



## 26. – 27. November 2016: FIS WORLDCUP XC and NC in Ruka.

Conditions	Thu 24.11.	Fri 25.11.	Sat 26.11.	Sun 27.11.
Snow temp. °C	-1,5	-9,0	-6,5	-5,5
Air temp. °C	-2,5	-10,5	-5,5	-7,0
Air humidity %RH	88	81	85	84
Snow humidity (Ref. Doser instr.)	27	27	18	25
Snow type	Artificial transformed + natural new. Coarse	Artificial transformed + natural new. Coarse	New	New
Weather	Light snowfall	Partly cloudy.	Snowfall	Cloudy
<b>Swix recommendations</b>				
Wax	HF6X	HF6X	HF6X	HF6X
Cera F	FC6X	FC6X	FC6X + HVC-C	FC6X + HVC-C
Kick	KB20 + KX35	KB20 + KX35	VG30 + V30 + VX43	VG30 + V30 + VX43

**RESULTS:**

**26.11.: Ladies sprint C**

	Name	Nation	Skibrand	Poles
1.	Stina Nilsson	SWE	Fischer	SWIX
2.	Maiken Caspersen Falla	NOR	Fischer	SWIX
3.	Heidi Weng	NOR	Madshus	SWIX

**26.11.: Men sprint C**

	Name	Nation	Skibrand	Poles
1.	Pål Golberg	NOR	Madshus	
2.	Calle Halvfarsson	SWE	Fischer	
3.	Johannes Høsflot Klæbo	NOR	Fischer	

**26.11.: Nordic Combined Gundersen LH HS142/10km**

	Name	Nation	Skibrand	Poles
1.	Johannes Rydzek	GER	Fischer	SWIX
2.	Eric Frenzel	GER	Fischer	SWIX
3.	Jørgen Gråbak	NOR	Fischer	SWIX

**27.11.: Ladies 10 km C**

	Name	Nation	Skibrand	Poles
1.	Marit Bjørgen	NOR	Fischer	SWIX
2.	Krista Parmakoski	FIN	Madshus	
3.	Heidi Weng	NOR	Madshus	SWIX

**27.11.: Mens 15 km C**

	Name	Nation	Skibrand	Poles
1.	Iivo Niskanen	FIN	Rossignol	
2.	Emil Iversen	NOR	Fischer	SWIX

<b>3.</b>	<b>Martin Johnsrud Sundby</b>	<b>NOR</b>	<b>Fischer</b>	
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**27.11.: Nordic Combined Gundersen LH HS142/10km**

	<b>Name</b>	<b>Nation</b>	<b>Skibrand</b>	<b>Poles</b>
<b>1.</b>	<b>Johannes Rydzek</b>	<b>GER</b>	<b>Fischer</b>	<b>SWIX</b>
<b>2.</b>	<b>Wilhelm Denifl</b>	<b>AUT</b>	<b>Salomon</b>	
<b>3.</b>	<b>Akito Watabe</b>	<b>JPN</b>	<b>Fischer</b>	<b>SWIX</b>