

HS & Adult Men & Women 5km Free Technique

Measured Length	4509 m	Height Difference (HD):	39 m
High Point	303 m	Total Climb (TC):	120 m
Low Point	264 m	Maximum Climb (MC):	42 m

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

Climb per km: 26.6m - FIS range climb/km: 30.0m - 42.0m

