



SATURDAY 08 NOVEMBER / MORNING SPRINT INTERVALS

MAP

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

LOCATION

[Parking](#)



TIMETABLE

09:20 [Warmup map available](#) at the parking
10:05 Mass-start first leg (W). Call up -3'.

TRAINING INFO

Distances: Leg 1/2 2,5km | 10m climb. | 15 controls
Leg 3/4 2,8km | 5m climb. | 18 controls
Controls: 30x30 flags, SI Air
Teams: Published [here the evening before](#).
Course: A. Syrjäläinen, printed on waterproof paper.
Tracking: Livelox

DESCRIPTION

We simulate a sprint relay with two runners per team (W-M-W-M). Every runner will run two times.

For that, we use the map of FC sprint 2023, and an effort has been made to increase the legibility even if the navigation remains intense. So prepare yourself for that challenge, and to hit the perfect route to your own forking despite having people around you.

Keep yourself warm when you wait for your team-mate, even though we will have a mass-start for the teams which haven't exchanged, exactly one minute after the first team exchanging, so we keep the teams together all the way.

NOTE

There is a map exchange for the **2nd 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. >



< Mandatories road crossing, please make sure you step on the pedestrian passages there.

