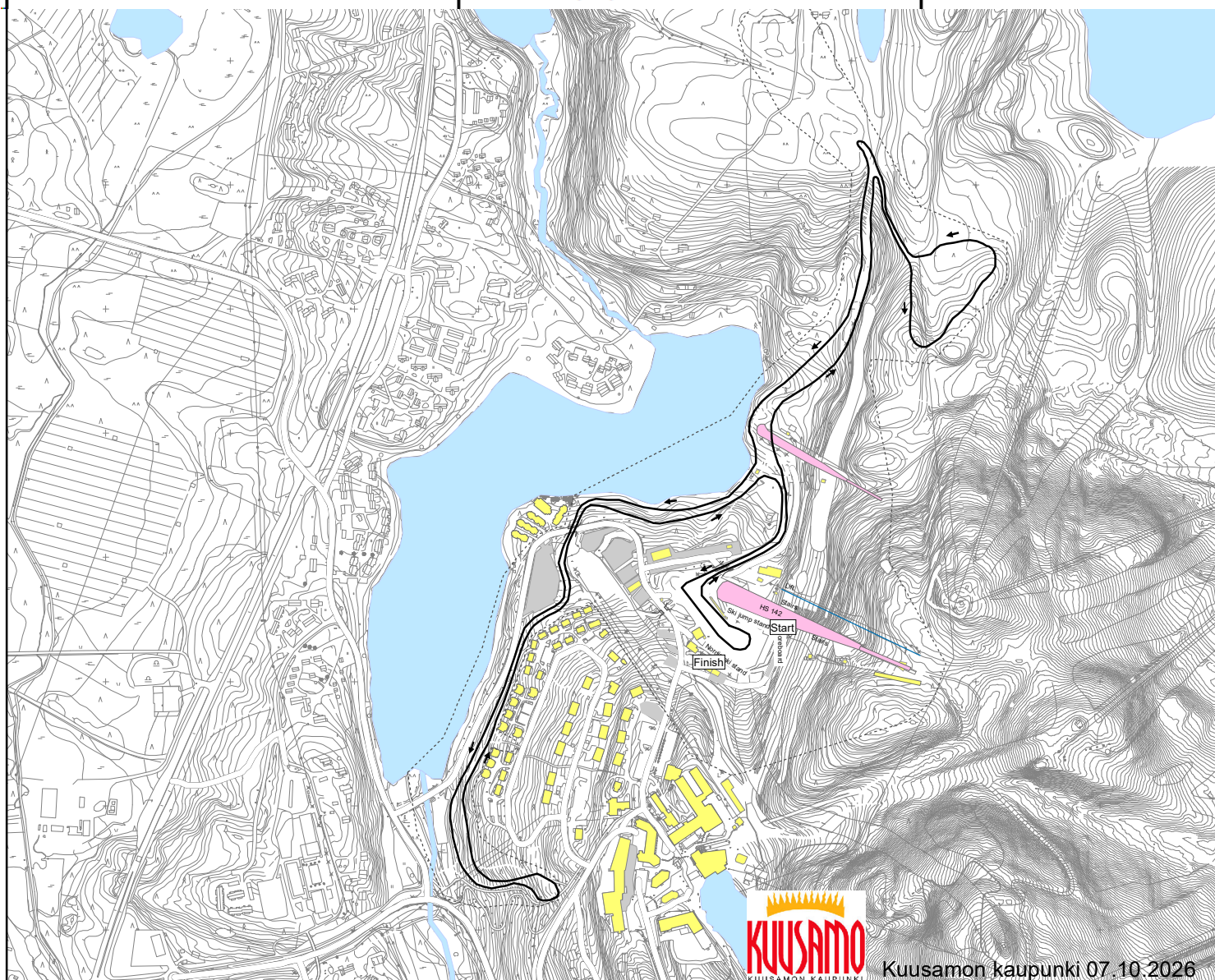


Ruka  
Kuusamo Finland  
WC course 5.0 km  
Map 1:10 000

10 km: Women, (C,2 x 5 km)  
10 km: Men, (C,2 x 5 km)



|                  |        |                         |      |                |      |
|------------------|--------|-------------------------|------|----------------|------|
| Course length:   | 5,085m | Height difference (HD): | 65m  | Lowest point:  | 298m |
| Course category: |        | Maximum climb (MC):     | 0m   | Highest point: | 363m |
|                  |        | Total climb (TC):       | 186m |                |      |



Kuusamon kaupunki 07.10.2026