



**1 km**



Course Length: 960 m  
Height Difference: 5 m  
Maximum Climb: 3 m  
Total Climb: 8 m





# 3 km



**Lap Length:** 3100 m  
**Height Difference:** 51 m  
**Maximum Climb:** 23 m  
**Total Climb:** 114 m



# 5 km



**Lap Length:** 5080 m  
**Height Difference:** 79 m  
**Maximum Climb:** 49 m  
**Total Climb:** 164 m