

SPARINGTRÄNING MIDDLE

TRAINING TYPE:

MIDDLE DISTANCE I PAIR START

MAP I MAPMAKER:

ÖSTUNA [2020]

Scale I Contours: 1/10.000° I 5 m

LOCATION:

MD 59.782755, 17.902088

<https://goo.gl/maps/crdwPxFupJrfbrj39>

PAIR START 59.778695, 17.879167

<https://goo.gl/maps/5zxczq4GeBrqDBMKA>

TRAINING INFO:

Distances: Middle distance: MEN 5,8km I 160m ↗

WOMEN 4,3km I 140m ↗

Pair start: MEN 5,2km I 190m ↗

WOMEN 4,4km I 185m ↗

Controls: Control kite 30X30 [MD] I Red & white ribbons [Pair start]



Separate control description

Warmup Map

Livelox

Sport Ident

Start-List

Yes	No
X	
X	
X	
	X
	X

DESCRIPTION:

The plan for this training day is, at the same time, to fit to the stricter regulations around COVID, and offer you a great experience in a rather unknown and highly relevant terrain for O'ringen 2021.

This map was supposed to host one of the stage of O'ringen last summer (and actually already hosted the 3rd stage of O'ringen 2001) but is not on the new plan due to future cuttings. Still this is one of the best terrain in Uppland, and the map is newly drawn, and open for trainings now. It is definitely worth the drive, and two trainings are offered, which also give you a possibility to compare to the elite runners based in Uppsala.

NOTE:

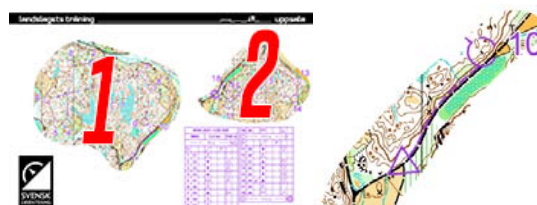
There will be no timing, and no common schedule for those trainings, but possibility to compare thru livelox.

Once you will register on eventor, you will get the printable pdf (including warm-up map, separate control-descriptions and maps) on your email (the one registered on eventor).

The markings will be on the terrain up to the 30rd November, and both trainings are rather close from each other.

MD:

A course which use some of the nicest parts of the terrain, and remains pretty runnable. "Arena passage" and map exchange, maps are organized this way >



PAIR START:

The idea is to have a physically demanding middle distance with steep climbs which, for sure, is a challenge to find in Uppland. Possible to start by pair on two versions of the course (A & B). Two arena passages and map exchanges >

