



THE ARCTIC TRIPLE

- Navigation map:
Lofoten Stage Run 130KM

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Kjerkfjorden - Selfjorden
Distance: 11 km
Elevation: 750 m

The graph illustrates the growth of the U.S. population aged 65 and older over a 30-year period. The population starts at approximately 100 million in 1980, rises to about 180 million by 1985, dips slightly, then surges to a peak of nearly 400 million around 1995. After a decline to about 130 million by 2000, it rises again to approximately 200 million by 2005 and remains relatively stable until 2010.

Year	Population (millions)
1980	100
1985	180
1990	150
1995	390
2000	130
2005	200
2010	200

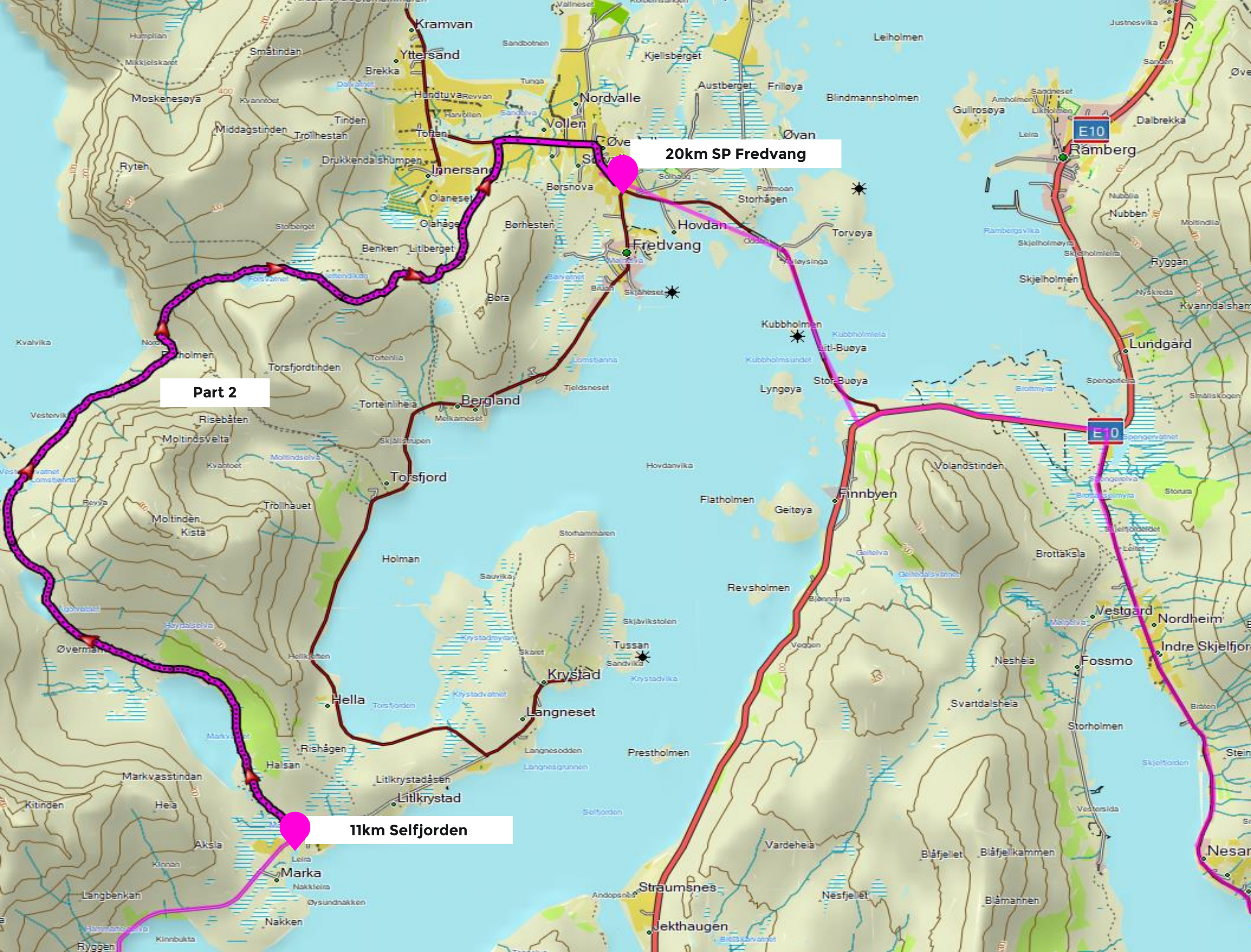


Stage 1

Selfjorden - Fredvang
Distance: 9 km
Elevation: 500 m



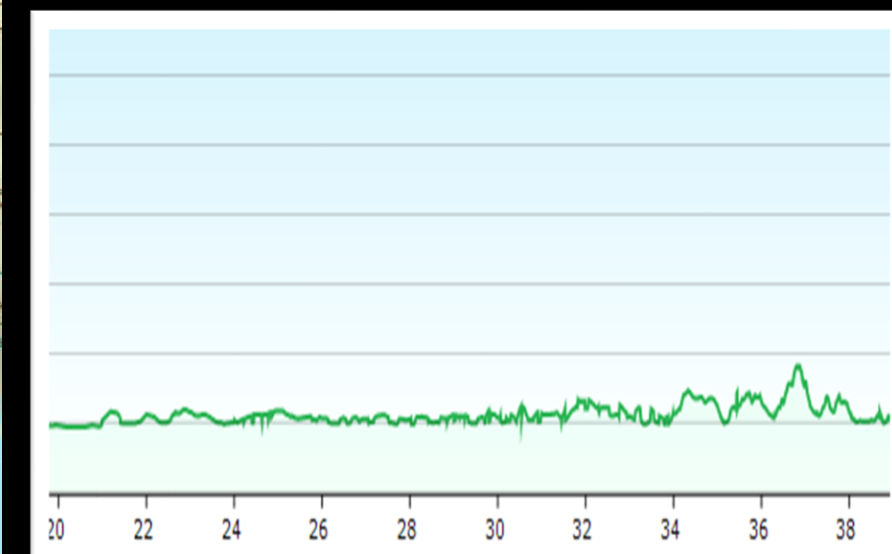
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Stage 1

Fredvang - Nusfjord
Distance: 19 km
Elevation: 350 m

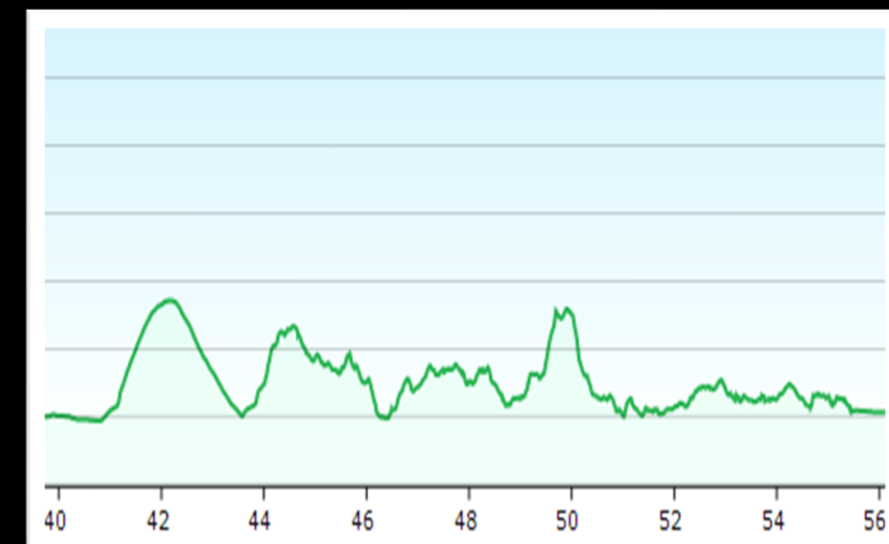


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Stage 2

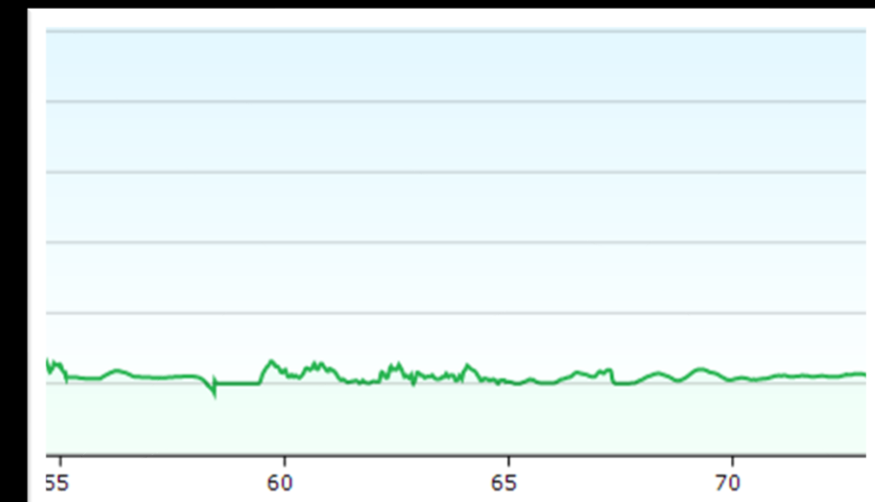
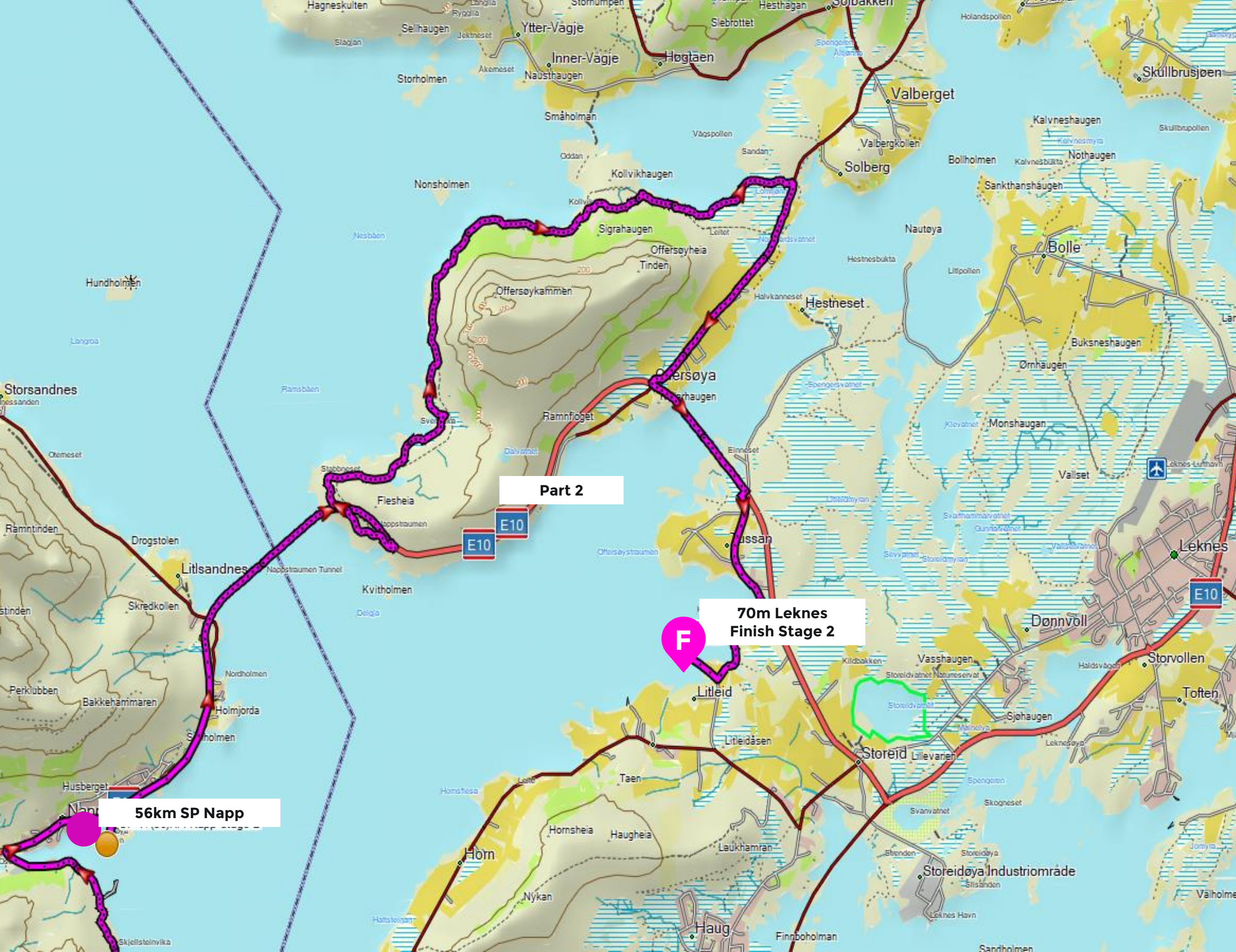
Nusfjord – Napp
Distance: 17 km
Elevation: 900 m



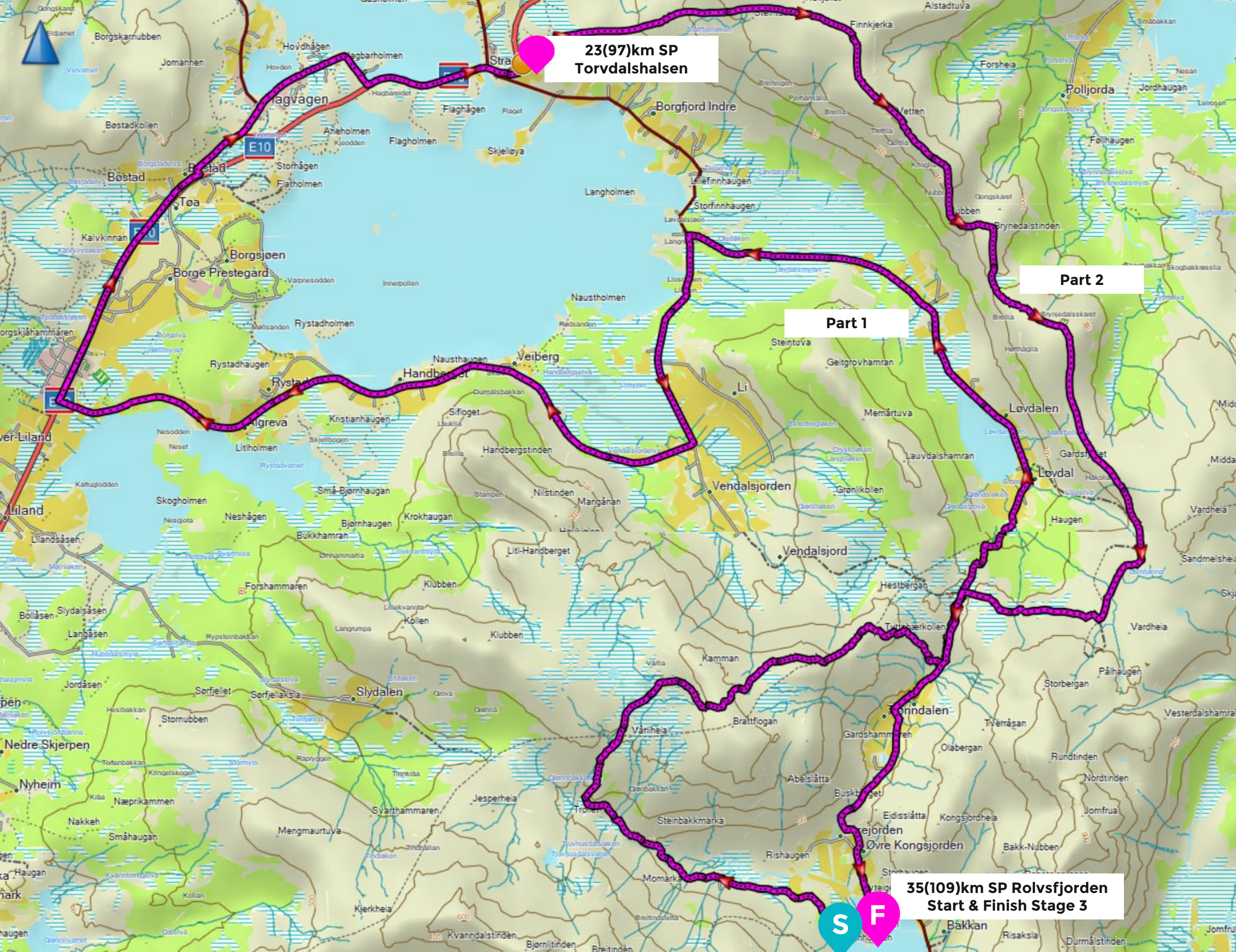
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Stage 2

Napp - Leknes
Distance: 14 km
Elevation: 300 m



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Stage 3

Rolvsfjorden - Torvdalshalsen -
Rolvsfjorden
Distance: 23+12 km
Elevation: 800+700 m



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Stage 4

Kleppstad - Svolvær
Distance: 21 km
Elevation: 1150 m



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