

Ruka
Kuusamo Finland
WC course 4.0 km B
Map 1:10 000

20 km: Cross-Country, (5 x 4.0 km)



Course length:	4,126m	Height difference (HD):	52m	Lowest point:	298m
Course category:		Maximum climb (MC):	0m	Highest point:	350m
		Total climb (TC):	142m		

