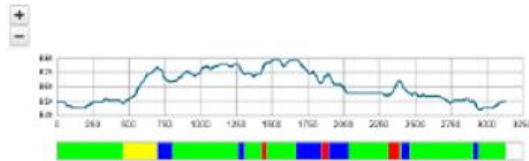


River Bend Golf & Recreation Area

3.3 km course

U18, U20, Seniors
& Masters
x3 Distance



3.3 km hills course

| | | | | | | | |
|-------------------|-------------|-------|-------------------------|---------|--------------|----------------|------------------|
| Course length: | 3,137m | | Height difference (HD): | | 36m | Lowest point: | 844m |
| | | | Maximum climb (MC): | | 26m | Highest point: | 870m |
| | | | Total climb (TC): | | 96m | | |
| A-climb | # | at m | PHD (m) | PTG (m) | grad. (%) | avg. grad. (%) | |
| | 1 | | 493 | 25 | 25 | 4.7 - 29.8 | 10.5 |
| | total | | | | 25 | | 26.0% part of TC |
| B-climb | | | | | 0 | | 0.0% part of TC |
| C-climb | 1 | 1,429 | 6 | 6 | 0.0 - 29.7 | 17.6 | |
| | 2 | 1,847 | 6 | 7 | -13.6 - 15.0 | 11.1 | |
| | 3 | 2,322 | 9 | 9 | 0.0 - 27.7 | 12.5 | |
| | total | | | | 22 | | 22.9% part of TC |
| undulated terrain | total | | | | 48 | | 50.0% part of TC |
| | total climb | | | | 96 | | |