



LONG COURSE

- 1 Pile carry
- 2 Down-under-down-under
- 3 Crawling
- 4 Wall
- 5 Tyrecombo
- 6 HoneyPower hives
- 7 Floor is lava



VÄGILASE
JOOKS

NARVA 2023

SHORT COURSE

- 8 Summertyres
- Waterpoint
- 9 Wall
- 10 Small triangles
- 11 Ring special
- 12 Big triangle
- 13 Crawling
- 14 Ladders
- 15 Baltyre rehvi tyre flipping
- 16 Wett laundry
- 17 Stairs
- 18 OCR Hercules Hoist
- 19 Mudhole
- Waterpoint
- 20 Sloping wall
- 21 Sadala Agro harrowing
- 22 Hill
- 23 Walk the wall
- 24 SPA
- 25 Crawling
- 26 Low hanging
- 27 Veski Mati carrying fluffy
- 28 Copper trainings Salmon ladder or run with weights
- 29 Wall

LONG COURSE - 7.5 KM
SHORT COURSE - 4 KM



EESTI KULTUURKAPITAL



Live results: <http://live.seiklushunt.ee/>