

SPARINGTRÄNING MIDDLE

TRAINING TYPE:

MIDDLE DISTANCE

MAP I MAPMAKER:

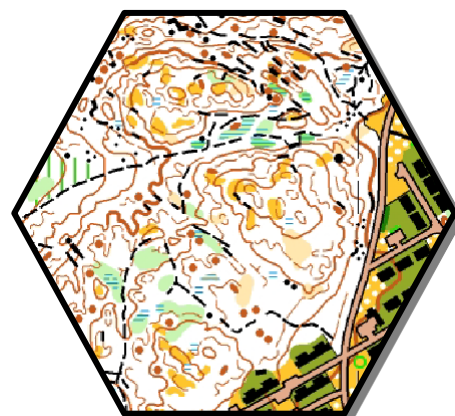
SÄTRASKOGEN I F. AHNLEN [2018]

Scale I Contours: 1/10.000° I 5 m

LOCATION:

Sätrastrandsbadet 59.285519, 17.893126

<https://goo.gl/maps/fCFZU8wmNReG1vUq6>



TRAINING INFO:

Distances: MEN 5,7km I 280m ↗
WOMEN 4,7km I 230m ↗

Controls: Control kite 30X30

Start: The controls will be in the terrain from 13:45 to 15:15

Separate control description

Warmup Map

Livelox

Sport Ident

Start-List

Yes	No
X	
X	
X	
	X
	X

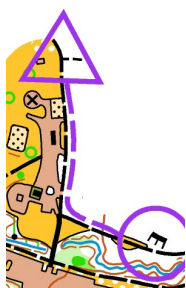
DESCRIPTION:

The idea with that one is to simulate a middle distance after the qualification in the morning, but it is, of course, possible to enter only that one.

The course is using the steepest parts of the terrains, and there is a good mix of rough and stony areas with more runnable parts, just what is expected in Czech republic.

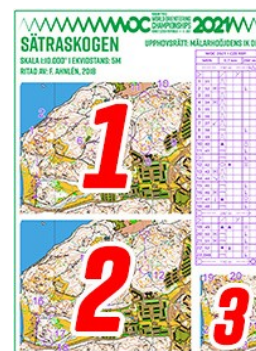
The setting of the training is adjusted to the COVID regulations with 30x30 flags only and self-printing (and thus free start between 13:45 and 14:45).

NOTE:



< There is one arena passage, where you pass by the finish, and a new start triangle (marked on the terrain with a flag).

There are two map exchanges to make the best of the interesting area and still have an understandable course. The maps are all printed in the same sheet of paper and organized this way, **do not forget the last loop in the right lower corner!** >



There is a "sheep fence" near the arena which is easily crossable and not electrified (and without sheep), we'll lower it in a couple of places, but please don't climb on it.

There are two minor restricted areas covering frogs ponds – they are easy to avoid and not affecting the routes (marked on the map, but not on the terrain).