SSL TRAINING PACKAGE I WCUP 2023 NORWAY

#11 LD

TRAINING TYPE:

LONG DISTANCE

MAP:

VÅLER VARDE I Mapmaker: H. Lundhaug (2019)

Scale I Contours: 1/15.000 I 5 m

LOCATION:

59.465659, 10.813363

https://goo.gl/maps/S8irwt6P6Gsm2inW7

TRAINING INFO:

Distances: Long 10,3km I 465m *I*

Short 8,1km I 390m ↗

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

Course: A. Harju

<u>Livelox</u> (password: WCupNOR23) I <u>2Drerun</u>

DESCRIPTION:

The plan with that training is to offer another experience with 1/15.000° scale in a quite detailed and relevant terrain, even though the mapmaker is not the one used for Solrenningen, or the World Cup.

The course has some long-distance character with several long legs where good planning and being offensive could make a big difference.

NOTE:

Start at 800 m from the parking, and finish at the parking.





,	WCUP 2023 II NORWAY									
5	Shor	t	8,1 km			390 m				
\triangleright			/		X					
1	40		\mathcal{L}							
2	51	IŧI	•			Ļ				
3	71		•			·⊏				
4	72	\rightarrow	•			Ļ				
5	52	\rightarrow	\mathcal{L}							
6	39		E			_•				
7	53	1+1	•							
8	54	 	•			i				
9	55		•			·⊏				
10	56	+	E			_•				
11	57		0			·⊏				
12	61		•			·⊏				
13	60		Λ							
14	70		0			Ė				
O.	<u> </u>		90	m			<u>O</u>			

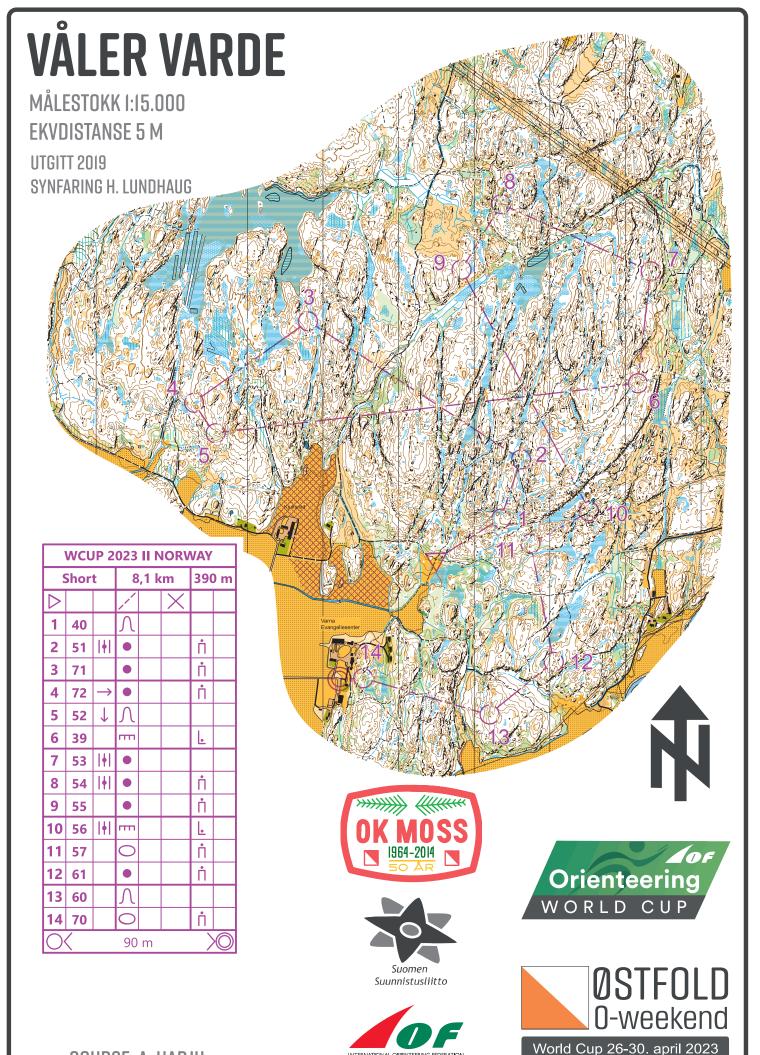
,	WCUP 2023 II NORWAY										
9	Shor	t	8	,1 k	m	390 m					
Δ			/		X						
1	40		\mathcal{N}								
2	51	IŧI	•			Ļ					
3	71		•			⊏					
4	72	\rightarrow	•			Ļ					
5	52	\rightarrow	\leq								
6	39		E			_•					
7	53	+	•								
8	54	+	•			⊏					
9	55		•			⊏					
10	56		E			_•					
11	57		0			⊏					
12	61		•			Ė					
13	60		V								
14	70		0			Ė					
Ŏ	<u> </u>		90	m			Ó				

WCUP 2023 II NORWAY									
υ,	Shor	t	8	,1 k	m	390) m		
Δ			/						
1	40		\leq						
2	51	1+1	•			i			
3	71		•			Ė			
4	72	\rightarrow	•			⊏			
5	52	\leftarrow	\mathcal{N}						
6	39		E			_•			
7	53	IŧI	•						
8	54	1	•			i			
9	55		•			·⊏			
10	56	IŧI	Ē			اف			
11	57		0			⊏			
12	61		•			Ė			
13	60		Λ						
14	70		0			Ė			
Ŏ	<u> </u>		90	m			$\overline{\mathbb{O}}$		

	WCUP 2023 II NORWAY										
-	Short			,1 k	m	390 m					
\triangle			/		X						
1	40		\setminus								
2	51	1+1	•			Ϊ́					
3	71		•			ή					
4	72	\rightarrow	•			Ϊ́					
5	52	\rightarrow	\mathcal{N}								
6	39		E			Ŀ					
7	53		•								
8	54	+	•			ή					
9	55		•			Ϊ́Ι					
10	56		Ε			Ŀ					
11	57		0			Ϊ́Τ					
12	61		•			İΠ					
13	60		Λ								
14	70		0			İΠ					
Ŏ			90	m			Ó				

WCUP 2023 II NORWAY									
,	wcu	JP 2	023	II N	IORV	VAY			
9	Short			,1 k	m	390 m			
\triangle			/ X						
1	40		\mathcal{N}						
2	51	IŧI	•			Ϊ́			
3	71		•			Ϊ́			
4	72	\rightarrow	•			Ļ			
5	52	\rightarrow	\leq						
6	39		E			Ŀ			
7	53	+	•						
8	54	_	•			Ϊ́			
9	55		•			i			
10	56	+	E			Ŀ			
11	57		0			Ϊ́			
12	61		•			İΠ			
13	60		V						
14	70		0			Ė			
<u>O</u>			90	m			<u>O</u>		

,	WCUP 2023 II NORWAY									
9	Short			8,1 km			390 m			
Δ			\	/ X						
1	40		\leq							
2	51	1	•			Ė				
3	71		•			i				
4	72	\rightarrow	•			п				
5	52	\leftarrow	\leq							
6	39		E			_•				
7	53	IŧI	•							
8	54	1	•			Ė				
9	55		•			İΠ				
10	56	1+1	E			··				
11	57		0			Ė				
12	61		•			Ė				
13	60		V							
14	70		0			Ė				
Ŏ			90	m			<u>O</u>			



COURSE: A. HARJU

WCUP 2023 II NORWAY									
I	Long	J	10,3 km			465 m			
Δ			/		X				
1	40		\leq						
2	51	۱ŧ۱	•			Ė			
3	42		•			Ė			
4	41		0			·⊏			
5	52	↓	\leq						
6	39		E			_•			
7	53	IŧI	•						
8	67		\geq						
9	68	۱ŧ۱	\leq						
10	69	IŧI	E						
11	54	I I	•			·⊏			
12	55		•			·⊏			
13	56	۱ŧ۱	E			_•			
14	57		0			·⊏			
15	61		•			Ė			
16	60		Λ						
17	70		0			Ė			
O'			90	m			Ø		

	WCUP 2023 II NORWAY										
	Long	J	10	0,3	km	465 m					
\triangleright			/		X						
1	40		\leq								
2	51	IŧI	•			İΠ					
3	42		•			Ė					
4	41		0			i					
5	52	\downarrow	Λ								
6	39		Е			Ŀ					
7	53	H	•								
8	67		Λ								
9	68	H	\mathcal{L}								
10	69	IŧI	Е								
11	54	1+1	•			Ė					
12	55		•			İΠ					
13	56	IŧI	E			ŀ					
14	57		0			Ė					
15	61		•			İΠ					
16	60		\mathcal{N}								
17	70		0			İΠ					
Oʻ	<u> </u>		90	m		<u> </u>	\bigcirc				

WCUP 2023 II NORWAY									
ı	Long			10,3 km			465 m		
\triangle			/		X				
1	40		\leq						
2	51	 	•			Ė			
3	42		•			Ė			
4	41		0			Ė			
5	52	\rightarrow	\mathcal{N}						
6	39		E			Ŀ			
7	53	1	•						
8	67		Λ						
9	68	H	\mathcal{L}						
10	69	IŧI	Е						
11	54	IŧI	•			ή			
12	55		•			Ė			
13	56	H	т			Ŀ			
14	57		0			Ė			
15	61		•			İΠ			
16	60		Λ						
17	70		0			ή			
Ó	< ⁻		90	m			Ŏ		

,	WCL	IP 2	023	WCUP 2023 II NORWAY										
I	Long	ı	10	0,3	465 m									
Δ			/		X									
1	40		\mathcal{N}											
2	51	-	•			Ϊ́								
3	42		•			İΠ								
4	41		0			Ϊ́								
5	52	\downarrow	Λ											
6	39		E			ŀ								
7	53	+	•											
8	67		\mathcal{N}											
9	68	IŧI	\mathcal{L}											
10	69	+	E											
11	54		•			ΐ								
12	55		•			ΐ								
13	56		Е			Ŀ								
14	57		0			İΠ								
15	61		•			Ϊ́								
16	60		Λ											
17	70		0			ή								
O	<u> </u>		90	m			Ó							

V	WCUP 2023 II NORWAY										
I	Long	J	10	0,3	465 m						
Δ			// X								
1	40		\leq								
2	51	1+1	•			Ė					
3	42		•			·⊏					
4	41		0			⊏					
5	52	\rightarrow	\leq								
6	39		E			_•					
7	53	\equiv	•								
8	67		\leq								
9	68	 	\leq								
10	69	\equiv	E								
11	54	1+1	•			Ė					
12	55		•			Ė					
13	56	1	E			ك					
14	57		0			·⊏					
15	61		•			Ė					
16	60										
17	70		0			Ė					
Ó	<u> </u>		90	m			O				

,	WCUP 2023 II NORWAY										
ı	Long	J	10,3 km			465 m					
Δ			/		X						
1	40		\leq								
2	51	IŧI	•			Ė					
3	42		•			Ϊ́					
4	41		0			Ė					
5	52	\downarrow	Λ								
6	39		Е			Ŀ					
7	53	IŧI	•								
8	67		Λ								
9	68	IŧI	\leq								
10	69	IŧI	ш								
11	54	IŧI	•			İΠ					
12	55		•			п					
13	56	IŧI	E			Ŀ					
14	57		0			П					
15	61		•			İΠ					
16	60		Λ								
17	70		0			İΠ					
O	<u> </u>		90	m		<u> </u>	<u> </u>				

