

HS & Adult Men & Women 5km Free Technique

Measured Length 5037 m **Height Difference (HD):** 53 m

High Point 328 m **Total Climb (TC):** 143 m

Low Point 275 m **Maximum Climb (MC):** 42 m

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

Climb per km: 28.5m - FIS range climb/km: 30.0m - 42.0m

