

Aksel Lund Svindal (NOR)
2010 Olympic Super-G champion

Super-G combines technique of slalom with physical demands of downhill

Straights: Aerodynamic tuck and minimal edging increases glide speed

Turns: Fluid shift of weight to inside ski – knees, shins and edges in parallel stance

SKI LENGTH

COURSE LENGTH (metres)			DROP	
Downhill	3,495	2,713	1,075	790
Super-G	2,096	2,162	622	615
Giant Slalom	1,638	1,325	450	400
Slalom	572	507	220	190
Super combined downhill	3,219	2,713	977	790
Super combined slalom	572	507	220	190

Slalom: 165cm

Giant Slalom: 195cm

Super-G: 210cm

Downhill: 218cm

Alpine Skiing gold medals	Germany	Austria
Switzerland	Italy	
United States	Norway	

Vancouver 2010