

1/30/2003

BCup5-10km-35.3mpk

1:14 PM

## J1/OJ/SR/MA Men 10km Classic Technique

**Measured Length** 10009 m

**Height Difference (HD):** 86 m

**High Point** 328 m

**Total Climb (TC):** 353 m

**Low Point** 241 m

**Maximum Climb (MC):** 43 m

**FIS Spec Ranges:** HD:150m, MC:80m, TC min:250m/TC max:420m

**Climb per km:** 35.3m - FIS range climb/km: 25.0m - 42.0m

