

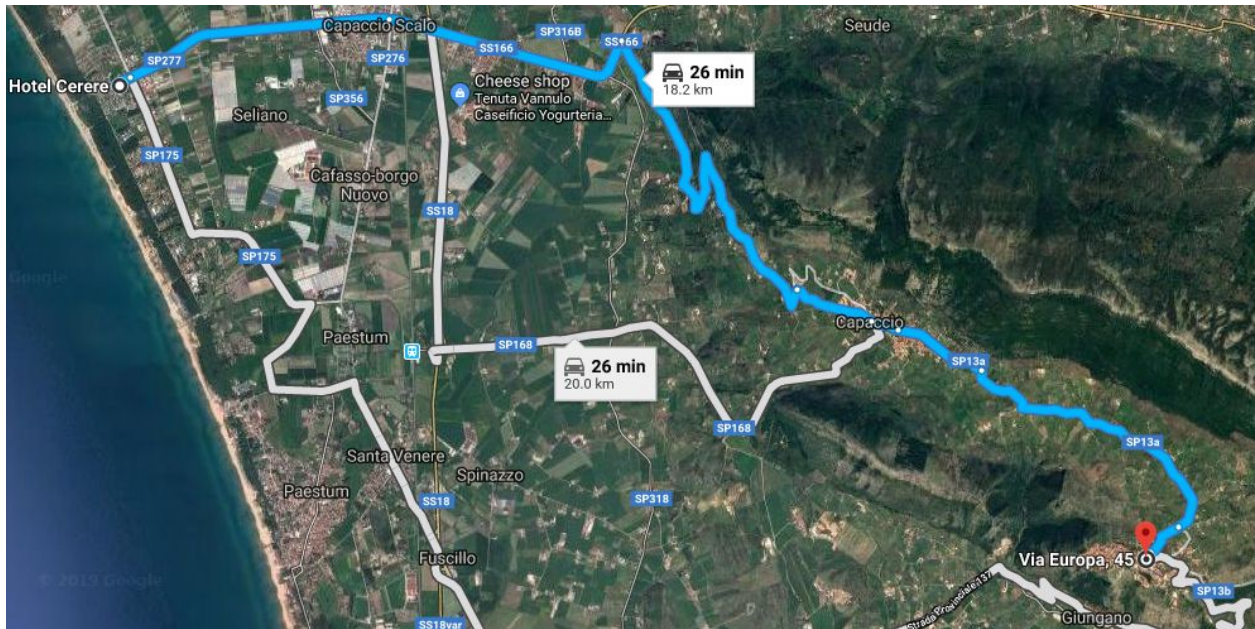
18.03.2019

Race info individual sprint

Trentinara, Roccadaspide 19.03.2019

Qualification Trentinara

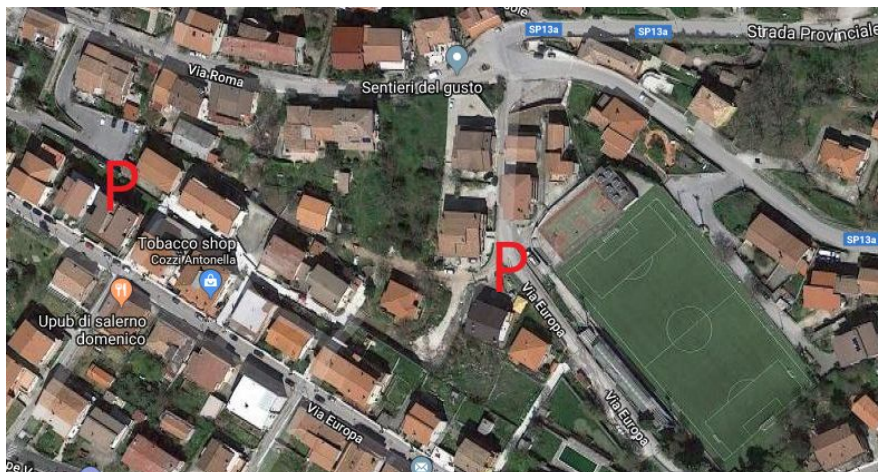
Directions



Parking

GPS 40.400145, 15.114655

There is limited space for parking so please fill up the cars!



18.03.2019

Arena

Terrazza del Cilento

GPS 40.400562, 15.105798



Warm up

At the arena (limited area), east of the parking or on the road from the parking to arena (through the competition area).

Course details

Women: normal sprint length

Men: slightly longer than women

Both courses have a map flip. The start symbol on the second map is at the same location as the last control on the first map.

Course planner: Niklas Profors, Emil Wingstedt

Qualification to the final

The 30 best men and the 20 best women qualify for both the final and the knockout sprint quarter final.

Start

First start at 10:00. starting interval 1 minute in each class, 30 s between the classes

Terrain

Old city center with narrow streets, moderately hilly with some stairs. Mostly paved surface, some small areas with grass. There are two construction site in the area that are marked with purple overprint. These are forbidden to cross.

Terrain

There is some traffic on the main streets in the area. Please be careful when crossing streets in high speed. Also be aware of other runners and pedestrians.



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Start lists

Starting order will be reverse from the results in the qualification. Start lists will be published on the MOC webpage and printed version will be put up in the rest area.

Time table

16:01 First start B-final
16:31 First start men A-final
17:01 First start women A-final

Warm up

South of the arena.

Course details

Women: normal sprint length

Men: a bit longer than women

Both courses have an arena passage with map flip. Both maps are printed on the same paper. Both parts use the same starting point.

There is a marked route from the last control of the first loop to the new start on the second loop.

Course planner: Emil Wingstedt



Qualification to the knockout quarter final

All A-final runners and the 6 best B-final runners for men. All women will start in the knockout quarter final.

Terrain

The area consists of an old city center with narrow alleys and many stairs. One street has construction work which is stopped during the race. This street has gravel surface. The terrain is hilly.

Traffic

There is no traffic in the area, except for the boundary streets that may be used for route choices but doesn't need to be crossed. Be anyway careful not to run into pedestrians or other runners.

Toilets

Public toilets are available close to the arena

