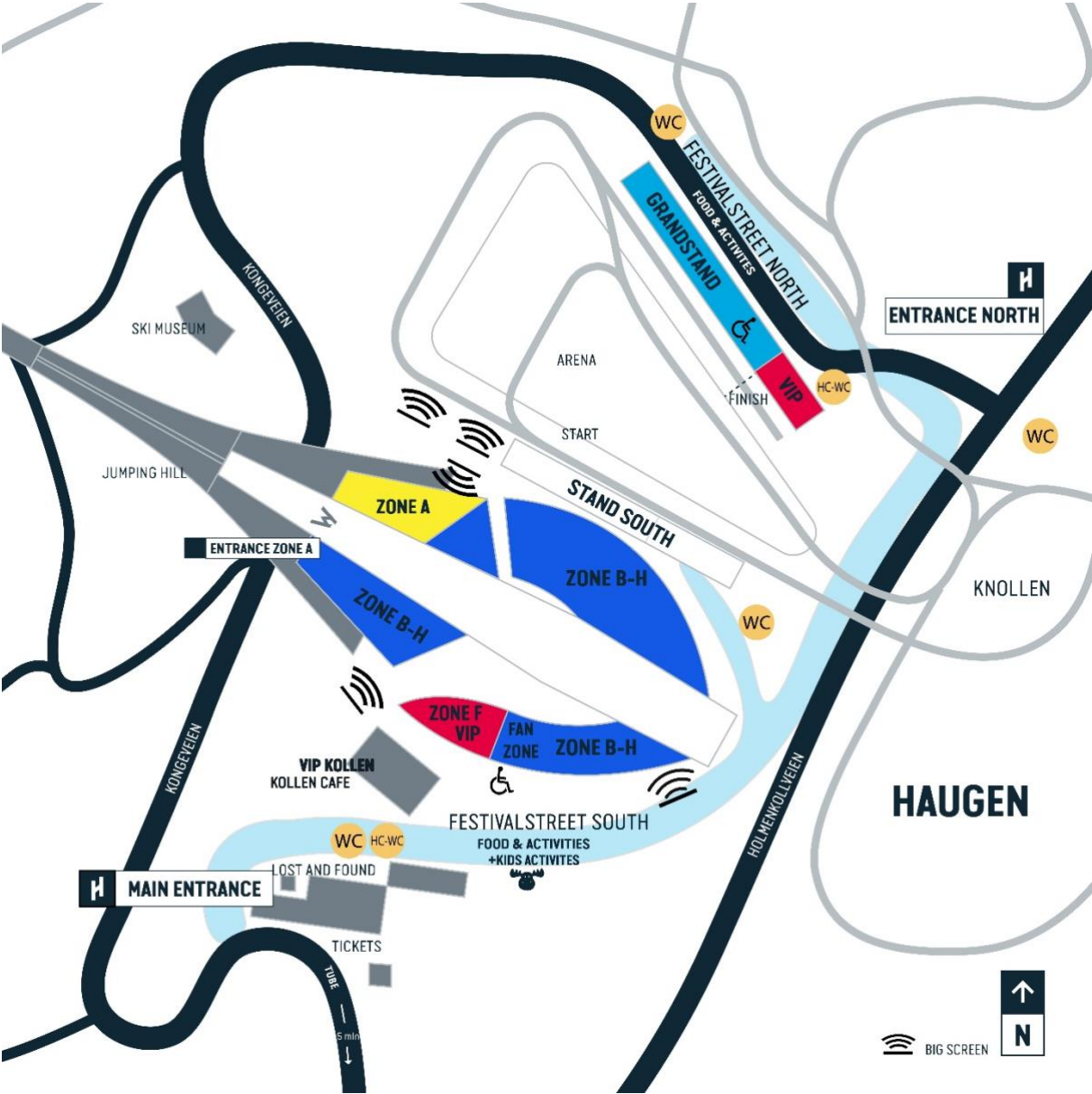


VENUE MAP



COMPETITION AND COURSE MAP

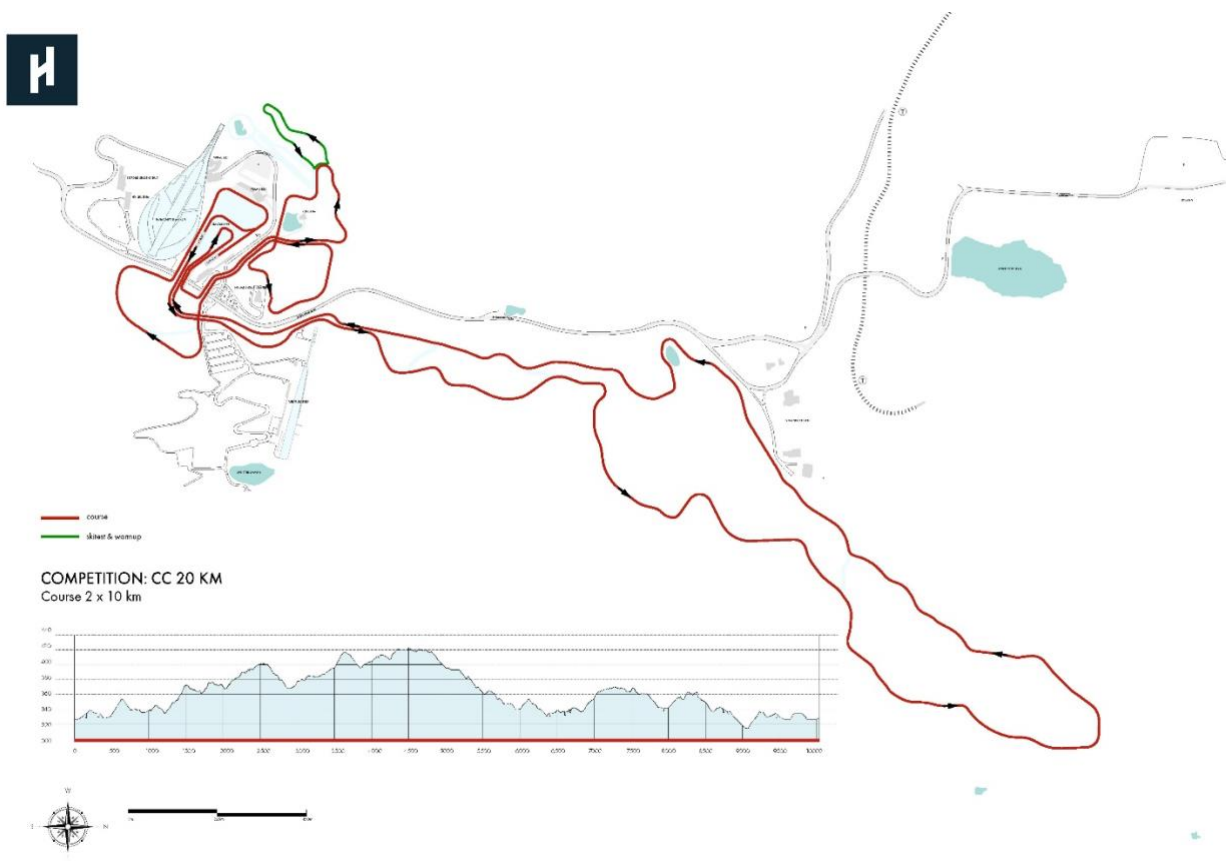
CROSS-COUNTRY

20 km Men and Women, Classic Technique, Interval start (2 x 10 km)

Women: Saturday 15 March 11:30

Men: Saturday 15 March 14:00

The men's and women's 20 km race are in classic technique and consists of 2 laps of 10 km. A new uphill at Seterbakken was added in 2016, ensuring that the total climb is at the FIS maximum of 200 m.



10 km Men and Women, Free Technique, Interval start (2 x 5 km)

Women: Sunday 16 March 11:15

Men: Sunday 16 March 13:30



COMPETITION: CC 10 KM
Course 2 x 5 km

NORDIC COMBINED

Women: Saturday 15 March 16:00 (2 x 2,5 km) 5 km
Sunday 16 March 16:20 (2 x 2,5 km) 5 km

Men: Saturday 15 March 16:30 (4 x 2,5 km) 10 km
Sunday 16 March 15:15 (3 x 2,5 km) 7,5 km

