# SSL TRAINING PACKAGE I WCUP 2023 NORWAY

# #9 Forked course

## TRAINING TYPE:

FORKED COURSE I NIGHT MASS-START?

### MAP:

MOSSEMARKA | Mapmaker:

H. Lundhaug (2023)

Scale I Contours:

1/10.000 l 5 m

### LOCATION:

59.518107, 10.929358 https://goo.gl/maps/XsG5RbesxqonbsqH6

#### **TRAINING INFO:**

Distances:	6,5km I 200m⊅
Controls:	Markings to be discussed w/ clubs. Night reflex?
Course:	A. Harju <u>Livelox</u> (password: WCupNOR23) I <u>2Drerun</u>



#### **DESCRIPTION:**

A nice and short forked course, close to Moss and E6, which was planned having club's

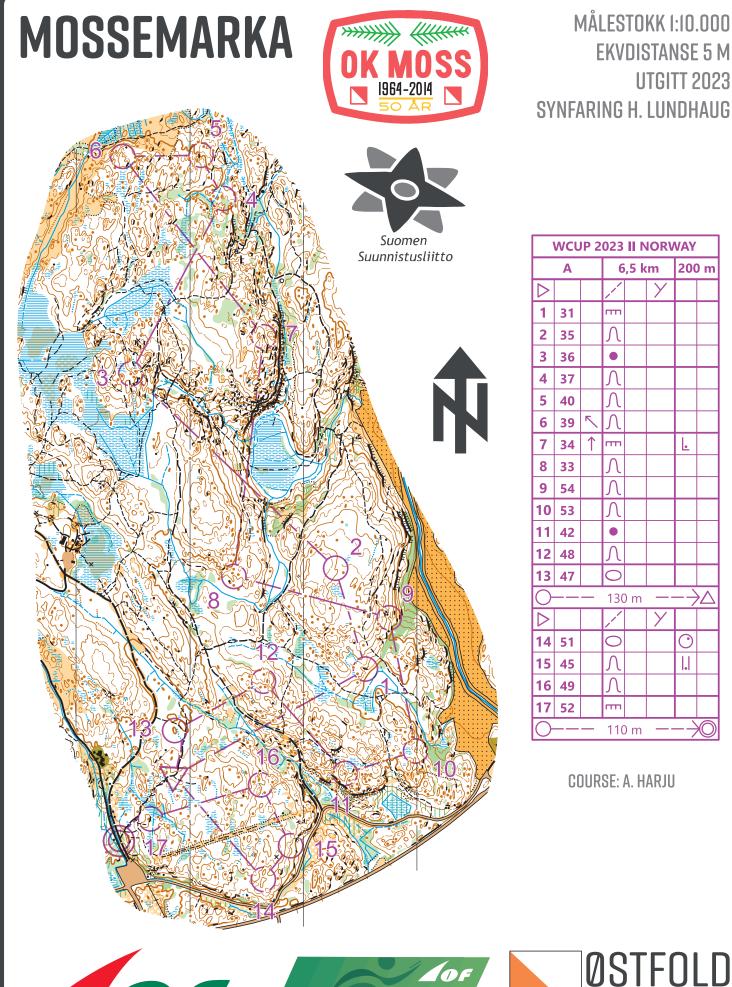
relay preparation in mind with 6 different forking.



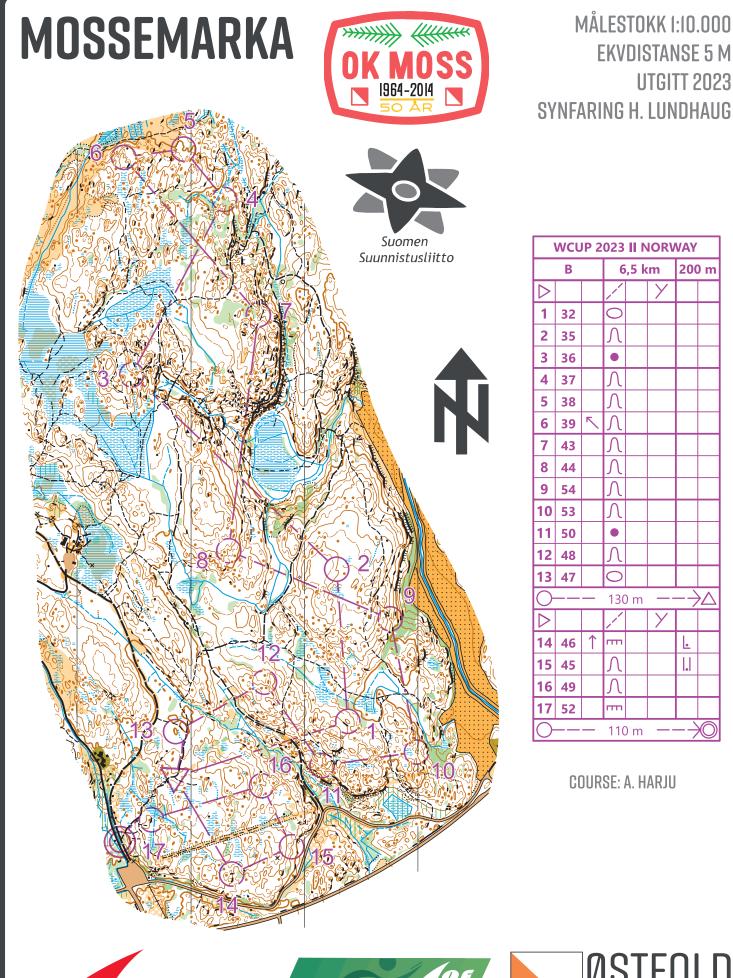
Eventually, clubs in camp could gather for some day or night relay training when it suits them best. Otherwise, it is also a great training to run on individual basis.

#### NOTE:

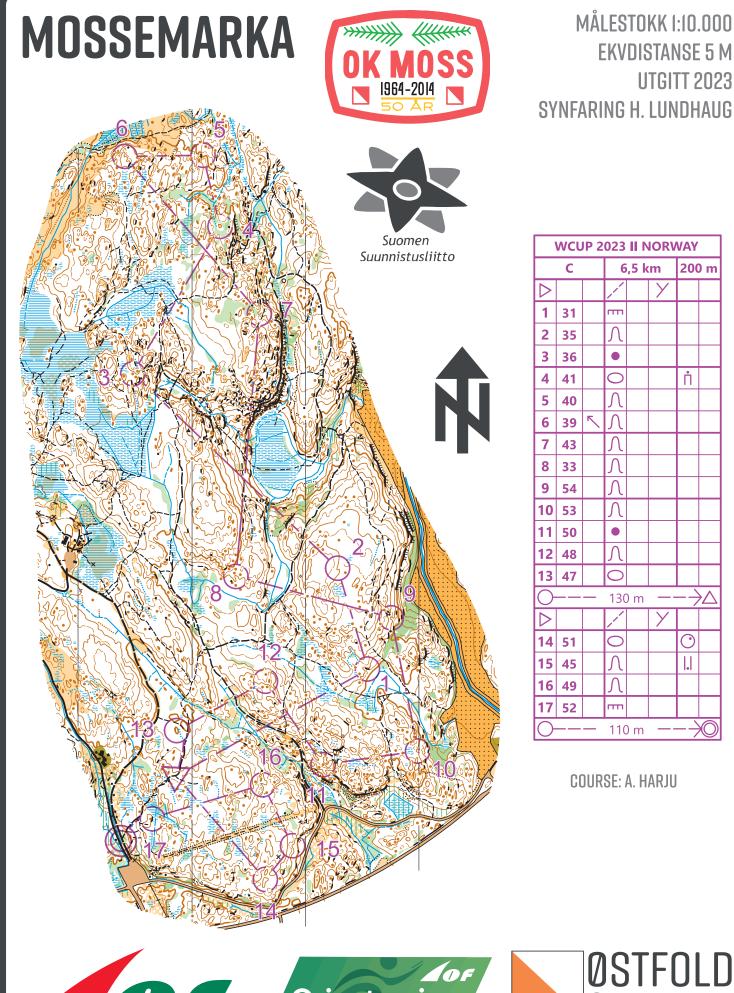
Start and finish nearby the parking.





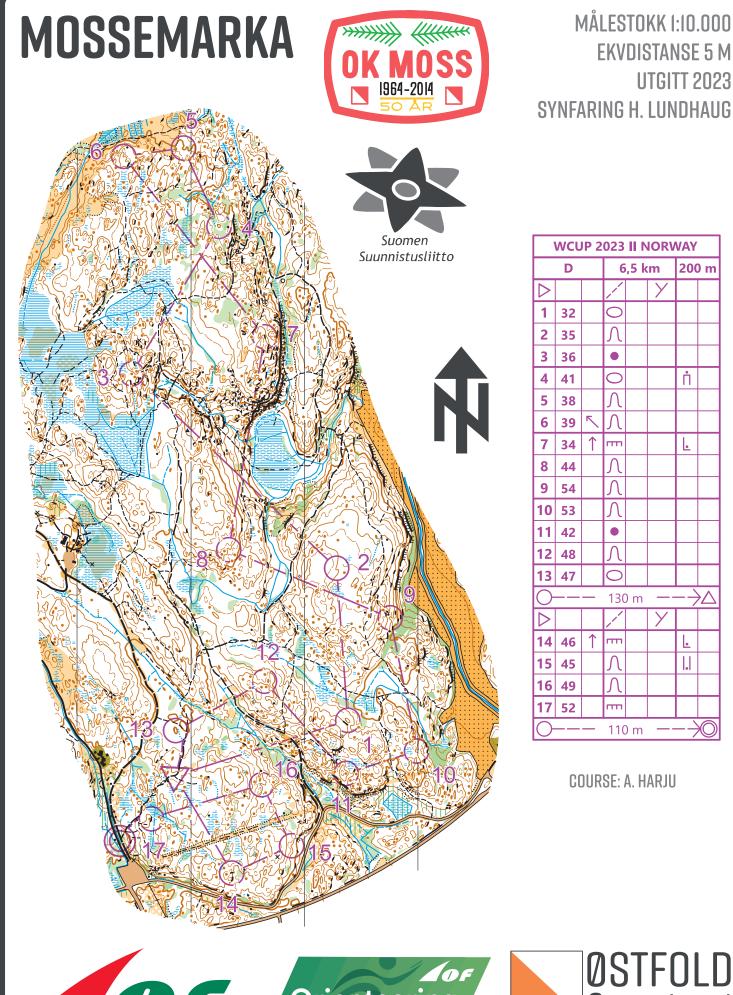






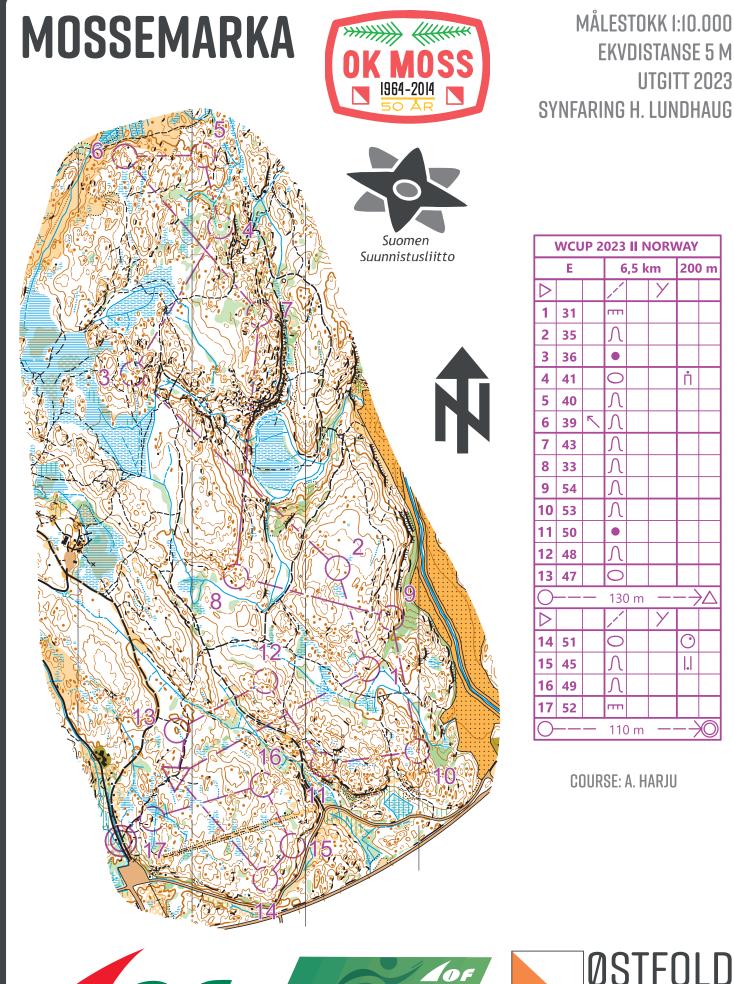
Orienteering WORLD CUP

**O-Weekend** World Cup 26-30. april 2023

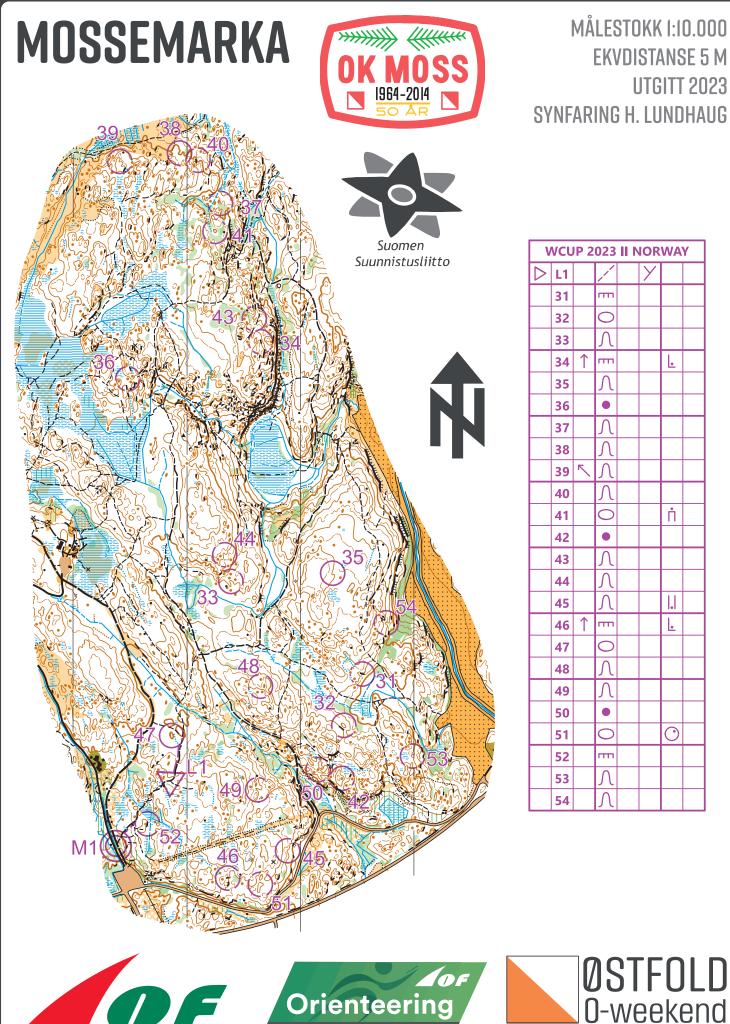


Orienteering WORLD CUP

**O-Weekend** World Cup 26-30. april 2023



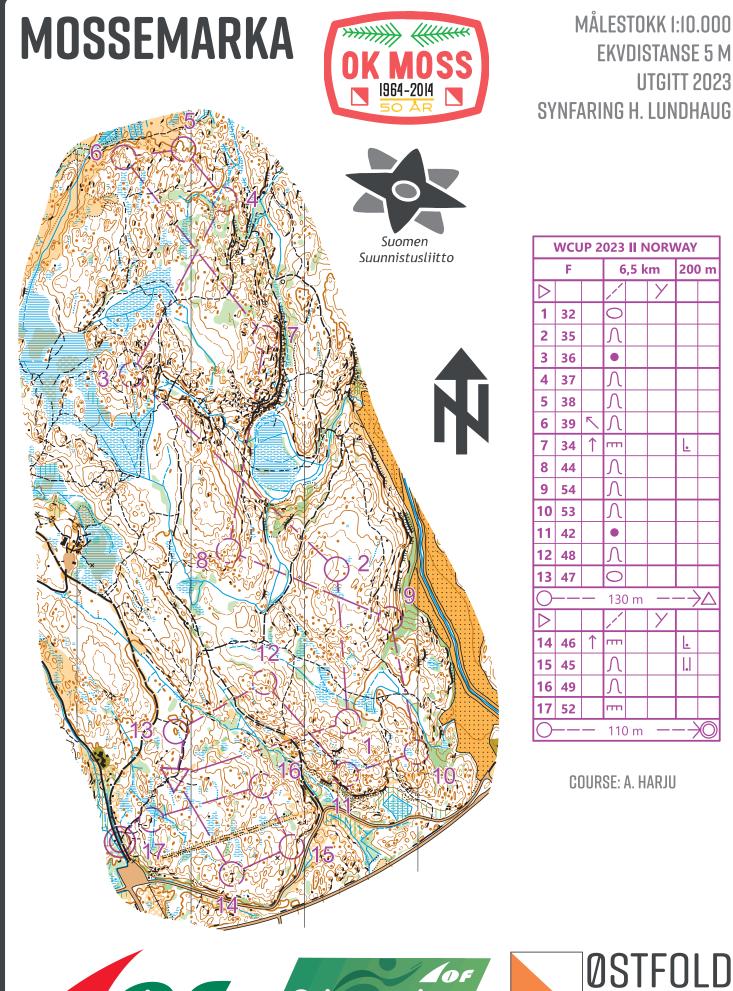






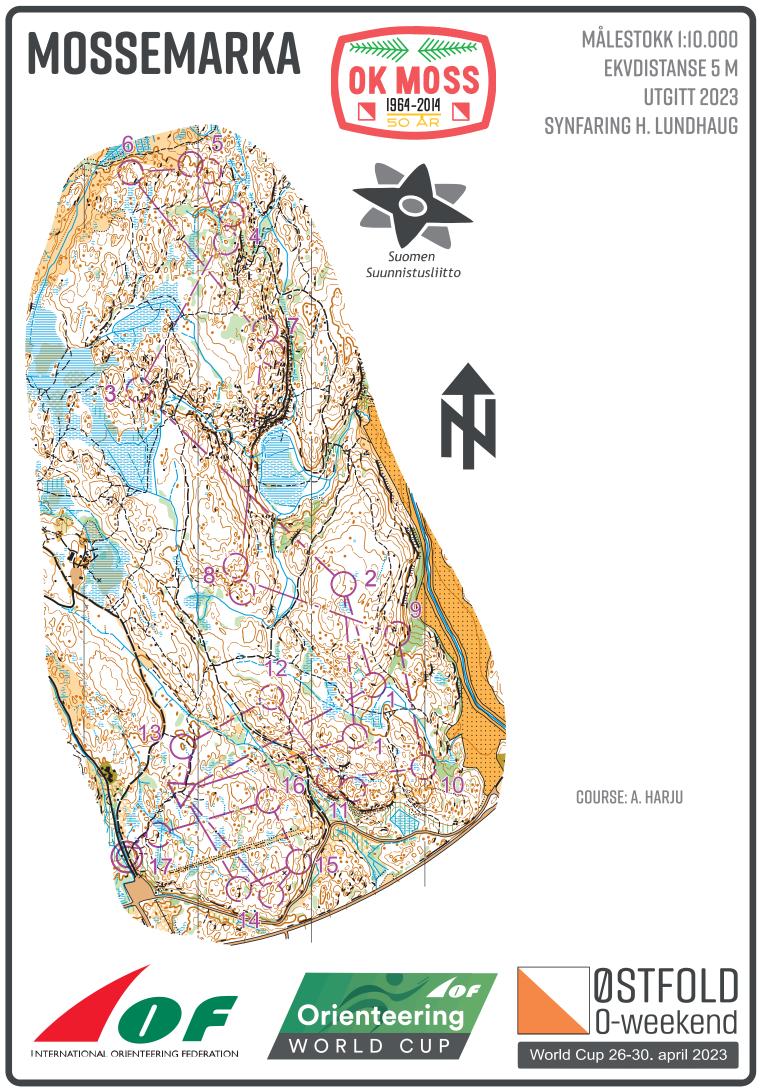


World Cup 26-30. april 2023









	wcu	IP 2	023	3 II NORWAY					<b>_</b> '	wcu	JP 2	023 I		VAY	,
	Α		6	,5 k	m	20	0 m			Α		6,5	5 km	20	) m
$\triangleright$			/		У				$\[ \] \]$			1	У		
1	31		ш						1	31		m			
2	35		Λ						2	35		Л			
3	36		•						3	36		•			
4	37		Λ						4	37		Λ			
5	40		Л						5	40		Л			
6	39	5	Λ						6	39	5	Л			
7	34	1	m			Ŀ			7	34	↑	m		Ŀ	
8	33		Λ						8	33		Л			
9	54		Λ						9	54		Л			
10	53		Λ						10	53		Л			
11	42		•						11	42		•			
12	48		Л						12	48		Λ			
13	47		0						13	47		0			
<u>O</u>		_	130	) m	·		≻		$\bigcirc$		_	130 ı	m —		$\geq \Delta$
$\triangleright$			/		У				$\triangleright$			1	У		
14	51		0			0			14	51		0		0	
15	45		Λ			.			15	45		Л		.	
16	49		Λ						16	49		Л			
17	52		m						17	52		m			
Ō		_	110	) m			X		0		_	110 ı	n —		X

1	wcu	IP 2	023	II N	IORV	VAY	
	Α		6	5,5 k	m	200	) m
$\triangleright$			1		У		
1	31		Ē				
2	35		Л				
3	36		•				
4	37		Л				
5	40		Л				
6	39	~	Λ				
7	34	1	E			Ŀ	
8	33		Λ				
9	54		Л				
10	53		Л				
11	42		•				
12	48		Λ				
13	47		0				
$\bigcirc$		_	130	) m		<u></u>	<u>∧</u>
$\triangleright$			/		У		
14	51		0			0	
15	45		Λ			.	
16	49		Λ				
17	52		m				

,	wcu	JP 2	023		IORV	VAY	
	Α		6	,5 k	m	200	) m
$\triangle$			1		У		
1	31		m				
2	35		Л				
3	36		•				
4	37		Л				
5	40		Л				
6	39	~	Л				
7	34	1	m			Ŀ	
8	33		Л				
9	54		Л				
10	53		Л				
11	42		•				
12	48		Л				
13	47		0				
O		_	130	) m			¢∆
$\triangleright$			/		У		
14	51		0			0	
15	45		Λ			.	
16	49		Λ				
17	52		m				
O		_	11(	) m		$\rightarrow$	$\odot$

· ]	wcu	IP 2	023	IIN	IORV	VAY	
	В		6	,5 k	m	200	) m
$\[ \] \]$			/		У		
1	32		0				
2	35		Л				
3	36		•				
4	37		Λ				
5	38		Λ				
6	39	2	Λ				
7	43		Λ				
8	44		Λ				
9	54		Λ				
10	53		Λ				
11	50		•				
12	48		Λ				
13	47		0				
$\bigcirc$		_	130	) m			≻
$\triangleright$			/		У		
14	46	1	m			Ŀ	
15	45		Λ			.	
16	49		Λ				
17	52		m				
O		_	110	) m		$-\overline{}$	$\otimes$

1	wcu	JP 2	023	II N	IORV	VAY	
	В		6	5,5 k	m	200	) m
$\diamond$			/		У		
1	32		0				
2	35		Л				
3	36		•				
4	37		Λ				
5	38		Λ				
6	39	5	Λ				
7	43		Л				
8	44		Λ				
9	54		Л				
10	53		Л				
11	50		•				
12	48		Л				
13	47		0				
O		_	130	) m			<u>}∆</u>
$\triangleright$			/		У		
14	46	1	m			Ŀ	
15	45		Λ			.	
16	49		Λ				
17	52		m				

	VAY		wcu	JP 2	023	IIN	IORV	VAY			wcu	JP 2	023	II N	ORV	VAY	
5 km	200 m		В		6	,5 k	m	200	) m		В		6	,5 k	m	200	) n
У		$\triangleright$			/		У			$\triangleright$			/		У		
		1	32		0					1	32		0				
		2	35		Λ					2	35		Л				
		3	36		•					3	36		•				
		4	37		Λ					4	37		Λ				
		5	38		У					5	38		Л				
		6	39	5	Λ					6	39	7	Λ				
		7	43		Λ					7	43		Λ				
		8	44		У					8	44		Λ				
		9	54		Л					9	54		Λ				
		10	53		Λ					10	53		Λ				
		11	50		$\bullet$					11	50		•				
		12	48		Л					12	48		Λ				
		13	47		0					13	47		0				
m —·	$\rightarrow \Delta$	Ō		—	130	) m		$\rightarrow$	Ý	$\bigcirc$		_	130	) m		$\rightarrow$	,
У		$\triangleright$			/		У			$\triangleright$			/		У		
	Ŀ	14	46	1	m			Ŀ		14	46	1	m			Ŀ	
	.	15	45		Л			.		15	45		Л			.	
		16	49		Л					16	49		Λ				
		17	52		m					17	52		Е				
m —-	$\rightarrow 0$	$\bigcirc$		_	110	) m		$\rightarrow$	Ø	$\bigcirc$		_	110	) m		$\rightarrow$	$\overline{\mathbb{O}}$

	wcu	IP 2	023	II N	IOR\	VAY	,	, I	wcu	JP 2	023 I	NOR	NAY	
	С		6	,5 k	m	20	0 m		С		6,5	i km	200	) m
$\triangleright$			/		У			$\triangleright$			1	У		
1	31		Ц					1	31		m			
2	35		Λ					2	35		$ \mathcal{N} $			
3	36		•					3	36		•			
4	41		0			Π		4	41		0		Π	
5	40		Λ					5	40		$ \mathcal{N} $			
6	39	5	Λ					6	39	5	$ \mathcal{N} $			
7	43		Λ					7	43		Λ			
8	33		Λ					8	33		$ \mathcal{N} $			
9	54		Λ					9	54		Λ			
10	53		Λ					10	53		Λ			
11	50		$\bullet$					11	50					
12	48		Λ					12	48		$ \mathcal{N} $			
13	47		0					13	47		0			
Ò		—	130	) m	—	$\rightarrow$	Ý	$\bigcirc$		_	130 r	m —	$\rightarrow$	×∆
$\triangleright$			/		У			$\triangleright$			1	У		
14	51		0			0		14	51		0		0	
15	45		Λ			.		15	45		Л		.	
16	49		Λ					16	49		Л			
17	52		m					17	52		m			
Ō		_	110	) m		$\rightarrow$	X	$\bigcirc$		_	110 r	m —	$\rightarrow$	Ø

1	WCUP 2023 II NORWAY												
	С		6	5,5 k	m	200	) m						
$\triangleright$			/		У								
1	31		Ш										
2	35		Λ										
3	36		•										
4	41		0			'n							
5	40		Λ										
6	39	5	Λ										
7	43		Λ										
8	33		Λ										
9	54		Л										
10	53		Λ										
11	50		•										
12	48		Λ										
13	47		0										
$\bigcirc$		_	130	) m			$\geq$						
$\triangleright$			/		У								
14	51		0			0							
15	45		Λ			.							
16	49		Λ										
17	52		m										

	wcu	JP 2	023	II N	IORV	VAY	
	С		6	,5 k	m	200	) m
$\triangle$			1		У		
1	31		m				
2	35		Л				
3	36		•				
4	41		0			ņ	
5	40		Л				
6	39	5	Л				
7	43		Л				
8	33		Л				
9	54		Л				
10	53		Л				
11	50		•				
12	48		Л				
13	47		0				
$\bigcirc$		_	130	) m			$\rightarrow \bigtriangleup$
$\triangleright$			/		У		
14	51		0			0	
15	45		Λ			.	
16	49		Λ				
17	52		m				
Ò		_	11(	) m		$\rightarrow$	Ø

· ]	wcu	IP 2	023	IIN	IORV	VAY	
	D		6	,5 k	m	200	) m
$\triangleright$			/		У		
1	32		0				
2	35		Λ				
3	36		•				
4	41		0			ņ	
5	38		Λ				
6	39	5	Λ				
7	34	↑	m			Ŀ	
8	44		Λ				
9	54		Λ				
10	53		Λ				
11	42		•				
12	48		Λ				
13	47		0				
$\bigcirc$		_	130	) m			≻
$\triangleright$			/		У		
14	46	1	m			Ŀ	
15	45		Λ			.	
16	49		Λ				
17	52		m				
O		_	110	) m		$-\overline{}$	$\otimes$

	WCUP 2023 II NORWAY												
	D		6	5,5 k	m	200	) m						
$\triangleright$			/		У								
1	32		0										
2	35		Л										
3	36		•										
4	41		0			Π							
5	38		Λ										
6	39	~	Λ										
7	34	1	m			Ŀ							
8	44		Λ										
9	54		Л										
10	53		Л										
11	42		•										
12	48		Л										
13	47		0										
$\bigcirc$		_	130	) m			$\rightarrow \Delta$						
$\triangleright$			/		У								
14	46	1	m			Ŀ							
15	45		Λ			.							
16	49		Λ										
17	52		m										

2023		NAY		WCUP 2023 II NORWAY								,	wcu	IP 2	023	23 II NORWAY			
6	i,5 km	200	m	D			6	,5 k	m	200	) m		D			,5 k	m	200	m
/	У			$\triangleright$			/		У			$\triangleright$			/		У		
0				1	32		0					1	32		0				
Λ				2	35		Л					2	35		Λ				
•				3	36		•					3	36		•				
0		Π		4	41		0			ņ		4	41		0			п	
Λ				5	38		Л					5	38		Λ				
$\backslash \Lambda$				6	39	5	Л					6	39	5	Л				
`		Ŀ		7	34	1	m			Ŀ		7	34	1	Ē			Ŀ	
Λ				8	44		Л					8	44		Л				
Λ				9	54		Л					9	54		Л				
Λ				10	53		Л					10	53		Λ				
•				11	42		•					11	42		•				
Λ				12	48		Л					12	48		Л				
0				13	47		0					13	47		0				
• 13(	) m —	$\rightarrow$	$\bigtriangleup$	$\bigcirc$		_	130	) m		$\rightarrow$	$\rightarrow \Delta$	Ō		_	130	) m		$\rightarrow$	$\Delta$
/	У			$\triangleright$			/		У			$\triangleright$			1		У		
`  m		Ŀ		14	46	1	m			Ŀ		14	46	1	E			Ŀ	
Λ		.		15	45		Л			.		15	45		Л			.	
Λ				16	49		Л					16	49		Λ				
m				17	52		m					17	52		m				
· 11(	) m —	$\rightarrow$	$\bigcirc$	$\bigcirc$		_	110	) m		$\rightarrow$	$\odot$	0		_	11(	) m		$\rightarrow$	$\bigcirc$

	wcu	JP 2	023	IIN	IOR\	NAY	,	,	wcu	JP 2	023 II	NOR	NAY	
	Ε		6	,5 k	m	20	0 m		Ε		6,5	i km	200	) m
$\bigtriangledown$			1		У			$\triangleright$			1	У		
1	31		ш					1	31		m			
2	35		Λ					2	35		$\mathcal{N}$			
3	36		•					3	36		•			
4	41		0			ņ		4	41		0		Π	
5	40		Λ					5	40		Л			
6	39	5	Λ					6	39	5	$\mathcal{N}$			
7	43		Λ					7	43		Λ			
8	33		Σ					8	33		$\mathcal{N}$			
9	54		Λ					9	54		Λ			
10	53		Λ					10	53		Λ			
11	50		•					11	50		•			
12	48		Λ					12	48		Λ			
13	47		0					13	47		0			
0		_	130	) m	— ·	-	$\geq$	$\bigcirc$		—	130 r	m —	$\rightarrow$	≻
$\bigtriangledown$			1		У			$\triangleright$			1	У		
14	51		0			0		14	51		0		0	
15	45		Λ			.		15	45		Л		.	
16	49		Λ					16	49		Л			
17	52		m					17	52		m			
$\overline{O}$		_	110	) m			Ø	$\bigcirc$		_	110 r	n —	$\rightarrow$	Ø

1	wcu	IP 2	023	II N	IORV	VAY	
	Ε		6	5,5 k	m	200	) m
$\triangleright$			1		У		
1	31		Ē				
2	35		Л				
3	36		•				
4	41		0			ń	
5	40		Λ				
6	39	5	Λ				
7	43		Λ				
8	33		Λ				
9	54		Λ				
10	53		Λ				
11	50		•				
12	48		Λ				
13	47		0				
$\bigcirc$		_	130	) m			×∆
$\triangleright$			/		У		
14	51		0			0	
15	45		Λ			.	
16	49		Λ				
17	52		m				

,	wcı	JP 2	023	II N	IORV	VAY	
	Ε		6	,5 k	m	200	) m
$\triangle$			1		У		
1	31		m				
2	35		Л				
3	36		•				
4	41		0			ņ	
5	40		Л				
6	39	5	Л				
7	43		Л				
8	33		Л				
9	54		Л				
10	53		Л				
11	50		•				
12	48		Л				
13	47		0				
0		_	130	) m			×∆
$\triangleright$			/		У		
14	51		0			0	
15	45		Λ			.	
16	49		Λ				
17	52		m				
O		_	11(	) m		$\rightarrow$	$\odot$

· ]	wcu	IP 2	023		IORV	VAY	
	F		6	,5 k	m	200	) m
$\[ \] \]$			/		У		
1	32		0				
2	35		Л				
3	36		•				
4	37		Λ				
5	38		Λ				
6	39	5	Λ				
7	34	1	m			ŀ	
8	44		Λ				
9	54		Λ				
10	53		Λ				
11	42		•				
12	48		Λ				
13	47		0				
$\bigcirc$		_	130	) m			≻
$\triangleright$			/		У		
14	46	1	m			Ŀ	
15	45		Λ			.	
16	49		Λ				
17	52		m				
O		_	110	) m		-	$\otimes$

⊳ 1	F 32		6	,5 k				
	32				200 m			
1	32		/		У			
	-		0					
2	35		Λ					
3	36		•					
4	37		Λ					
5	38		Λ					
6	39	~	Λ					
7	34	1	ш			Ŀ		
8	44		Λ					
9	54		Λ					
10	53		Λ					
11	42		•					
12	48		Λ					
13	47		0					
$\bigcirc$		_	130	) m			×∆	
$\triangleright$			/		У			
14	46	1	m			Ŀ		
15	45		Λ			.		
16	49		Λ					
17	52		Ē				Ø	

	WAY		wcu	JP 2	023	IIN	IORV	VAY		WCUP 2023 II NORWAY							
5 km	200 m		F			,5 k	m	200	) m		F			,5 k	m	200	) n
У		$\triangleright$			/		У			$\triangleright$			/		У		
		1	32		0					1	32		0				
		2	35		Л					2	35		Л				
		3	36		•					3	36		•				
		4	37		Л					4	37		Λ				
		5	38		У					5	38		Л				
		6	39	5	Λ					6	39	5	Λ				
	Ŀ	7	34	1	m			Ŀ		7	34	1	m			Ŀ	
		8	44		λ					8	44		Λ				
		9	54		Λ					9	54		Λ				
		10	53		Λ					10	53		Λ				
		11	42		•					11	42		•				
		12	48		Λ					12	48		Λ				
		13	47		0					13	47		0				
m —	$\rightarrow \Delta$	0	<u> </u>	—	130	) m	—-	$\rightarrow$	$\rightarrow \Delta$	O		—	130	m	—	$\rightarrow$	$\sim$
Y		$\triangleright$			/		У			$\triangleright$			1		У		
	Ŀ	14	46	1	ш			Ŀ		14	46	1	Ē			Ŀ	
	.	15	45		Л			.		15	45		Λ				
		16	49		Λ					16	49		Λ				
		17	52		Ē					17	52		E				
m —	$\rightarrow$	0		_	110	) m			$\otimes$	O		_	110	m		$\rightarrow$	C