

TRAINING 1 & 2 CIRPSTENE

MAP

Cirpstene 2010, minor updates 2023

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Scale: 1:10 000 Contours: 2.5m

DESCRIPTION

This training will test your contour reading skills. Cirpstene is known for its very detailed dune terrain with countless depressions and hills. Runnability and visibility is mostly very good but there will be parts with dense forest making the navigation a nice challenge. Two courses are available in this area – middle distance suitable for interval start and a *diamond* course for mass start sessions.

COURSE

Course setter: Rudolfs Zernis

Course 1: 6.5km course with middle distance character

Course 2: 8.1km *diamond* course

Controls: Ribbons

MAP SAMPLE

