

# Kristins Runde

50 miles

80,5 km

Finisher 2009

# Kristins Runde

**"Oslo 50 miles Trail Run"**

Special made "finisher-buckle" to all participants finishing within 16 hour

## June 27th 2009

**Organizer:**

Romerike

Ultraløperklubb



This is a **80,5 km/50 miles** race through Nordmarka (a forest north of Oslo). The course goes through some of the roughest and most challenging parts of the forest, including the five highest tops, all higher than 700 meters above sea level.

Total climb 2.300 meters. 65 km of the course is on forest truck roads.

All runners will have a map and a detailed description of the course.

Where necessary, the participants will be guided by special signs along the course.

The race starts 07.00 in the morning.

Time limit 16 hours (latest finish time 23.00). There is a limit of 50 participants.

This is a **self support race**, i.e. the runners have to carry their own supplies of food, drinks and clothing. The organizers will provide transport of clothes, running shoes, food etc to one or two service points along the course.

**Start and finish: Trantjern Gård**, which offers accomodation for 690,- NOK per person per night, breakfast and dinner included. After the race there will be a social gathering.

**Electronic control and split times**

On all five tops and at two additional control points the runners will have to make an elektronik registration of the chips used for timekeeping.

**Info:** Website: <http://www.kondis.no/Romerike/index.php?aid=68905&k>  
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## 2. Kristins Runde, June 17th 2009, 80,5 km

## 50 miles



- Helgehaugen 705 moh - Lamannshaugen 701 moh - Svarttjernshøgda 717 moh - Ringkollen 701 moh - Oppkuven 704 moh -