

# COMPETITIONS

## CROSS-COUNTRY

### Stadium Layout CC 50 km / 30 km Masstart



50 km Men, Classic style

*Saturday 11 March 12:45*

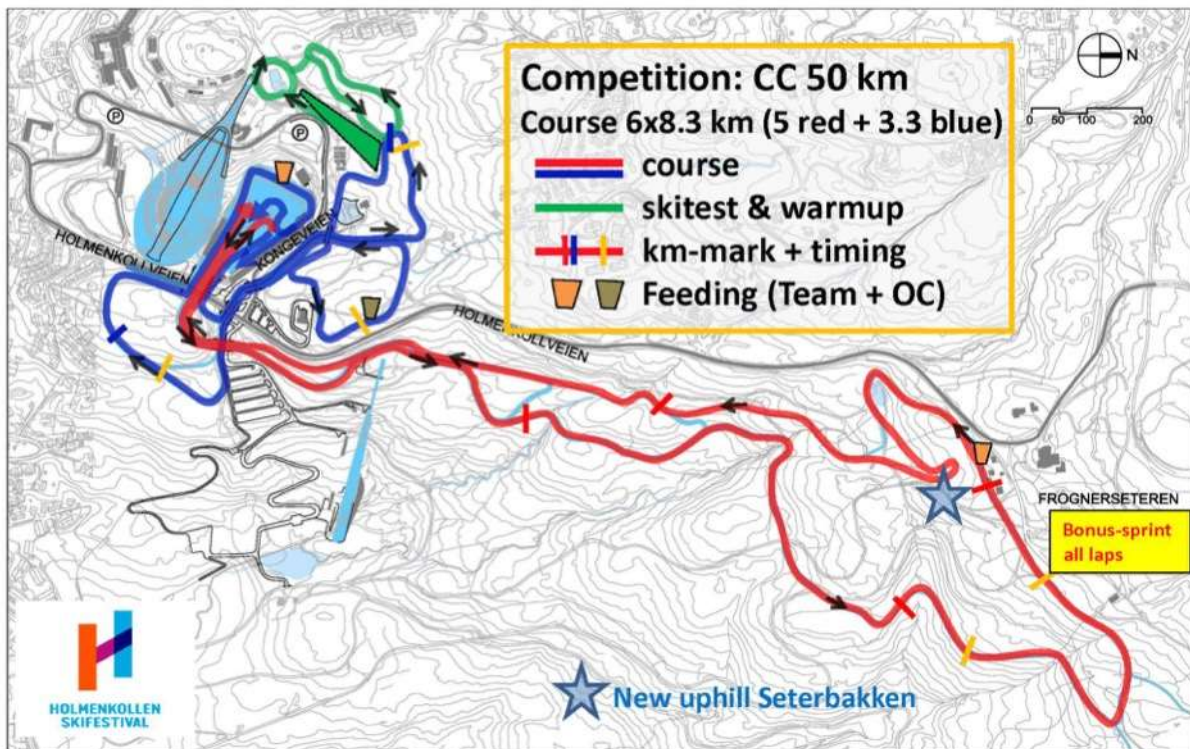
The men's 50 km race is in classic style and consists of 6 laps of 8.3 km. There is a bonus sprint at Frognerseteren on all laps.

A new uphill at Seterbakken was added in 2016, ensuring that the total climb is at the FIS maximum of 200 m for the 50 km, making it the toughest 50 km on the World Cup circuit.

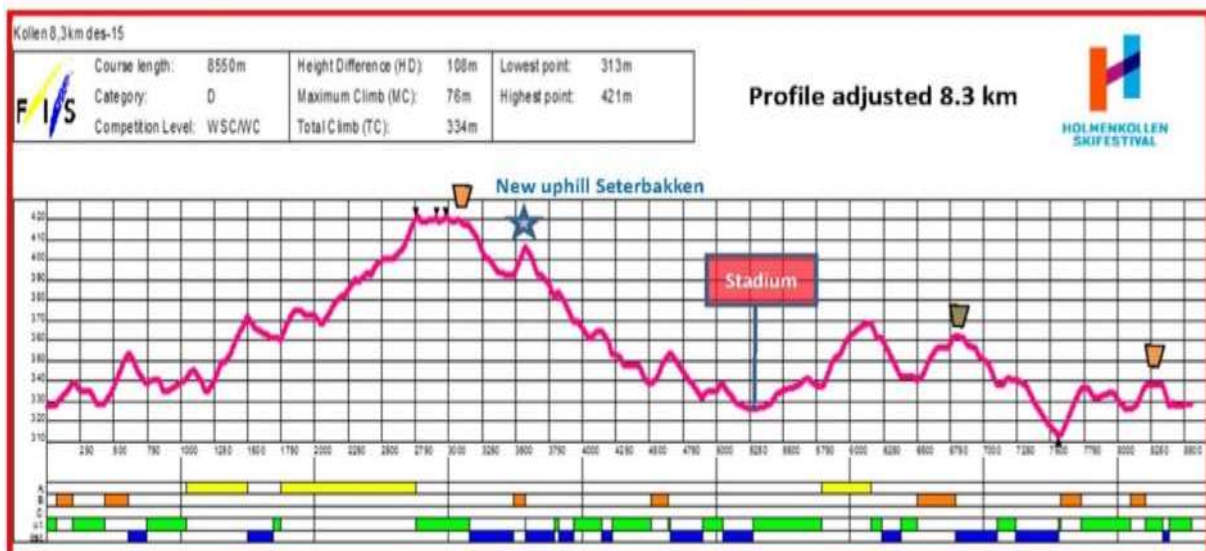
## Uphill Seterbakken



## COURSE MAP – 8.3 KM LAP



## COURSE PROFILE – 8.3 KM LAP



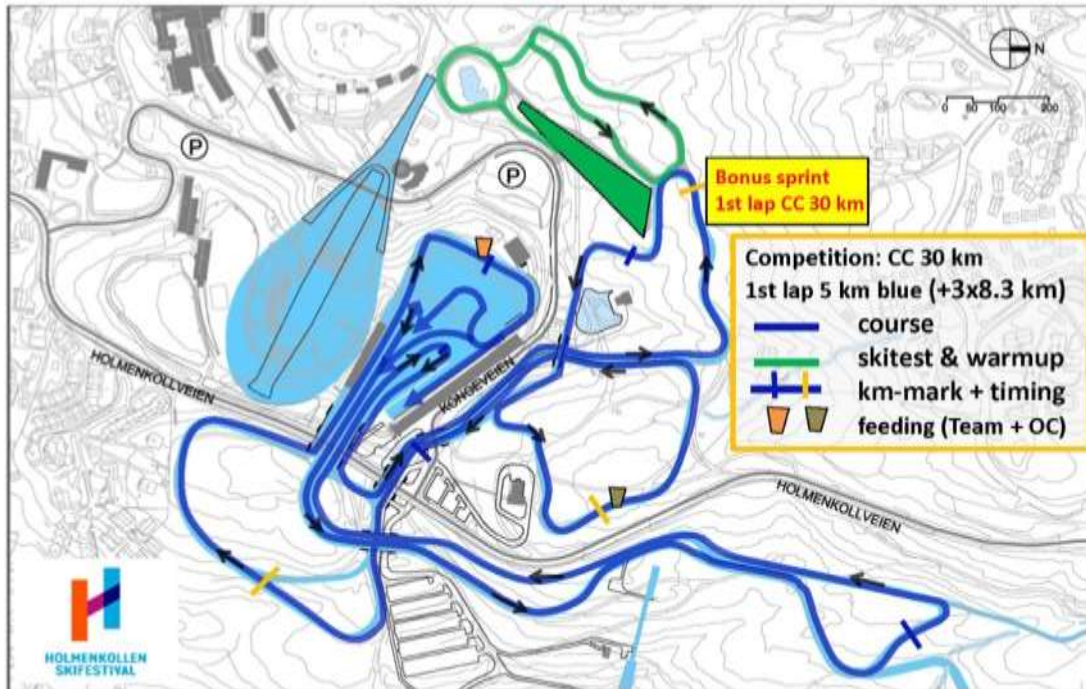


## 30 KM WOMEN, CLASSIC STYLE

Sunday 12 March 12:00

The women's 30 km race is in classic style and consists of 1 lap of 5 km and then 3 laps of 8.3 km. On the first lap there is a bonus sprint at 3 km and then there is a bonus sprint at Frognerseteren on all the 3 laps of 8.3 km.

### COURSE MAP – 5 KM LAP

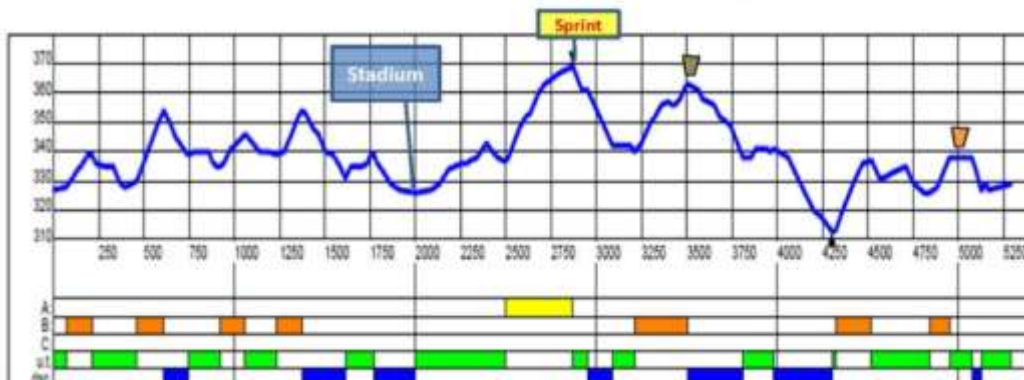


### COURSE PROFILE – 5 KM LAP

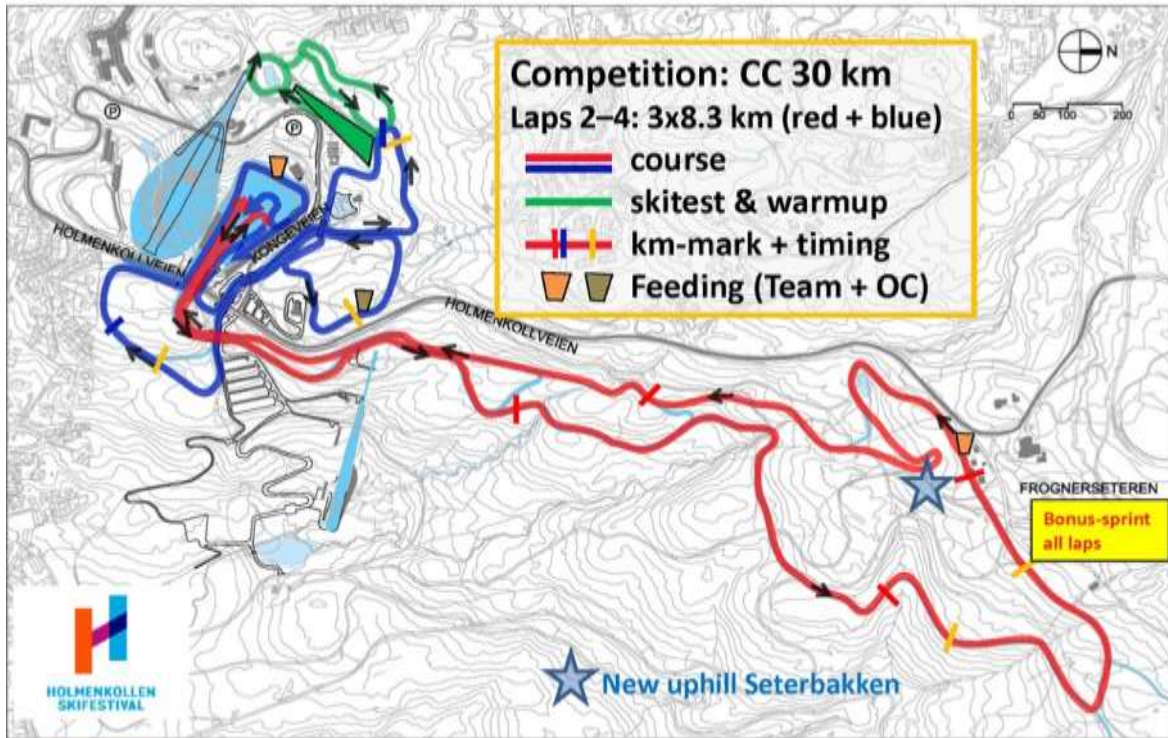
#### Profile 5 km blue Holmenkollen (CC 30 km 1st lap)

5km blue relay

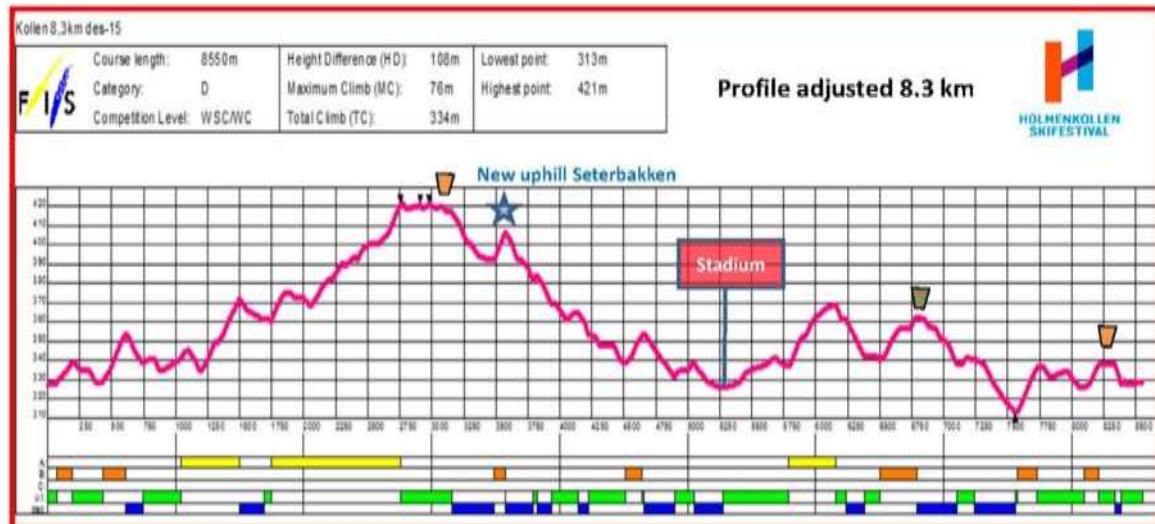
FIS	Course length: 5300m	Height Difference (HD): 56m	Lowest point: 313m
	Category:	Maximum Climb (MC): 32m	Highest point: 369m
	Competition Level: WSC/WC	Total Climb (TC): 194m	



## COURSE PROFILE – 8.3 KM LAP



## COURSE PROFILE – 8.3 KM LAP





## NORDIC COMBINED

*Friday 10 March*

11:00 Ski Jumping HS134 Provisional Competition Round

*Saturday 11 March*

11:00 Ski Jumping HS134

15:40 Cross-Country 10 km (4 laps of 2.5 km)

