

SPARINGTRÄNING MIDDLE

TRAINING TYPE:

MIDDLE DISTANCE

MAP I MAPMAKER:

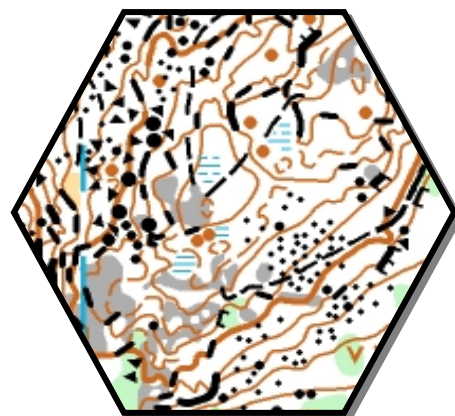
KORPBERGET I P. FORSGREN [2015]

Scale I Contours: 1/10.000° I 5 m

LOCATION:

Vårbergstoppen 59.272497, 17.884120

<https://goo.gl/maps/4GyaWjAHi21FuRML6>



TRAINING INFO:

Distances: MEN 4,9km I 300m ↗

WOMEN 4,2km I 225m ↗

Controls: Control kite 30X30

Start: The controls will be in the terrain from 10:00 to 11:30

Separate control description

Warmup Map

LiveloX

Sport Ident

Start-List

Yes	No
X	
X	
X	
	X
	X

DESCRIPTION:

We start that training day with a first middle distance to simulate a qualification before a final organized a couple of hours later in Sättra (look at the other event on Eventor for more info). It is, of course, possible to join just one of the two trainings.

Even though, the area used is XSmall, there are plenty of relevancy with Czech republic, and you need to show up with your fighting face as it is a tough one. There are steep and stony slopes, and it is often possible to find faster routes slightly further from the red line. All in all, a pretty intense middle distance course!

The setting of the training is adjusted to the COVID regulations with 30x30 flags only and self-printing (and thus free start between 10:00 and 11:00).

NOTE:

There is one map exchange for the women, and two map exchanges for the men 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 for the men!** >

Start at 200 meters from the parking area – warmup map to get there.

The jpeg files will be available on liveloX afterward.

