



Timetable-Classes-Distances

Saturday 15th of February 03

09:15

Start 1: Juniors

run: 1 round = 3 km
 bike: 2 rounds = 6 km
 skate: 2 rounds + finish slope = 5 km (1 round: 2 km)

10:30

Start 2: Elite Women + U/23

run: 2 rounds = 6 km
 bike: 4 rounds = 12 km
 skate: 3 rounds + finish slope = 10 km (1 round: 3 km)

12:30

Start 3: Elite Men + U/23

run: 2 rounds = 6 km
 bike: 4 rounds = 12 km
 skate: 3 rounds + finish slope = 10 km (1 round: 3 km)

14:45

Start 4: Kids Run

100 m – 400 m (depends on age: 3 to 10 years)

15:45

Start 5: Kids Duathlon

run: 1 km skate: 2 km

Sunday 16th of february 03

10:00

Start 1: WC- Relay

run: 1 round = 2 km
 bike: 1 round = 3 km
 skate: 1 round = 2 km

12:00

Start 2: WC AG Women / WC AG Men 18- 44 years

run: 1 round = 3 km
 bike: 2 rounds = 6 km
 skate: 2 rounds + finish slope = 5 km (1 round: 2 km)

13:30

Start 3: Public / WC AG Men 45-49 and older

run: 1 round = 3 km
 bike: 2 rounds = 6 km
 skate: 2 rounds + finish slope = 5 km (1 round: 2 km)

**Running and biking is the same course and will be separated by a line.
 Change: The whole competition will be on snow - ITU regulation!!!**