

## **Course Setter Notes**

Sprint competition terrain is Jouppilanvuori area. Terrain is used as an outdoor area of Seinäjoki and it contains a lot of roads and paths. Forests are mostly coniferous and runnability is very good. Visibility on the forest is good. The competitors should note that in the forest are some smaller trails that are not on the map. There are three types of terrain in the competition, hard and sandy bottom forest, bare rock slopes and marshes with small hills. Estimation pace for top runners is about 4.5 min / km.

Massstart competition terrain located on the other side of the competition center and it is entirely different terrain. Runnability on the Saturday event is also very good. Visibility on the forest is good, but there are some green areas on the map. In the courses are mainly used the best and the fastest areas. Terrain contains bare rock hills and swamps, hills are not high but slopes can be steep. The competitors should note that in the forest near the competition center there are some trails that are not on the map. Estimation pace for top runners is about 5 min / km.

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Course setter