



FRIDAY 07 NOVEMBER / AFTERNOON SPRINT INTERVALS

MAP

SALPAKANGAS

R. Pitkänen

Updated J. Hämöläinen / TG 2025

1/4.000° | 2m

LOCATION

[Parking](#)

TIMETABLE

- 13:00 Meeting at the parking
Good warmup possibility north of the parking.
- 14:30 Controls collected



TRAINING INFO

Distances:

3 intervals

A: 2.0km, 10m², 10 controls

B: 2.0km, 10m², 6 controls

C: 2.2km, 10m², 8 controls

Controls:

30x30 flags

Course:

T. Gueorgiou, printed on waterproof paper.

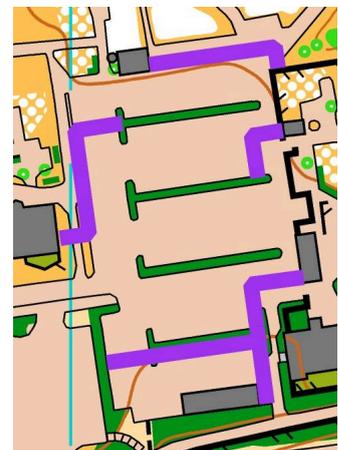
Control descriptions on the map only

[LiveloX](#)

DESCRIPTION

As the artificial barriers are getting quite trendy nowadays in international sprints, and as it will most probably also be the case in 2026, we need to prepare for that type of challenge. Even though they will not be marked in the terrain, I tried to use clear enough features in the terrain.

In some cases, I pushed the challenge a bit, and it is possible you cut barriers without realizing it. No drama, keep going and try to find back your flow. Whatever, prepare for tricky routes, and be alert if you want to enjoy that training.



NOTE



Antti will be with the maps at the start location, on the other side of the road compare to the parking:

Three intervals printed in the same sheet of paper. The finish of the interval, is the start flag of the next one.

