Begge løpene går utenom det sperrede terrenget for NM Ultralang 2019.

Sperret terreng:

https://www.google.com/maps/d/viewer?mid=1Ty0mN9pGReL7mAXSvXWoEdVI-fc&ll=63.76852273482325%2C9.938914264648474&z=11