

# SSL TRAINING PACKAGE I WCUP 2023 NORWAY

## #5 Mastering the greens

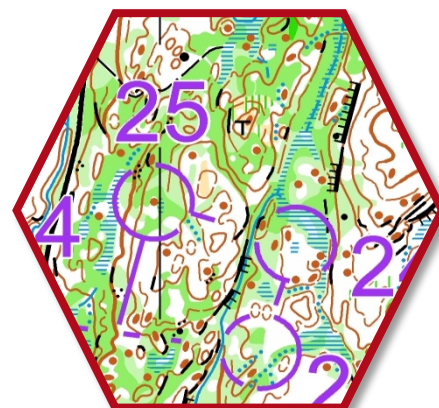
### TRAINING TYPE:

**BASIC COURSE W/ FOCUS ON GREEN AREAS**

### MAP:

**KIRKEBYGDEN | Mapmaker:** B. A. Paulsen (2018)

**Scale | Contours:** 1/10.000 | 5 m



### LOCATION:

59.489733, 10.855113

<https://goo.gl/maps/BVsrtHmTTyVrU1c7>

### TRAINING INFO:

**Distances:** 9,1km | 330m ↗

**Controls:** Red and white ribbons, from 16/03 to 25/04

**Course:** T. Gueorgiou

[LiveLox](#) (password: WCupNOR23) | [2Drun](#)



### DESCRIPTION:



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

Another map about 5km from the arena of the World cup which have necessarily similarities with the embargoed terrain.

This time, the focus is both on quite detailed control placements, and denser areas in the lowest parts of the terrain. This is something you find quite close from the World Cup arena, but most probably also in other parts between the biggest hills, and worth investing a bit of time in the preparation.

### NOTE:

Start at 1,2km from the parking.

Many possibilities to shorten the course.

WCUP 2023   NORWAY				
A		9,1 km	330 m	
▷		⌋		
1	31	↖	⌋	
2	59	●		⌋
3	60	⌋		
4	61	⌋		
5	62	↓	⌋	
6	32	● ●		⌋
7	33	⇄	⌋	⌋
8	34	⌋		⌋
9	35	←	⌋	⌋
10	36	→	⌋	⌋
11	37	● ●		⌋
12	38	○ ●		⌋
13	39	⌋		
14	40	⌋		
15	41	○		
16	42	←	⌋	
17	43	⌋		
18	44	⊙		⊙
19	45	⌋		
20	46	⌋	⌋	
21	47	⌋		
22	48	⌋		
23	49	⌋		↗
24	50	⌋		⊙
25	51	●		⌋
26	52	⌋		
27	53	⌋		
28	54	⌋		↗
29	55	⇄	⌋	⌋
30	56	⌋		
31	57	⌋		
32	58	⌋		
⊙	330 m			⊙

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4	61	⌋		
5	62	↓	⌋	
6	32	● ●		⌋
7	33	⇄	⌋	⌋
8	34	⌋		⌋
9	35	←	⌋	⌋
10	36	→	⌋	⌋
11	37	● ●		⌋
12	38	○ ●		⌋
13	39	⌋		
14	40	⌋		
15	41	○		
16	42	←	⌋	
17	43	⌋		
18	44	⊙		⊙
19	45	⌋		
20	46	⌋	⌋	
21	47	⌋		
22	48	⌋		
23	49	⌋		↗
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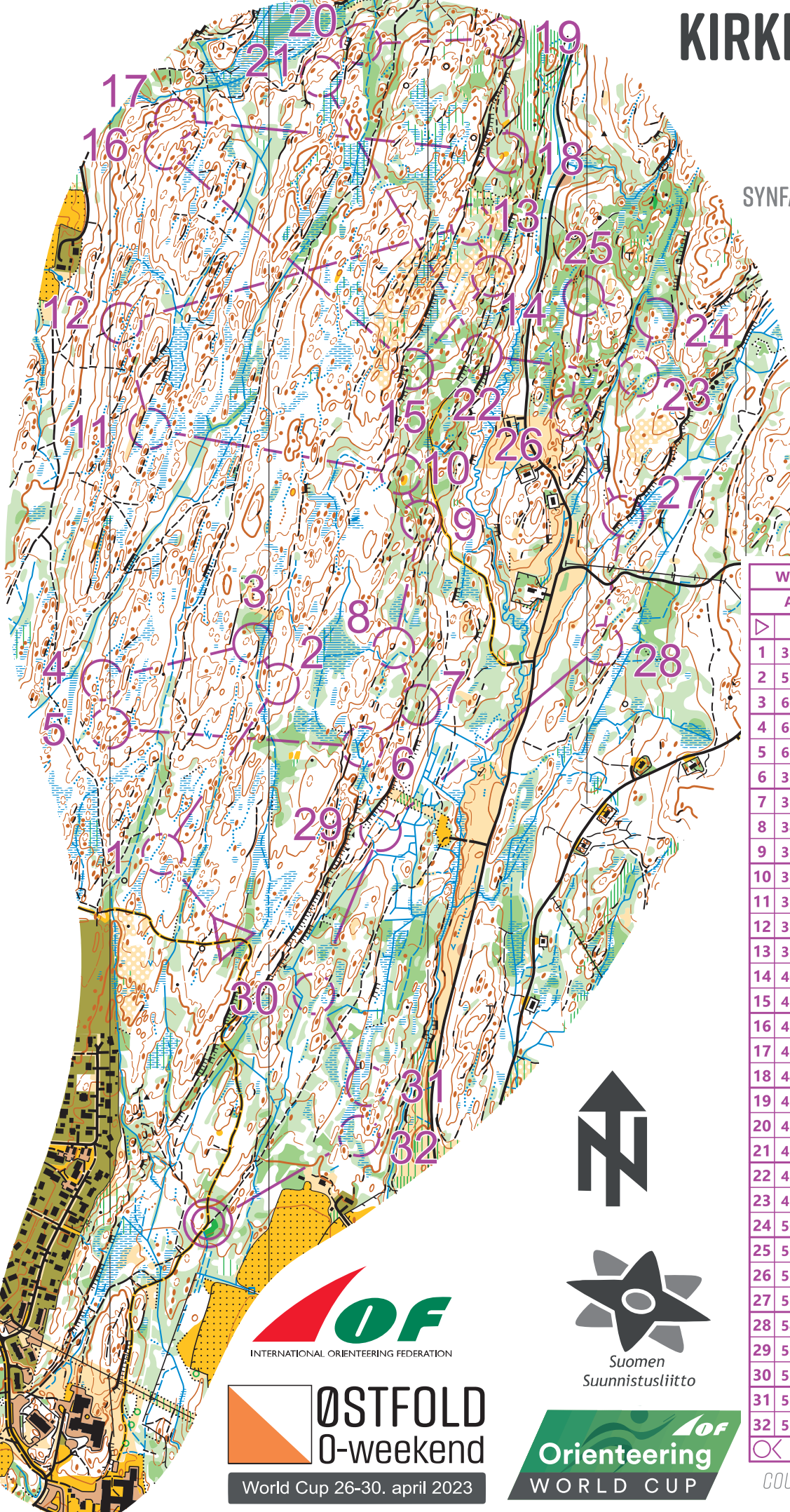
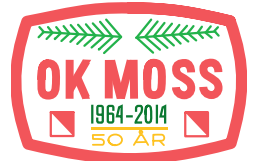
# KIRKEBYGDEN

MÅLESTOKK 1:10.000

EKVDISTANSE 5 M

UTGITT 2018

SYNFARING B. A PAULSEN



WCUP 2023 I NORWAY					
	A		9,1 km	330 m	
▷			▷		
1	31	↖	↖		
2	59	●	●		ñ
3	60	↖	↖		
4	61	↖	↖		
5	62	↓	↖		
6	32	●	●		≡
7	33	≡	≡		⊥
8	34	≡	≡		⊥
9	35	←	≡		⊥
10	36	→	≡		⊥
11	37	●	●		≡
12	38	○	●		≡
13	39	↖			
14	40	≡			
15	41	○			
16	42	←	↖		
17	43	↖	↖		
18	44	⊙			○
19	45	↖			
20	46	↖	↖		
21	47	↖	↖		
22	48	↖	↖		
23	49	≡	≡		↖
24	50	≡	≡		○
25	51	●	●		ñ
26	52	↖	↖		
27	53	↖	↖		
28	54	≡	≡		↖
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30	56	↖	↖		
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32	58	↖	↖		
				330 m	○



Suomen Suunnistusliitto



INTERNATIONAL ORIENTEERING FEDERATION



World Cup 26-30. april 2023



COURSE: T. GUEORGIOU