

## HS & Adult Women 7.5km Classic Technique

**Measured Length** 7434 m      **Height Difference (HD):** 73 m

**High Point** 328 m      **Total Climb (TC):** 212 m

**Low Point** 254 m      **Maximum Climb (MC):** 29 m

**FIS Spec Ranges:** HD:125m, MC:65m, TC min:200m/TC max:315m

**Climb per km:** 28.5m - FIS range climb/km: 26.7m - 42.0m

