

SSL TRAINING PACKAGE I WCUP 2023 NORWAY

#11 LD

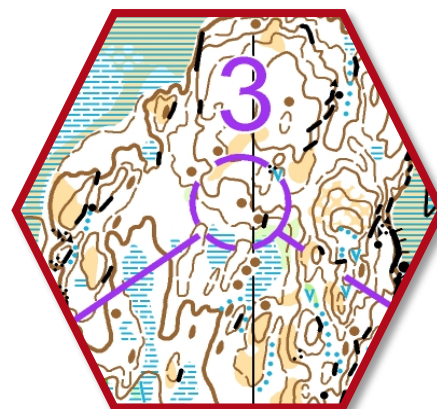
TRAINING TYPE:

LONG DISTANCE

MAP:

VÅLER VARDE | Mapmaker: H. Lundhaug (2019)

Scale | Contours: 1/15.000 | 5 m



LOCATION:

59.465659, 10.813363

<https://goo.gl/maps/S8irwt6P6Gsm2inW7>

TRAINING INFO:

Distances: Long 10,3km | 465m ↗
Short 8,1km | 390m ↗

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

Course: A. Harju
[Livelox](#) (password: WCupNOR23) | [2Drerun](#)



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					
Short		8,1 km		390 m	
▷		/	×		
1	40	∩			
2	51		●		ḡ
3	71		●		ḡ
4	72	→	●		ḡ
5	52	↓	∩		
6	39	≡			⊥
7	53		●		
8	54		●		ḡ
9	55		●		ḡ
10	56		≡		⊥
11	57	○			ḡ
12	61		●		ḡ
13	60		∩		
14	70		○		ḡ
○	90 m				⊗

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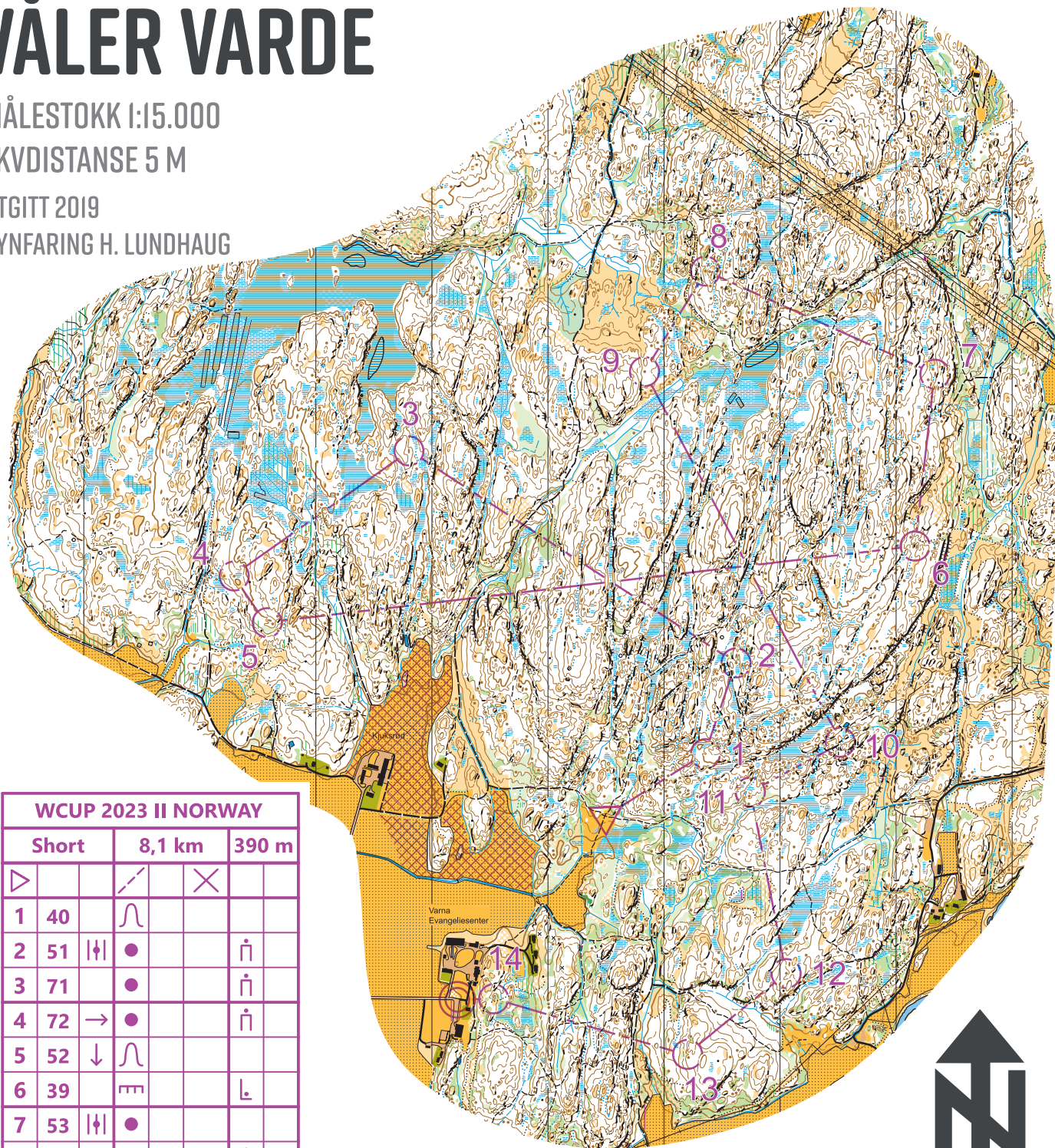
VÅLER VARDE

MÅLESTOKK 1:15.000

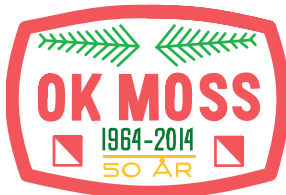
EKVDISTANSE 5 M

UTGITT 2019

SYNFARING H. LUNDHAUG



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Suomen
Suunnistusliitto



INTERNATIONAL ORIENTEERING FEDERATION



World Cup 26-30. april 2023

COURSE: A. HARJU

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7	53		●		
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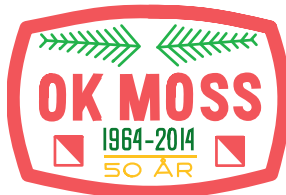
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