

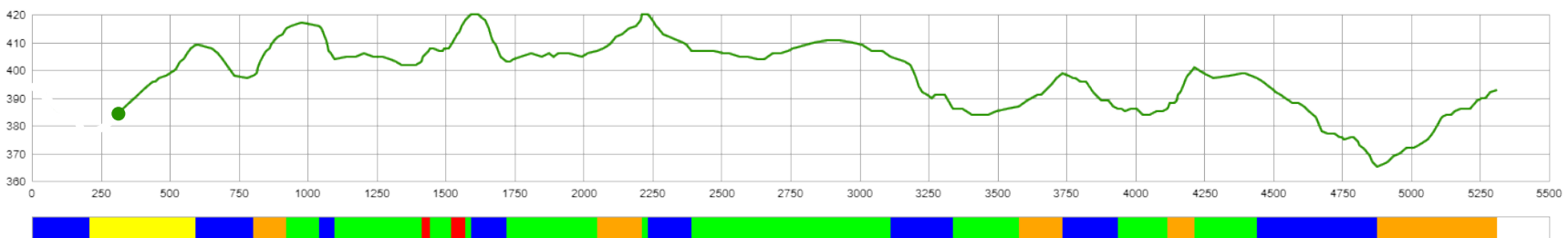
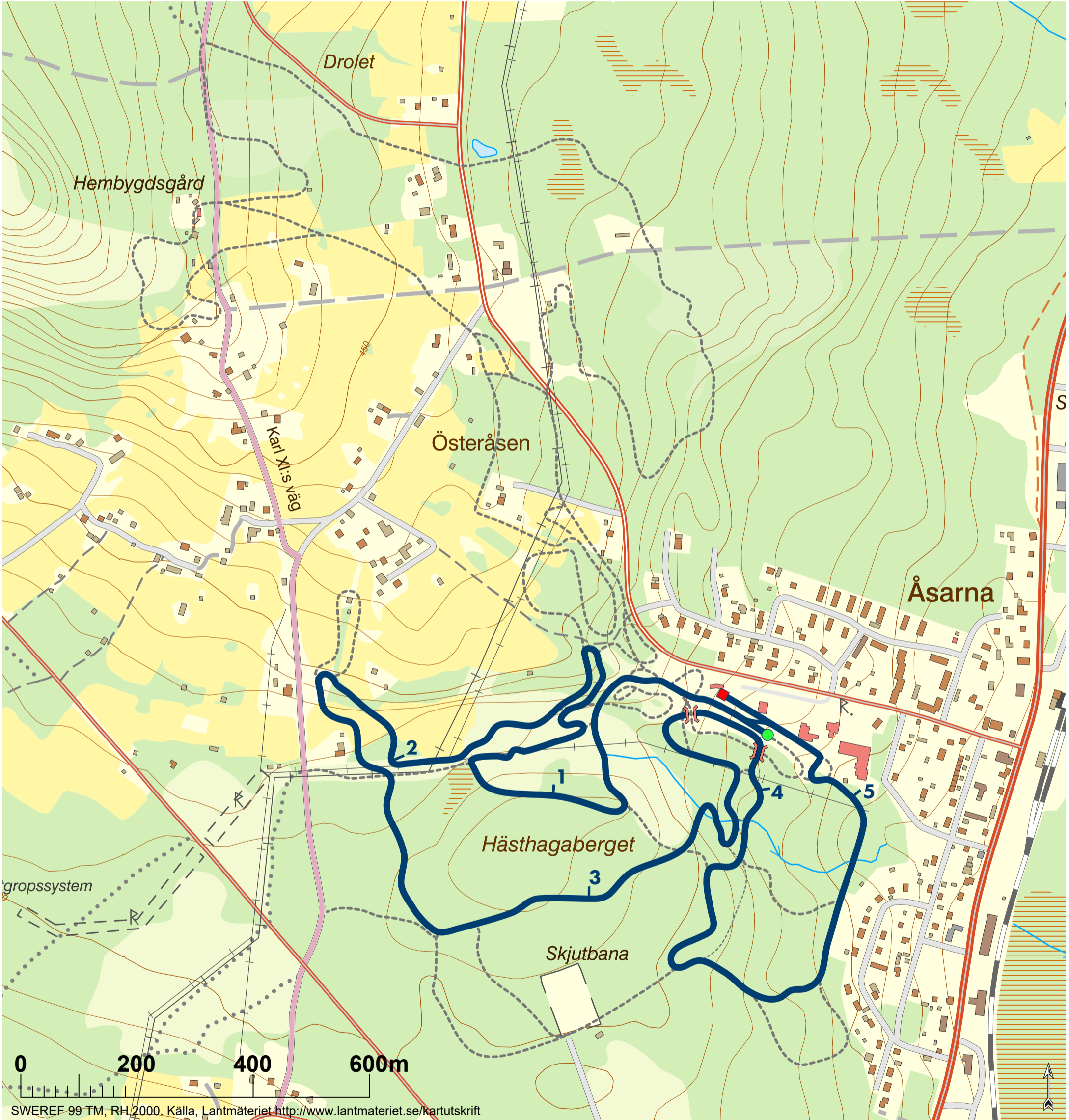


Intervallstart 5 / 10km

D17-18: 1x5km
D 19-20: 1x5km

Course length:	5,312m	Height difference (HD):	55m	Lowest point:	365m
Course category:	C	Maximum climb (MC):	32m	Highest point:	420m
		Total climb (TC):	165m		

H 17-18: 2x5km
H 19-20: 2x5km



BERNERS

monitor
ERP SYSTEM