

Vinter Triatlon Junior, ungdom, og rekrutt General Course Map

Run: 2 (1) laps of 2.0 km (green-TC 58m)

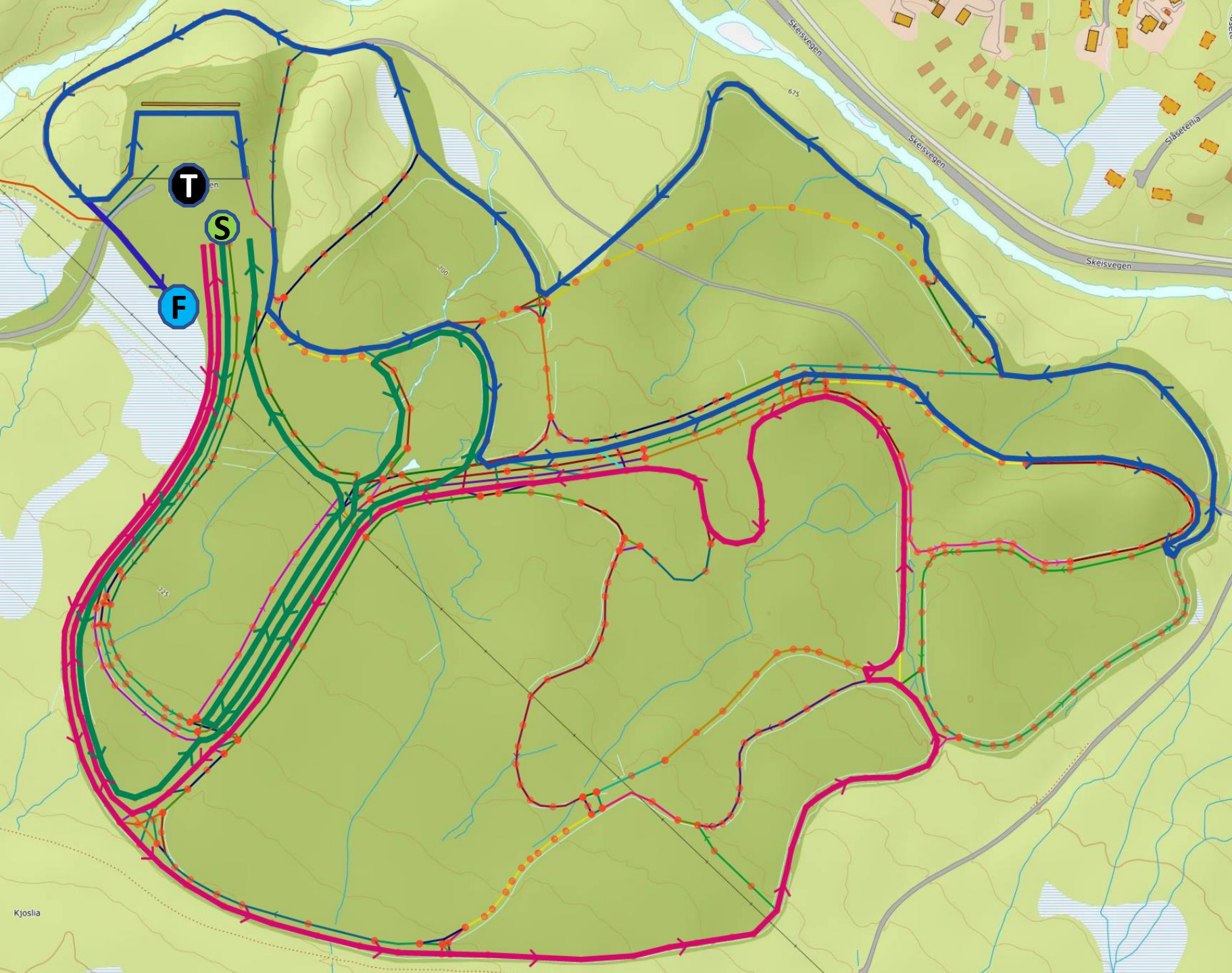
Bike: 2 (1) laps of 3.1 km (red-TC 83m)

Ski: 2 (1) laps of 3.0 km (blue-TC 73m)

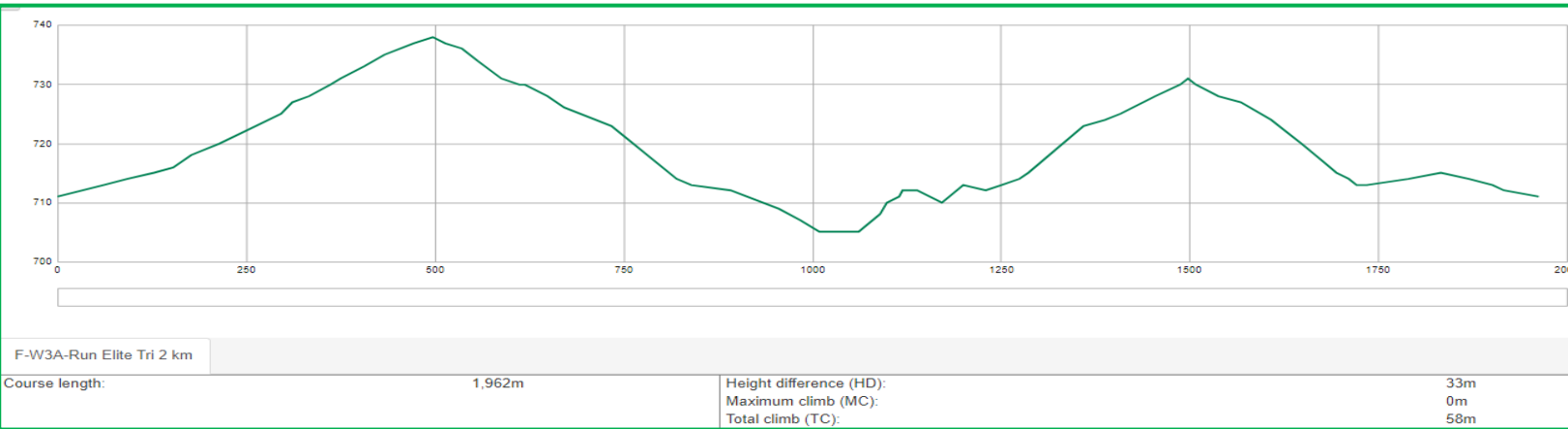
Total Run = 4.0 (2.0) km

Total Bike = 6,2 (3.1) km

Total Ski = 6,0 (3.0) km



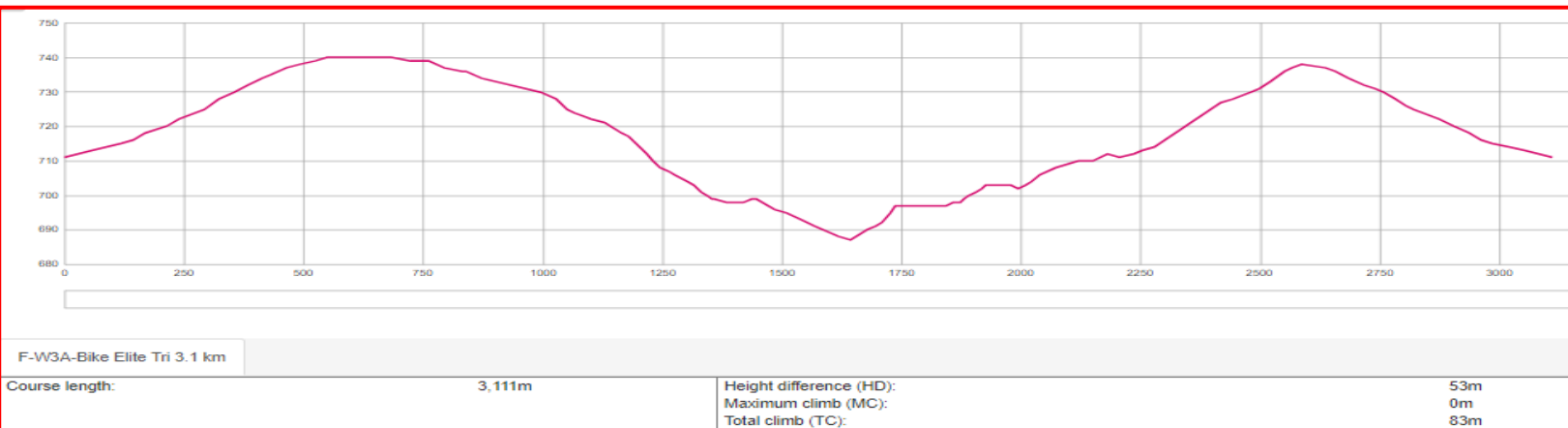
Vinter Triatlon Course Profiles



Run: 2 (1) laps of 2.0 km (green-TC 58m)

Bike: 2 (1) laps of 3.1 km (red-TC 83m)

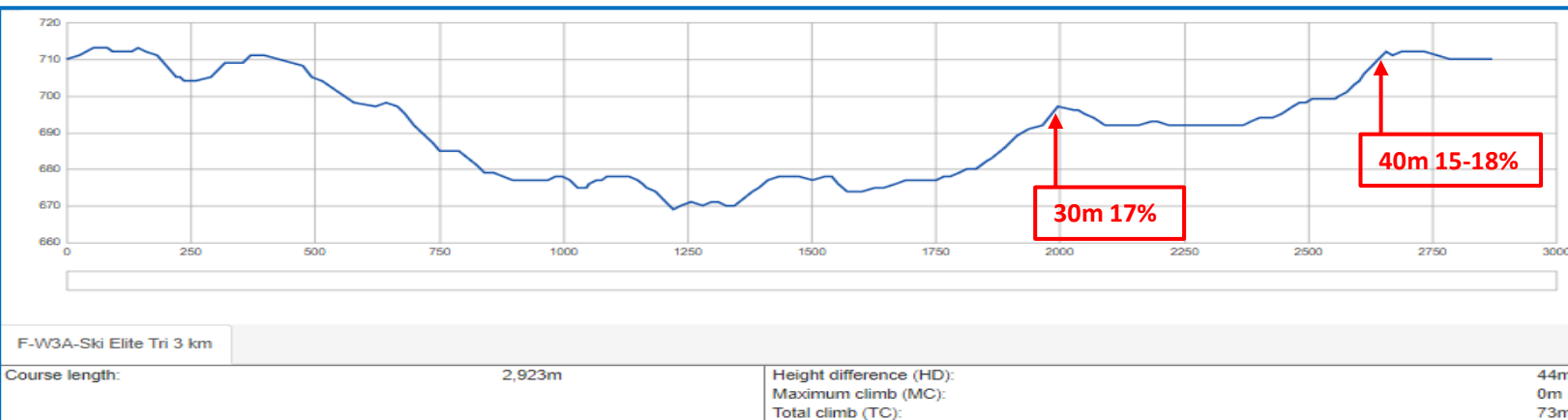
Ski: 2 (1) laps of 3.0 km (blue-TC 73m)



Total Run = 4.0 (2.0) km

Total Bike = 6.2 (3.1) km

Total Ski = 6.0 (3.0) km



Vinter Triatlon NM Triatlon Elite, Age Group og *Para* General Course Map

Run: 2 (1) laps of 2.7 km (green-TC 67m)

Bike: 4 (2) laps of 2.5 km (red- TC 66m)

Ski: 4 (2) laps of 2.6 km (blue-TC 67m)

Total Run = 5.4 (2.7) km

Total Bike = 10.0 (5.0) km

Total Ski = 10.4 (5.2) km



Vinter Triatlon NM Triatlon Elite, Age Group og *Para* Course Profiles

Run: 2 (1) laps of 2.7 km (green-TC 67m)

Bike: 4 (2) laps of 2.5 km (red- TC 66m)

Ski: 4 (2) laps of 2.6 km (blue-TC 67m)

Total Run = 5.4 (2.7) km

Total Bike = 10.0 (5.0) km

Total Ski = 10.4 (5.2) km

