

Peer Gynt Stadion

Løypekart 5 km Blå (TC = 149m)

Gåå 2026



JUNIOR NM LANGRENN 13-15. MARS

Fredag 13. Mars – Fri teknikk:

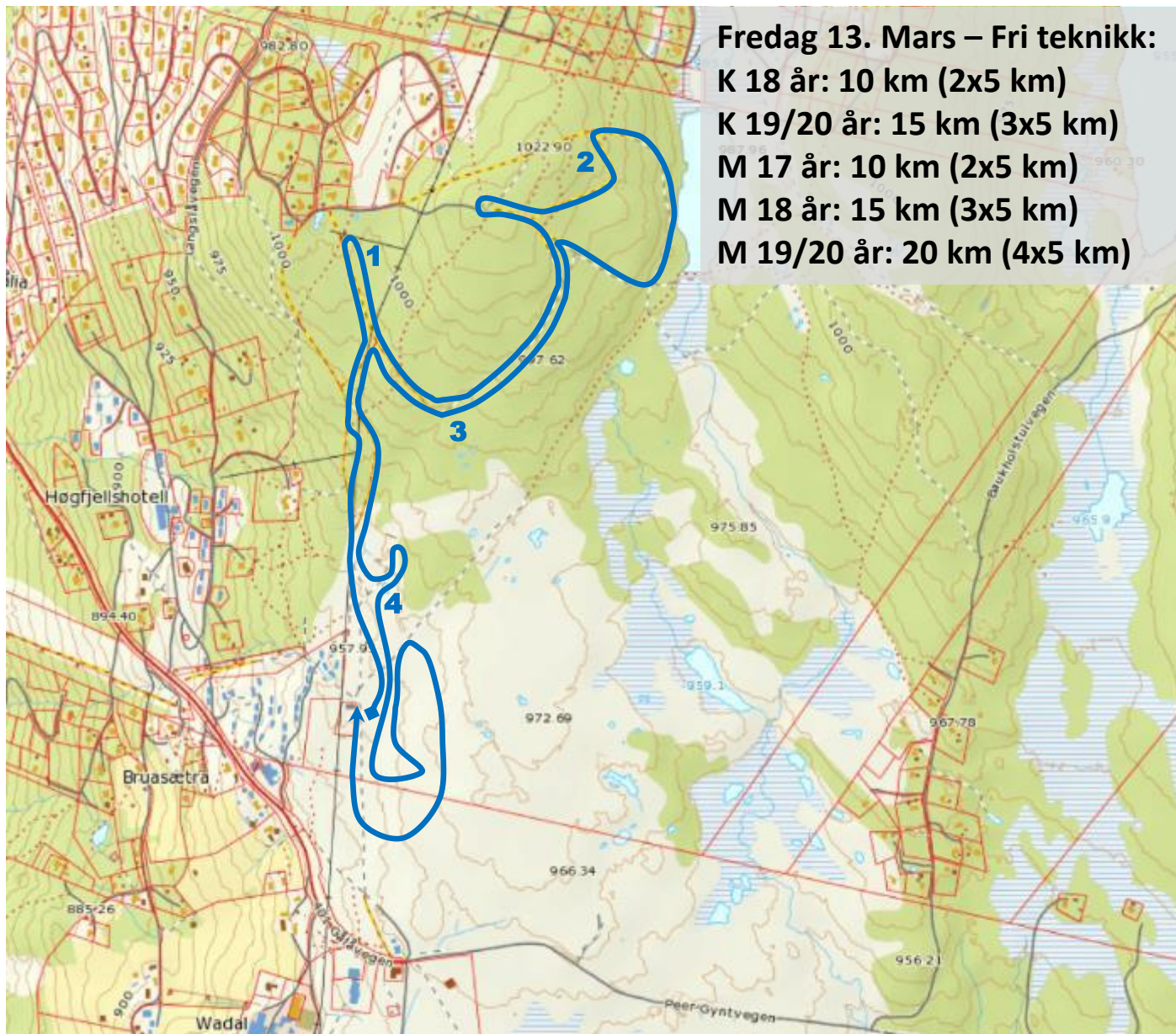
K 18 år: 10 km (2x5 km)

K 19/20 år: 15 km (3x5 km)

M 17 år: 10 km (2x5 km)

M 18 år: 15 km (3x5 km)

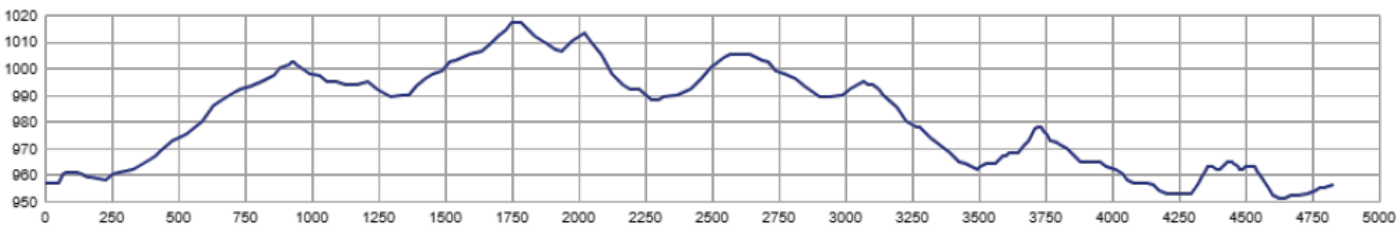
M 19/20 år: 20 km (4x5 km)



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

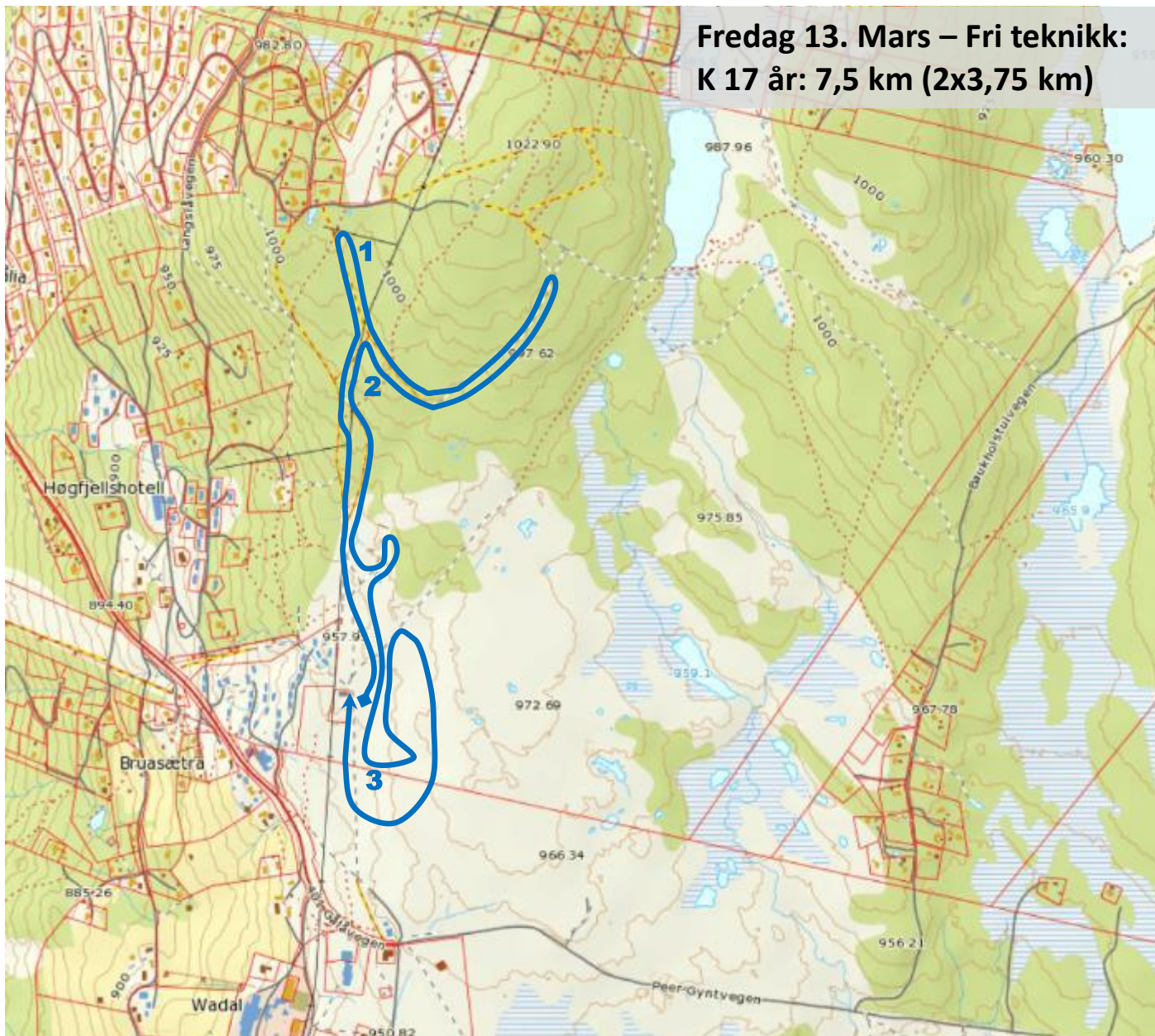
Løypekart 3,75 km Blå (TC = 100m)

Gålå 2026

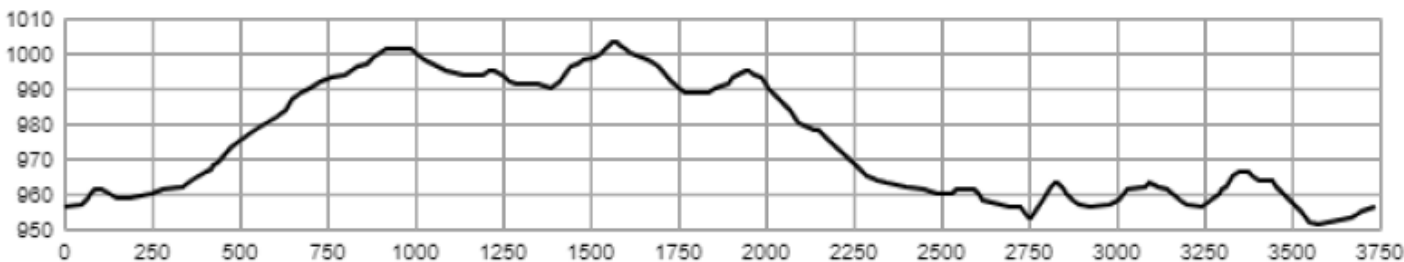


JUNIOR NM LANGRENN 13-15. MARS

Fredag 13. Mars – Fri teknikk:
K 17 år: 7,5 km (2x3,75 km)



Course length:	3,736m	Height difference (HD):	52m	Lowest point:	951m
Course category:	E	Maximum climb (MC):	39m	Highest point:	1,003m
		Total climb (TC):	100m		



Peer Gynt Stadion

Løypekart 5 km Sort (TC = 159m)

Gålå 2026



JUNIOR NM LANGRENN 13-15. MARS

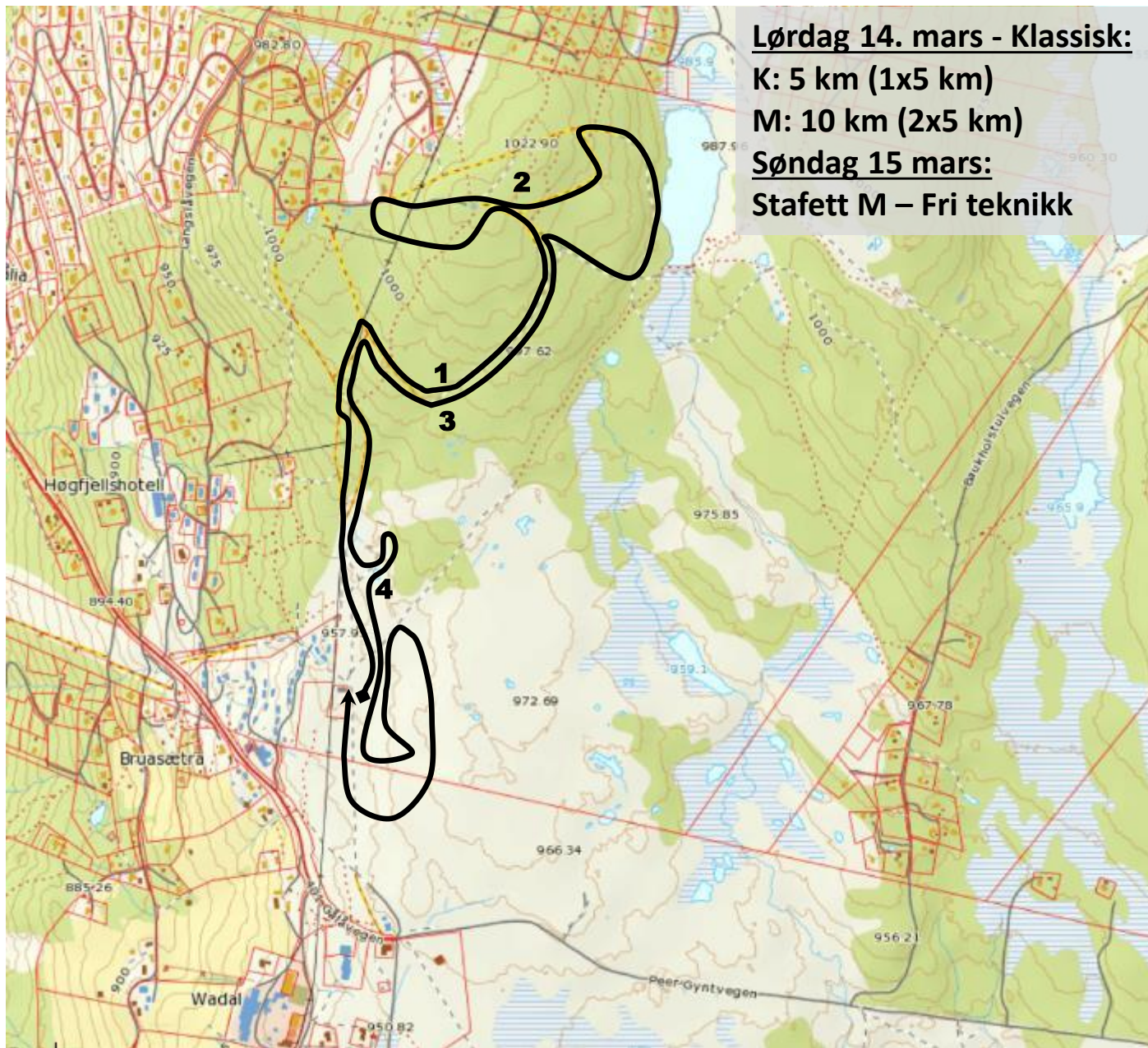
Lørdag 14. mars - Klassisk:

K: 5 km (1x5 km)

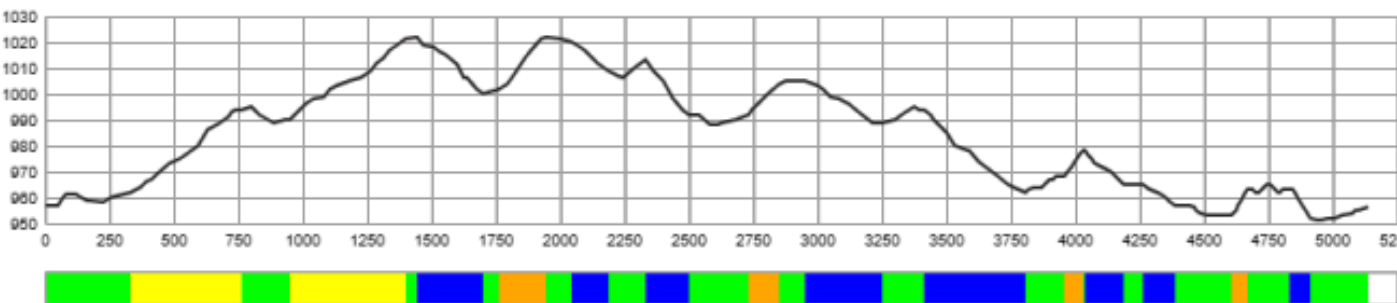
M: 10 km (2x5 km)

Søndag 15 mars:

Stafett M – Fri teknikk



Course length:	5,137m	Height difference (HD):	71m	Lowest point:	951m
Course category:	C	Maximum climb (MC):	32m	Highest point:	1,022m
		Total climb (TC):	161m		



Peer Gynt Stadion

Løypekart 3,75 km Sort (TC = xxm)

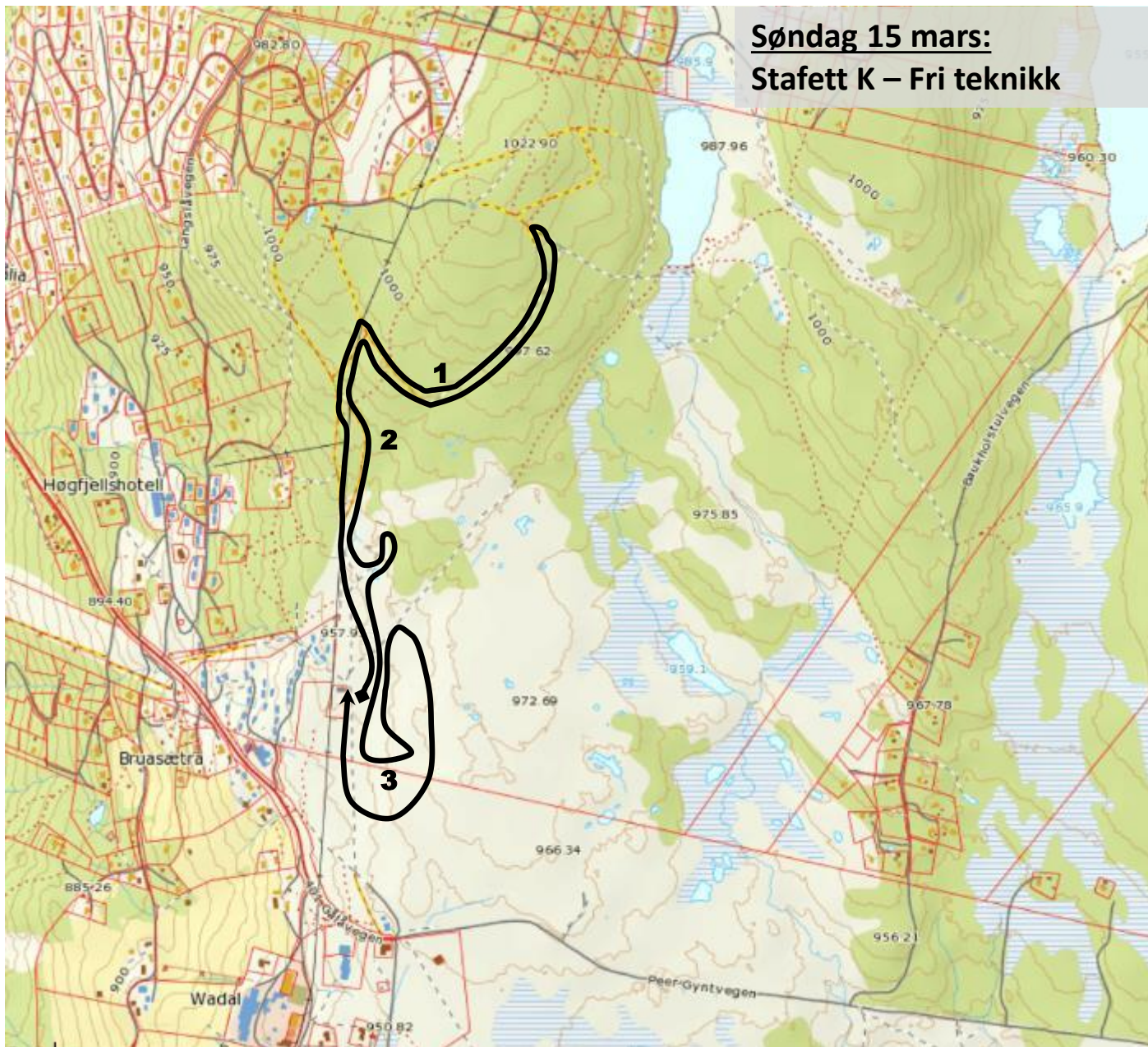
Gålå 2026



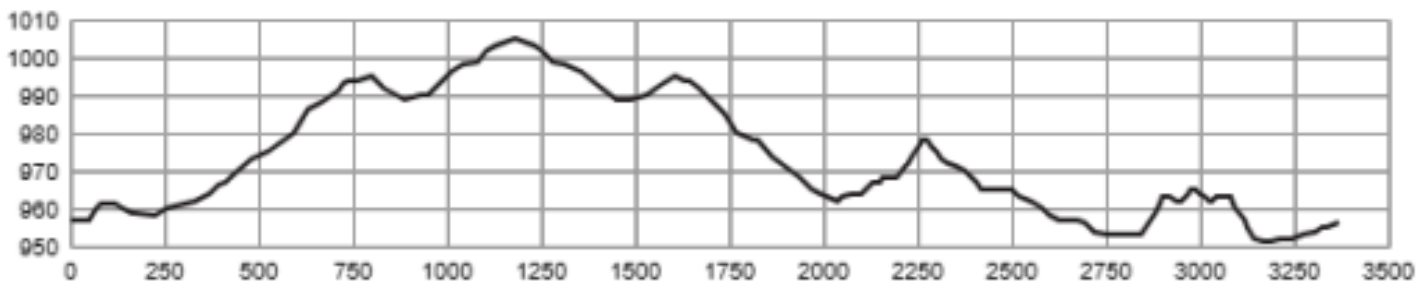
JUNIOR NM LANGRENN 13-15. MARS

Søndag 15 mars:

Stafett K – Fri teknikk



Course length:	3.750m	Height difference (HD):	59m	Lowest point:	951m
Course category:	D	Maximum climb (MC):	37m	Highest point:	1,005m
		Total climb (TC):	108m		



Peer Gynt Stadion

Løypekart 3,75 km Rød (TC = 123m)

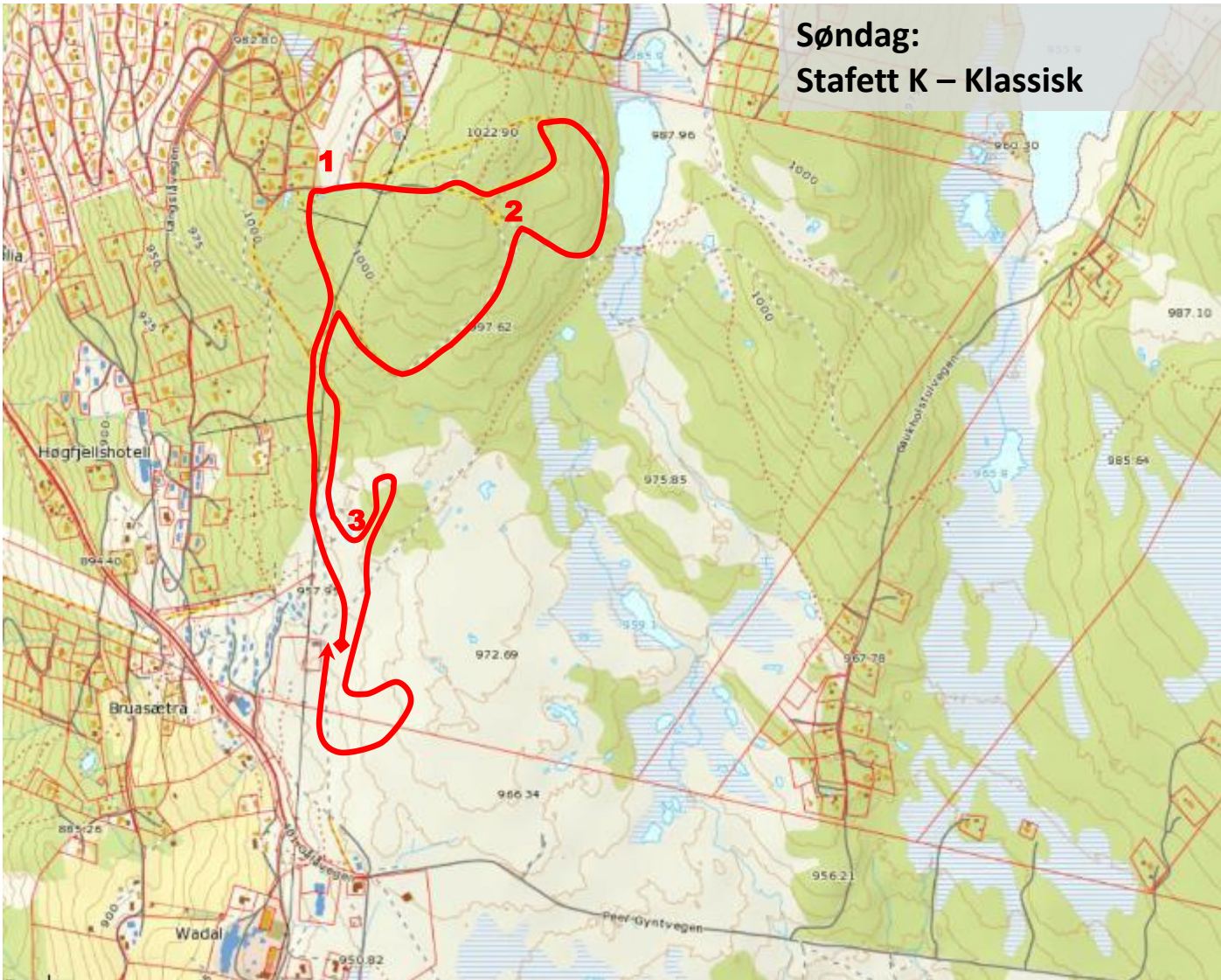
Gålå 2026



JUNIOR NM LANGRENN 13-15. MARS

Søndag:

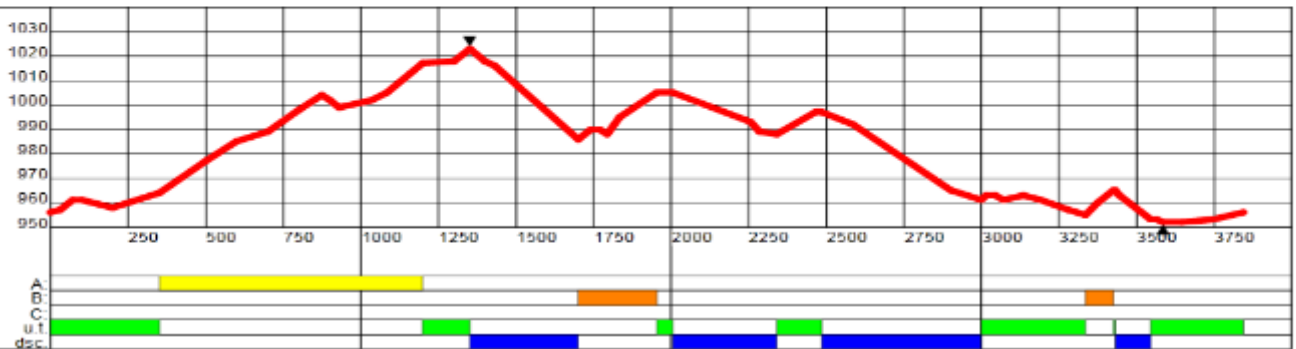
Stafett K – Klassisk



Gålå 3,75 km Red



Course length:	3845m	Height Difference (HD):	71m	Lowest point:	952m
Category:	D	Maximum Climb (MC):	58m	Highest point:	1023m
Competition Level:	COC/FIS	Total Climb (TC):	123m		



Peer Gynt Stadion

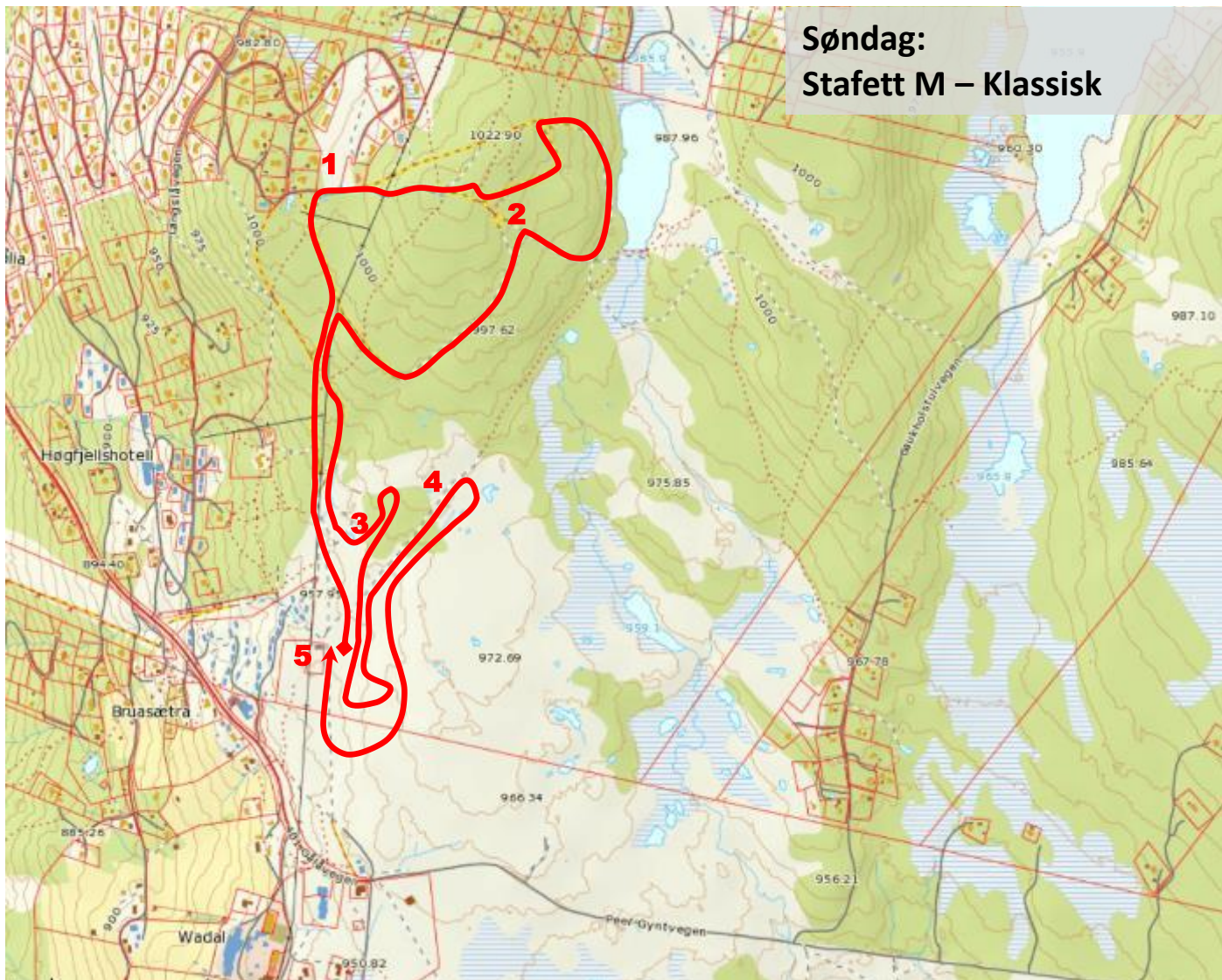
Løypekart 5 km Rød (TC = 146m)

Gålå 2026



JUNIOR NM LANGRENN 13-15. MARS

Søndag:
Stafett M – Klassisk



Gålå 5,0 km Red

	Course length:	4990m	Height Difference (HD):	71m	Lowest point:	952m
	Category:	C	Maximum Climb (MC):	58m	Highest point:	1023m
	Competition Level:	COC/FIS	Total Climb (TC):	146m		

