

## HS & Adult Men & Women 5km Free Technique

**Measured Length** 4932 m      **Height Difference (HD):** 58 m

**High Point** 328 m      **Total Climb (TC):** 130 m

**Low Point** 270 m      **Maximum Climb (MC):** 25 m

**FIS Spec Ranges:** HD:100m, MC:50m, TC min:150m/TC max:210m

**Climb per km:** 26.3m - FIS range climb/km: 30.0m - 42.0m

