

SATURDAY 20 January

SPRINT Intervals with forking

MAP

ANKKURI J. Pikkarainen [2023]
update TG
1/4.000° | 2.5m



LOCATION

[Parking](#)

TIMETABLE

16:00 Warmup map available at the parking
16:30 Mass-start first leg. Call up -3'.

TRAINING INFO

Distances:	Leg 1	1,7km 10m climb. 7 controls
	Leg 2	1,4km 10m climb. 7 controls
	Leg 3	1,5km 5m climb. 8 controls
Controls:	30x30 flags	
Course:	T. Gueorgiou. Oma karttamuovi!	

DESCRIPTION

We simulate a sprint relay with one-human-relay. The goal is that every runner will run 2-3 times.

For that, we use the new map of FC sprint organised this September, and an effort has been made to increase the legibility even if the navigation remains intense. So prepare yourself for that challenge, despite having people around you.

Keep yourself warm during the training Still rather cold so better not to push 110% maximum

NOTE

There is a map exchange for each run. Both maps are printed in the same sheet of paper and organised this way - control numbering is continuous. >



There are barriers on the map which are not visible on the terrain, and mapped this way. They can be on different places after the map exchanges >

