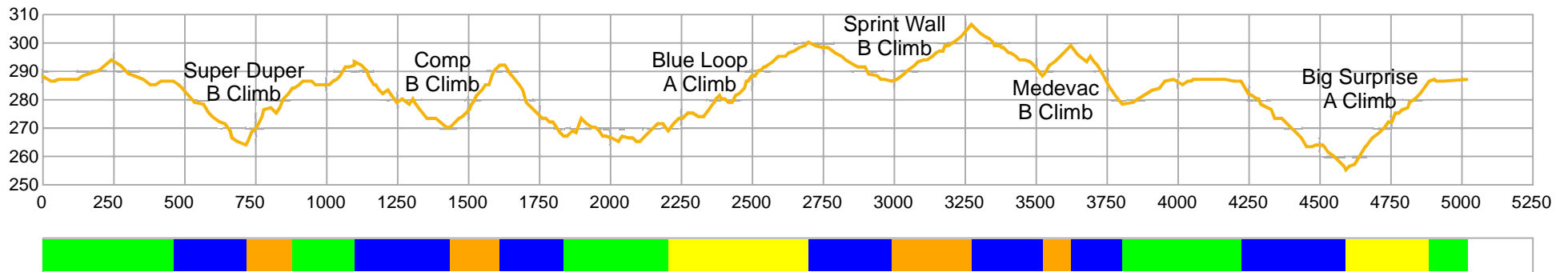


# ASAA State Championships 2019 Girls' Interval Start Classic Technique 5Km 5000m Course



## Categorized Climbs

- Super Duper B Climb - 22m total climbing / average gradient 12.3%
- Comp B Climb - 22m total climbing / average gradient 11.4%
- Blue Loop A Climb - 34m total climbing / average gradient 6.2%
- Sprint Wall B Climb - 20m total climbing / average gradient 7.1%
- Medevac B Climb - 11m total climbing / average gradient 11.0%
- Big Surprise A Climb - 31m total climbing / average gradient 10.7%

## General Course Specs

- Measured distance: 5028m
- HD = 51m (Height Difference)
- MC = 34m (Maximum Climb)
- TC = 194m (Total Climb)
- Average climb per kilometer = 38.6m/Km