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Understanding Ski Jumping: An Overview

Ski jumping is a thrilling winter sport where athletes descend a steep ramp at high speeds, leap into the air, and aim to land the longest jump possible before gliding to the finish line. But how are these impressive feats measured and scored?

The Measurement of Ski Jumps: K-Point and Beyond

In ski jumping competitions, judges measure jumps from the takeoff to a reference point called the "K-point," which indicates the assessment location for the distance covered by the athlete. The following table illustrates the relationship between jump distance (in meters), K-point, and maximum landing point:

Distance (m)

Paul Pogba admitted to Juventus that he took some nutritional supplements not knowing they contained testosterone that led to his positive drug test and provisional four-year ban, a source told ESPN.

[Paul Pogba failed doping test due to supplement - source - ESPN](#)

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The tribunal said Pogba had violated anti-doping rules

when they found the prohibited substance "non-endogenous testosterone metabolites," adding that the results were "consistent with the

exogenous origin of the target compounds."

[Juventus' Pogba positive for testosterone, risks 4-year ban - ESPN](#)

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