

2009-2010

28.11.2009 Ruka WCup Sprint Men/Sprint Women

28.11.2009 - HA

Air: +1,2°C Snow: 0°C Humidity c. 98%.

Glide Waxing:

Base: BM6 molybdenumfluorglider

Glider: N4 Nanofluor glider.

Top: N1-nanoliquid 2 drops and on the top SF30 or N5 powder with hot iron. Let cool down, scrape, brush and polish well.

Kick:

Base: Base klister thin layer

Kick: Purple klister one layer. On the top MFW-Yellow +1...+10C klister oe layer. Let cool well before skiing!

28.11.2009 WCup Nordic Combined 28.11.2009 Ruka

28.11.2009 - HA

Air: +1,4°C Snow: 0°C Humidity c. 98%.

Glide Waxing:

Base: BM6 molybdenumfluorglider

Glider: N4 Nanofluor glider.

Top: N1-nanoliquid 2 drops and on the top N7 powder with hot iron. Let cool down, scrape, brush and polish well.

29.11.2009 WCup Ruka 10 km Women Classic & 15 km Men Classic

29.11.2009 - HA

Air: -0,3 °C Snow: -0,5 °C Humidity c. 98%.

Glide Waxing:

Base: BM6 molybdenumfluorglider

Glider: N4 Nanofluor glider.

Top: N7 powder with hot iron. Let cool down, scrape, brush and polish well.

Kick:

Base: Base klister and Base Wax Extra mixed.

Kick: Special klister +2..-2C and Universal Plus +1...+10C klister mixed. On the top BM-kick outside to cold ski.

16.01.2010 World Cup Otepää Estonia, Women 10km /Men 15 km Classic

17.01.2010 - HA

Air: -7 °C Snow: -8 °C Humidity c. 80%.

Glide Waxing:



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Base: LF08 lowfluorglider

Glider: HF80 High fluor glider.

Top: SFR75 powder with hot iron. Let cool down, scrape, brush and polish well.

Kick:

Base: Base Wax one thin layer with iron.

Kick: Synthetic Purple +1...-3C. Four thin layers of syntheticBlue -2...-6 C. Cover outside with thin layer of

Tar Five (-2...-7).

17.01.2010 World Cup Otepää Estonia, Women /Men Sprint Classic

17.01.2010 - HA

Air: -8 °C Snow.-9 °C Humidity c. 80%.

Glide Waxing:

Base: LF08 lowfluorglider

Glider: HF80 High fluor glider.

Top: SFR75 powder with hot iron. Let cool down, scrape, brush and polish well.

Kick:

Base: Base Wax Extra one thin layer with iron.

Two thin layers of Base wax corked.

Kick: Four thin layers of MFW Blue -3...-10C. Cover outside with thin layer of Black Magig Fuor kick wax.

13.02.2010 Vancouver OG Biathlon W 7,5km Sprint

18.02.2010 - HA

Air: +1°C Snow old -0,5 °C Humidity c. 75%.

Glide Waxing:

Base: BM6 Molybdenfluorglider

Glider: N2 Nano-fluor glider.

Top: N5 nano powder with hot iron. Let cool down, scrape, brush and polish well. On the top N3 liquide.

14.02.2010 Vanc. OG NC 10km, Biathlon M 10km Sprint

18.02.2010 - HA

NC:

Air: +2 °C Snow.-0,2 °C Humidity c. 85%.

Glide Waxing:

Base: BM6 Molybdenfluorglider

Glider: N4 Nano- fluor glider.

Top: N5 nano powder with hot iron. Let cool down, scrape, brush and polish well. N3 nanoliquide on the top.

Biathlon: Snowfall

Air: +2 °C Snow.-0,2 °C Humidity c. 85%.

Glide Waxing:

Base: BWLF lowfluorglider

Glider: N2 Nano- fluor glider.

Top: SFR30 fluor powder with hot iron. Let cool down, scrape, brush and polish well. N9 nanofluor bloc on the top.

15.02.2010 Vanc. OG XC W 10km Free, M 15 km Free

18.02.2010 - HA

Air: -2,3 °C Snow. old -1,7 °C Humidity c. 87%.

Glide Waxing:

Base: BM6 Molybdenfluorglider

Glider: N4 Nano- fluor glider.

Top: N5 nano powder with hot iron. Let cool down, scrape, brush and polish well.

16.02.2010 Vanc. OG Biathlon W 10km, M 12,5 km

18.02.2010 - HA

Air: +0 °C Snow. new 0 °C Humidity c. 97%.

Glide Waxing:

Base: SW red service wax

Glider: N2 Nano- fluor glider.

Top: N5 nano powder with hot iron. Let cool down, scrape, brush and polish well. On the top N9 block with cork.

17.02.2010 Vanc. OG XC W/M Sprint Classic

18.02.2010 - HA

Air: -2 °C Snow.-3 transformed °C Humidity c. 85%.

Glide Waxing:

Base: BM6 Molybdenfluorglider

Glider: N4 Nano- fluor glider.

Top: N5 nano powder with hot iron. Let cool down, scrape, brush and polish well.

Kick Waxing:

Base: Base Klister

Kick wax: Special Klister +2...-2C.

Top: Universal Plus Klister +10...+1C

18.02.2010 Vanc. OG Biathlon W15km, M20 km

21.02.2010 - HA

W15km

Air: -2 °C Snow.-3 transformed °C Humidity c. 70%.

Glide Waxing:

Base: BM6 Molybdenfluorglider

Glider: N4 Nano- fluor glider.

Top: N5 nano powder with hot iron. Melt some BM6 glider on the powder. Let cool down, scrape, brush and polish well.



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M20km

Air: 4 °C Snow:0 transformed °C Humidity c. 85%.

Glide Waxing:

Base: BM4 Molybdenfluorglider

Glider: N4 Nano- fluor glider.

Top: N5 nano powder with hot iron. Melt some BM6 glider on the powder and iron together. Let cool down, scrape, brush and polish well.

19.02.2010 Vanc OG XC Women pursuit 7,5 Cl + 7,5 Sk

21.02.2010 - HA

Classic part:

Air: 6 °C Snow:-2 transformed °C Humidity c. 52%.

Glide Waxing:

Base: BM6 Molybdenfluorglider

Glider: N4 Nano- fluor glider.

Top: N7 nano powder with hot iron. Melt some BM6 glider on to the powder and iron together. Let cool down, scrape, brush and polish well.

Kick Waxing:

Base: Base Klister

Kick wax: Special Klister +2...-2C and MFW Yellow +10..+1 klister 40/60% mixed together

Top: Thin layer of Universal Plus klister.

Skating Part:

Glide Waxing:

Base: BM6 Molybdenfluorglider

Glider: N4 Nano- fluor glider.

Top: N5 nano powder with hot iron. Melt some N4 glider on to the powder and iron together. Let cool down, scrape, brush and polish well.

20.02.2010 Vanc OG Pursuit Men 15km Cl +15 km Sk

21.02.2010 - HA

Glide Waxing:

Base: N6 Nanoglider

Glider: N5 Nanopowder no scraping

Top: N4 nano glider with hot iron on the powder and iron together. Let cool down, scrape, brush and polish well.

SFR92 Block ironed trough fiberlene. Brush and polish well!

Kick Waxing:

Base: Base Klister

Kick wax: Special Klister +2...-2C and MFW Yellow +10..+1 klister 40/60% mixed together

Top: Thin layer of Universal Plus klister.

21.02.2010 Vanc. OG. Biathlon mass start M 15 km / N 12,5 km

22.02.2010 - HA

Glide Waxing:

Base: N6 Nanoglider



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Glider: N5 Nanopowder no scraping

Top: N4 nano glider with hot iron on the powder and iron together. Let cool down, scrape, brush and polish well.

SFR92 Block ironed trough fiberlene. Brush and polish well!

22.02.2010 Vanc OG M / W Team Sprint Free

23.02.2010 - ha

Qualifying

Temp. Air +7C, Old snow 0C,

Glide Waxing:

Base: N6 Nanoglider

Glider: N5 Nanopowder no scraping

Top: N6 nano glider with hot iron on the powder and iron together. Let cool down, scrape, brush and polish well.

SFR92 Block ironed trough fiberlene. Brush and polish well!

Finals

Temp. Air +10C, Snow old 0C

Glide Waxing:

Base: N6 Nanoglider

Glider: N5 Nanopowder no scraping

Top: N4 nano glider with hot iron on the powder and iron together. Let cool down, scrape, brush and polish well.

SFR92 Block ironed trough fiberlene. Brush and polish well!

23.02.2010 NC Team Relay, Biathlon Women Relay 4x6km

25.02.2010 - ha

Temp Snow 0C, Air +4C new snow.

Glide Waxing:

Base: N6 Nanoglider

Glider: N4 Nanoglider

Top: N5 nano glider with hot iron. Let cool down, scrape, brush and polish well.

24.02.2010 Vanc. OG Relay Men 4x10km

25.02.2010 - HA

Snow Temp. 0C, Air temp 0C, new falling snow.

Glide Waxing:

Base: N6 Nanoglider

Glider: N2 Nanoglider no scraping

Top: N5 nano glider with hot iron. Let cool down, scrape, brush and polish well.

Kick Waxing:

Base: Base Klister

Kick wax: BM klister and Universal Plus klister +10..+1 klister 50/50% mixed together

Top: Just little gliding powder on the klister. Do not rub!



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25.02.2010 Olym G. XC Womer relay 4x5km, NC Individual 10km

25.02.2010 - HA

Snow Temp. 0C, Air temp 2C, wet snow. Salted track!

Glide Waxing:

Base: N6 Nanoglider

Glider: N2 Nanoglider

Top: N1 nanoliquid 2 drops on both sides of the groove.

Rub evenly and spread N5 nano glider on the liquide. Iron together with hot iron. Let cool down, scrape, brush and polish well.

Kick Waxing:

Base: Base Klister

Kick wax: BM klister and Universal Plus klister +10..+1 klister 50/50% mixed together

IF SNOWING:

Top: Just little gliding powder on the klister. Do not rub!