

SPARINGTRÄNING MIDDLE #8

TRAINING TYPE:

MIDDLE DISTANCE

MAP I MAPMAKER:

NYCKELVIKEN I P. FORSGREN [2020]

Scale I Contours: 1/10.000° I 5 m

LOCATION:

Nyckelvikens naturreservat 59.322535, 18.184299

<https://goo.gl/maps/XCWzxQdFxGaLs9kt5>

TRAINING INFO:

Distances: MEN 5,7km I 285m ↗
WOMEN 4,6km I 240m ↗

Controls: Control kite 30X30, SI

First start: 11:00 [Start list published the day before]
(warmup maps available on spot from 10:30)

DESCRIPTION:

After the tough one of the day before, the idea is again to visit a terrain with continental character with rather steep hills, and route choices possibilities.

The map has just been remapped and it looks like a perfect terrain for a challenging middle distance, where it is going to be important to change gear, and push hard when you get the opportunity while still keeping a good grip on the map up to the very last meters of the course.

NOTE:



To simulate an arena passage, there is one leg where you have to follow the road and path to a new start triangle (marked on the terrain with a flag) – this area is part of the warmup area, and you are encouraged to check it beforehand to really focus on increasing the pace even though the route is not marked on the terrain.

Start at 500 meters from the parking area – warmup map to get there.

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 | |