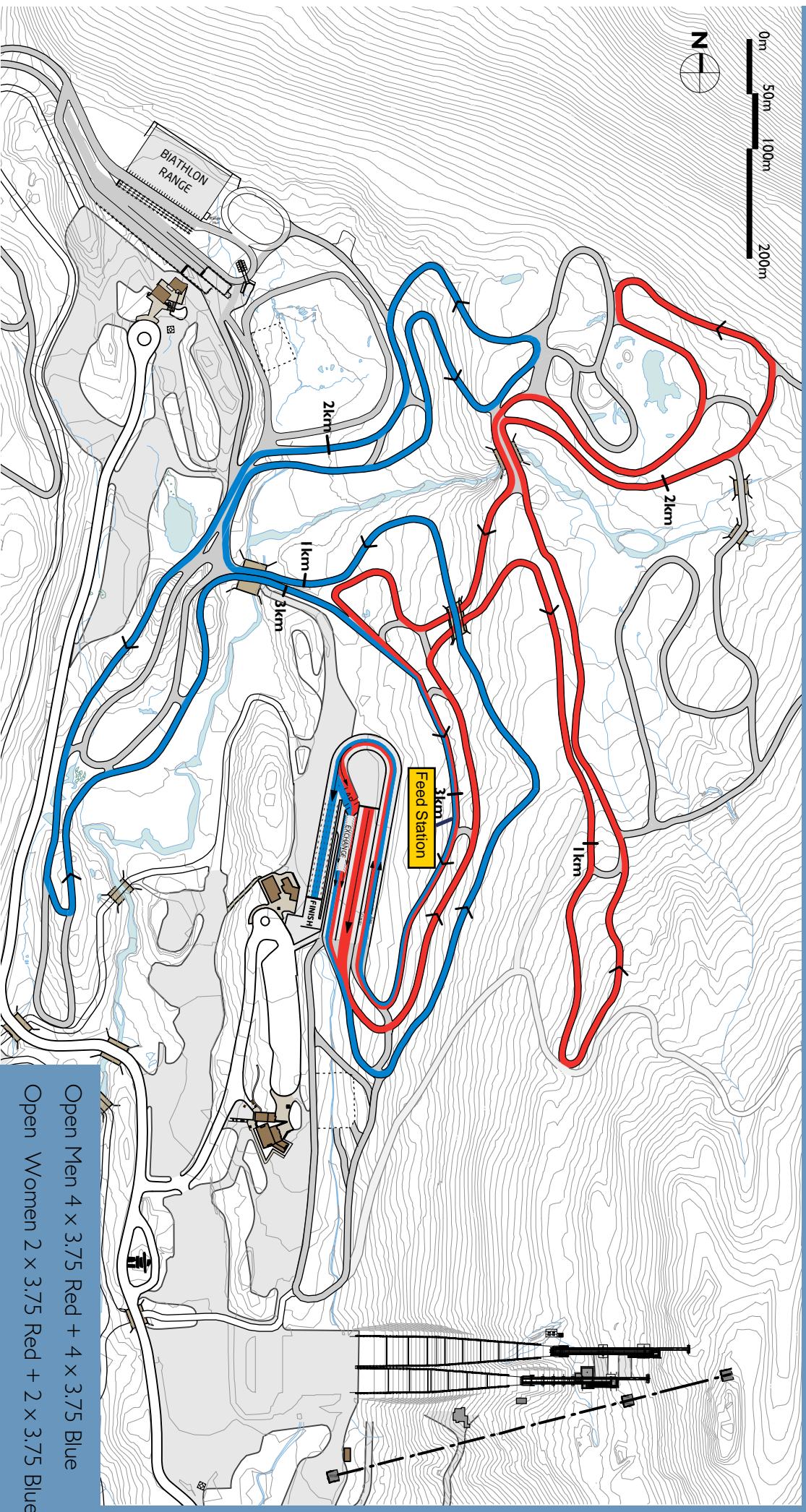


# NorAms / U23 Trials

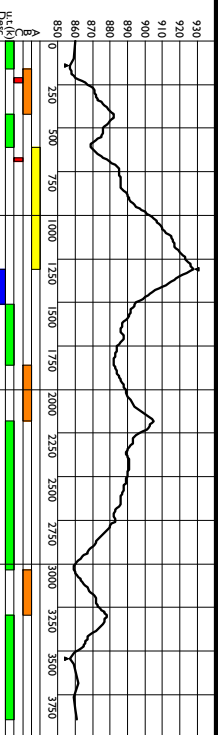
Skiathlon Open Men 30 km & Open Women 15 km

Thursday January 12, 2012



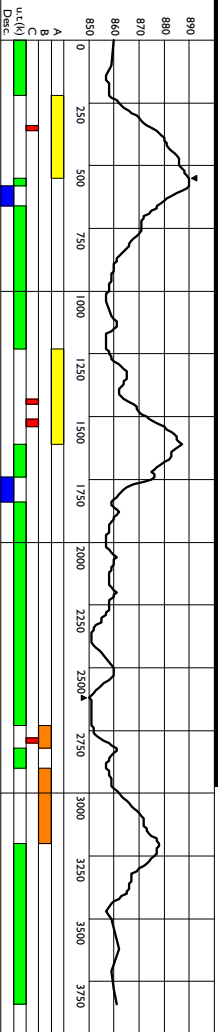
Open Men 4 x 3.75 Red + 4 x 3.75 Blue  
Open Women 2 x 3.75 Red + 2 x 3.75 Blue

Competition Level: OWG	Total Climb (TC): 138m
Category: Course length: 3895m	Maximum Climb (MC): 59m
	Height Difference (HD): 71m
	Highest point: 928m
	Lowest point: 857m



3.75km Red Course - Classic Technique

Competition Level: OWG	Total Climb (TC): 129m
Category: Course length: 3840m	Maximum Climb (MC): 33m
	Height Difference (HD): 40m
	Highest point: 890m
	Lowest point: 850m



3.75km Blue Course - Free Technique