40 m startpost

NIGHTSPRINT

START 0:00

MEN	MEN
WOMEN	WOMEN
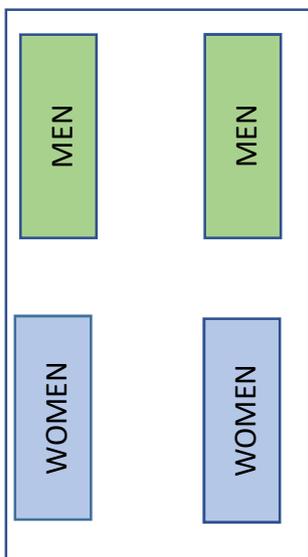
RUNNERS CHOICE

-0:30

-1:00 NULLING/ RESET EMIT
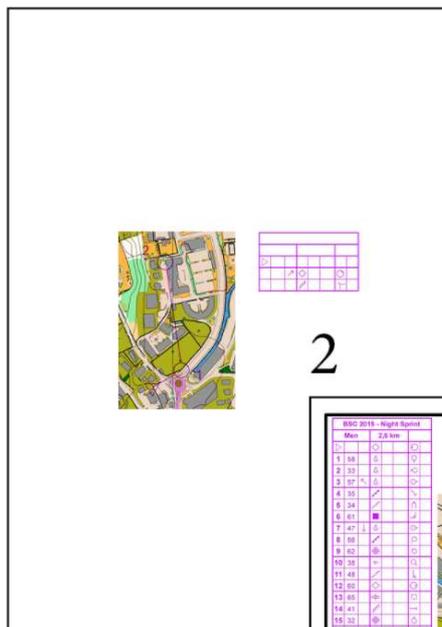
-1:30

-2:00

-2:30

-3:00 OPPROP/ CHECK IN

Runners Choice:

30s before the start-time the runner looks at 3 different alternatives of page 1.

At the start signal the runner picks one map alternative, turns it to page 2 and starts.

The section of the course shown in page 1 in now included in a full course. It may be anywhere during the course, for example from control 16-18.

1

2

BERGEN SENTRUM