

SPARINGTRÄNING SKOG #1

TRAINING TYPE:

MIDDLE DISTANCE

MAP:

BOGESUND [la Lillstand 2016-2019]

Scale | Contours: 1/10.000° | 5 m

LOCATION:

Vaxholm, 59.421550, 18.231859

<https://goo.gl/maps/4fpvAxxUeHPQUKTn7>

TRAINING INFO:

Distances: MEN 6,0 km | 260m ↗
WOMEN 4,8 km | 230m ↗

Controls: Control kite 30X30, Sport Ident

First start: 17:30 (warmup maps available on spot from 17:00)

Start list published Tuesday evening. Late entries start either before or after the ones on the start list.

DESCRIPTION:

We start this series of fall 2020 trainings, with one of the nicest area in northern Stockholm - highly detailed hills mixed with flatter areas.

It is again a lot about changing speed, and making sure you have a clear plan when attacking the control. But, for sure, there are a lot of easier areas / longer legs where there is a need to gear up with the help of the compass.

All in all, hard to find a better scenery for a nice middle distance, and it has its similarities to the SM 2020 terrain >

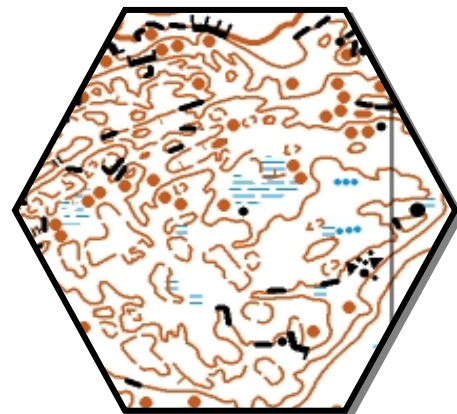


NOTE:

Start and finish at 1km from the parking, warmup map available at the parking.

< To simulate an arena passage, there are a marked route along a track-not marked on the terrain, but with a control flag at the new triangle.

The jpeg files will be available on the SOFT doma and livelox afterward.



Separate control description

Warmup Map

Livelox

Sport Ident

Start-List

Yes	No
X	
X	
X	
X	
	X

