

Polardistance 2012 - Trail profile

Checkpoints altitudes

Särna/start, altitude approx. 430 m
Häggingåsvallen, altitude approx. 680 m

1. Start - Häggingåsvallen, 300
Distance in km: 105

from	to	climbing	total climbing
430	420	-10	
420	620	200	200
620	540	-80	
540	820	280	480
820	760	-60	
760	900	140	620
900	720	-180	
720	880	160	780
880	840	-40	
840	940	100	880
940	680	-260	
680	860	180	1060
860	590	-270	
590	680	90	1150
Summa:			1150

Häggingåsvallen, altitude approx. 680 m
Lillhärddal, altitude approx. 450 m

2. Häggingåsvallen - Lillhärddal, 300
Distance in km: 77

from	to	climbing	total climbing
680	860	180	180
180	575	395	
575	650	75	255
650	450	-200	
Summa:			255

Lillhärddal, altitude approx. 450 m
Lövnäsvalen, altitude approx. 580 m

3. Lillhärddal - Lövnäsvalen, 300
Distance in km: 70

from	to	climbing	total climbing
450	650	200	200
650	610	-40	
610	620	10	10
620	580	-40	
580	780	200	200
780	600	-180	
600	680	80	80
680	620	-60	
620	660	40	40
660	580	-80	
Summa:			530

Lövnäsvalen, altitude approx. 580 m
Särna/finish, altitude approx. 430 m

4. Lövnäsvalen - Mål, 300
Distance in km: 48

from	to	climbing	total climbing
580	760	180	180
760	720	-40	
720	880	160	340
880	500	-380	
500	520	20	360
520	440	-80	
440	460	20	380
460	420	-40	
420	430	10	390
Summa:			390

1. Start - Häggingåsvallen, 160
Distance in km: 60

from	to	climbing	total climbing
430	420	-10	
420	620	200	200
620	540	-80	
540	820	280	480
820	800	-20	
800	940	140	620
940	860	-80	
860	940	80	700
940	760	-180	
Summa:			700

2. Häggingåsvallen - Lövnäsvalen, 160
Distance in km: 55

from	to	climbing	total climbing
680	860	180	180
860	575	-285	
575	750	175	355
750	580	-170	
Summa:			355

3. Lövnäsvalen - Mål, 160
Distance in km: 48

from	to	climbing	total climbing
580	760	180	180
760	720	-40	
720	880	160	340
880	500	-380	
500	520	20	360
520	440	-80	
440	460	20	380
460	420	-40	
420	430	10	390
Summa:			390

Sammanfattning

	Total	
	Climbing	Distance
Polardistance 160	1445	163
Polardistance 300	2325	300