

# HS & Adult Women 4km Free Technique

<b>Measured Length</b>	4219 m	<b>Height Difference (HD):</b>	41 m
<b>High Point</b>	303 m	<b>Total Climb (TC):</b>	129 m
<b>Low Point</b>	263 m	<b>Maximum Climb (MC):</b>	17 m

**FIS Spec Ranges:** HD:65m, MC:50m, TC min:100m/TC max:140m

**Climb per km:** 30.5m - FIS range climb/km: 30.3m - 42.4m

