

# SUNDAY 21 NOVEMBER

## MORNING

### TRAINING TYPE:

#### SPRINT INTERVALS

### MAP:

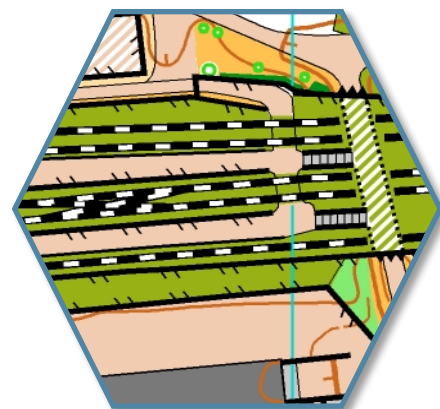
LAHTI | Mapmaker: J. Pikkarainen (2022)

Scale | Contours: 1/4.000° | 2.5 m

### LOCATION:

60.971465, 25.654203

<https://goo.gl/maps/rcKCPso2dJ9AD6Da9>



### TRAINING INFO:

Distances: 2,3km | 1,7km | 1,4km | 1,4km

Course: Thierry Gueorgiou

Controls: Control kite 30x30

*Separate control description*

*Warmup Map*

*GPS*

*Sport-Ident*

*Start-List*

Yes	No
	X
X	
X	
	X
	X

### DESCRIPTION:

For those intervals, we use the fresh FIN5 map with a special focus on those complexes under passages which makes the route's length always harder to compare.

The courses are sometimes a bit unconventional and you should pay attention to the control numbering.

### NOTE:

One leader will be at the start of the first interval with the maps from 10:20.

The rest in between the intervals is up to you. The restart is always near the finish of the previous interval.

A few **barriers** have been added on the map to make the courses more interesting, but not visible on the terrain. They can be on different places for each interval. They have been marked this way on the map >

90% asphalt, 10% flat grass – running shoes should work fine if the grass is not wet.

