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12:03 PM

## J1/OJ/SR/MA M & F 10km Mass-Start Free Technique

**Measured Length** 10104 m

**Height Difference (HD):** 89 m

**High Point** 328 m

**Total Climb (TC):** 355 m

**Low Point** 239 m

**Maximum Climb (MC):** 54 m

**FIS Spec Ranges:** HD:150m, MC:80m, TC min:250m/TC max:400m

**Climb per km:** 35.2m - FIS range climb/km: 25.0m - 40.0m

