

SPARINGTRÄNING MEDEL

TRAINING TYPE:

MIDDLE DISTANCE

MAP I MAPMAKER:

BACKTORP I L. BERG [2016]

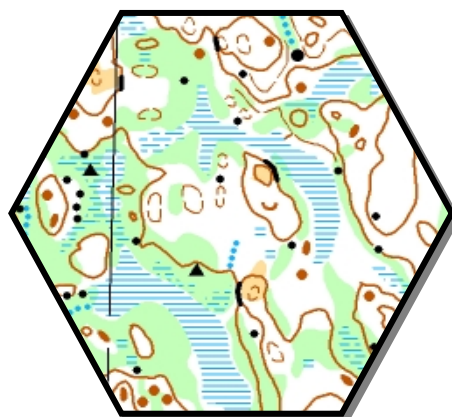
Scale I Contours: 1/10.000° I 2,5 m

LOCATION:

Almunge, 59.865427, 18.070037

<https://goo.gl/maps/5YpUh7s2U3Nvs2Ew8>

[2km run from the parking to start/finish area]



TRAINING INFO:

Distances: W21 4,4km I 115m ↗

M21 5,6km I 150m ↗

First start: 10:00

Controls: Control kite 30X30 I Sport-Ident

Separate control description

Warmup Map

Livelox

Sport Ident

Start-List

Yes	No
X	
X	
X	
X	
X	

DESCRIPTION:

For that middle distance course, we use an area which features different types of terrains, and you constantly need to think where will be the best runnability and visibility, to keep the speed high and risk as low as possible.

Most of the terrain offers good runnability but there are areas with denser vegetations and stony ground. Most of the marshes are still rather wet. Otherwise, it is a great area for a challenging middle distance.

NOTE:

To fit COVID restrictions, there is no other assembly area than the parking location, and even there you are kindly asked to keep social distancing.

There is a 2km run to start/finish area along a road without major traffic. The read out of your sport ident will be done right after the finish. Feel free to print the warmup map to get there as there will be no marking.

