

LEG	DISCIPLINE	SYMBOL	DISTANCE KM	DISTANCE PRO KM	ALT. GAIN	ALT. LOSS	TIME FAST MIN	TIME SLOW MIN	START - FINICH	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	FINSIH LINE
TRANSPORT										
11	Trek		24	35	205	220	290	330	RESTART - TA3	Trek w. pfd/paddle
12	Kayak		17	17	0	0	130	150	TA3 - GZ2	
13	Trek		6,5	9	58	59	60	90	GZ2 - GZ2	
14	Kayak		68	68	0	0	510	700	GZ2 - GZ3	
15	Trek		30	35	125	117	400	450	GZ3 - GZ3	
16	Kayak		31	31	0	0	240	360	GZ3 - GZ4	
17	Bike		7	7	49	49	45	60	GZ4 - GZ4	
18	Kayak		34	34	0	0	260	400	GZ4 - TA4	
19	Trek		12	12	?	?	100	250	TA4 - TA4	
20	Mountainbike		210	210	2150	2020	780	1260	TA4 - FINISH LINE	FINISH LINE
		NIAR24	147	177	1374	1337	1140	1545		
		NIAR600	440	458	2587	2465	2815	4050		
		TOTAL	586	635	3961	3802	3955	5595		