

SSL TRAINING PACKAGE I WCUP 2023 NORWAY

#3 Routes

TRAINING TYPE:

MICRO ROUTES I UNDERSTANDING THE RUNNABILITY

MAP:

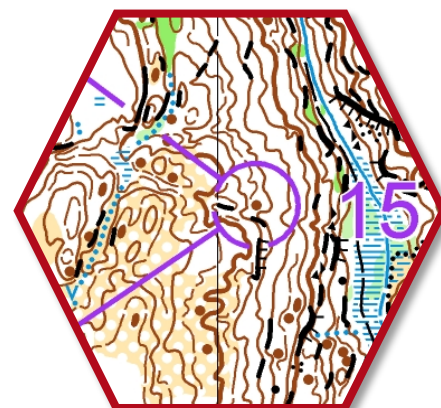
FJELL - STANGER I Mapmaker: H. Lundhaug (2020)

Scale I Contours: 1/10 or 15.000° I 5 m

LOCATION:

59.467111, 10.860944

<https://goo.gl/maps/xQxEiY8bo31M2xTg8>



TRAINING INFO:

Distances: "Short" 6,6km I 370m↗

"Long" 9,4km I 450m↗

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

Course: A. Harju

[LiveloX](#) (password: WCupNOR23) I

2Drerun [Short](#) I [Long](#)



DESCRIPTION:



One of the training maps bordering the World Cup embargoed area, and plenty of relevancy, with a course mixing longer and shorter legs, where the focus has been put on understanding the runnability.

NOTE:

Start and finish nearby the parking.

One map exchange for the "Long" course, both maps are printed on the same sheet of paper and control numbering is continuous >



WCUP 2023 II NORWAY					
Long		9,4 km		450 m	
▷		↘	↙		
1	54	∩			
2	55	↙ ●		∩	
3	33	∩			
4	34	∩			
5	35	●			
6	63	∩			
7	40	●			
8	57	∩			
9	58	○		∩	
10	38	▲			
11	59	∩			
12	44	⊥			
13	43	↑ ●			
14	42	●			
15	60	●		∩	
16	50	↑ ∩		⊥	
17	66	→ ∩			
18	64	●			
▷		●			
19	67	∩			
20	39	↓ ∩			
21	68	∩			
22	69	●		∩	
23	70	●		∩	
24	71	○			
25	48	∩			
26	65	↙ ●		∩	
27	61	∩			
28	62	∩			
○	<	60 m		>	○

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Long		9,4 km		450 m	
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4	34	∩			
5	35	●			
6	63	∩			
7	40	●			
8	57	∩			
9	58	○		∩	
10	38	▲			
11	59	∩			
12	44	⊥			
13	43	↑ ●			
14	42	●			
15	60	●		∩	
16	50	↑ ∩		⊥	
17	66	→ ∩			
18	64	●			
▷		●			
19	67	∩			
20	39	↓ ∩			
21	68	∩			
22	69	●		∩	
23	70	●		∩	
24	71	○			
25	48	∩			
26	65	↙ ●		∩	
27	61	∩			
28	62	∩			
○	<	60 m		>	○

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5	35	●			
6	63	∩			
7	40	●			
8	57	∩			
9	58	○		∩	
10	38	▲			
11	59	∩			
12	44	⊥			
13	43	↑ ●			
14	42	●			
15	60	●		∩	
16	50	↑ ∩		⊥	
17	66	→ ∩			
18	64	●			
▷		●			
19	67	∩			
20	39	↓ ∩			
21	68	∩			
22	69	●		∩	
23	70	●		∩	
24	71	○			
25	48	∩			
26	65	↙ ●		∩	
27	61	∩			
28	62	∩			
○	<	60 m		>	○

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7	40	●			
8	57	∩			
9	58	○		∩	
10	38	▲			
11	59	∩			
12	44	⊥			
13	43	↑ ●			
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16	50	↑ ∩		⊥	
17	66	→ ∩			
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▷		●			
19	67	∩			
20	39	↓ ∩			
21	68	∩			
22	69	●		∩	
23	70	●		∩	
24	71	○			
25	48	∩			
26	65	↙ ●		∩	
27	61	∩			
28	62	∩			
○	<	60 m		>	○

FJELL

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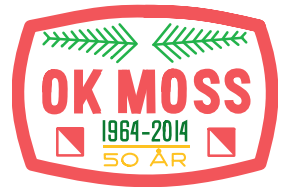
EKVDISTANSE 5 M

UTGITT 2020

SYNFARING H. LUNDHAUG



WCUP 2023 II NORWAY				
Long	9,4 km	450 m		
1 54	↘	↘		
2 55	↙	●		ñ
3 33	⊥	⊥		
4 34	⊥			
5 35	●			
6 63	↘			
7 40	●			
8 57	↘			
9 58	○			ñ
10 38	▲			
11 59	↘			
12 44	⊥			
13 43	↑	●		
14 42	●			
15 60	●			ñ
16 50	↑	⊥		T
17 66	→	↘		
18 64	●			
19 67	↘			
20 39	↓	↘		
21 68	⊥			
22 69	●			ñ
23 70	●			ñ
24 71	○			
25 48	↘			
26 65	↙	●		ñ
27 61	⊥	⊥		
28 62	⊥			



COURSE: A. HARJU

FJELL

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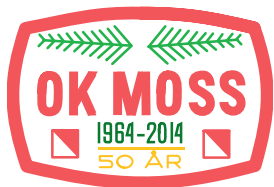
EKVDISTANSE 5 M

UTGITT 2020

SYNFARING H. LUNDHAUG



WCUP 2023 II NORWAY				
Long	9,4 km	450 m		
1 54	↘		↙	
2 55	↙	●		ñ
3 33	⊥	⊥		
4 34	⊥			
5 35	●			
6 63	↘			
7 40	●			
8 57	↘			
9 58	○			ñ
10 38	▲			
11 59	↘			
12 44	⊥			
13 43	↑	●		
14 42	●			
15 60	●			ñ
16 50	↑	⊥		T
17 66	→	↘		
18 64	●			
19 67	↘			
20 39	↓	↘		
21 68	⊥			
22 69	●			ñ
23 70	●			ñ
24 71	○			
25 48	↘			
26 65	↙	●		ñ
27 61	⊥	⊥		
28 62	⊥			



COURSE: A. HARJU

WCUP 2023 II NORWAY					
Short		6,6 km		370 m	
▷		↗	∩		
1	54	∩			
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3	33		≡		
4	34		≡		
5	35		●		
6	63		∩		
7	40		●		
8	57		∩		
9	58		○		∩
10	38		▲		
11	59		∩		
12	44		⌋		
13	43	↑ ●			
14	42		●		
15	60		●		∩
16	50	↑	≡		⌋
17	49		≡		
18	72		∩		
19	62		≡		
○		60 m		⊗	

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7	40		●		
8	57		∩		
9	58		○		∩
10	38		▲		
11	59		∩		
12	44		⌋		
13	43	↑ ●	●		
14	42		●		
15	60		●		∩
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12	44		⌋		
13	43	↑ ●	●		
14	42		●		
15	60		●		∩
16	50	↑	≡		⌋
17	49		≡		
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19	62		≡		
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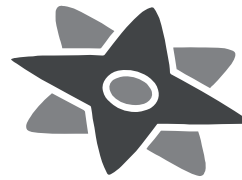
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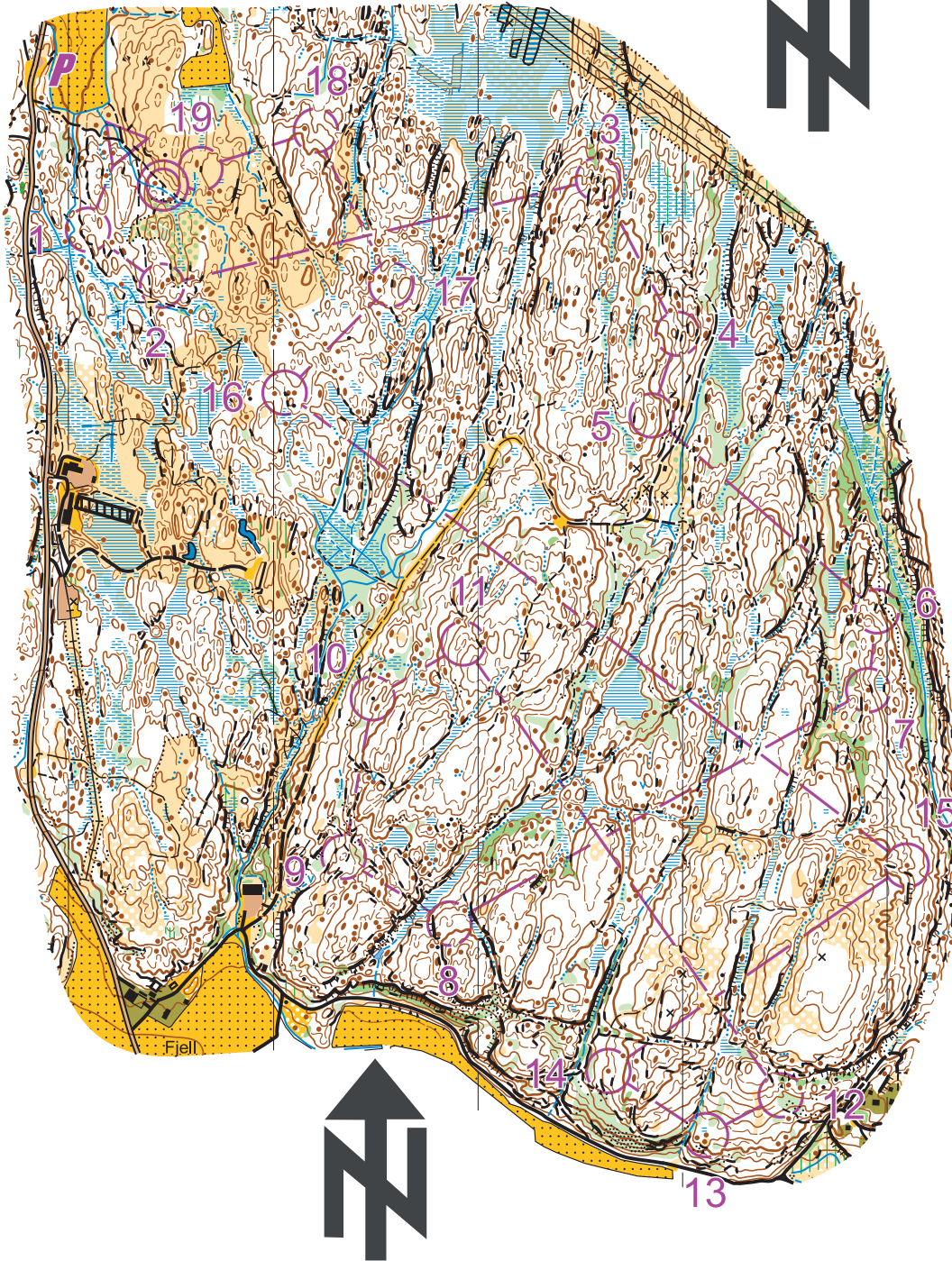
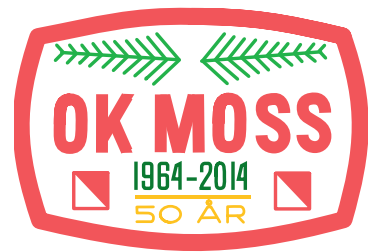
EKVDISTANSE 5 M

UTGITT 2020

SYNFARING H. LUNDHAUG



Suomen
Suunnistusliitto



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16	50	↑ ∩		T
17	49	∩		
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19	62	∩		

○ 60 m ○

COURSE: A. HARJU



World Cup 26-30. april 2023



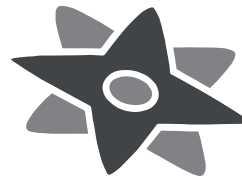
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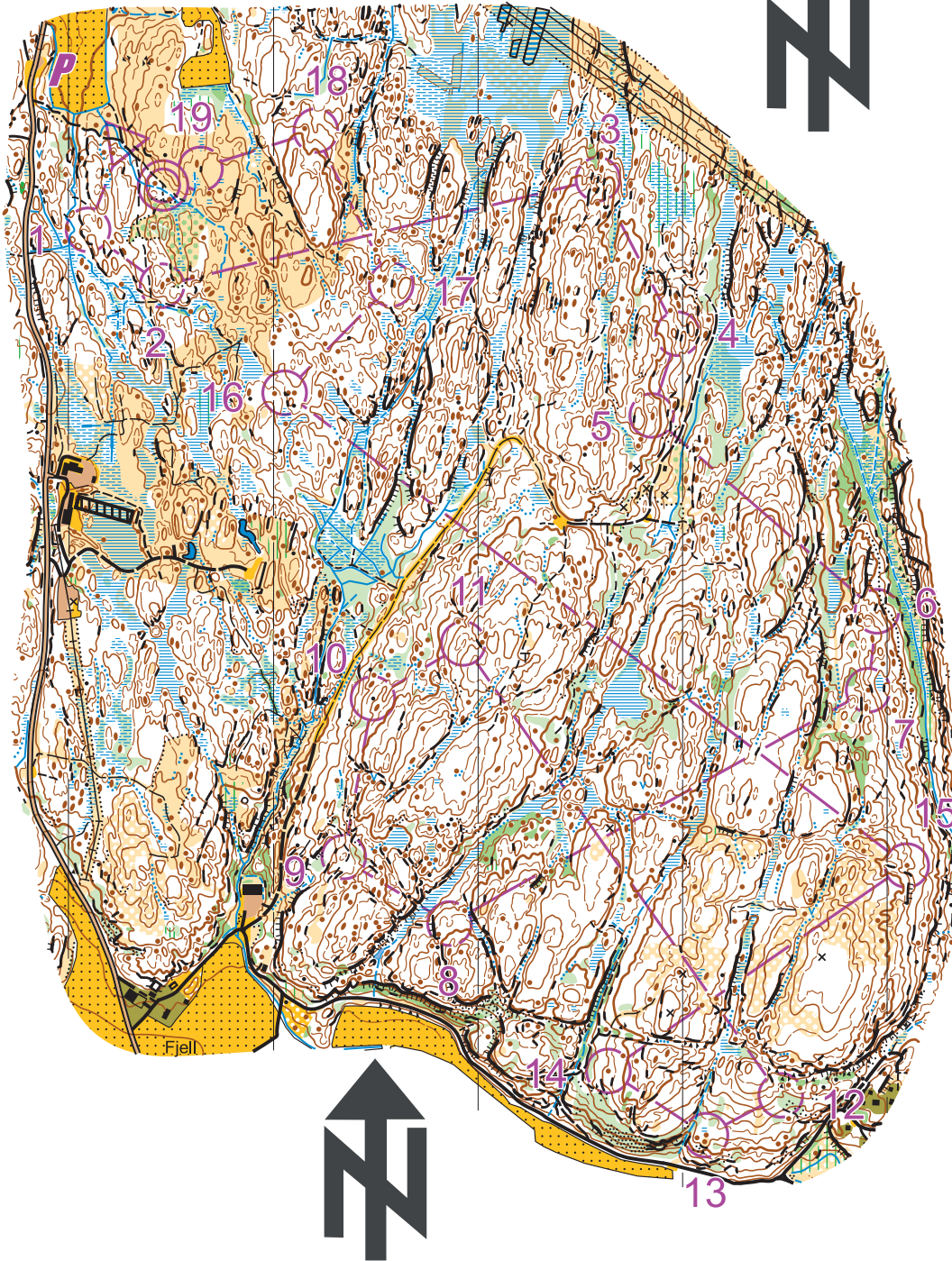
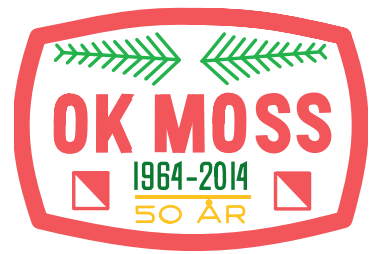
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UTGITT 2020

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17	49	∩		
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○ 60 m ○

COURSE: A. HARJU



World Cup 26-30. april 2023

