

# SSL TRAINING PACKAGE I WCUP 2023 NORWAY

## #1 "Wcup" MD

### TRAINING TYPE:

MIDDLE DISTANCE

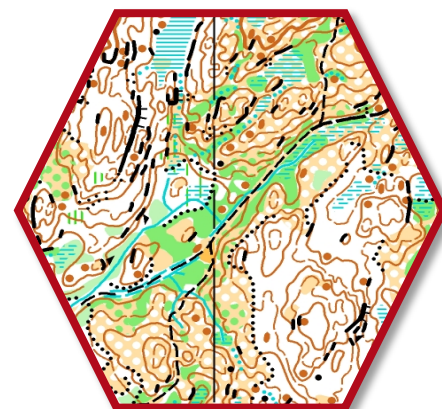
### MAP:

BRØNNRØDTJERN | Mapmaker: H. Lundhaug (2022)  
Scale | Contours: 1/10.000° | 5 m

### LOCATION:

59.44098, 10.78727

<https://goo.gl/maps/BJV7QGz6h1tck1vS7>



### TRAINING INFO:

**Distances:** M 5,6km | 260m↗ W 4,7km | 230m↗  
**Controls:** 30x30 control flags from 16/03 to 25/04  
**Course:** T. Gueorgiou  
[Livelox](#) (password: WCupNOR23)  
2Drerun [MEN](#) | [WOMEN](#)



### DESCRIPTION:



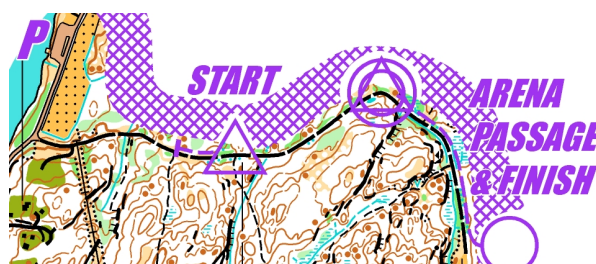
Torebråte | Wcup 2023 embargo | H. Lundhaug (2021)

The idea is to offer a middle distance with some of the same characteristics as expected the 29<sup>th</sup> April.

Even though the mapmaker is not K. Treekrem, it is freshly mapped, and it features those semi-open areas you find around the World Cup finish and quite detailed hills.

### NOTE:

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



# BRØNNERØDTJERN

MÅLESTOKK 1:10.000  
EKVDISTANSE 5 M

**START** **ARENA**  
**PASSAGE & FINISH**

**OK MOSS**  
1984-2014  
50 ÅR

Suomen  
Suunnistusliitto

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MÅLESTOKK 1:10.000  
EKVDISTANSE 5 M

**START** **ARENA**  
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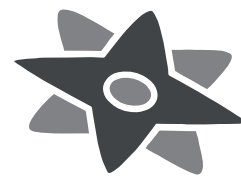
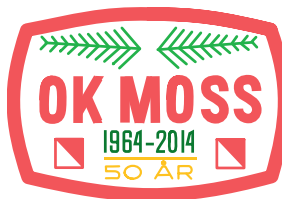
# BRØNNERØDTJERN

MÅLESTOKK 1:10.000

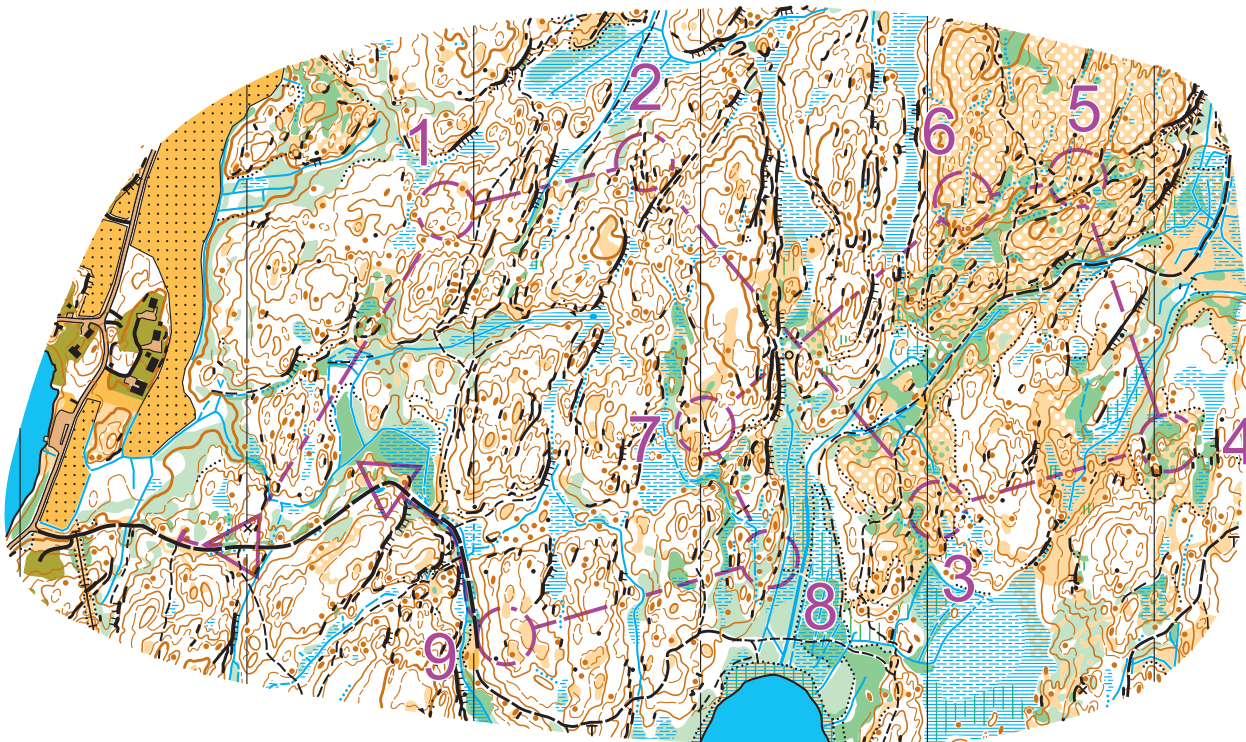
EKVDISTANSE 5 M

UTGITT 2022

SYNFARING H. LUNDHAUG



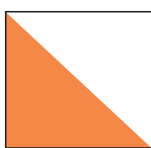
Suomen  
Suunnistusliitto



WCUP 2023 I NORWAY			
MEN	5,7 km	260 m	
--- 80 m --->△			
1	31	↙	∩
2	32		∩
3	33	⇌	∩
4	34		∩
5	35		∩ ▲
6	36	←	∩
7	37		∩
8	38	↘	∩ ●
9	39		∩

○ --- 250 m --->			
▷		↙	<
--- 80 m --->△			
10	40	↓	∩
11	41	↖	●
12	42	↑	∩
13	43		∩
14	44		∩
15	45		▲
16	39		∩

○ --- 270 m --->⊙



ØSTFOLD  
O-weekend

World Cup 26-30. april 2023



INTERNATIONAL ORIENTEERING FEDERATION



COURSE: T. GUEORGIU

WCUP 2023 I NORWAY					
MEN		4,7 km	260 m		
----- 80 m ----->△					
▷		↘	∩	∩	∩
1	31	↘	∩		
2	32		∩		∩
3	33	→	∩		
4	34		∩		
5	35		∩	▲	∩
6	36	←	∩		∩
7	37		∩		∩
8	38	↘	●		∩
9	39		∩		
○----- 270 m ----->△					
▷		↘	<		
10	40	↓	∩		
11	41	↖	●		∩
12	42	↑	∩		∩
13	43		∩		
14	44		∩		
15	45	▲			∩
16	39		∩		
○----- 270 m ----->⊙					

WCUP 2023 I NORWAY					
MEN		4,7 km	260 m		
----- 80 m ----->△					
▷		↘	∩	∩	∩
1	31	↘	∩		
2	32		∩		∩
3	33	→	∩		
4	34		∩		
5	35		∩	▲	∩
6	36	←	∩		∩
7	37		∩		∩
8	38	↘	●		∩
9	39		∩		
○----- 270 m ----->△					
▷		↘	<		
10	40	↓	∩		
11	41	↖	●		∩
12	42	↑	∩		∩
13	43		∩		
14	44		∩		
15	45	▲			∩
16	39		∩		
○----- 270 m ----->⊙					

WCUP 2023 I NORWAY					
MEN		4,7 km	260 m		
----- 80 m ----->△					
▷		↘	∩	∩	∩
1	31	↘	∩		
2	32		∩		∩
3	33	→	∩		
4	34		∩		
5	35		∩	▲	∩
6	36	←	∩		∩
7	37		∩		∩
8	38	↘	●		∩
9	39		∩		
○----- 270 m ----->△					
▷		↘	<		
10	40	↓	∩		
11	41	↖	●		∩
12	42	↑	∩		∩
13	43		∩		
14	44		∩		
15	45	▲			∩
16	39		∩		
○----- 270 m ----->⊙					



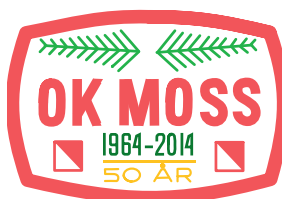
# BRØNNERØDTJERN

MÅLESTOKK 1:10.000

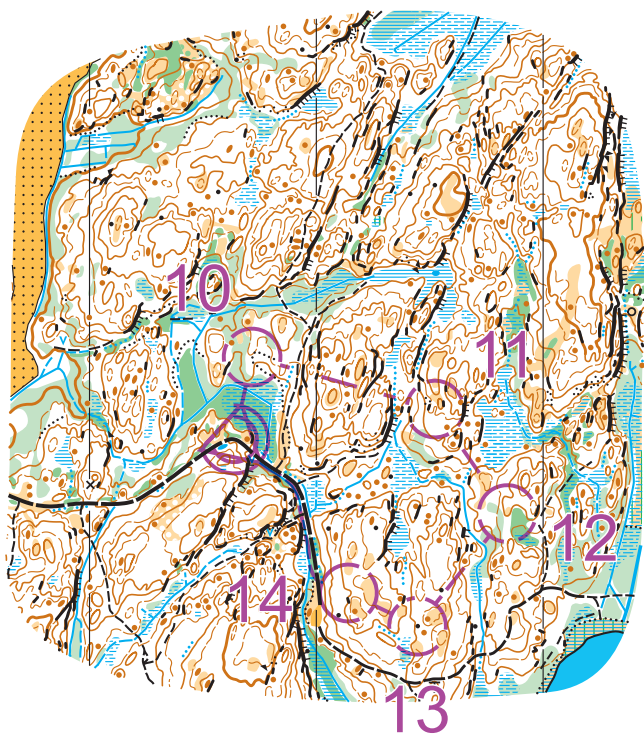
EKVDISTANSE 5 M

UTGITT 2022

SYNFARING H. LUNDHAUG



Suomen  
Suunnistusliitto



WCUP 2023 I NORWAY			
WOMEN	4,7 km	230 m	
--- 80 m --->Δ			
1	31	↙	∩
2	32		∩
3	33	⇌	∩
4	34		∩
5	35		∩
6	36	←	∩
7	37		∩
8	38	↘	●
9	39		∩

○--- 250 m --->			
10	46	↗	◀
11	43	∩	
12	44	∩	
13	45	▲	○
14	39	∩	

○--- 270 m --->⊙



ØSTFOLD  
O-weekend

World Cup 26-30. april 2023



INTERNATIONAL ORIENTEERING FEDERATION



COURSE: T. GUEORGIU

WCUP 2023 I NORWAY					
WOMEN		3,8 km	230 m		
----- 80 m ----->△					
▷		↘	Y		
1	31	↘	∩		
2	32		∩		∥
3	33	⇐	≡		
4	34		∩		
5	35		≡	▲	∩
6	36	←	≡		⊥
7	37		≡		⊥
8	38	↘	●		∩
9	39		∩		
○----- 270 m ----->△					
▷		↘	<		
10	46	∩			<
11	43	∩			
12	44	∩			
13	45	▲			⊥
14	39	∩			
○----- 270 m ----->⊙					

WCUP 2023 I NORWAY					
WOMEN		3,8 km	230 m		
----- 80 m ----->△					
▷		↘	Y		
1	31	↘	∩		
2	32		∩		∥
3	33	⇐	≡		
4	34		∩		
5	35		≡	▲	∩
6	36	←	≡		⊥
7	37		≡		⊥
8	38	↘	●		∩
9	39		∩		
○----- 270 m ----->△					
▷		↘	<		
10	46	∩			<
11	43	∩			
12	44	∩			
13	45	▲			⊥
14	39	∩			
○----- 270 m ----->⊙					

WCUP 2023 I NORWAY					
WOMEN		3,8 km	230 m		
----- 80 m ----->△					
▷		↘	Y		
1	31	↘	∩		
2	32		∩		∥
3	33	⇐	≡		
4	34		∩		
5	35		≡	▲	∩
6	36	←	≡		⊥
7	37		≡		⊥
8	38	↘	●		∩
9	39		∩		
○----- 270 m ----->△					
▷		↘	<		
10	46	∩			<
11	43	∩			
12	44	∩			
13	45	▲			⊥
14	39	∩			
○----- 270 m ----->⊙					

WCUP 2023 I NORWAY					
WOMEN		3,8 km	230 m		
----- 80 m ----->△					
▷		↘	Y		
1	31	↘	∩		
2	32		∩		∥
3	33	⇐	≡		
4	34		∩		
5	35		≡	▲	∩
6	36	←	≡		⊥
7	37		≡		⊥
8	38	↘	●		∩
9	39		∩		
○----- 270 m ----->△					
▷		↘	<		
10	46	∩			<
11	43	∩			
12	44	∩			
13	45	▲			⊥
14	39	∩			
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2	32		∩		∥
3	33	⇐	≡		
4	34		∩		
5	35		≡	▲	∩
6	36	←	≡		⊥
7	37		≡		⊥
8	38	↘	●		∩
9	39		∩		
○----- 270 m ----->△					
▷		↘	<		
10	46	∩			<
11	43	∩			
12	44	∩			
13	45	▲			⊥
14	39	∩			
○----- 270 m ----->⊙					

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▷		↘	Y		
1	31	↘	∩		
2	32		∩		∥
3	33	⇐	≡		
4	34		∩		
5	35		≡	▲	∩
6	36	←	≡		⊥
7	37		≡		⊥
8	38	↘	●		∩
9	39		∩		
○----- 270 m ----->△					
▷		↘	<		
10	46	∩			<
11	43	∩			
12	44	∩			
13	45	▲			⊥
14	39	∩			
○----- 270 m ----->⊙					