



| | Mittel | 5.1 km | 230 m |
|----|--------|--------|-------|
| | | 180 m | →△ |
| 1 | 152 | ↗ ↘ | |
| 2 | 162 | ▲ | ○ |
| 3 | 160 | ● | ○ |
| 4 | 163 | ∩ | |
| 5 | 167 | ● ● | ≡ |
| 6 | 168 | ↓ ● | ○ |
| 7 | 169 | ● | ○ |
| 8 | 170 | ← ∩ | |
| 9 | 171 | ∩ ~ | |
| 10 | 172 | ∩ | |
| 11 | 173 | ▲ | ○ |
| 12 | 174 | ⊗ | ○ |
| 13 | 161 | ↘ ● | ○ |
| 14 | 159 | ▲ | ○ |

Trainings OL 04.03.2020
Melengrün
1:10'000 Äquidistanz 5m Stand 2019
 Bahnlegung: Markus Gerber