



## SATURDAY 02 NOVEMBER | MORNING MIDDLE DISTANCE

### MAP

RAUTAKORPI | H. Hytönen [2024]  
1/10.000° | 5m

### LOCATION

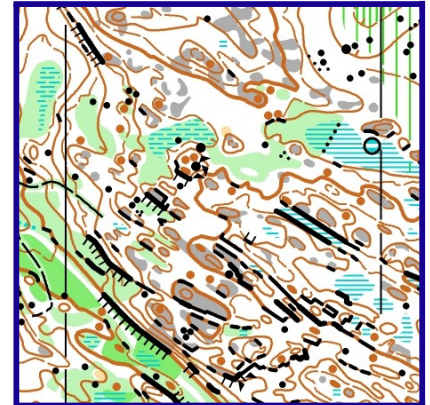
[Parking](#)

### TIMETABLE

09:30 [Warmup map](#) available at the parking

10:10 First start

[Start-list](#)



### TRAINING INFO

**Distances:**

<b>M21</b>	4.7km, 260m ↗, 19 controls
<b>W21   M20</b>	4.0km, 210m ↗, 18 controls
<b>W20</b>	3.1km, 195m ↗, 12 controls

**Controls:** SI Air (except start unit) & 30x30 flags

**Course:** T. Gueorgiou, printed on waterproof paper.  
Separate control descriptions

**Tracking:** [LiveloX](#) | Gpsseuranta

### DESCRIPTION

During this short camp, even early in the winter preparation, we wanted to offer a timed middle distance, as it is never too early to work at competition speed. You might not be ready yet to maintain high speed on a whole course after a season break, but still those sessions are the most valuable when it comes to work with your technique. One fast quality session is probably worth 10 sessions at low speed, at least it has been my philosophy when it comes to the technique.

### NOTE

One map exchange, both maps are printed on the same sheet of paper, and organised this way. >

Control numbering is continuous.

Call-up time: -2'

