

SSL TRAINING PACKAGE I WCUP 2023 NORWAY

#4 Long-Short legs

TRAINING TYPE:

LONG-SHORT LEGS & MICROSPRINT

MAP:

ISEBAKKETJERN | Mapmaker: B. A. Paulsen (2014)

Scale | Contours: 1/10.000 or 1/15.000° | 5 m
XSprint 1 /4.000°



LOCATION:

59.367039, 10974970

<https://goo.gl/maps/t5mtJWYBfi5x7u3Q8>

TRAINING INFO:

Distances: 8,9km | 270m↗ + 0,7km

Controls: 15x15 control flags, from 16/03 to 25/04

Course: T. Gueorgiou
[LiveloX](#) (password: WCupNOR23) | [2Drerun](#)



DESCRIPTION:

One of the maps used much during WOC 2019 preparation. Not been remapped recently but potentially quite much relevancy with detailed slopes and tricky control placements, so worth another visit!

The course has a focus on longer legs, questioning about runnability and where to cross the cliffs, followed by shorter legs with intense navigation.

NOTE:

Start at 800m from the parking. Possibility to shorten the course in several places.

The course is ending at the control 17th, which is also the start of the micro sprint. The micro sprint is also having a focus on slope and understanding contours.

WCUP 2023 I NORWAY				
A		8,9 km	270 m	
▷				
1	31			
2	32			
3	33			
4	34	●		○
5	35			
6	36			
7	37			
8	38			
9	39			
10	40			
11	41	↓		
12	42			
13	43	●		◊
14	44	↖		
15	45			
16	46	↔		
17	47	●		◊

WCUP 2023 I NORWAY				
A		8,9 km	270 m	
▷				
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2	32			
3	33			
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6	36			
7	37			
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9	39			
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11	41	↓		
12	42			
13	43	●		◊
14	44	↖		
15	45			
16	46	↔		
17	47	●		◊

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9	39			
10	40			
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12	42			
13	43	●		◊
14	44	↖		
15	45			
16	46	↔		
17	47	●		◊

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11	41	↓		
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13	43	●		◊
14	44	↖		
15	45			
16	46	↔		
17	47	●		◊

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2	32			
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4	34	●		○
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7	37			
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9	39			
10	40			
11	41	↓		
12	42			
13	43	●		◊
14	44	↖		
15	45			
16	46	↔		
17	47	●		◊

ISEBAKKETJERN

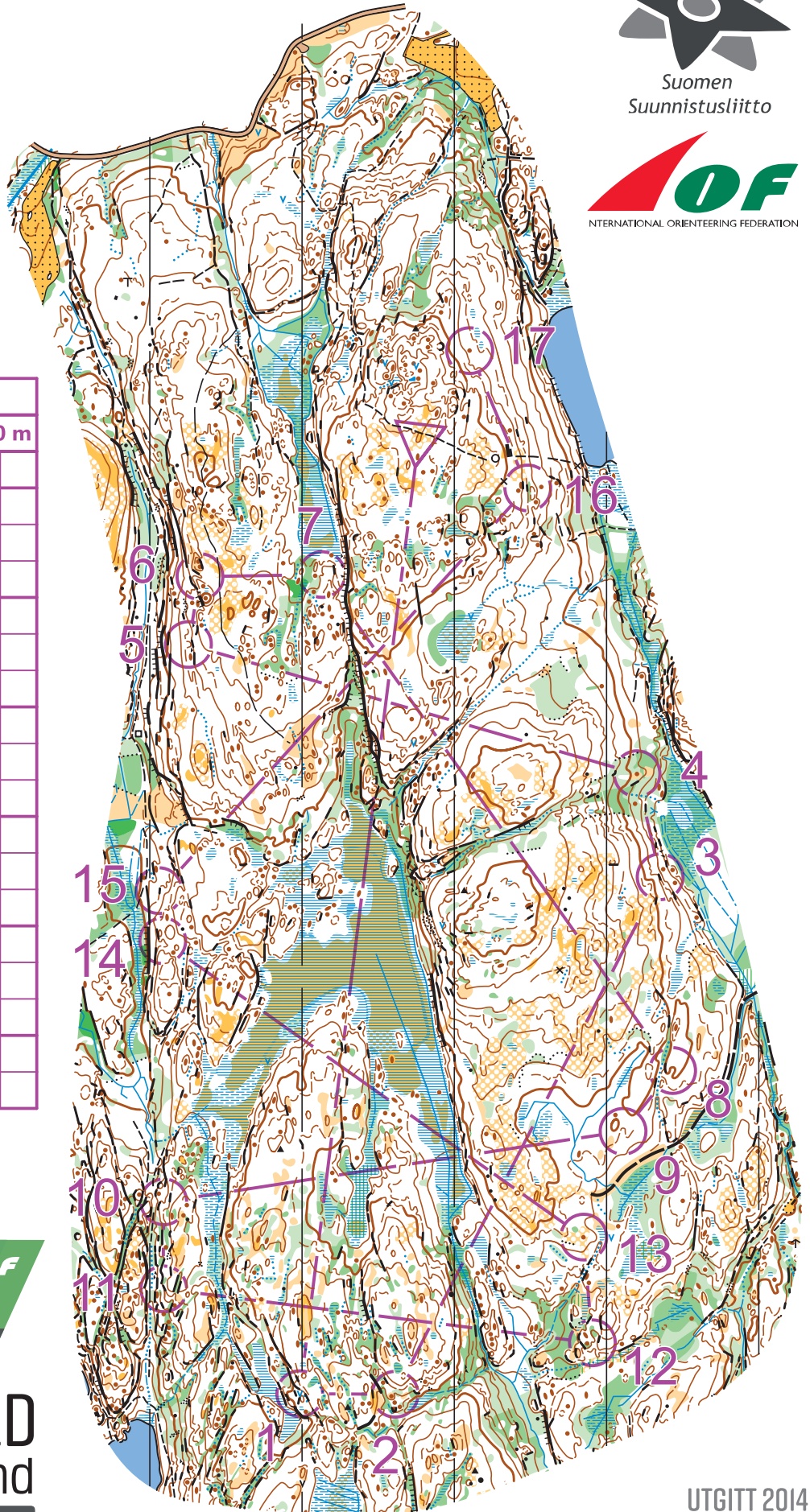
MÅLESTOKK 1:10.000
EKVDISTANSE 5 M



Suomen
Suunnistusliitto



WCUP 2023 I NORWAY			
A		8,9 km	270 m
▷		⌋	
1	31	∩	
2	32	∩	
3	33	∩	⊥
4	34	●	○
5	35	∩	
6	36	∩	
7	37	∩	
8	38	∩	
9	39	∩	
10	40	∩	
11	41	↓	⊥
12	42	∩	
13	43	●	⊥
14	44	↖	
15	45	∩	⊥
16	46	→	
17	47	●	⊥



World Cup 26-30. april 2023

COURSE: T. GUEORGIU

UTGITT 2014
REVIDERT VINTER 2014/15
SYNFARING B. A. PAULSEN
UTGITT AV TRØSKEN IL

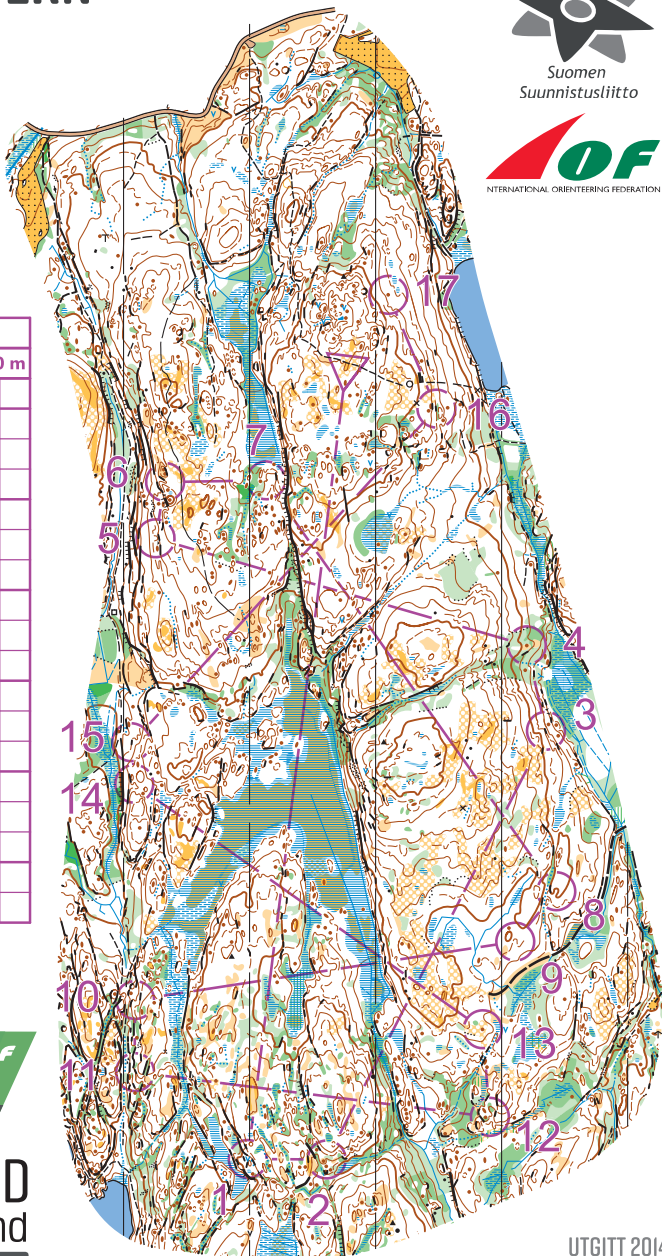
ISEBAKKETJERN

MÅLESTOKK 1:15.000

EKVDISTANSE 5 M



Suomen
Suunnistusliitto



WCUP 2023 I NORWAY			
A		8,9 km	270 m
▷		⌈	
1	31	▽	
2	32	∩	
3	33	⌈ ⌈	⌒
4	34	●	○
5	35	∩	
6	36	∩	
7	37	∩	
8	38	∩	
9	39	∩	
10	40	∩	
11	41	↓	⌒
12	42	⌈ ⌈	∩
13	43	●	∩
14	44	↗	∩
15	45	∩	⌒
16	46	⌈ ⌈	∩
17	47	●	∩



World Cup 26-30. april 2023

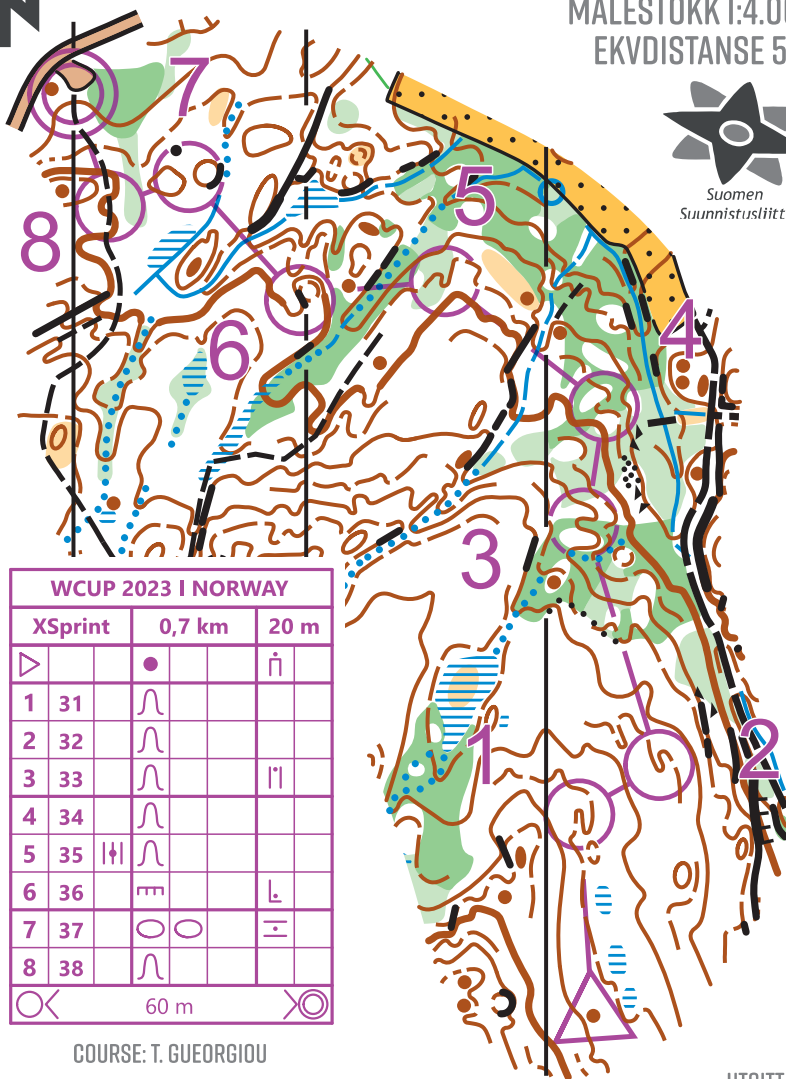
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UTGITT 2014
REVIDERT VINTER 2014/15
SYNFARING B. A. PAULSEN
UTGITT AV TRØSKEN IL



ISEBAKKETJERN

MÅLESTOKK 1:4.000
EKVDISTANSE 5 M



WCUP 2023 NORWAY			
XSprint		0,7 km	20 m
▷		●	ñ
1	31	∩	
2	32	∩	
3	33	∩	∩
4	34	∩	
5	35	∩	
6	36	∩	∩
7	37	○ ○	∩
8	38	∩	

60 m

COURSE: T. GUEORGIU



UTGITT 2014
REVIDERT VINTER 2014/15
SYNFARING B. A. PAULSEN
UTGITT AV TRØSKEN IL