



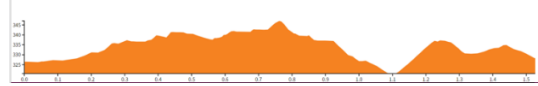
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## COURSES AND PROFILES

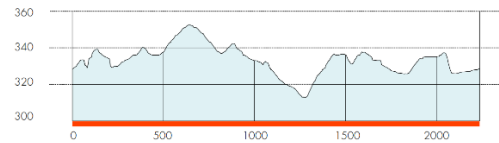
### 1,5 KM: MIXED RELAY W+M



#### LOOP / COURSE DATA

Loop Length for individual start		Loop / Course Data	
Start to Range Middle	1570 m	Height Difference	26,5 m
Range Middle to Range Middle	1680 m	Maximum Climb	26,5 m
Range Middle to Finish	1950 m	Total Climb 3 loops	131 m
<b>Competition Distance</b>		Total Climb 5 loops	N/A
Total Length 3 loops	5200 m		
Total Length 5 loops	N/A		

### 2 KM: SINGLE MIXED RELAY W+M



#### LOOP / COURSE DATA

Loop Length for individual start		Loop / Course Data	
Start to Range Middle	2050 m	Height Difference	40 m
Range Middle to Range Middle	2006 m	Maximum Climb	24 m
Range Middle to Finish	2175 m	Total Climb 3 loops	219 m
<b>Competition Distance</b>		Total Climb 5 loops	N/A
Total Length 3 loops	6231 m		
Total Length 5 loops	N/A		

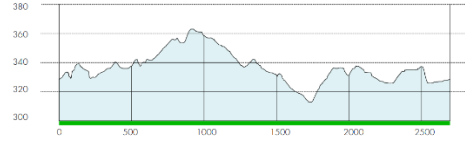
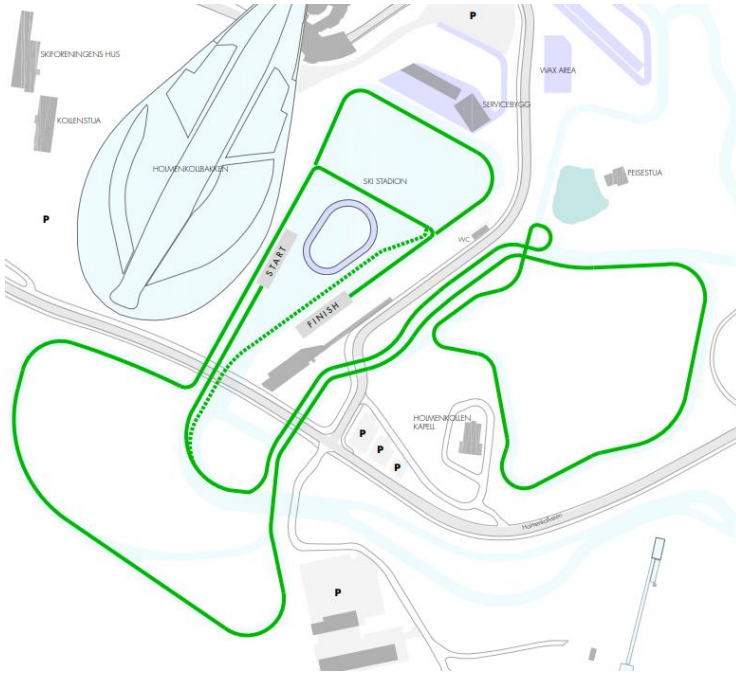


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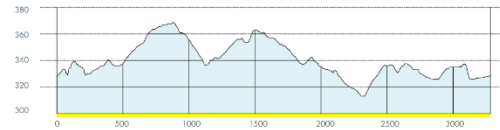
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### 2,5 KM: MASS START WOMEN 12,5 KM



LOOP / COURSE DATA		Loop / Course Data	
Loop Length for Individual start		Loop Length	2619 m
Start to Range Middle	2494 m	Height Difference	90 m
Range Middle to Range Middle	2450 m	Maximum Climb	45 m
Range Middle to Finish	2619 m	Total Climb 3 loops	N/A
<b>Competition Distance</b>		Total Climb 5 loops	437 m
Total Length 3 loops	N/A		
Total Length 5 loops	12463 m		

### 3 KM: INDIVIDUAL WOMEN 15 KM | MASS START MEN 15 KM



LOOP / COURSE DATA		Loop / Course Data	
Loop Length for Individual start		Loop Length	3158 m
Start to Range Middle	3029 m	Height Difference	57 m
Range Middle to Range Middle	2989 m	Maximum Climb	45 m
Range Middle to Finish	3158 m	Total Climb 3 loops	N/A
<b>Competition Distance</b>		Total Climb 5 loops	616 m
Total Length 3 loops	N/A		
Total Length 5 loops	15158m		

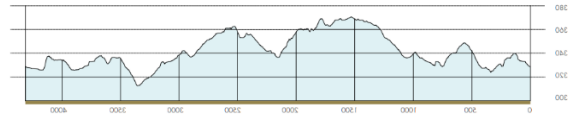
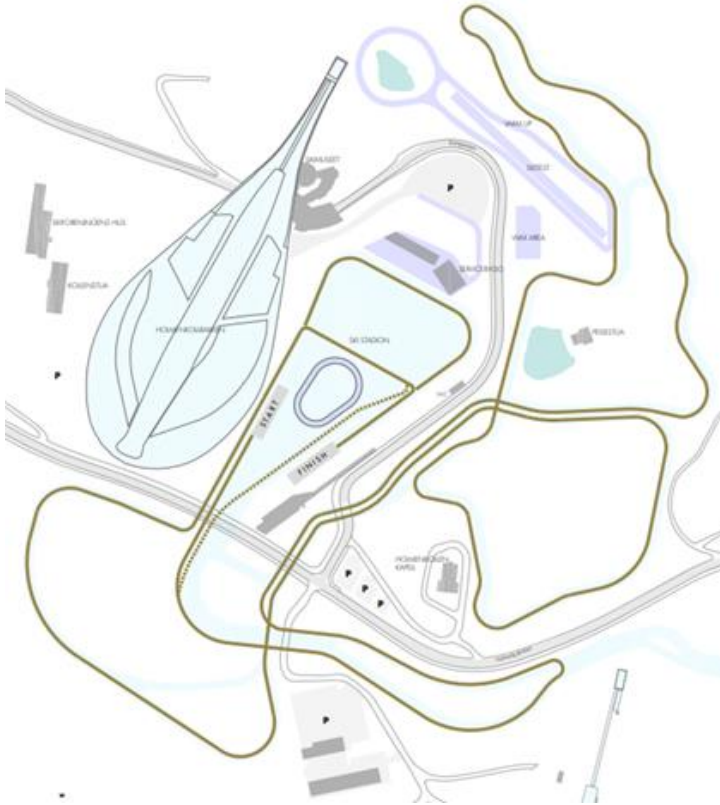


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### 4 KM: INDIVIDUAL MEN 20 KM



#### LOOP / COURSE DATA

Loop Length for Individual start		Loop / Course Data	
Start to Range Middle	4125 m	Height Difference	59 m
Range Middle to Range Middle	4061 m	Maximum Climb	48 m
Range Middle to Finish	4250 m	Total Climb 3 loops	N/A
<b>Competition Distance</b>		<b>Total Climb 5 loops</b>	<b>797 m</b>
Total Length 3 loops	N/A		
Total Length 5 loops	20618m		





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## START AND FINISH



Holmenkollen - New start and penalty loops  
Start (10 meters wide)  
Penalty loop (6 m wide, 150 m and 75m)  
Warm up area (30/7 meters wide, 42 m long)