

SSL TRAINING PACKAGE I WCUP 2023 NORWAY

#8 "Model Event"

TRAINING TYPE:

MODEL EVENT

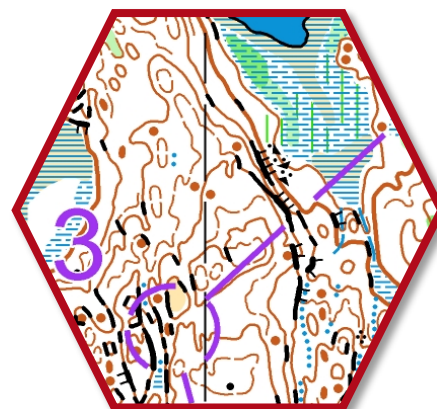
MAP:

MØRK I Mapmaker:

K. Treekrem (2019)

Scale I Contours:

1/10.000 I 5 m



LOCATION:

Tureparkering Trollerudåsen 59.520558, 11.025175

<https://goo.gl/maps/6pWPys6ZraPvmp426>

Note : Other options around if that parking is full.

TRAINING INFO:

Distances: 8,5km I 235m ↗

Short cuts: 6>15: 4,2km 8>14: 6,2km

Controls: Red and white ribbons, from 16/03 to 25/04

Course: T. Gueorgiou

[LiveloX](#) (password: WCupNOR23) I [2Drerun](#)



DESCRIPTION:

Ideally, this training is to be done before the fast session planned the 8th and 9th on other areas of that same map used for WOC 2019. But any other time will be good as well, as Mørk is the only training map with relevant mapper.



As every mapmaker Kristen Treekrem has his own mapping style, but he definitively belongs to the most renowned Norwegian mappers, as he was drawing the maps of the last three world championships organized in Norway (Grimstad 1997, Trondheim 2010, and Østfold 2109).

That course is visiting different type of terrains giving a good overview of the runnability and the challenges to expect in the coming weeks.

NOTE:

Start at 1,3km, finish at the parking.

WCUP2023 II NORWAY						
Model		8,5 km		235 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	46					
16	47					
17	48					
18	49					
19	50					
20	51					
21	45					
	190 m					

WCUP2023 II NORWAY						
Model		8,5 km		235 m		
▷						
1	31					
2	32					
3	33					
4	34					
5	35					
6	36					
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17	48					
18	49					
19	50					
20	51					
21	45					
	190 m					

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18	49					
19	50					
20	51					
21	45					
	190 m					

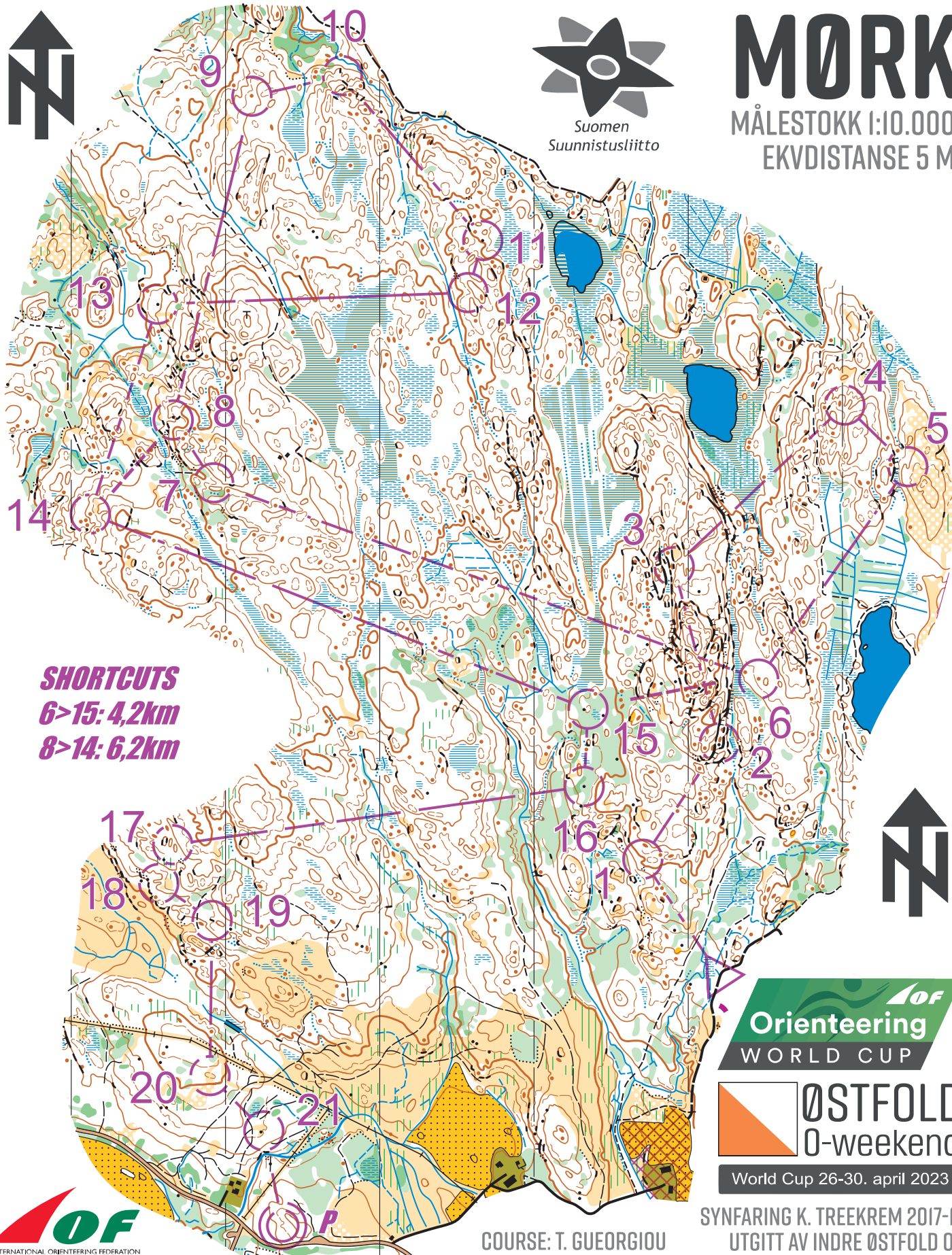


Suomen Suunnistusliitto

MØRK

MÅLESTOKK 1:10.000

EKVDISTANSE 5 M



SHORTCUTS
6>15: 4,2km
8>14: 6,2km



World Cup 26-30. april 2023

SYNFARING K. TREEKREM 2017-18
UTGITT AV INDRE ØSTFOLD OK



COURSE: T. GUEORGIOU

WCUP2023 II NORWAY			
Model	8,5 km	235 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 46	∩		∩

16 47	▲		∩
17 48	∩ ∩		≡
18 49	↓ ∩		
19 50	≡		⊥
20 51	∩		∩
21 45	∩		

190 m