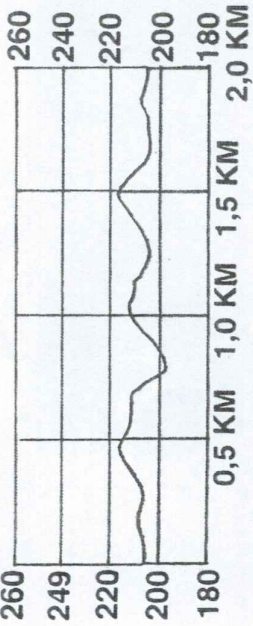




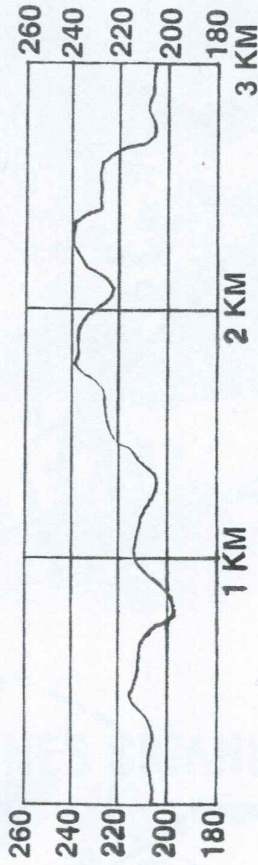
2km LØYPE



SH = 15 M
SHS = 14 M
SS = 42 M



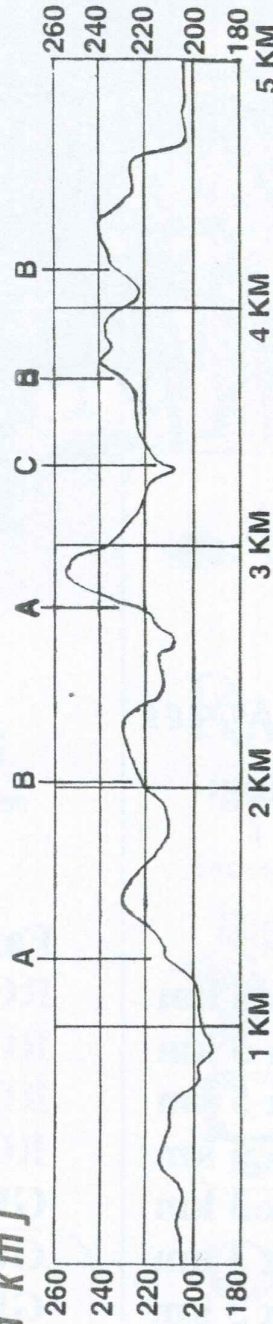
3km LØYPE
[2,5km]



SH = 34 M
SHS = 20 M
SS = 84 M



5km LØYPE
[3,75 km]



SH = 50 M
SHS = 45 M
SS = 191 M

TYPE STIGNING	STIGNING I PROSENT	HØYDE-FORSKJELL
A	9 - 18 %	30 - 50
B	< 18 %	10 - 30
C	< 18 %	5 - 10