
















LEG	DISCIPLINE	SYMBOL	DISTANCE KM	DISTANCE PRO KM	ALT. GAIN	ALT. LOSS	TIME FAST MIN	TIME SLOW MIN	START - FINISH	INFO/BAGS
1	Sprint Orientering	 	3,7	3,7	29	28	30	30	START - TA1	Personal bag
2	Sprint Orientering		2,3	2,3	26	26	30	30	START - TA1	Personal bag
3	Sprint Orientering		2	2	10	11	30	30	START - TA1	Personal bag
4	Sprint Orientering	 	2,7	2,7	30	30	30	60	START - TA1	Personal bag / Bike
5	Mountainbike		4	4	20	28	20	25	TA1 - GZ1	Gear Zone - Leave bikes
7	Trek	 	12	15	145	145	120	180	GZ1 - GZ1	Gear Zone - Pick up bikes
8	Mountainbike		50	70	586	577	240	330	GZ1 - TA1	Personal bag
9	Kayak	 	33	35	100	100	280	380	TA1 - TA2	Kayak and spray skirt drop, carry pfd & paddels to finish
10	Trek	  	37	42	428	392	360	480	TA2 - FINISH TA1	FINISH LINE
<b>TOTAL</b>			<b>147</b>	<b>177</b>	<b>1374</b>	<b>1337</b>	<b>1140</b>	<b>1545</b>		