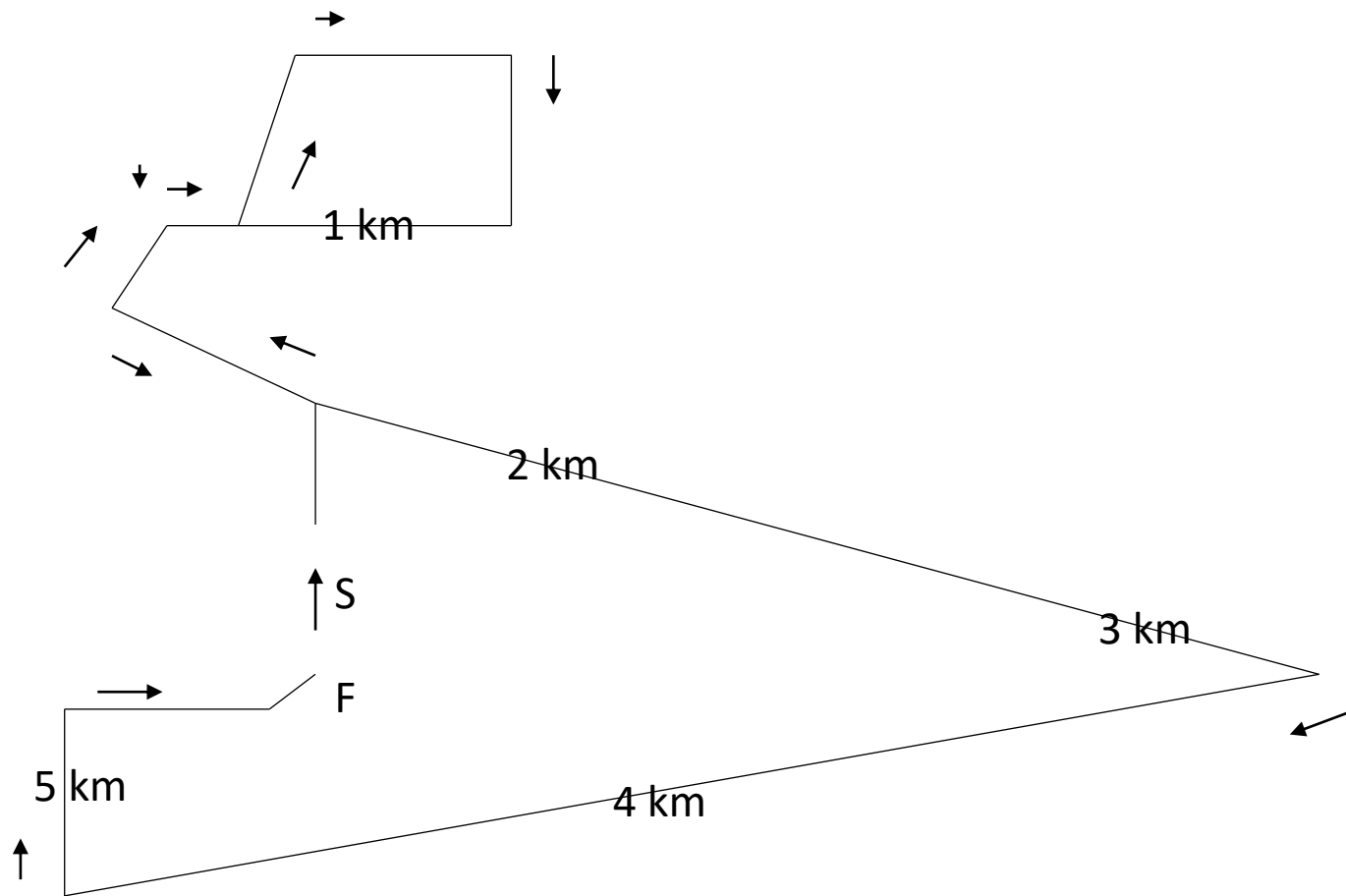
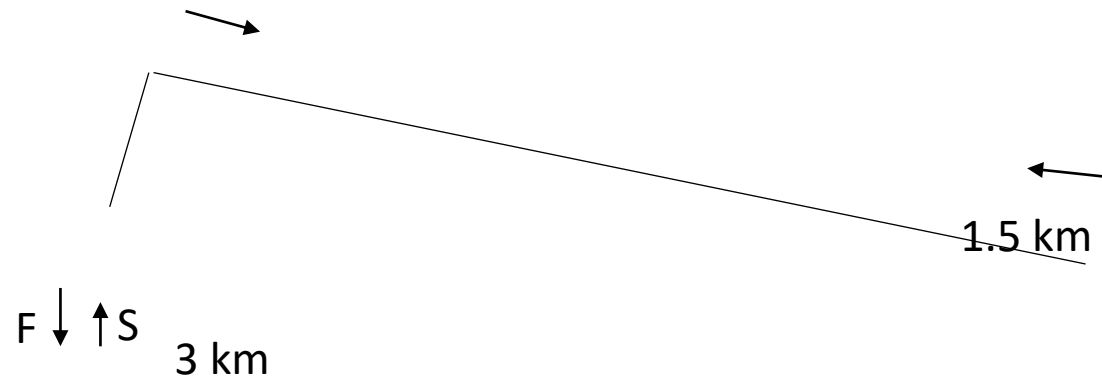


OLUSTVERE KARIKAS 2020 KESKMINE JA KÖRGEM FAAS A / PHASE A FOR MIDDLE AND HIGHER LEVEL



Distsants / distance 5750 m; tempo / speed : Keskmine / Middle H 11 km/h;P 10km/h; Kõrgem / Higher H1km/h/p 11km/h;
Normiaeg / Time allowed: Keskmine / Middle H 31.23/ P 34.30; Kõrgem / Higher H 28.45 /P 31.23
Miinimumaeg / Minimum time: Keskmine / Middle H 29.23 /P 32.30; Kõrgem / Higher H 26.45 / P 29.23
Ajaliimit / Time limit: Keskmine / Middle H 37.40 /P 41.24; Kõrgem / Higher H 34.30 / P37.40

OLUSTVERE KARIKAS 2020 MADALAM FAAS A / PHASE A FOR LOWER LEVEL



Distsants / distance 3000 m; tempo / speed : H 11 km/h;P 10km/h;

Normiaeg / Time allowed: H 16.22 / P 18.00

Miimumaeg / Minimum time: H 14.22 /P 16.00

Ajalimiit / Time limit: H 19.39 / P21.36

FAAS B / PHASE B

Körgem / Higher : Start, 1, T1, 2, 1km, 3, T2, 4, 2km, 5, T3, 6, 3km, 7, 8, T4, 4km, 9, T5, 10, 5km, 11, 12, T6
6km, Finish 6100m

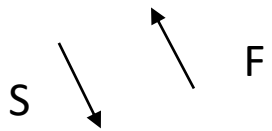
Speed: H 14/ P 13, Time allowed 26.09/28.09, Minimum time 23.09/25.09; Time limit 52.18/56.18

Keskmine / Middle: Start, 1, T1, 2, 1km, 3, T2, 4, 2km, 5, T3, 6, 3km, 7, 8, T4, 4km, 9, 10, T6, 5km, Finish 5100m

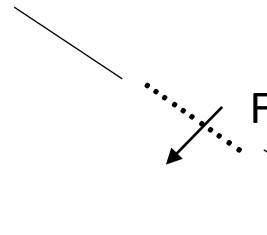
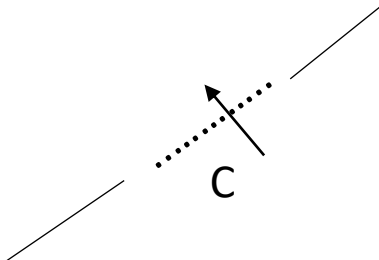
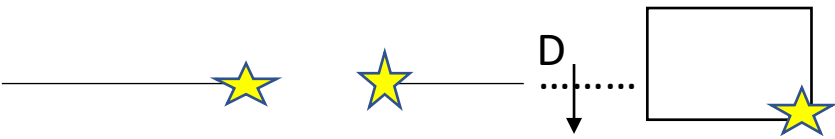
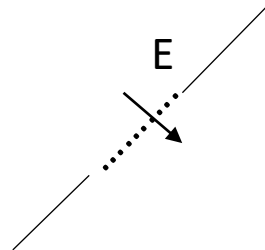
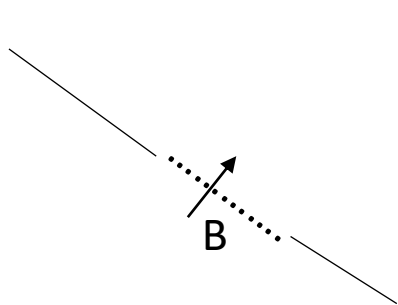
Speed: H 13/ P 12, Time allowed 23.33/25.30 Minimum time 20.33/22.30, Time limit 47.06/51.00

Madalam / Lower: Start, 1, T1, 2, 1km, 3, T2, 4, 2km, 5, 6, T6, 3km, Finish 3150m

Speed: H 13/ P 12, Time allowed 14.33/15.45, Minimum time 11.33/12.45, Time limit 29.06/31.30

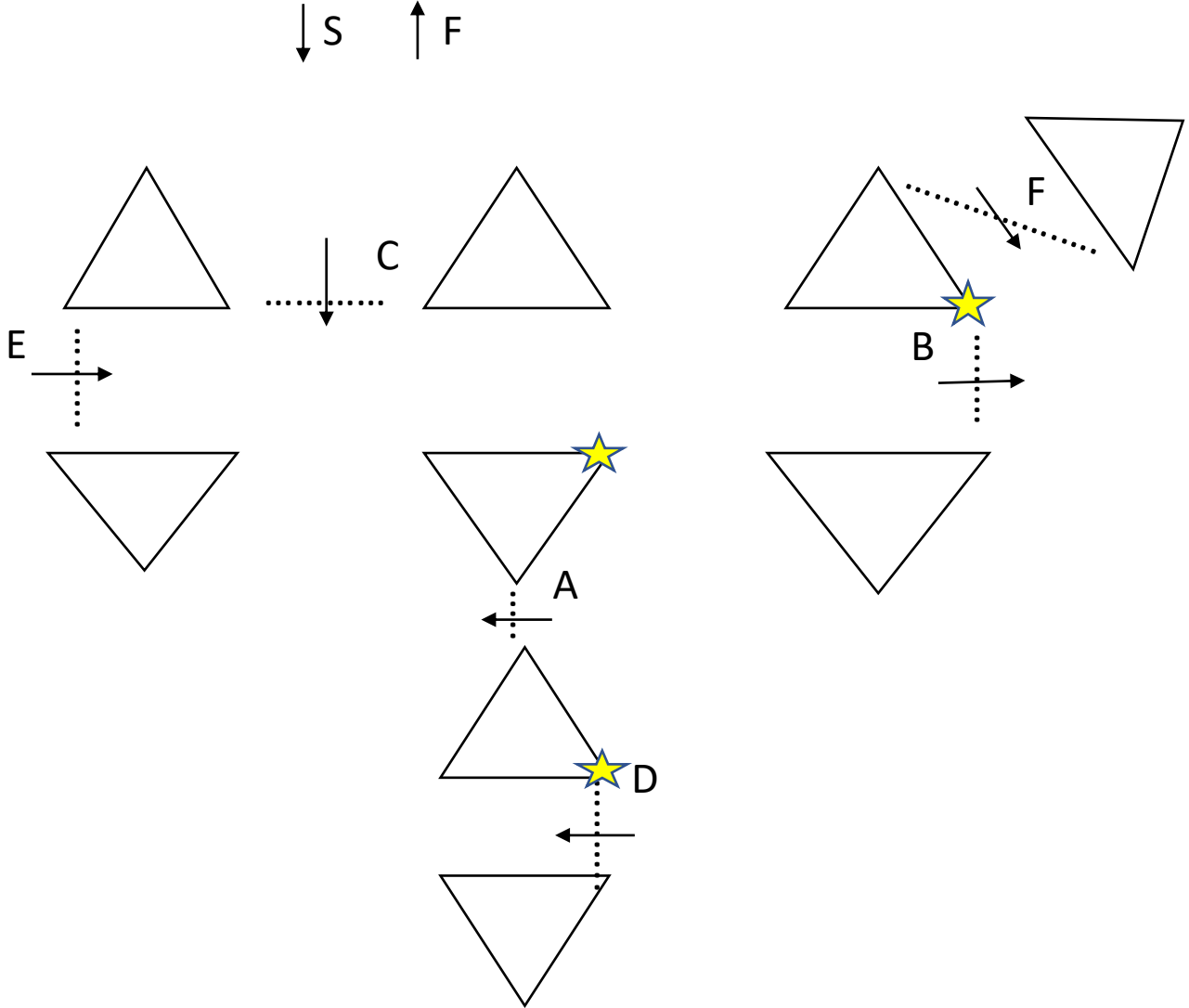


Takistus nr. 1



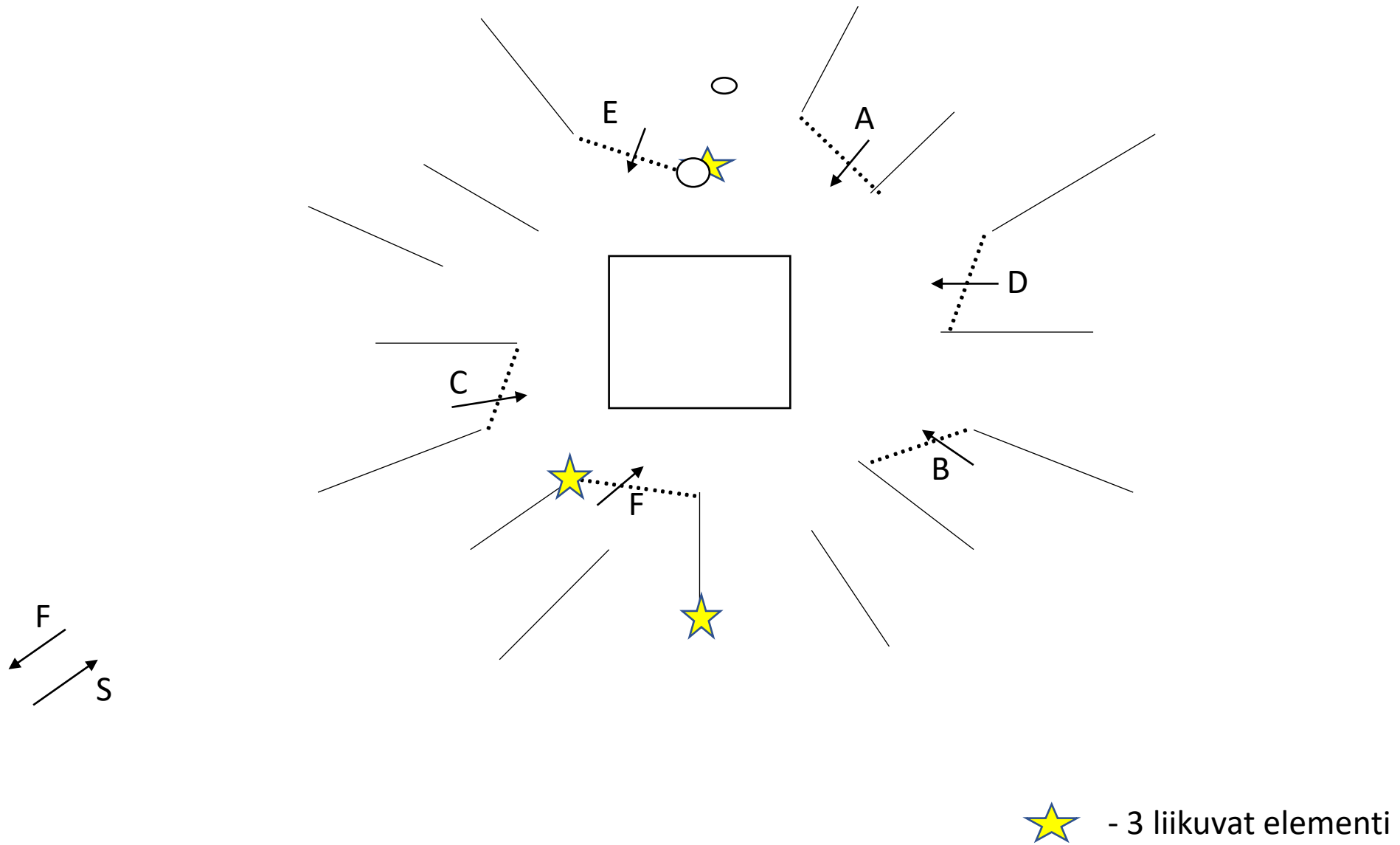
 - 9 liikutavat elementi

Takistus nr. 2

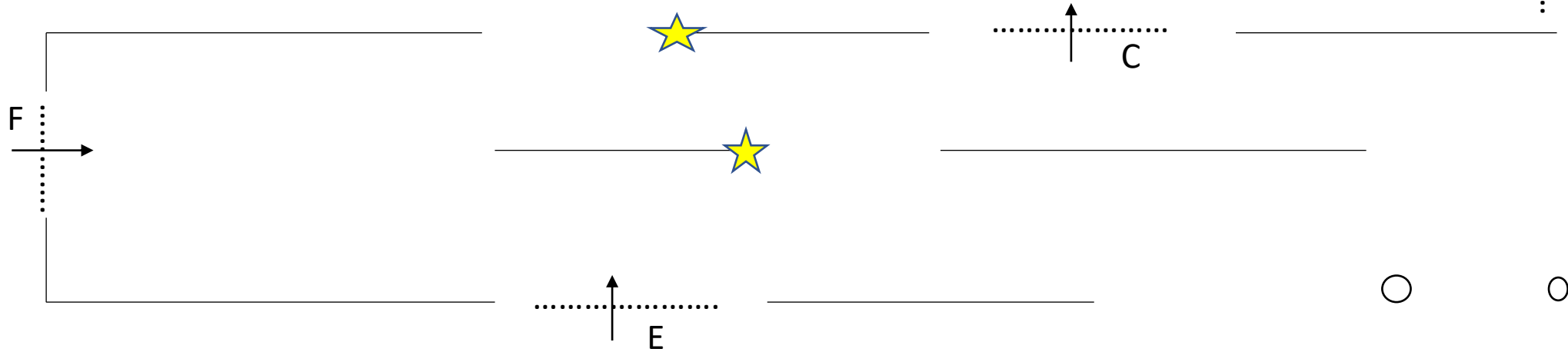
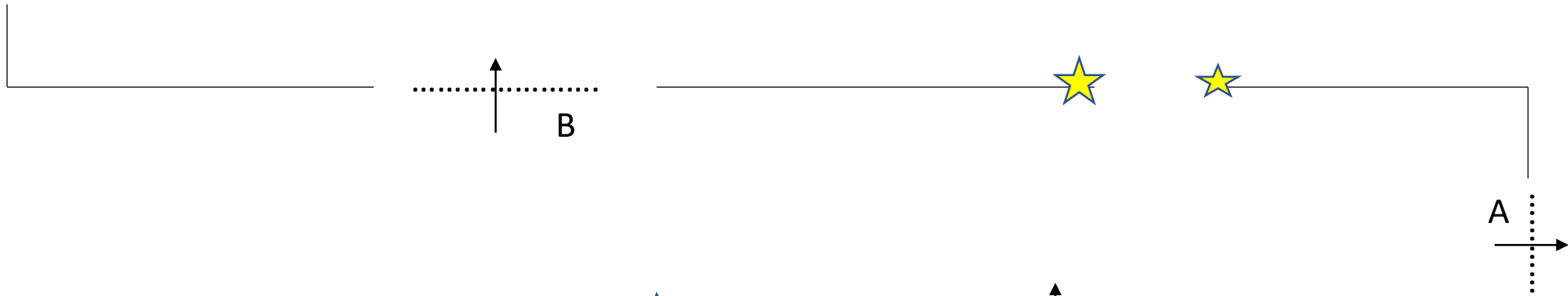
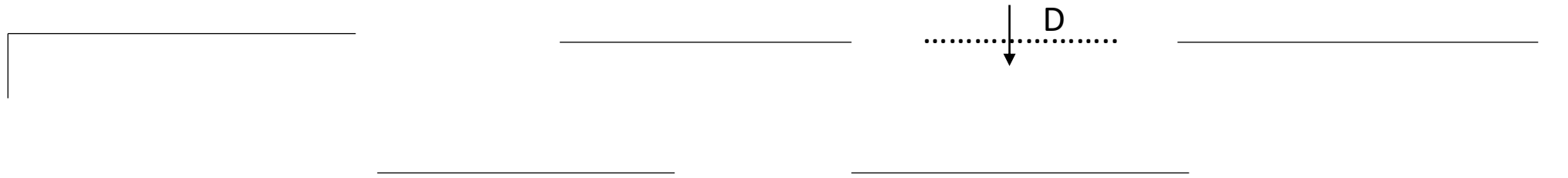


★ 3 liikuvat elementi

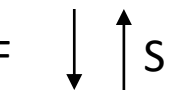
Takistus nr. 3



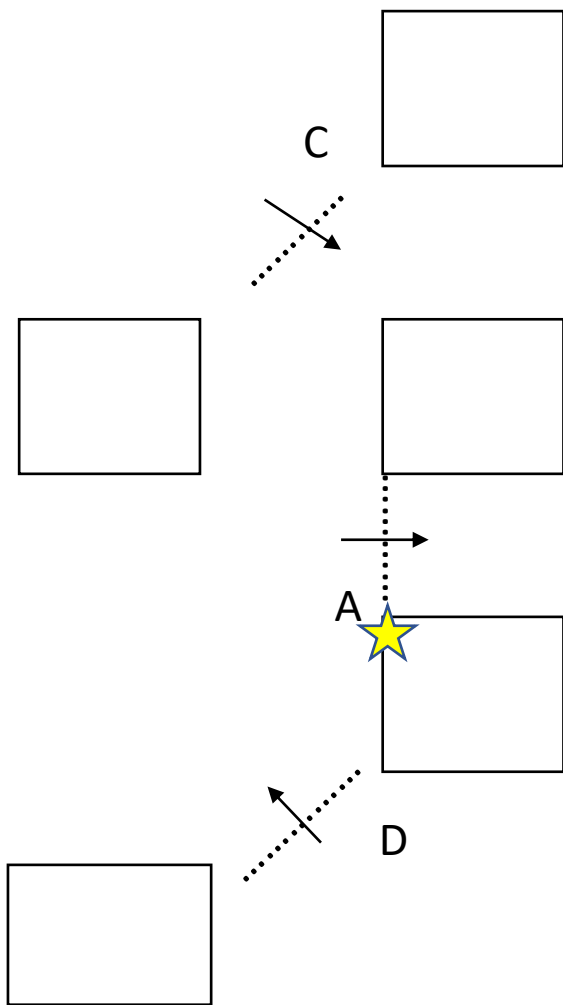
Takistus nr. 4



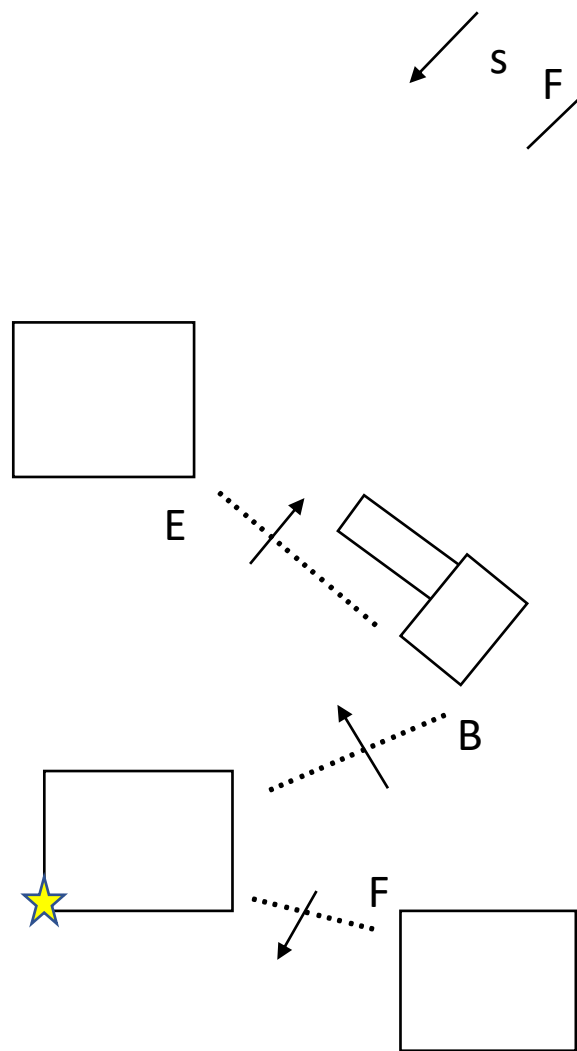
★ - 4 liikutavat elementi



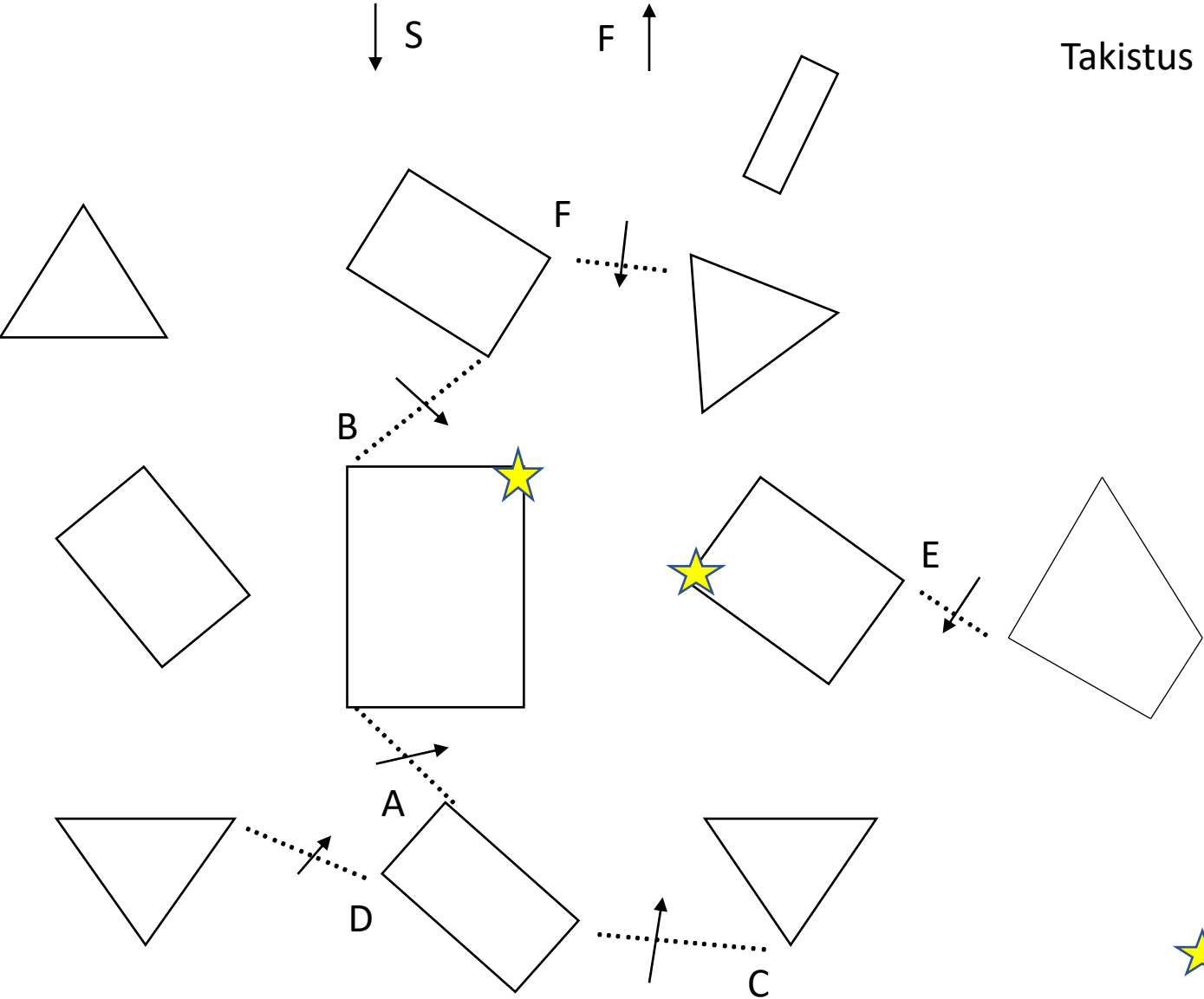
★ 2 liikuvat elementi



Takistus nr. 5



Takistus nr. 6



★ 2 liikuvat elementi