

Banalternativ JSM Rullskidskytte

Herrar Junior 20–22

Distans (15km) $5 \times 3\text{km} = 15\text{km}$

Sprint (10km) $3 \times 3\text{km} = 9\text{km}$

Damer Junior 20–22

Distans (12.5km) $5 \times 2.5\text{km} = 12.5\text{km}$

Sprint (7.5km) $3 \times 2.5\text{km} = 7.5\text{km}$

Herrar Junior 18-19

Distans (12.5km) $5 \times 2.5\text{km} = 12.5\text{km}$

Sprint (7.5km) $3 \times 2.5\text{km} = 7.5\text{km}$

Damer Junior 18-19

Distans (10km) $2.5\text{km} + 4 \times 1.8\text{km} = 9.7\text{km}$

Alt. $5 \times 1.8\text{km} = 9\text{km}$

Sprint (6km) $2.5\text{km} + 2 \times 1.8\text{km} = 6.1\text{km}$

Alt. $3 \times 1.8\text{km} = 5.4\text{km}$

Herrar Junior 16-17

Distans (10km) $2.5\text{km} + 4 \times 1.8\text{km} = 9.7\text{km}$

Alt. $5 \times 1.8\text{km} = 9\text{km}$

Sprint (6km) $2.5\text{km} + 2 \times 1.8\text{km} = 6.1\text{km}$

Alt. $3 \times 1.8\text{km} = 5.4\text{km}$

Damer Junior 16-17

Distans (7.5km) $5 \times 1.8\text{km} = 9\text{km}$

Sprint (6km) $2.5\text{km} + 2 \times 1.8\text{km} = 6.1\text{km}$

Alt. $3 \times 1.8\text{km} = 5.4\text{km}$