

# SSL TRAINING PACKAGE I WCUP 2023 NORWAY

## #9 Forked course

### TRAINING TYPE:

FORKED COURSE I NIGHT MASS-START?

### MAP:

MOSSEMARKA I Mapmaker: H. Lundhaug (2023)

Scale I Contours: 1/10.000 I 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  
[LiveloX](#) (password: WCupNOR23) I [2Drerun](#)



### 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.

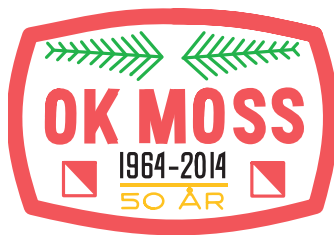


Eventually, clubs in camp could gather for some day or night relay training when it suits them best. Otherwise, it is also a great training to run on individual basis.

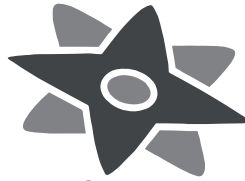
### NOTE:

Start and finish nearby the parking.

# MOSSEMARKA



MÅLESTOKK 1:10.000  
 EKVDISTANSE 5 M  
 UTGITT 2023  
 SYN FARING H. LUNDHAUG



Suomen  
 Suunnistusliitto

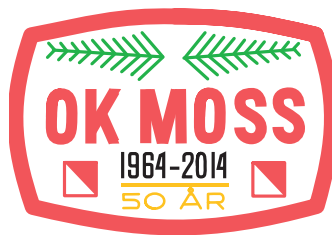


WCUP 2023 II NORWAY				
A		6,5 km		200 m
▷		/	Y	
1	31	≡		
2	35	∩		
3	36	●		
4	37	∩		
5	40	∩		
6	39	↖	∩	
7	34	↑	≡	⊥
8	33	∩		
9	54	∩		
10	53	∩		
11	42	●		
12	48	∩		
13	47	○		
		○	--- 130 m ---	▷
▷		/	Y	
14	51	○		○
15	45	∩		
16	49	∩		
17	52	≡		
		○	--- 110 m ---	⊙

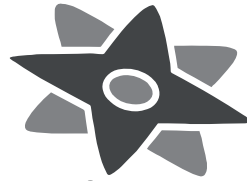
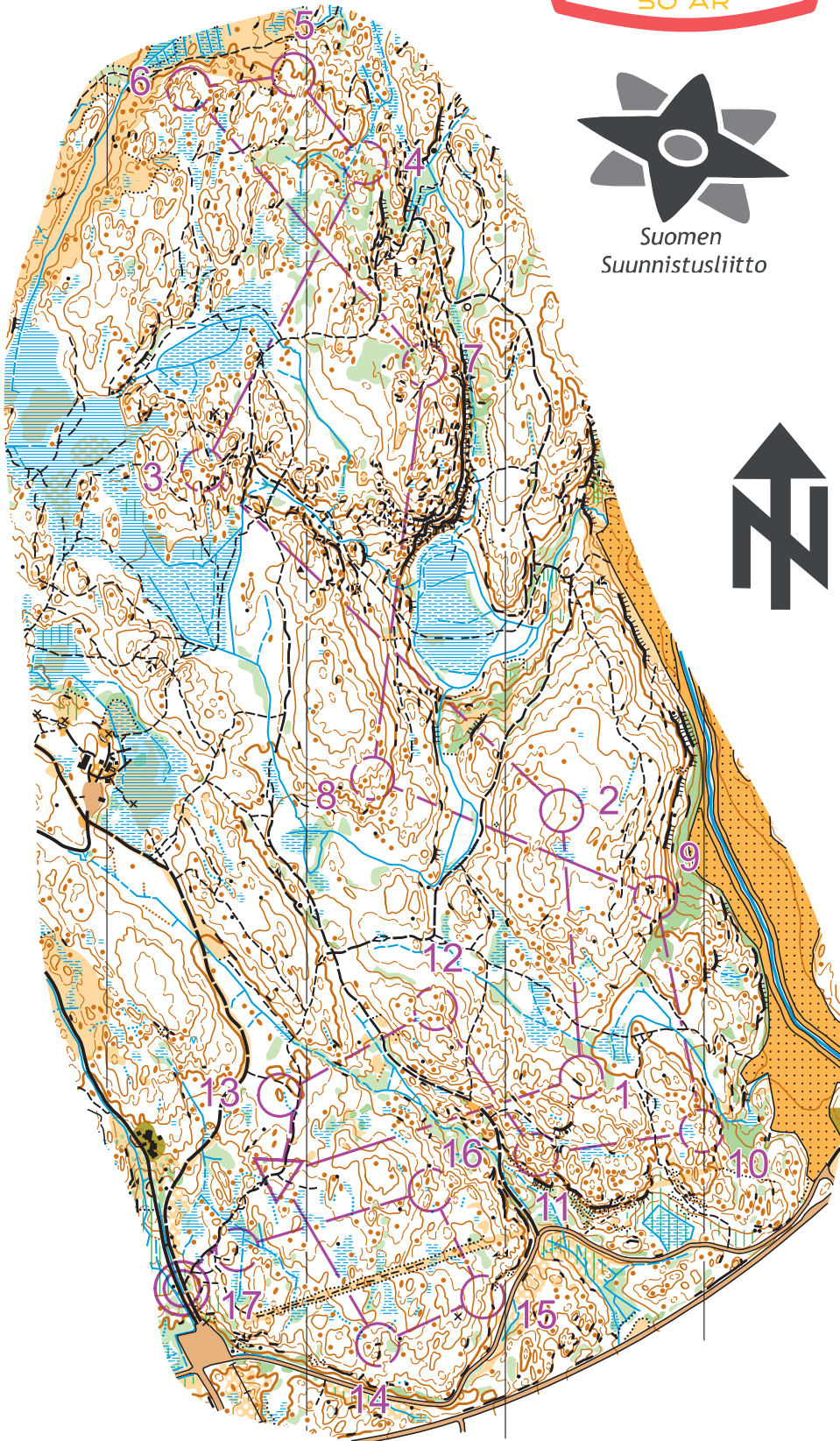
COURSE: A. HARJU



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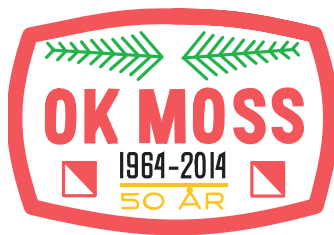


WCUP 2023 II NORWAY				
B		6,5 km	200 m	
▷		/	Y	
1	32	○		
2	35	∩		
3	36	●		
4	37	∩		
5	38	∩		
6	39	↖	∩	
7	43	∩		
8	44	∩		
9	54	∩		
10	53	∩		
11	50	●		
12	48	∩		
13	47	○		
		○	--- 130 m ---	▷
▷		/	Y	
14	46	↑	∩	∩
15	45	∩		∩
16	49	∩		
17	52	∩		
		○	--- 110 m ---	○

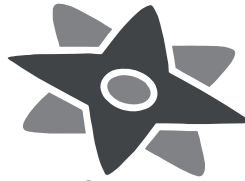
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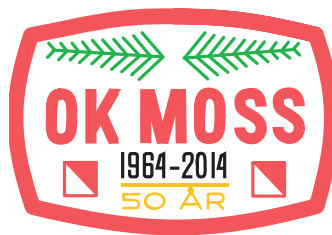


WCUP 2023 II NORWAY			
C		6,5 km	200 m
▷		↗	↘
1	31	≡	
2	35	∩	
3	36	●	
4	41	○	∩
5	40	∩	
6	39	↖	∩
7	43	∩	
8	33	∩	
9	54	∩	
10	53	∩	
11	50	●	
12	48	∩	
13	47	○	
		○ --- 130 m --- ▷	
▷		↗	↘
14	51	○	○
15	45	∩	∩
16	49	∩	
17	52	≡	
		○ --- 110 m --- ⊙	

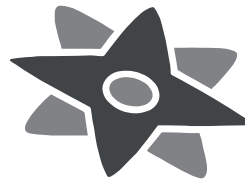
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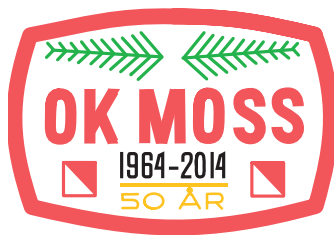


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D		6,5 km	200 m	
▷		/	Y	
1	32	○		
2	35	∩		
3	36	●		
4	41	○		∩
5	38	∩		
6	39	↖	∩	
7	34	↑	∩	∩
8	44	∩		
9	54	∩		
10	53	∩		
11	42	●		
12	48	∩		
13	47	○		
		○	--- 130 m ---	▷
▷		/	Y	
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15	45	∩		∩
16	49	∩		
17	52	∩		
		○	--- 110 m ---	○

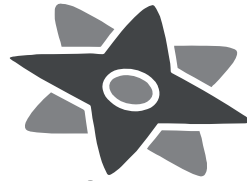
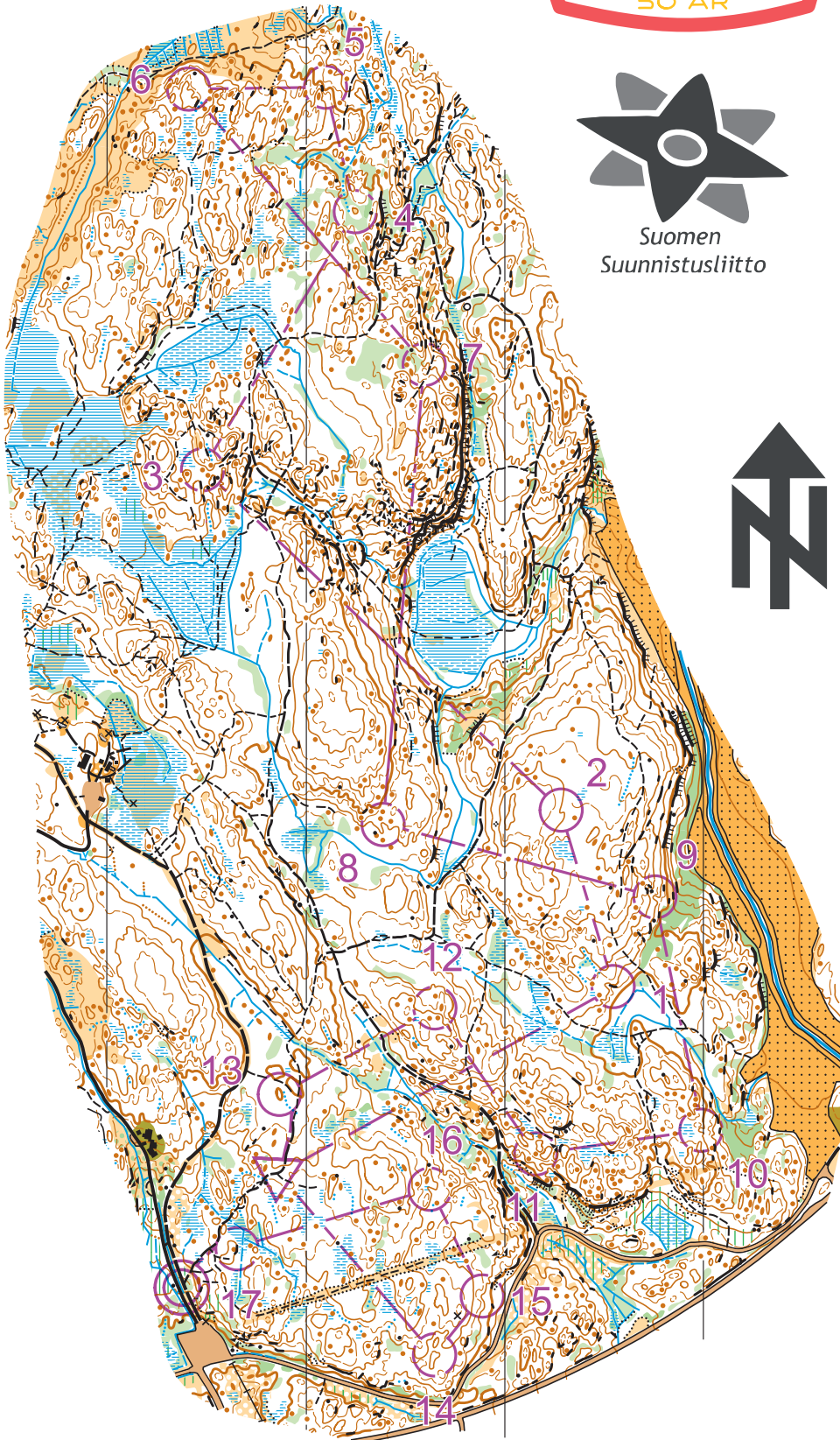
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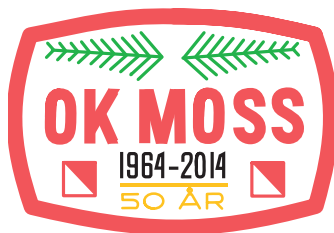


WCUP 2023 II NORWAY			
E		6,5 km	200 m
▷		↗	↘
1	31	≡	
2	35	∩	
3	36	●	
4	41	○	∩
5	40	∩	
6	39	↖ ∩	
7	43	∩	
8	33	∩	
9	54	∩	
10	53	∩	
11	50	●	
12	48	∩	
13	47	○	
○ --- 130 m --- ▷			
▷		↗	↘
14	51	○	○
15	45	∩	∩
16	49	∩	
17	52	≡	
○ --- 110 m --- ⊗			

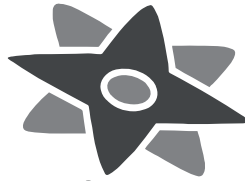
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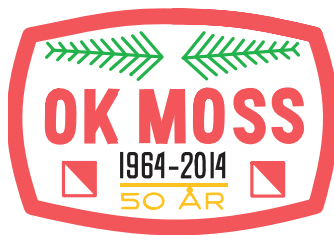
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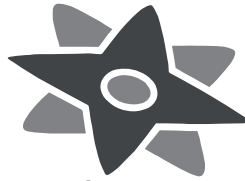
WCUP 2023 II NORWAY				
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33	∩			
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39	↖ ∩			
40	∩			
41	○			∩
42	●			
43	∩			
44	∩			
45	∩			∩∩
46	↑ ≡		⊥	
47	○			
48	∩			
49	∩			
50	●			
51	○			○
52	≡			
53	∩			
54	∩			



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 SYNFARING H. LUNDHAUG



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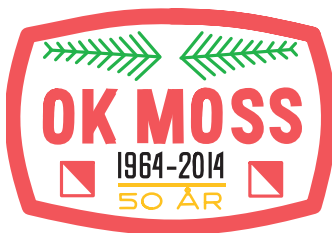
WCUP 2023 II NORWAY			
F		6,5 km	200 m
▷		/	Y
1	32	○	
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3	36	●	
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5	38	∩	
6	39	↖	∩
7	34	↑	▬ L
8	44	∩	
9	54	∩	
10	53	∩	
11	42	●	
12	48	∩	
13	47	○	
○ --- 130 m --- ▷			
▷		/	Y
14	46	↑	▬ L
15	45	∩	
16	49	∩	
17	52	▬	
○ --- 110 m --- ⊗			

COURSE: A. HARJU

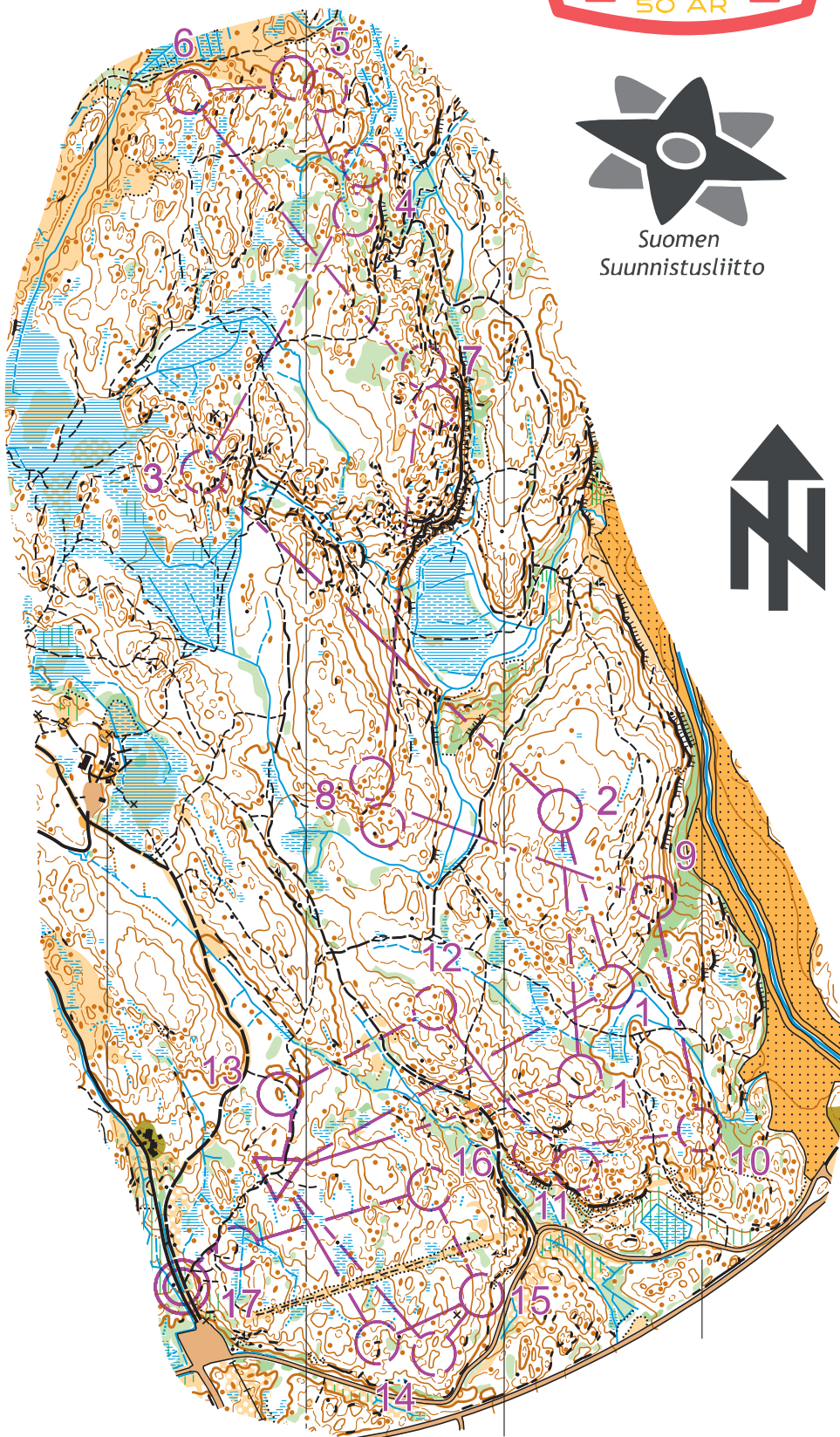




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WCUP 2023 II NORWAY					
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13	47	○			
○ --- 130 m --->△					
▷		/	Y		
14	51	○		⊙	
15	45	∩			
16	49	∩			
17	52	▬▬▬			
○ --- 110 m --->⊙					

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WCUP 2023 II NORWAY					
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10	53	∩			
11	50	●			
12	48	∩			
13	47	○			
○ --- 130 m --- → Δ					
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15	45	∩			
16	49	∩			
17	52	▯			
○ --- 110 m --- → ⊙					

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B		6,5 km	200 m		
▷		/	Y		
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○ --- 130 m --- → Δ					
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14	46	↑ ▯		└	
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○ --- 130 m --- → Δ					
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○ --- 110 m --- → ⊙					

WCUP 2023 II NORWAY					
C		6,5 km	200 m		
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2	35	∩			
3	36	●			
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11	50	●			
12	48	∩			
13	47	○			
○ --- 130 m --- → Δ					
▷		↗	Y		
14	51	○		⊙	
15	45	∩		∥	
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17	52	▬▬▬			
○ --- 110 m --- → ⊙					

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○ --- 130 m --- → Δ					
▷		↗	Y		
14	51	○		⊙	
15	45	∩		∥	
16	49	∩			
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14	51	○		⊙	
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16	49	∩			
17	52	▬▬▬			
○ --- 110 m --- → ⊙					

WCUP 2023 II NORWAY					
D		6,5 km		200 m	
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1	32	○			
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4	41	○		ṅ	
5	38	∩			
6	39	↖	∩		
7	34	↑	≡		└
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13	47	○			
○ --- 130 m --->△					
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14	46	↑	≡		└
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3	36	●			
4	37	∩			
5	38	∩			
6	39	↖	∩		
7	34	↑	≡		⊥
8	44	∩			
9	54	∩			
10	53	∩			
11	42	●			
12	48	∩			
13	47	○			
○ --- 130 m --- → Δ					
▷		/	Y		
14	46	↑	≡		⊥
15	45	∩			
16	49	∩			
17	52	≡			
○ --- 110 m --- → ⊙					