



Máximus Winter O-Camp

Professional orienteering training camp in Spain

www.maximusocamp.com

SPORTIDENT TRAINING #3 SIT-03

| DATE | TYPE | MAP |
|-----------|------------------|------------------------|
| 4/2, 23/2 | Forked intervals | Infierno de Navalmoral |

Parking coordinates: [40.449340, -4.732659](#)

Distance parking to start: at parking.

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 | 5.3 k (4 intervals) | 21 | 1/10000 |
| WOMEN | 4.9 k (4 intervals) | 18 | 1/10000 |
| OPEN | 3.3 k (normal course) | 12 | 1/10000 |

VERY IMPORTANT!!! The access to the training must be done through Navalmoral (see route below). Sometimes GoogleMaps might show a different route, but you might find private roads in very bad conditions.

