

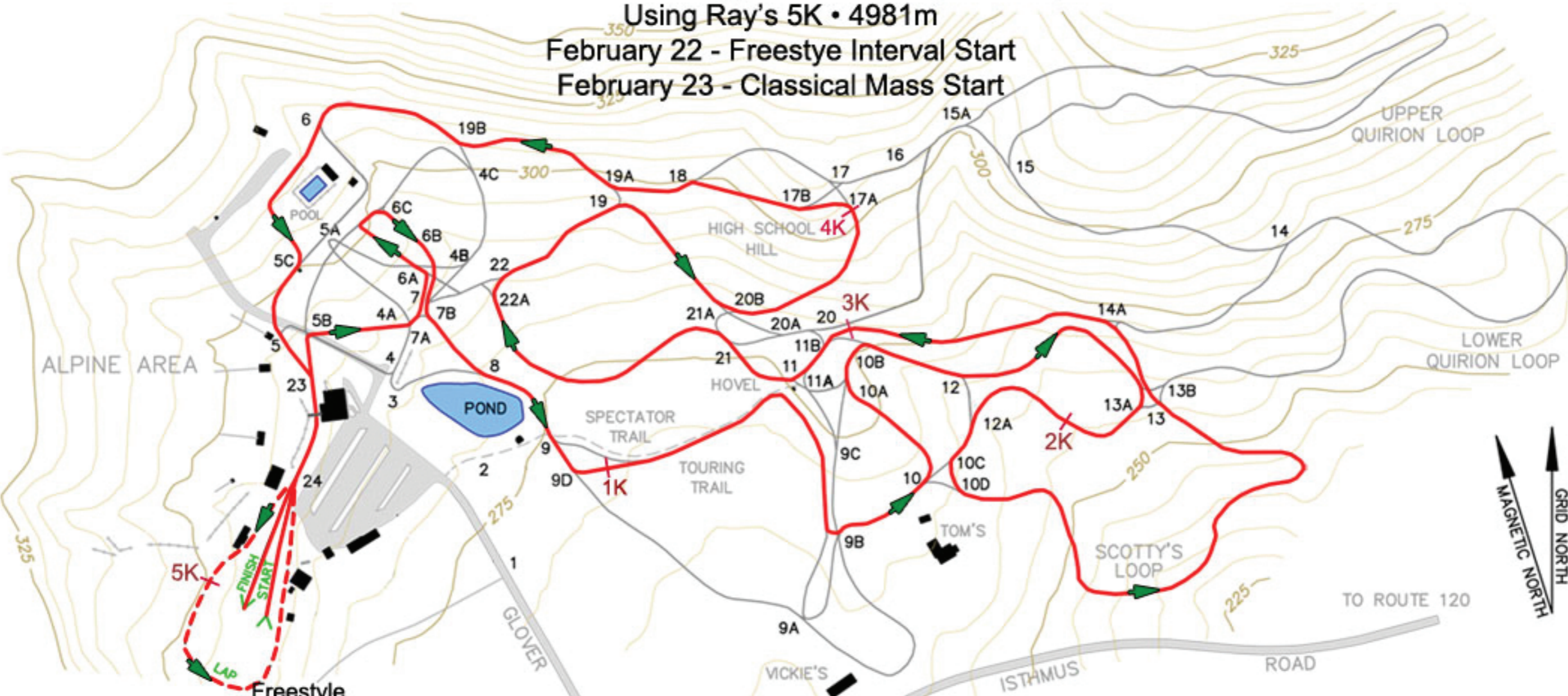


2019 NCAA Regional Championships

Using Ray's 5K • 4981m

February 22 - Freestyle Interval Start

February 23 - Classical Mass Start

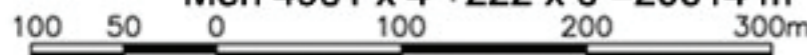


Women 4981 m : Men 4981 x 2 + 222 m = 10,184 m

Classical

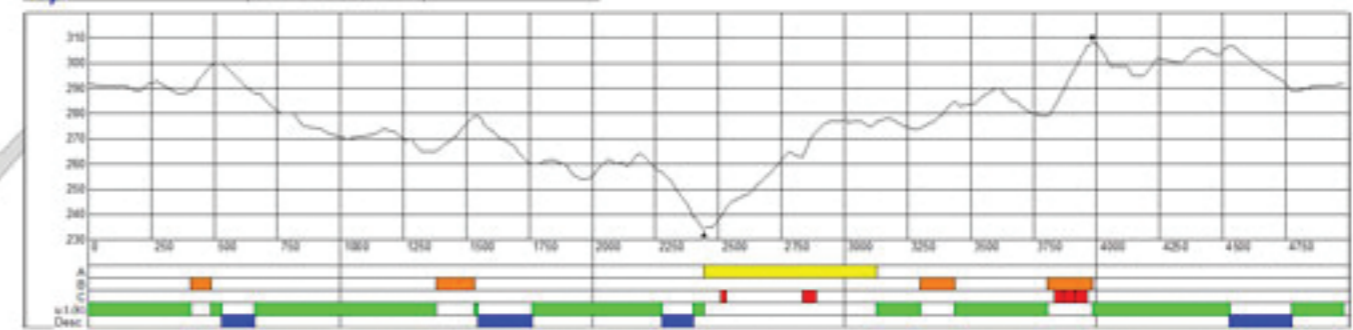
Women 4981 m x 3 + 222 m x 2 = 15387 m

Men 4981 x 4 + 222 x 3 = 20614 m



CONTOURS: 5 METER

| Ray's 5.0 K 4981 2019 | | | |
|-----------------------|-------|-------------------|------|
| Course length | 4981m | Height Diff. (HD) | 72m |
| | | Max. Climb (MC) | 43m |
| | | Total Climb (TC) | 188m |
| | | Lowest Point | 214m |
| | | Highest Point | 306m |



TO ROUTE 2 WEST

