

Cross-Country Skiing

Alpensia Cross-Country Skiing Centre



Total of 12 events. Skiers race using classic or free techniques

Sochi triple gold medallist
Marit Bjoergen (NOR)



Classic: Skis kept parallel, skier glides forward by pushing off on planted ski



Free: Skis held in V-shape, skier pushes skis out sideways in skating motion to propel forwards



Double poling: Used in classic and free racing. Skier pushes both poles down and back to glide forwards

EVENTS (C = Classic, F = Free)

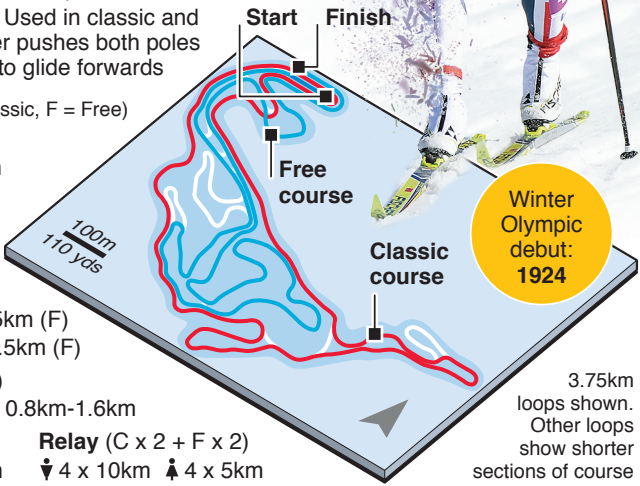
Individual (F)
 ♀ 15km ♂ 10km

Sprint (C)
 ♀ 1km-1.8km
 ♂ 0.8km-1.6km

Skiathlon
 ♀ 15km (C) + 15km (F)
 ♂ 7.5km (C) + 7.5km (F)

Team Sprint (F)
 ♀ 1km-1.8km ♂ 0.8km-1.6km

Mass Start (C) **Relay (C x 2 + F x 2)**
 ♀ 50km ♂ 30km ♀ 4 x 10km ♂ 4 x 5km



Cross-country medal table Sochi 2014

🇨🇭 Switzerland	2	0	0	🇳🇴 Norway	4	0	2	3
🇸🇪 Sweden	1	3	3	🇸🇪 Sweden	1	2	1	
🇳🇴 Norway	1	0	1	🇵🇱 Poland	1	0	0	