



Máximus Winter O-Camp

Professional orienteering training camp in Spain

www.maximusocamp.com

SPORTIDENT TRAINING #1 SIT-01

DATE	TYPE	MAP
8th February 2022	Forked intervals	Cabeza Mesada

Parking coordinates: [40.529680, -4.432580](#) (Access by road from: [40.530365, -4.448576](#))

Distance parking to start: 500m (not marked)

Start: **mass start at 11:00am** (in case that there are many people attending the training, we might split the starts every 5 minutes).

CLASS	LENGTH	CONTROLS	SCALE
MEN	5.5 k (3 intervals)	19	1/10000
WOMEN	5.5 k (3 intervals)	19	1/10000
OPEN	3.0 k (normal course)	13	1/10000

