



# Runner's Information Lake Cup Stage 2



Friday, 2019 June 21st

**Welcome to the Lake Cup 2019 Stage 2.**

**Competition center:** Gasthof "Lug ins Land". 9701 Rothenthurn Oberzmöln 1. There are signs from the highway exit "Spittal Ost" in direction Villach to the CC.

The map "**Wolfsberg – Egelsee**" (Scale 1 : 7 500) is printed on Pretex. The maps are waterproof but not tear resistant.

**Course length:**

Please have a look at the course length information.

**Control Description:** available at the CC and also be printed on the map.

**Timing:**

We use the time measurement system **SportIdent**. The "Touch Free" mode is activated and the Finish station can also be passed touchless.

**Start:** The distance between CC and Start is around 400 metres. The way to the start is marked with red-white stripes.

**First Start:** 13.00 h (Family, Open and Beginner can choose their start time by their own between 13.30 h and 15.00 h.).

**Prestart:** 3 minutes

Till 14.00 h, please put your map into the club bag after finishing.  
After 14.00 h the map is yours.

**"Gasthof Lug ins Land" will provide food and drinks. They would appreciate your visit a lot. Please don't enter the inn with your orienteering-shoes.**

Have much fun and a good run.

**HSV Spittal und der HSV Villach**

