

Tempo Skogly-Rye t/r (Returen ikke vist)

Total lengde: $2 \cdot 10,0 \text{ km} = 20,0 \text{ km}$.
Total stigning: $35 + 115 \text{ m} = 150 \text{ m}$.
Stigningsindeks (stigning/lengde) = $7,5 \text{ m/km}$.

