

11/27/2007

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## Girls 3km Classic (legs 1-2) Technique

**Measured Length** 3085 m      **Height Difference (HD):** 46 m

**High Point** 328 m      **Total Climb (TC):** 77 m

**Low Point** 282 m      **Maximum Climb (MC):** 43 m

**FIS Spec Ranges:** HD:50m, MC:50m, TC min:75m/TC max:105m

**Climb per km:** 25.0m - FIS range climb/km: 30.0m - 42.0m

