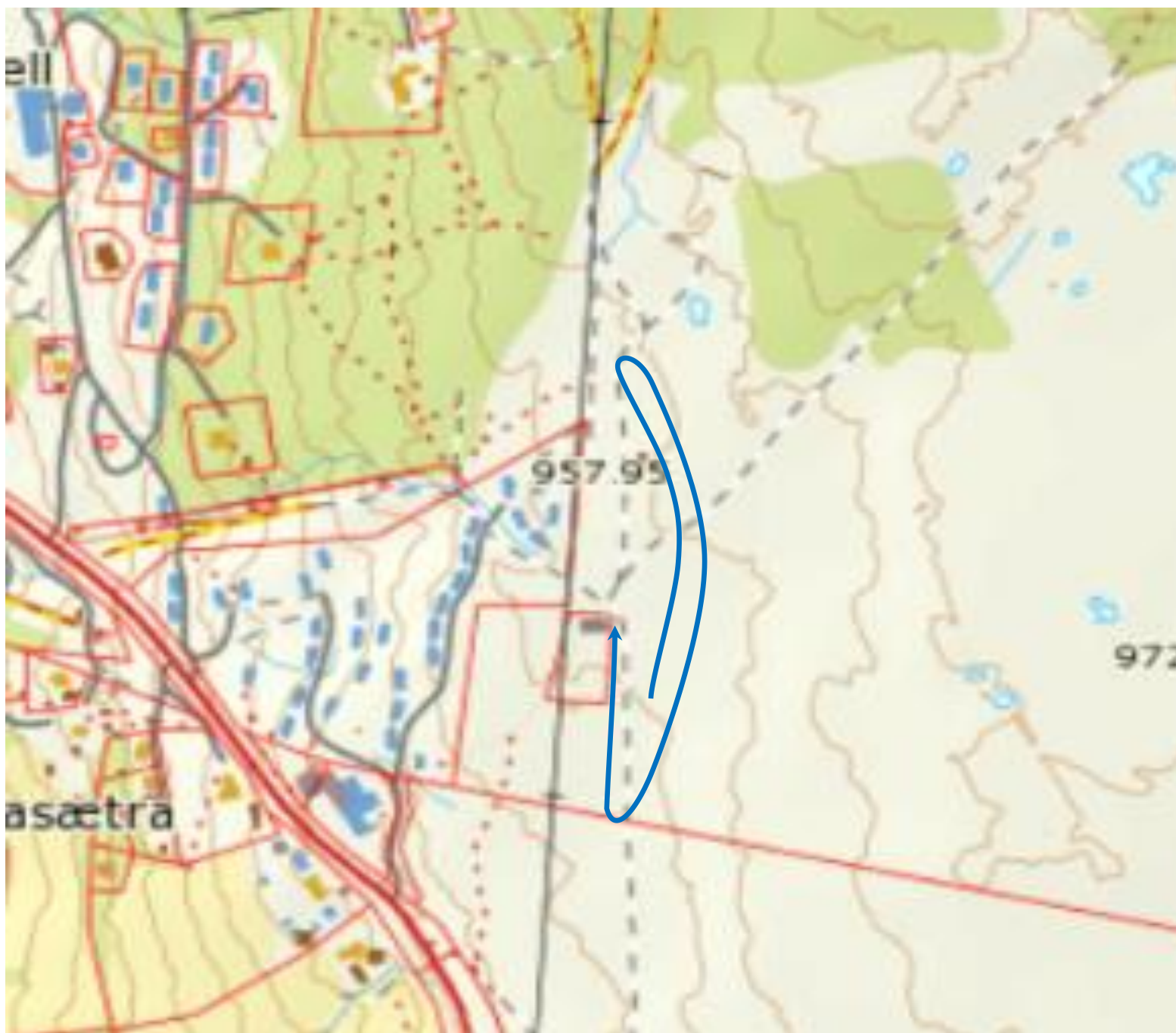
Total stigning – 30 m



# GålaSPRINTEN



## Løypekart 2022 – Para sittende



### Data

Lengde – 600 m

Sprint – 1 runde

3 km – 5 runder

5 km – 8 runder

10 km – 16 runder