



Training PM

Vivåsen Boxholm

TRAINING PACKAGE #9



Active Controls are out 1 January–19 April (not available 10 January)

Courses

1) Prologue	1.2 km
2) Relay Short	4.6 km (4 forking options)
3) Relay Long	6.8 km (8 forking options)
4) Orange	4.3 km

We suggest the competitors first run the prologue, with an individual start. Continue with a reverse chasing start, where the fastest runner in the prologue starts last. Competitors are responsible for their own timing. It is of course possible to run alternative versions of the courses.

All courses are supplied packaged in a ZIP file; unzip the archive and print the maps you require.

Courses available on Livelox (password printed on map)

Controls Small flags with control code

Map Vivåsen Scale 1:10 000 (orange 1:7500) Contour interval 5 m
Drawn by members of Boxholms OK. Revised 2025 according to ISOM 2017-2 by Johan Knutsson.

Map owner Boxholms OK

Other When snowy, avoid running in the ski tracks!

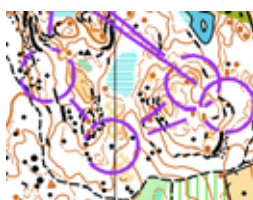
Terrain description Moderately undulating terrain with coniferous woodland.
Recreational trails in the area close to start and finish.

Directions From route 32 South Boxholm, turn West towards Ryckelsby.
After 500 m, turn left by sign [Skidstadion \(Ski Stadium\)](#).

Parking By the Ski stadium

Start & finish Approximately 500 m from the Ski stadium

Course setter Henrik Tengvall



Forking sample



Prologue

To order the training package, please fill in the form on our website <https://tiomila.se/en/2026/training/>

For questions regarding your order, send an email to traning2026@10mila.se or call +46 73 838 56 20.

As the person placing the order, please provide the following details: **Your club, Name, Email address** to which the map file should be sent, **Billing address** including an email address for invoicing, The **number of copies** of each map you plan to print.

We charge SEK 80 per planned printout. Once order is received, we will send the map(s) as PDF files by email, together with the course information (PM).

Please also specify the dates and times you intend to use the courses. If your plans change after you have ordered the maps, you must inform us via traning2026@10mila.se.

This applies to both the number of printouts and the planned time of use.



www.10mila.se

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