

# SSL TRAINING PACKAGE I WCUP 2023 NORWAY

## #13 Intervals, forked

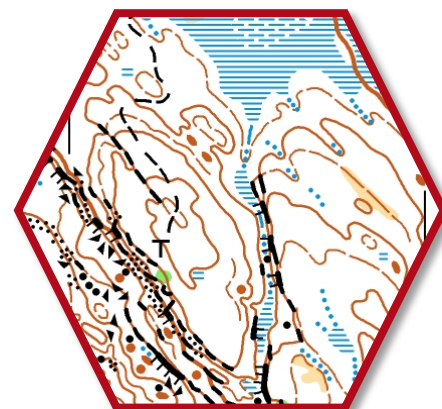
### TRAINING TYPE:

**FORKED INTERVALS**

### MAP:

**HEENSÅSEN** | Mapmaker:  
Scale | Contours:

T. Treekrem (2019)  
1/10.000° | 5 m



### LOCATION:

59.342799, 11.270439

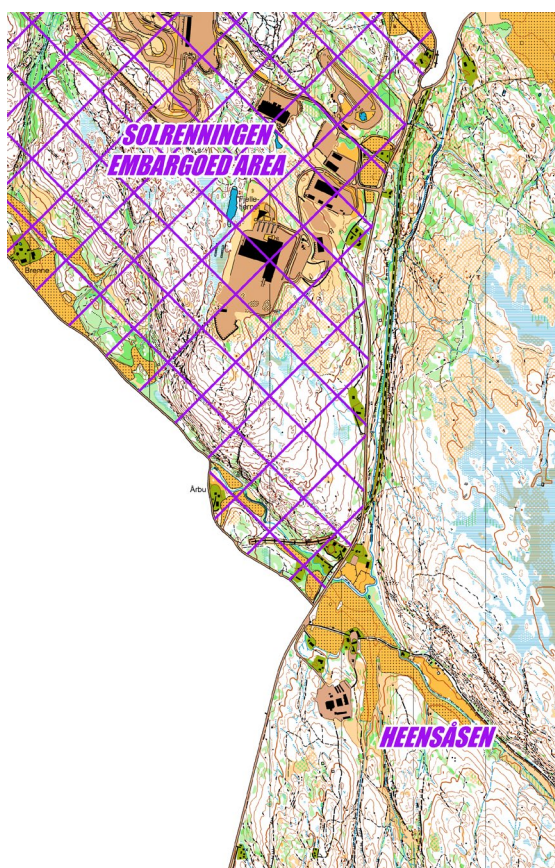
<https://goo.gl/maps/8p4TXwavQF5ZEyJw7>

### TRAINING INFO:

**Distances:** 2,2km | 1,9km | 1,9km  
**Controls:** No marking at the moment  
**Course:** A. Harju  
[LiveloX](#) (password: WCupNOR23)  
[2Drerun](#)



### DESCRIPTION:



The closest terrain from Solrenningen embargoed area, and where the WOC 2019 middle distance qualification took place.

The mapping style is relevant as it is one of the two training maps mapped by Kristen Treekrem. Thus, definitively worth the visit!

This training consists of three intervals, with 6 different forkings, mixing different part of terrains.

### NOTE:

The first interval start is at 900 meters from the parking, when all the others are near the last control of the previous interval.

# HEENSÅSEN

MÅLESTOKK 1:10.000  
EKVDISTANSE 5 M



Suomen  
Suunnistusliitto

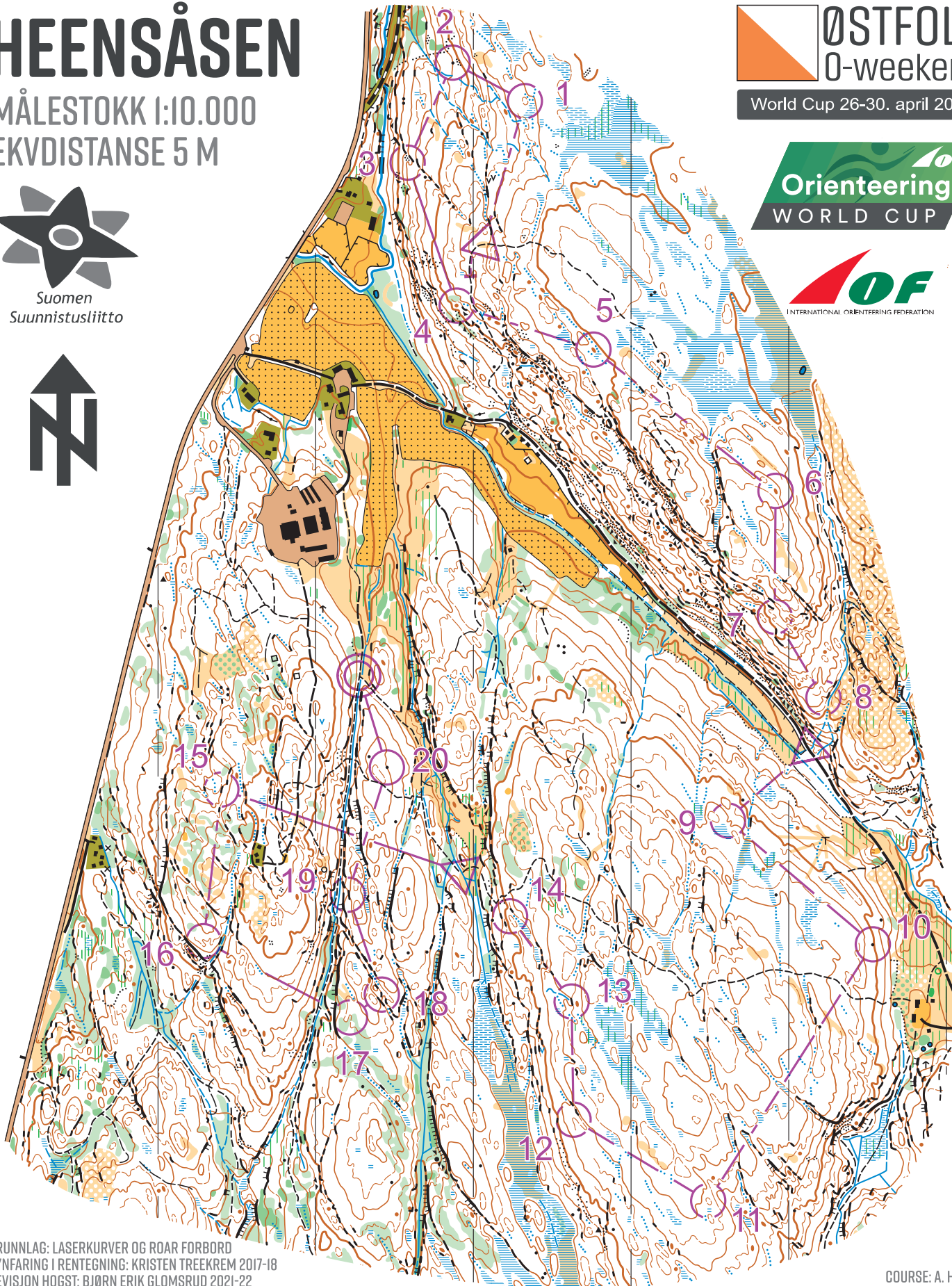


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0-weekend

World Cup 26-30. april 2023

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Orientering  
WORLD CUP

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INTERNATIONAL ORIENTEERING FEDERATION



GRUNNLAG: LASERKURVER OG ROAR FORBORD  
SYNFARING I RENEGNING: KRISTEN TREEKREM 2017-18  
REVISJON HOGST: BJØRN ERIK GLOMSRUD 2021-22

COURSE: A. HARJU

WCUP 2023 II NORWAY		
Interval A	6,0 km	250 m
--- 70 m --->Δ		
▷	○	
1 45	○	
2 47	▲	
3 48	⤴	ñ

4 49	●			
5 50	●		○	
6 51	●		○	
7 52	∩			
8 53	∩			
▷	∩	×		
9 54	↖	∩		

10 56	▲			
11 59	○			
12 60	⤴		ñ	
13 61	∩			
14 63	○		○	
▷	∩	×		
15 67	∩			

16 68	←	∩		
17 75	∩			
18 65	∩	∩		L
19 76	∩			
20 70	▲			
○		180 m		○

# HEENSÅSEN

MÅLESTOKK 1:10.000  
EKVDISTANSE 5 M



Suomen  
Suunnistusliitto

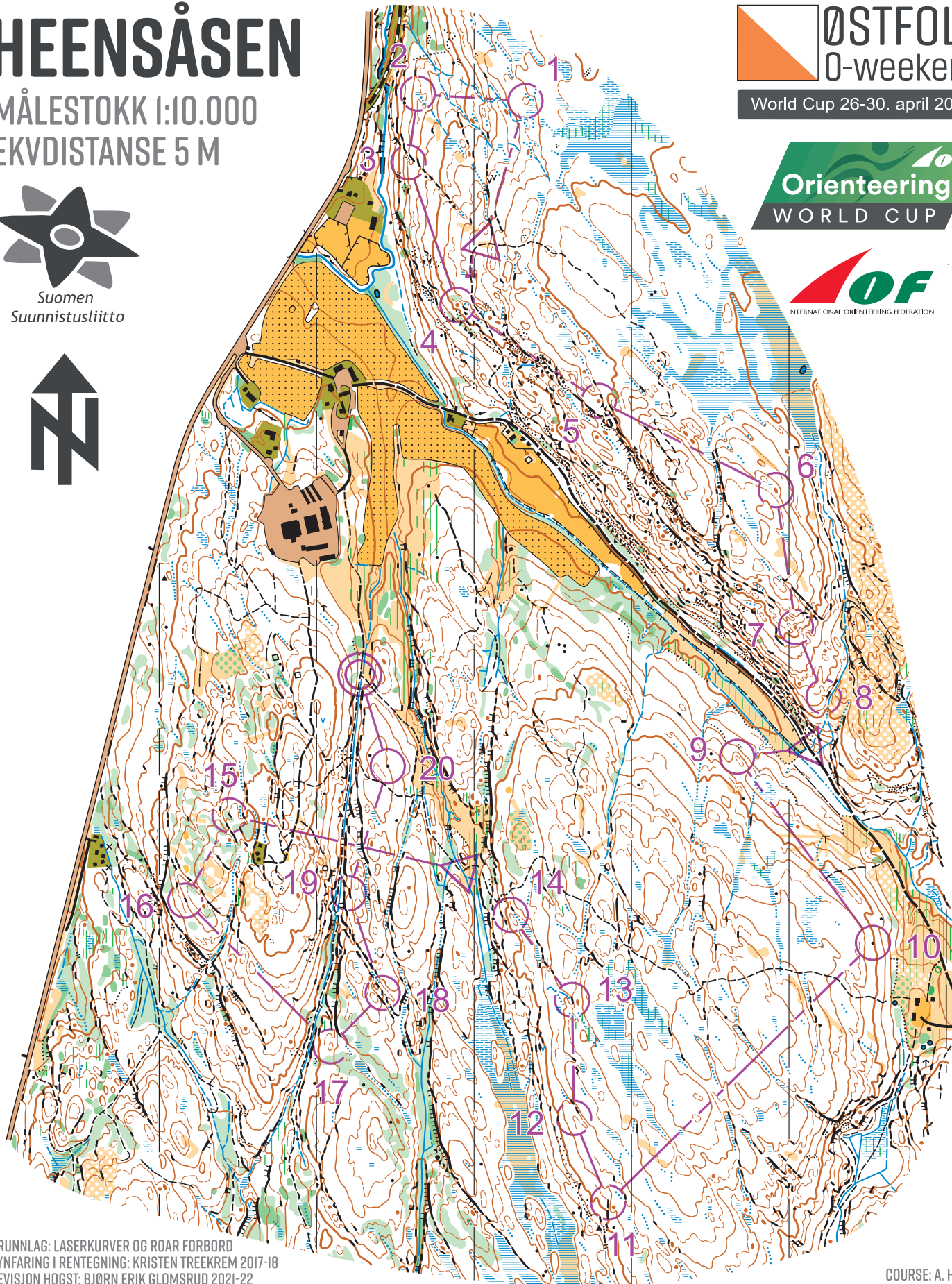


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COURSE: A. HARJU

WCUP 2023 II NORWAY			
Interval B	6,0 km	250 m	
--- 70 m --->△			
▷		○	
1	45	○	
2	46		
3	48	⊥	ñ

4	49	●		
5	78	●		○
6	51	●		○
7	79	●		○
8	53	∩		
▷		∩	×	
9	64	○		○

10	56	▲		
11	58	⊥		
12	60	⊥		ñ
13	61	⊥		
14	63	○		○
▷		∩	×	
15	74		⊥	L

16	71	↘	⊥		
17	44	○			
18	65		⊥		L
19	76	⊥			
20	70	▲			

180 m

# HEENSÅSEN

MÅLESTOKK 1:10.000  
EKVDISTANSE 5 M



Suomen  
Suunnistusliitto

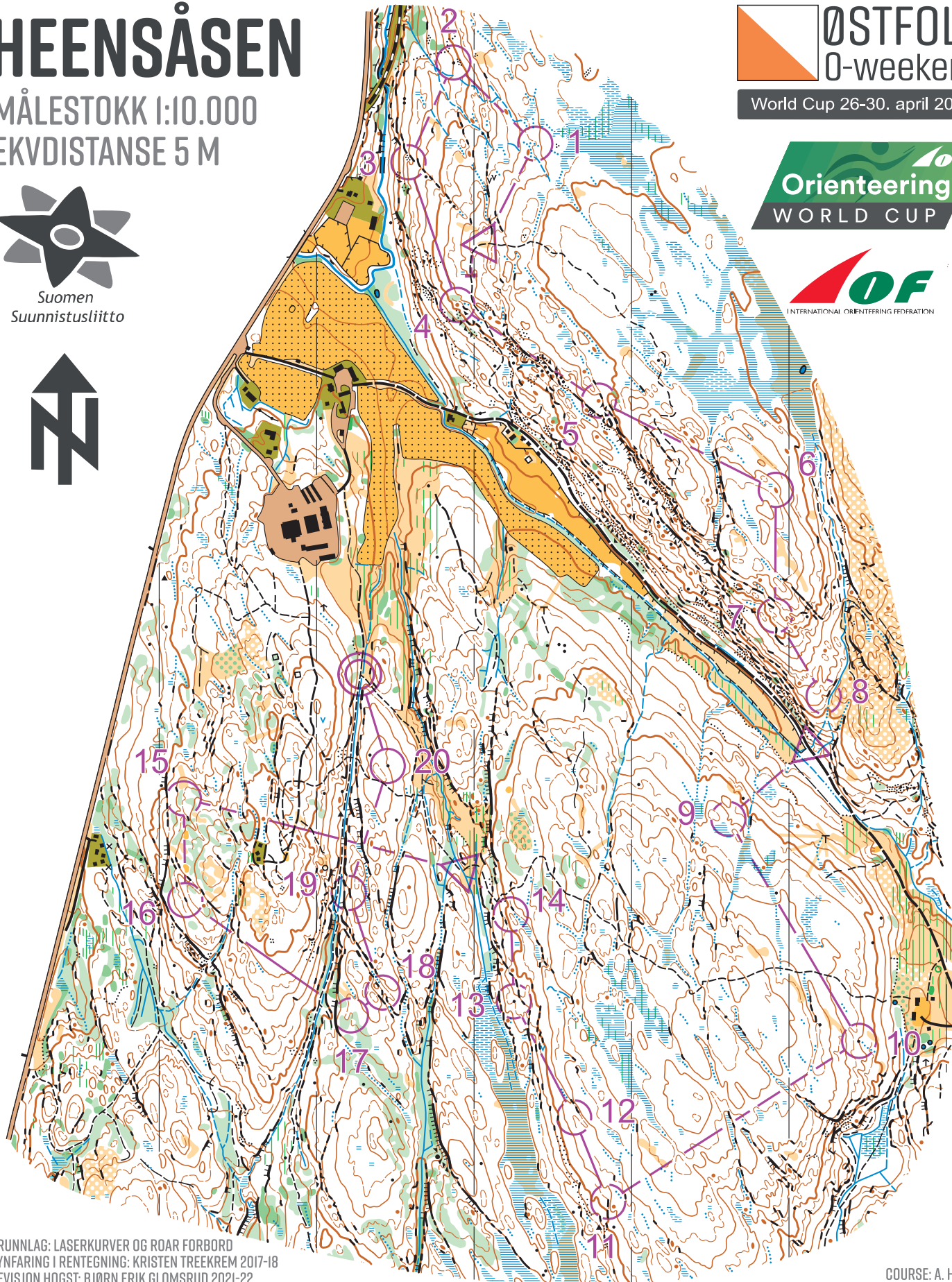


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COURSE: A. HARJU

WCUP 2023 II NORWAY			
Interval C	6,0 km	250 m	
--- 70 m --->Δ			
▷	○		
1 77	∩		
2 47	▲		ñ
3 48	∩		ñ

4 49	●		
5 78	●		○
6 51	●		○
7 52	∩		
8 53	∩		
▷	∩	×	
9 54	∩		

10 55	▲		
11 58	∩		
12 60	∩		ñ
13 62	▲		○
14 63	○		○
▷	∩	×	
15 66	∩		

16 71	∩	∩	
17 75	∩		
18 65	∩		L
19 76	∩		
20 70	▲		
○		180 m	○

# HEENSÅSEN

MÅLESTOKK 1:10.000  
EKVDISTANSE 5 M



Suomen  
Suunnistusliitto

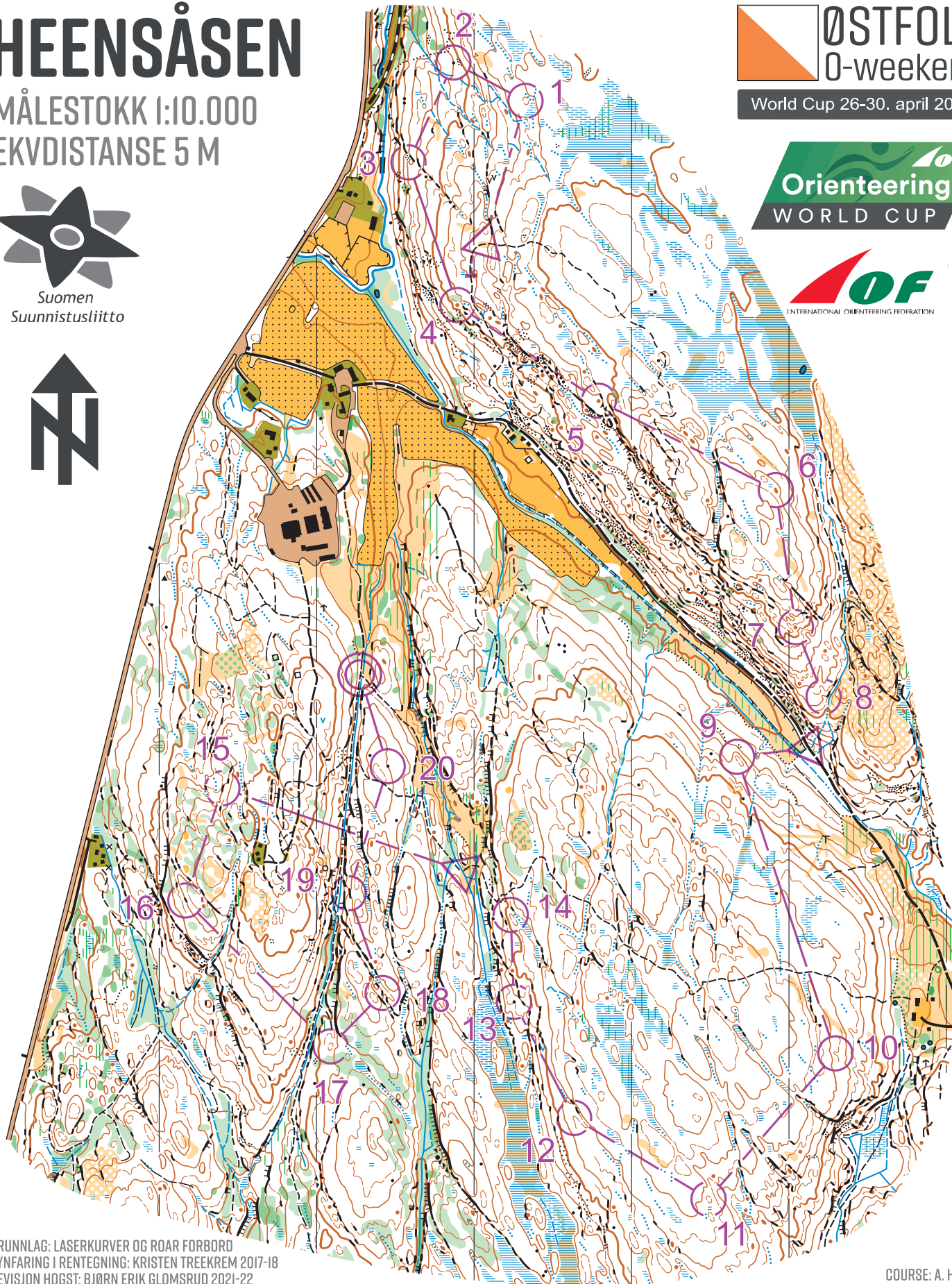


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COURSE: A. HARJU

WCUP 2023 II NORWAY			
Interval D	6,0 km	250 m	
--- 70 m --->△			
▷	○		
1 45	○		
2 47	▲		
3 48	⤵		ñ

4 49	●		
5 78	●		○
6 51	●		○
7 79	●		○
8 53	∩		
▷	∩	×	
9 64	○		○

10 57	∩		
11 59	○		
12 60	⤵		ñ
13 62	▲		○
14 63	○		○
▷	∩	×	
15 67	∩		

16 71	∩	∩	
17 44	○		
18 65	∩	∩	L
19 76	∩		
20 70	▲		
○ < 180 m > ○			

# HEENSÅSEN

MÅLESTOKK 1:10.000  
EKVDISTANSE 5 M



Suomen  
Suunnistusliitto

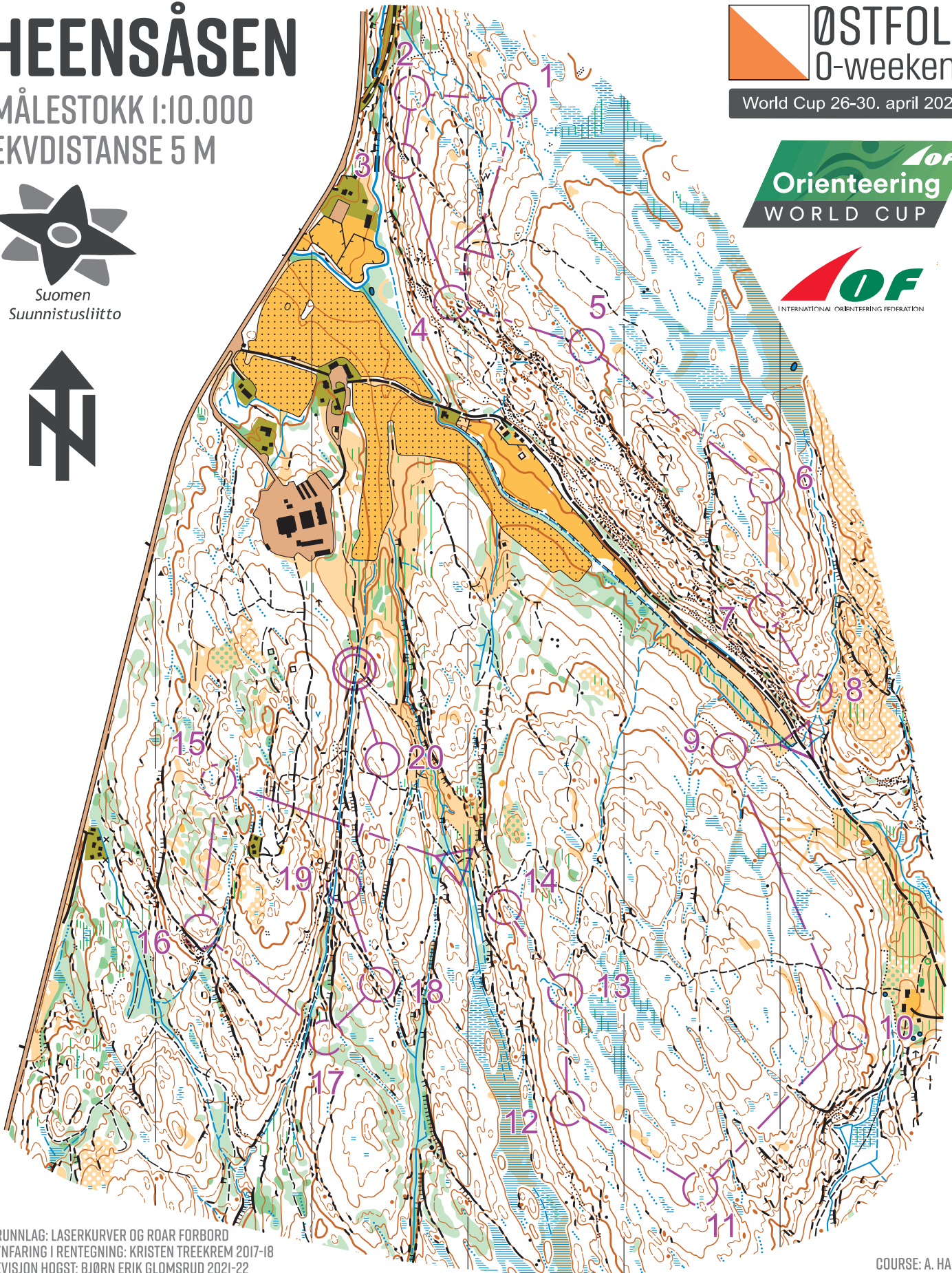


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COURSE: A. HARJU

WCUP 2023 II NORWAY			
Interval E	6,0 km	250 m	
--- 70 m --->△			
▷		○	
1	45	○	
2	46	≡	
3	48	⊥	ñ

4	49	●			
5	50	●			○
6	51	●			○
7	52	∩			
8	53	∩			
▷		∩	×		
9	64	○			○

10	55	▲			
11	59	○			
12	60	⊥			ñ
13	61	⊥			
14	63	○			○
▷		∩	×		
15	67	⊥			

16	68	←	∩		
17	44	○			
18	65	≡	≡		L
19	76	≡			
20	70	▲			

180 m

# HEENSÅSEN

MÅLESTOKK 1:10.000  
EKVDISTANSE 5 M



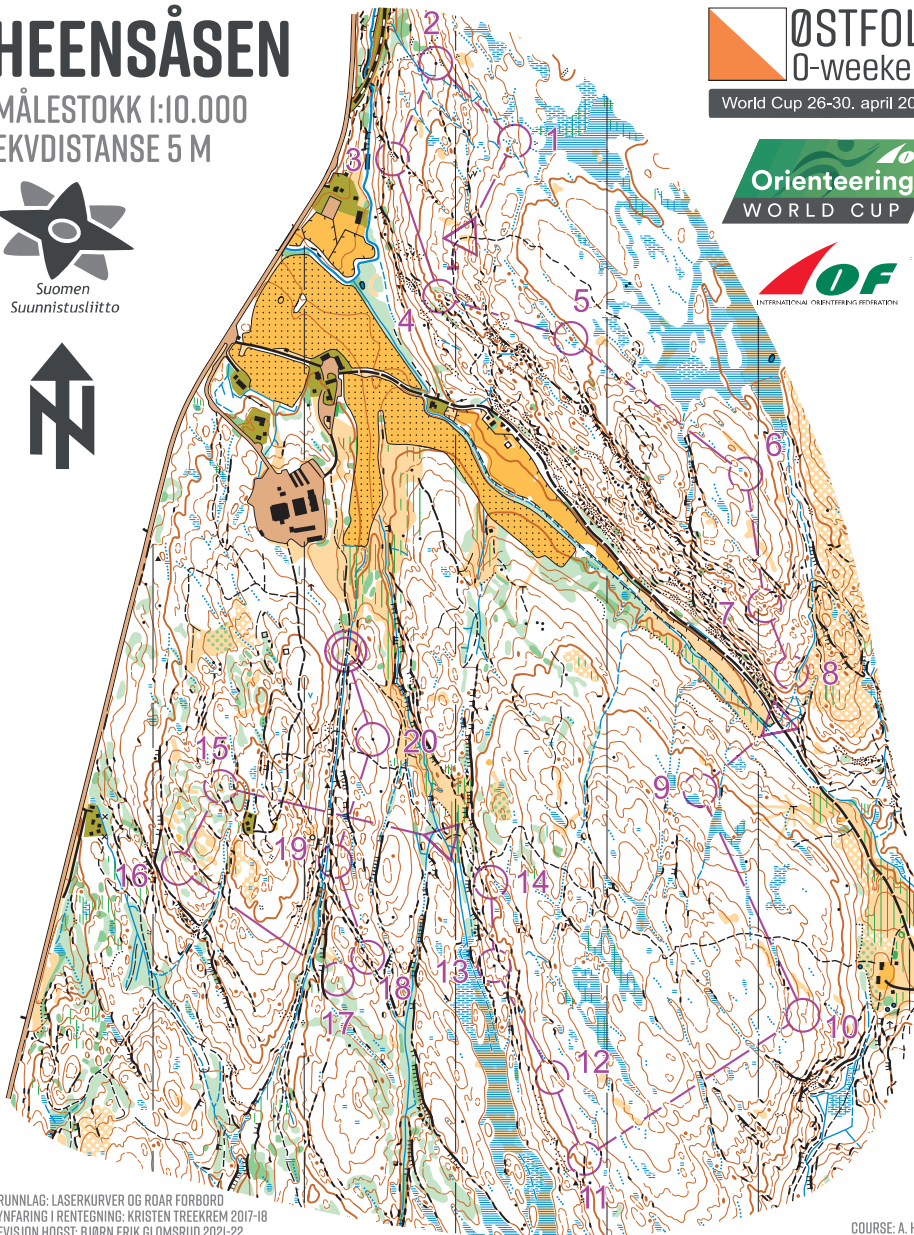
Suomen  
Suunnistusliitto



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COURSE: A. HARJU

WCUP 2023 II NORWAY		4 49	•			10 57	∩			16 71	∩	mm		
Interval F 5,9 km 250 m		5 50	•		○	11 58	mm			17 75	∩	mm		
--- 70 m --->△		6 51	•		○	12 60	▲		∩	18 65	H	mm		L
▷	○	7 79 <td>•</td> <th></th> <th>○</th> <td>13 62 <td>▲</td> <th></th> <th>○</th> <td>19 76 <td>mm <th></th> <th></th> <th></th> </td></td></td>	•		○	13 62 <td>▲</td> <th></th> <th>○</th> <td>19 76 <td>mm <th></th> <th></th> <th></th> </td></td>	▲		○	19 76 <td>mm <th></th> <th></th> <th></th> </td>	mm <th></th> <th></th> <th></th>			
1 77	∩	8 53	∩		○	14 63	○		○	20 70	▲			
2 47	▲	▷	∩		×	▷	∩		×	○ 180 m ○				
3 48	∩	9 54	∩		×	15 74	H	mm	L					

# HEENSÅSEN

MÅLESTOKK 1:10.000  
EKVDISTANSE 5 M



Suomen  
Suunnistusliitto

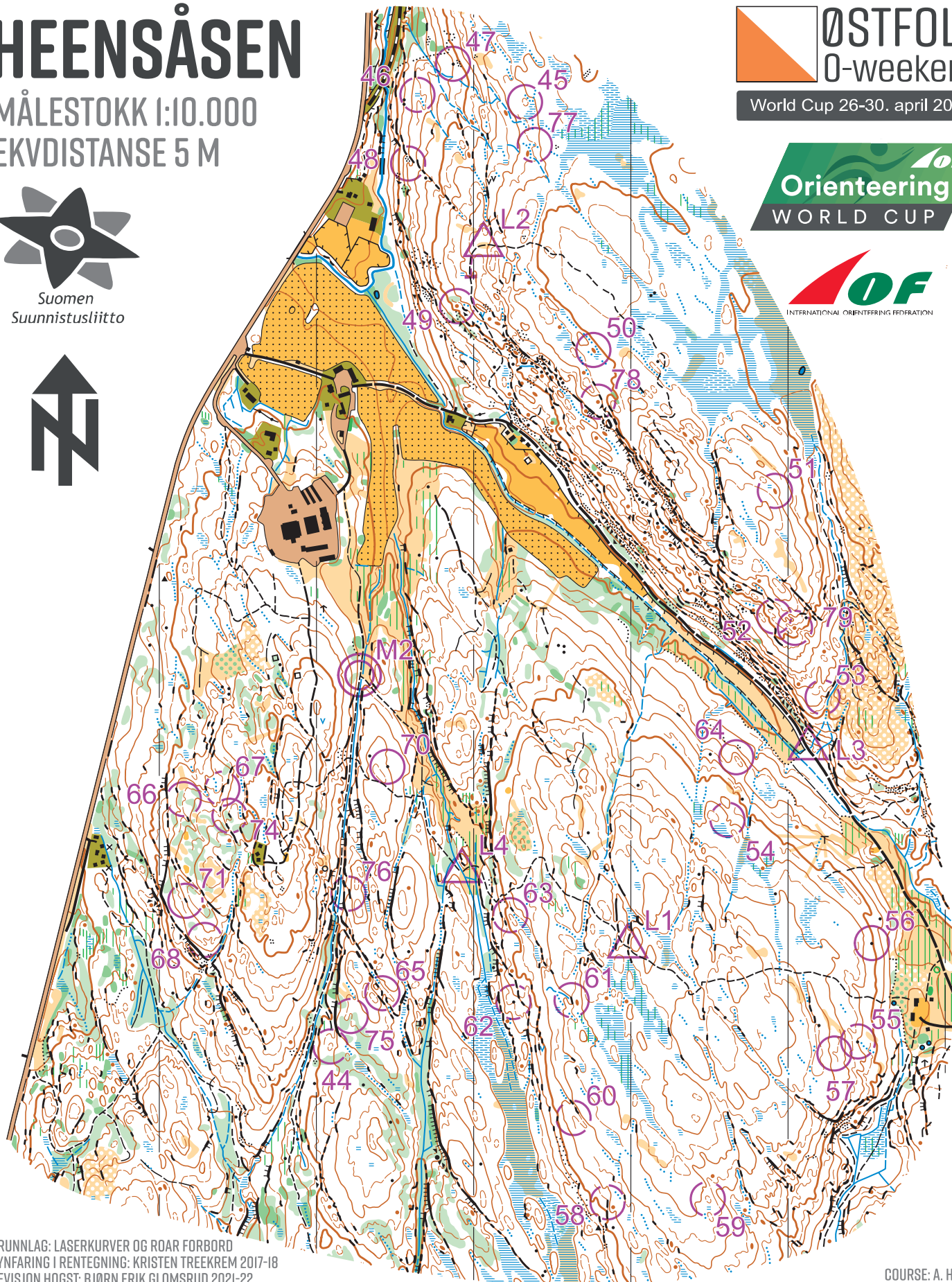


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COURSE: A. HARJU

WCUP 2023 II NORWAY				47	▲			55	▲			63	○		○	74		≡		L
▷	L1	/		48	⌈		ñ	56	▲			64	○		○	75	∩			
▷	L2	○		49	●			57	∩			65		≡	L	76	≡			
▷	L3	/	www	50	●		○	58	≡			66	↗	∩		77	∩			
▷	L4	/	www	51	●		○	59	○			67	≡			78	●		○	
	44	○		52	∩			60	⌈		ñ	68	←	∩		79	●		○	
	45	○		53	∩			61	≡			70	▲							
	46	≡		54	↖	∩		62	▲		○	71	↘	≡						