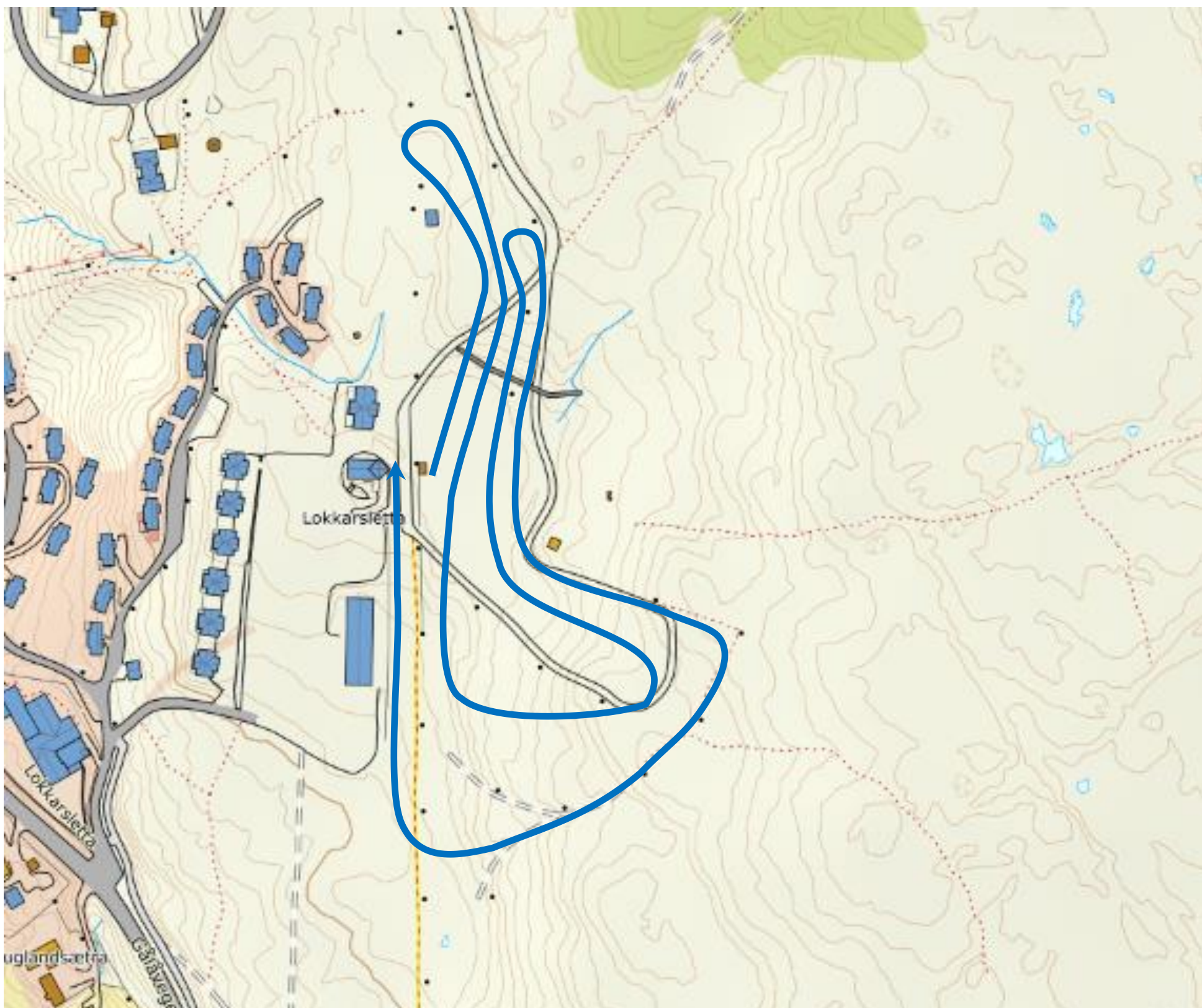


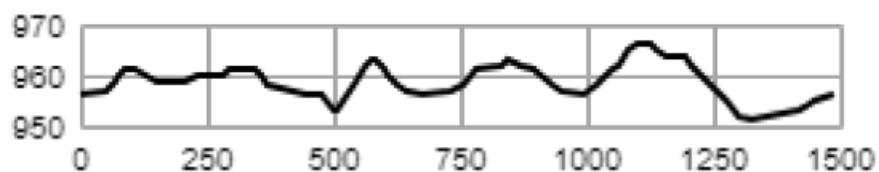
GålaSPRINTEN



Sprint Damer og Herrer fredag 1/12



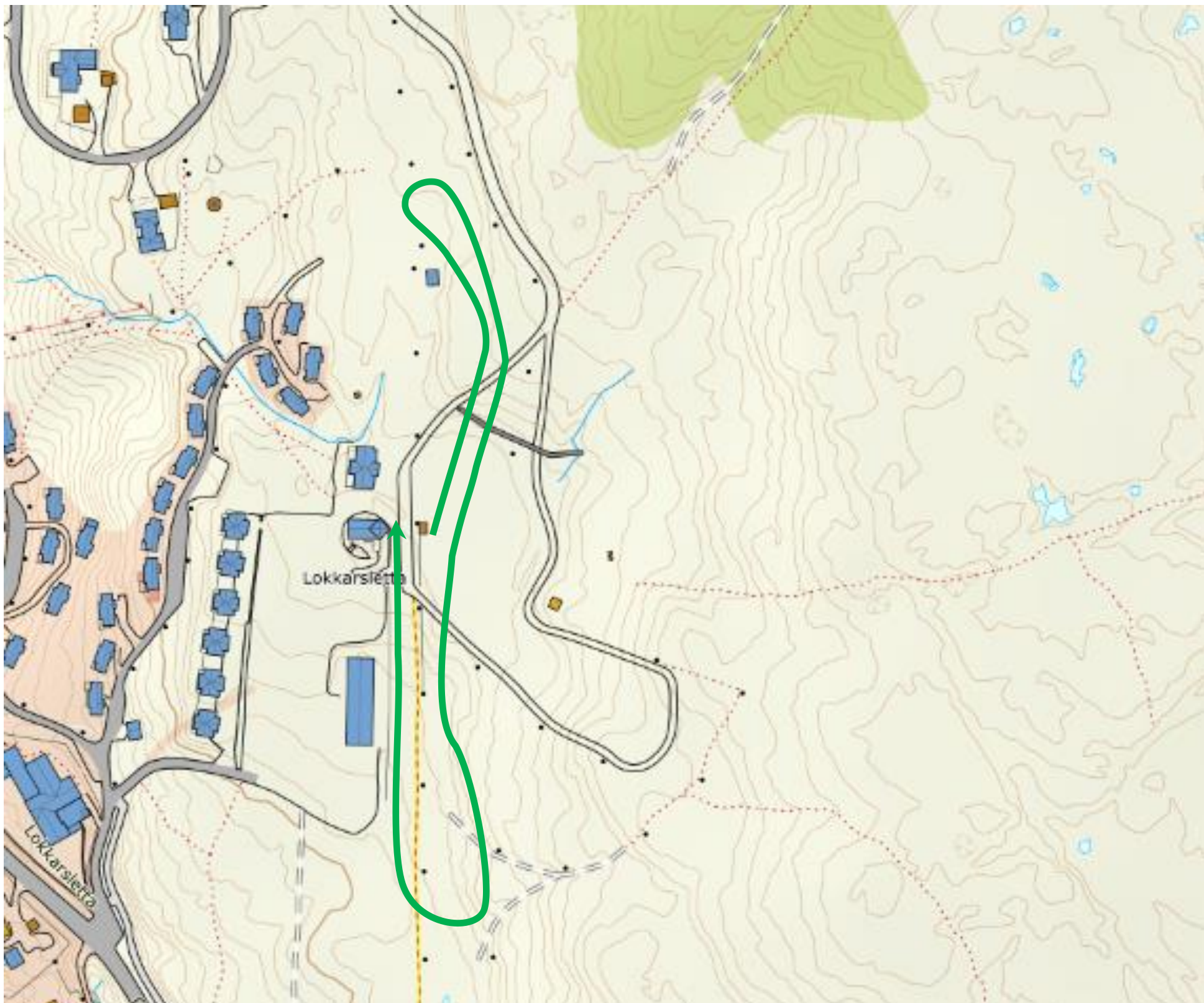
| | | | | | |
|------------------|--------|-------------------------|-----|----------------|------|
| Course length: | 1,486m | Height difference (HD): | 15m | Lowest point: | 951m |
| Course category: | D | Maximum climb (MC): | 10m | Highest point: | 966m |
| | | Total climb (TC): | 39m | | |



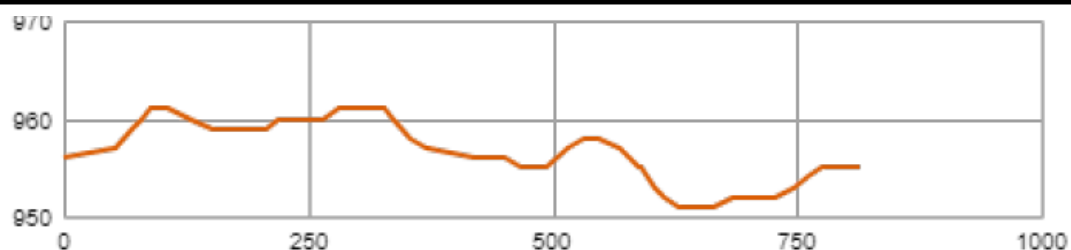
GålaSPRINTEN



Para sprint sittende fredag 1/12



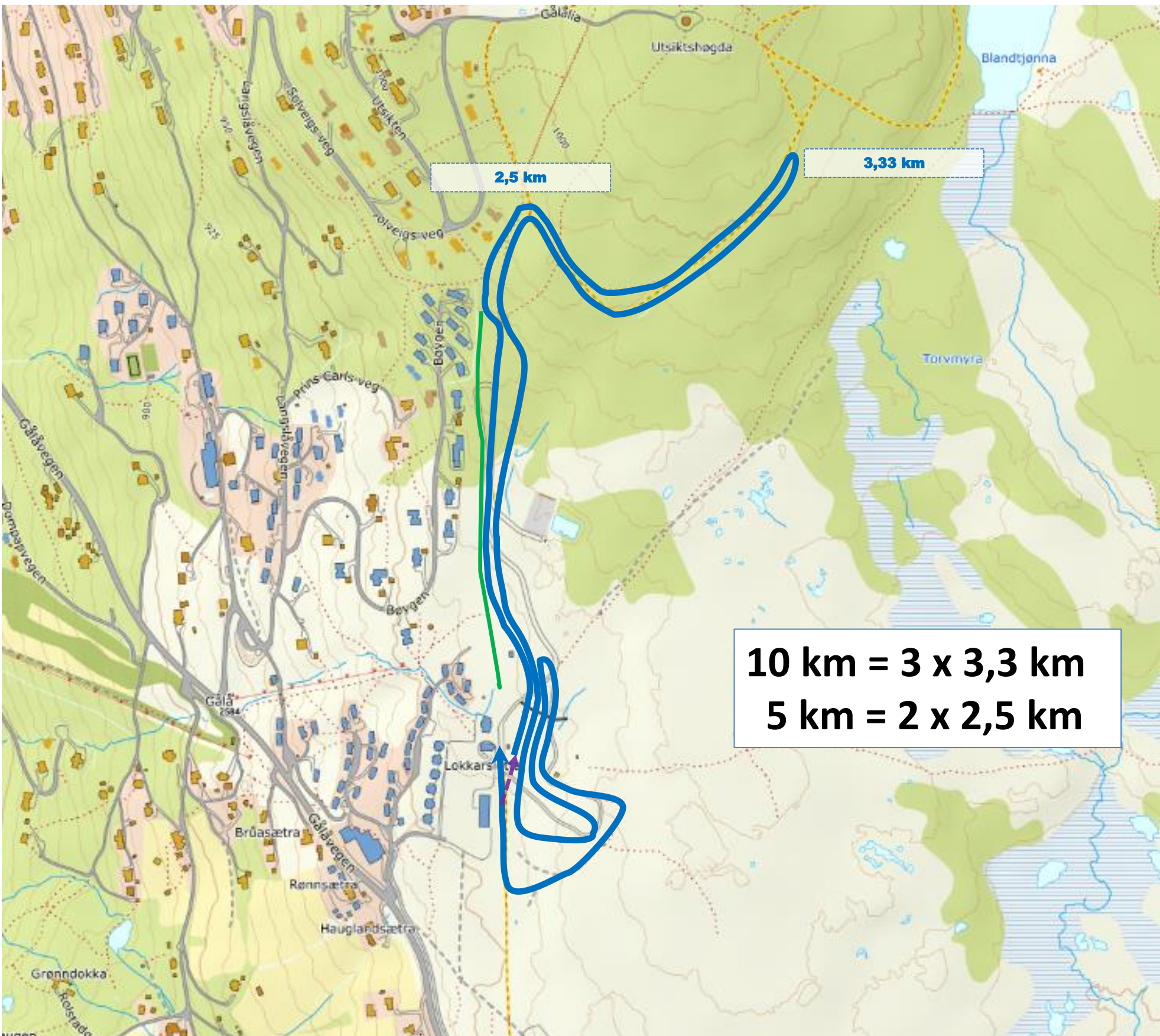
| | | | | | |
|------------------|------|-------------------------|-----|----------------|------|
| Course length: | 814m | Height difference (HD): | 10m | Lowest point: | 951m |
| Course category: | C | Maximum climb (MC): | 4m | Highest point: | 961m |
| | | Total climb (TC): | 14m | | |



GålaSPRINTEN



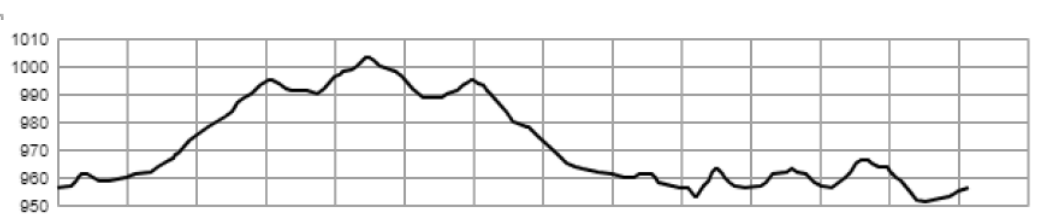
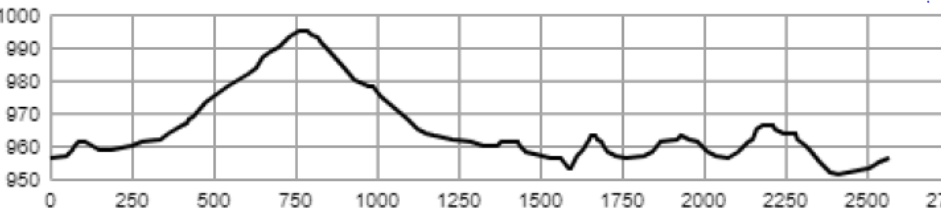
Løpekart klassisk distanse lørdag 2/12



10 km = 3 x 3,3 km
5 km = 2 x 2,5 km

| | | | | | |
|------------------|--------|-------------------------|-----|----------------|------|
| Course length: | 2,572m | Height difference (HD): | 44m | Lowest point: | 951m |
| Course category: | E | Maximum climb (MC): | 33m | Highest point: | 995m |
| | | Total climb (TC): | 74m | | |

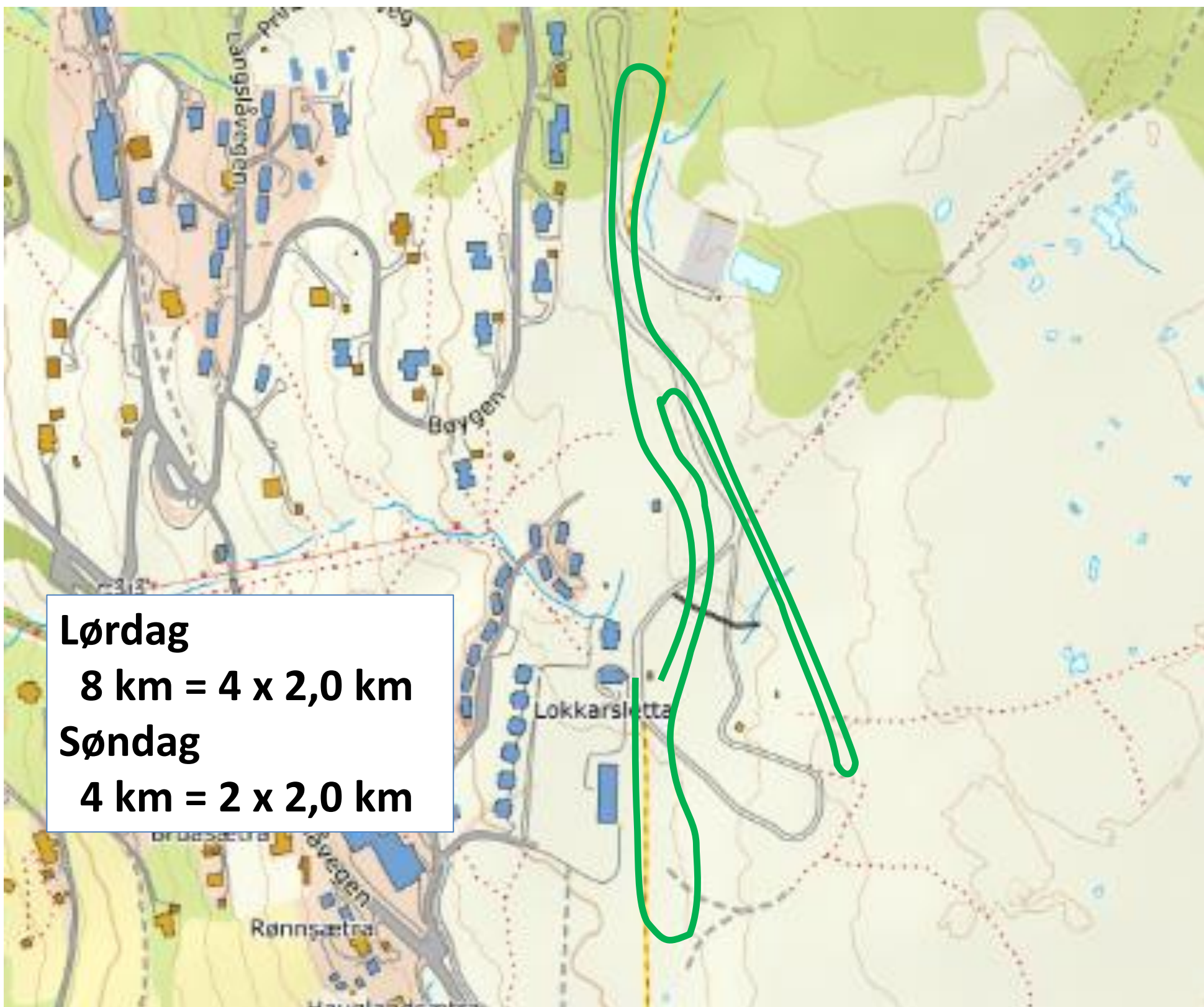
| | | | | | |
|------------------|--------|-------------------------|-----|----------------|--------|
| Course length: | 3,288m | Height difference (HD): | 52m | Lowest point: | 951m |
| Course category: | E | Maximum climb (MC): | 33m | Highest point: | 1,003m |
| | | Total climb (TC): | 93m | | |



GålaSPRINTEN



Para sittende distanse lørdag 2/12 og søndag 3/12



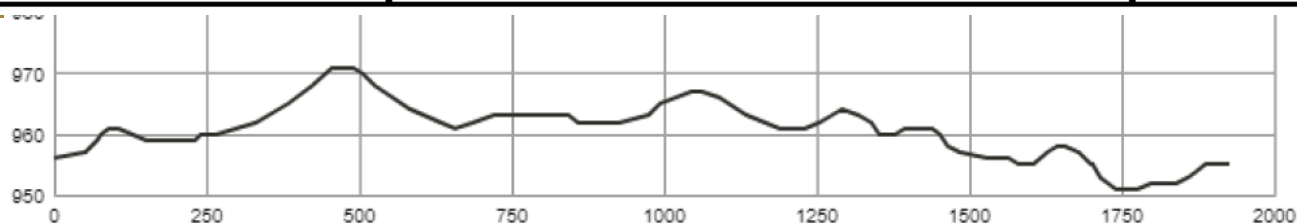
Lørdag

8 km = 4 x 2,0 km

Søndag

4 km = 2 x 2,0 km

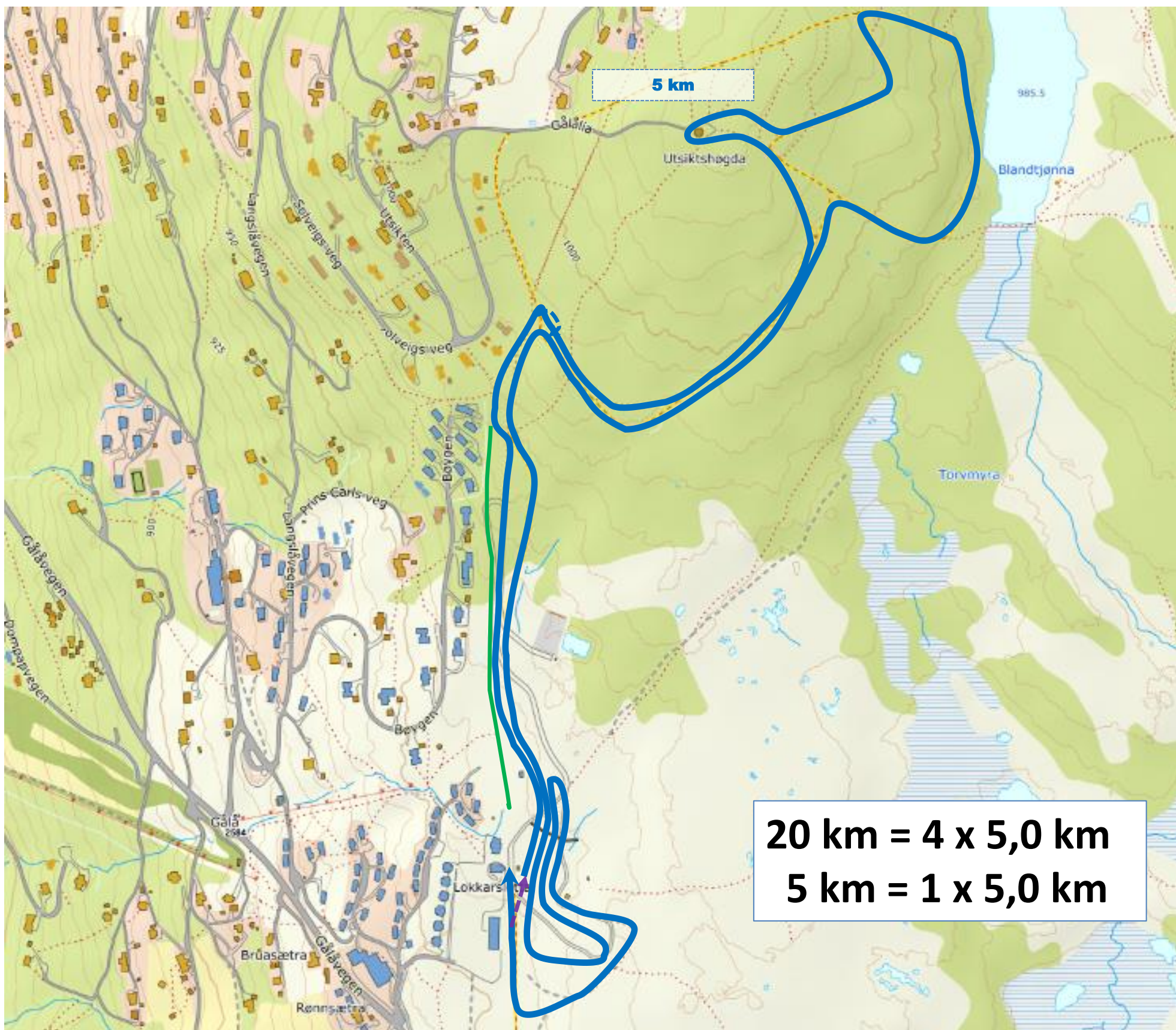
| | | | | | |
|------------------|--------|-------------------------|-----|----------------|------|
| Course length: | 1,927m | Height difference (HD): | 20m | Lowest point: | 951m |
| Course category: | B | Maximum climb (MC): | 11m | Highest point: | 971m |
| | | Total climb (TC): | 35m | | |



GålaSPRINTEN



Løypekart fri teknikk distanse søndag 3/12



20 km = 4 x 5,0 km
5 km = 1 x 5,0 km

| | | | | | |
|------------------|--------|-------------------------|------|----------------|--------|
| Course length: | 5,201m | Height difference (HD): | 70m | Lowest point: | 951m |
| Course category: | D | Maximum climb (MC): | 39m | Highest point: | 1,021m |
| | | Total climb (TC): | 149m | | |

