

FRIDAY / 12.5.2023

EOC training #1

Katri Valan puisto

TRAINING TYPE:

Individual sprint 3,3km

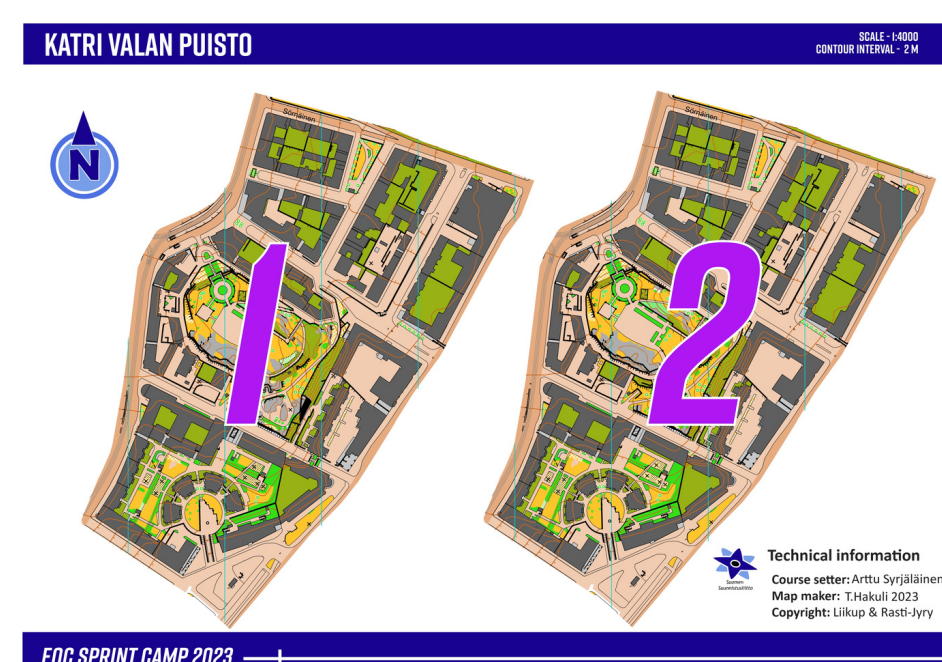
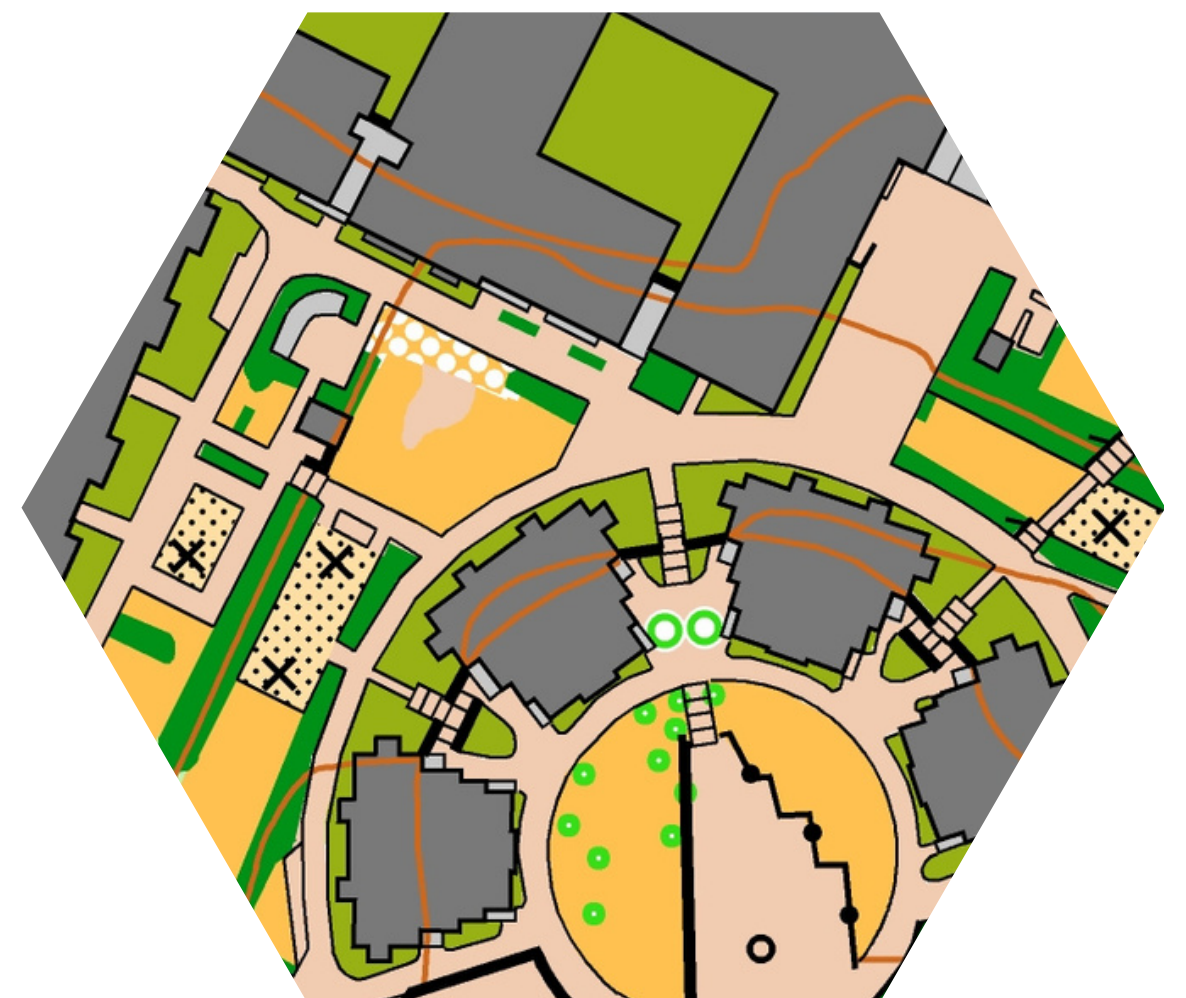
MAP:

Katri Valan puisto 1:4000 (T.Hakuli 2023)

INFO:

Best way to prepare yourself for next days double sprint! Seniors can have an intense training session while it might be enough for juniors to have an easy evening jog with a map. This area will challenge you with some longer legs, many routechoices possibilities and there is also some climbing included to courses. The course is splitted into two sections- see the map below.

There might be some artificial fences! Those are NOT marked in the terrain- please remember fair play!



	YES	NO
Separate control description	X	
Warmup map	X	
GPS		X
EMIT		X
Start list	X	



Location

<https://goo.gl/maps/39CcNBoV54bEuguo6>
First starts at 17:00. Start lists will be published later on.

