



# Training PM Gränna

## TRAINING PACKAGE #1



Active	Controls are out 1 March –30 April 2026
Courses	1) Middle distance 6.8 km. 2) Middle distance 4.0 km Courses intended for night training.
Controls	Marked with reflective flags. SI units on some controls.
Livelox	Courses available on Livelox (password printed on map).
Map	Grännaberget Scale 1:10 000 and 1:7 500 Contour interval 5 m Drawn 2014, completely revised 2025.
Map owner	Grännabygdens OK
Terrain description:	Moderately undulating. Many paths. Partially stony forest floor. Similar to area near the 10MILA arena.
Directions	<a href="#">GBOK club house at the Grännaberget</a> . Enter from Rt 133, 200 m East of motorway exit Gränna.
Start & finish	By the GBOK club house.
Shower	Available at GBOK club house (when not rented).
Course setter	Jan-Olof Nyberg <a href="mailto:janyb51@outlook.com">janyb51@outlook.com</a> 0737-183044

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](mailto: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](mailto:traning2026@10mila.se).

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



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