

# SSL TRAINING PACKAGE I WCUP 2023 NORWAY

## #6 Middle distance 08/04

### TRAINING TYPE:

MIDDLE DISTANCE

### 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 if that parking is full, check the warmup map.

### TRAINING INFO:

Distances: **MEN** 5,0km I 235m↗

**WOMEN** 4,1km I 205m↗

Controls: 08/04 10:00-12:00 SI Air 30x30 control kite

08/04 12:00 – 14/04 30x30 control kite

Course: T. Gueorgiou

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



**Entries:** For those who want to run it the **08<sup>th</sup> between 10:00-12:00**, enter thru [this link before 05/04](#). Competition maps and separated control descriptions (not warmup maps) will be printed, and at start. Start list will be published the 06/04 on that same link.

For those who want to **run it at another time**, here are [the maps to print](#) (avoid checking this link if you want to run it the 08<sup>th</sup>).

### DESCRIPTION:

The plan with that training is to simulate a middle distance with as much relevancy as possible on a “Treekrem map” (WOC 2019). That’s why the “arena” is not next to the parking, and you have a good warmup area to reach the start.

Then, the course is mixing steep slopes, detailed areas, and finally a couple of controls on diffuse/greener areas – some of the stuff you can possibly find in your plate both at Solrenningen, and the World Cup.

### NOTE:

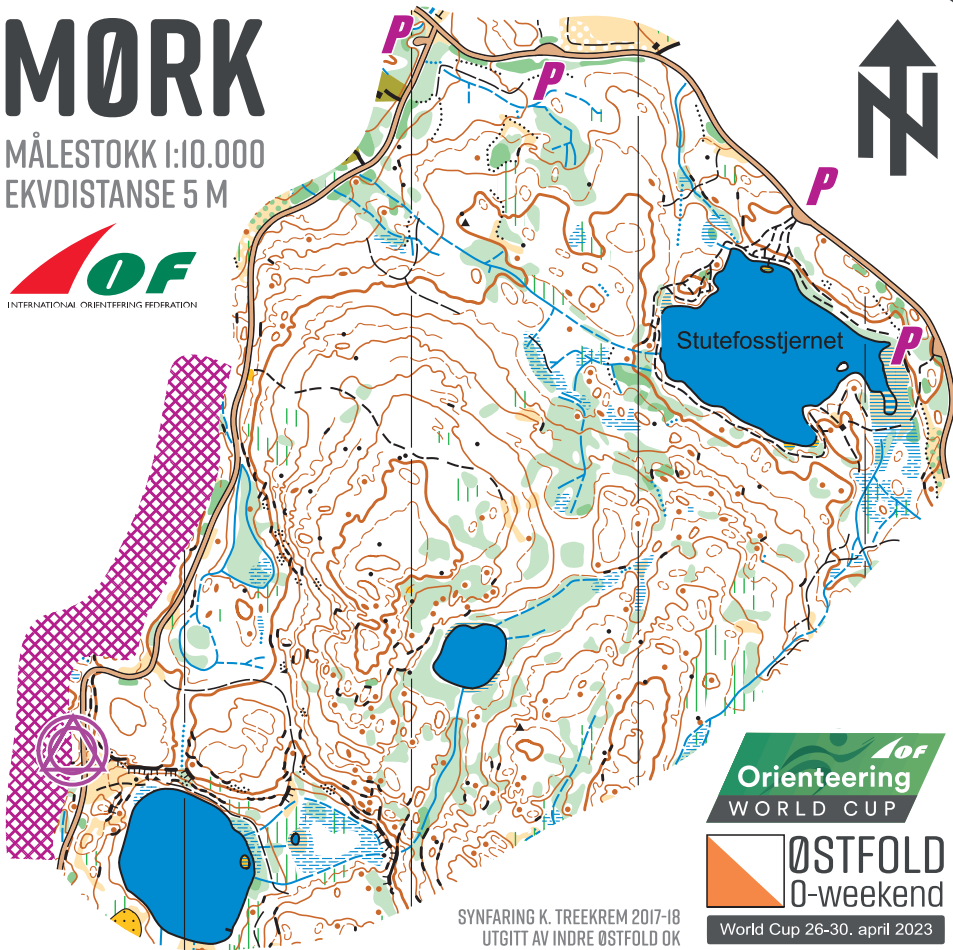
One map exchange – both maps are printed in the same sheet of paper and organized this way (control numbering is continuous) >

Start/Finish at the same place, about 1,1km from parking. The sport ident reading will be at the finish.



# MØRK

MÅLESTOKK 1:10.000  
EKVDISTANSE 5 M



  
Orienteering  
WORLD CUP

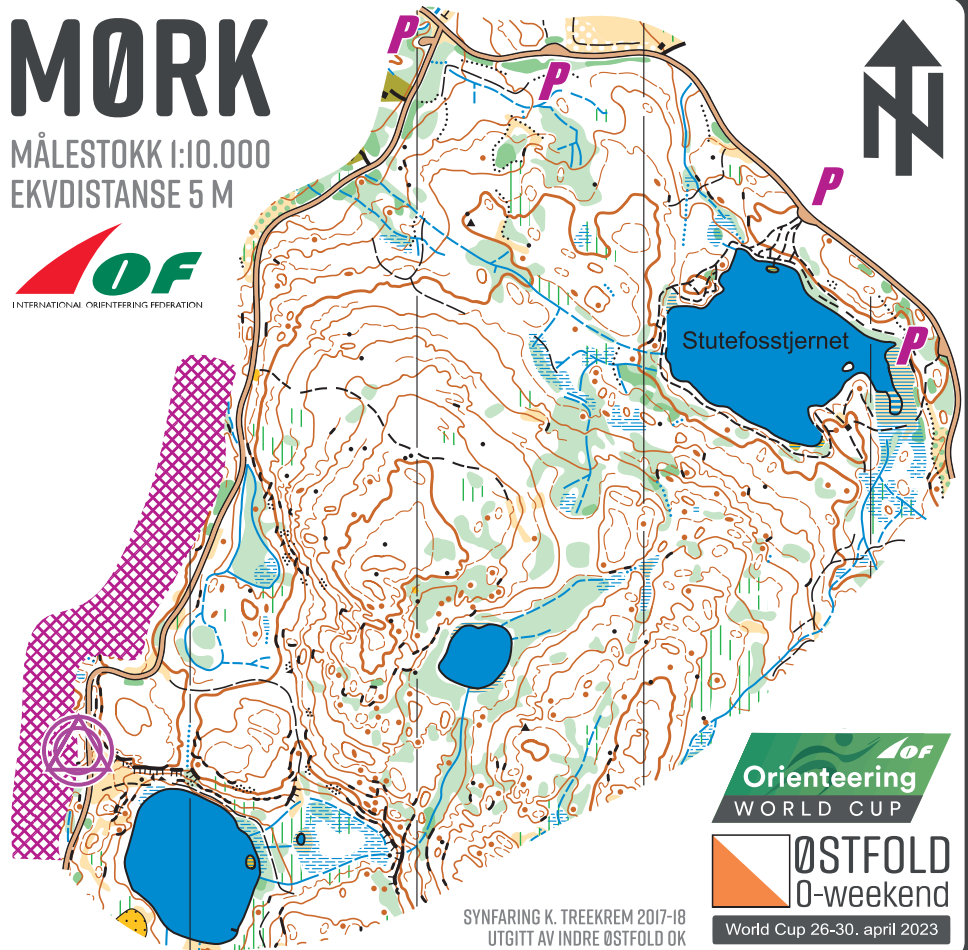
 ØSTFOLD  
O-weekend

World Cup 26-30. april 2023

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

# MØRK

MÅLESTOKK 1:10.000  
EKVDISTANSE 5 M



  
Orienteering  
WORLD CUP

 ØSTFOLD  
O-weekend

World Cup 26-30. april 2023

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