

SPARINGTRÄNING SKOG #2

TRAINING TYPE:

MIDDLE DISTANCE

MAP I MAPMAKERS:

GRANBY-TORNBERGET

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V. ARMALIS

A. WISÉN [2018]

Scale I Contours:

1/10.000° I 4 m

LOCATION:

Granby, 59.165494, 18.047410

<https://goo.gl/maps/yb1GMVnmnsCErr8p6>

TRAINING INFO:

Distances: MEN 6,2 km I 240m↗

WOMEN 5,2 km I 210m↗

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:

For that one, we are going to use a pretty well-known part of Granby – an area mixing open detailed hills and greener parts in-between. Perfectly suitable for a challenging middle distance.



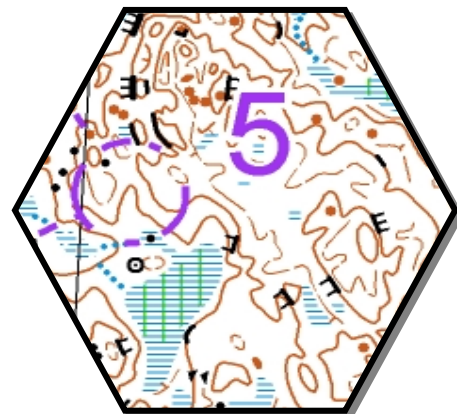
As this terrain is pretty rough, to higher the time/km, and simulate arena passage, there are two marked routes (on the map, not on the terrain) along a path of about 400m. It is going to be a lot about switching “on” again, with an high map reading frequency as the terrain is pretty challenging right from the (re)start.

NOTE:

To make the course more understandable, there are two maps exchanges, all the maps are printed in the same sheet of paper and organized this way >

Start by two on a forked course to fasten the start procedure, and maximize the disturbance.

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



	Yes	No
Separate control description		X
Warmup Map	X	
Livelox	X	
Sport Ident	X	
Start-List	X	

