SSL TRAINING PACKAGE I WCUP 2023 NORWAY

#3 Routes

TRAINING TYPE:

MICRO ROUTES I UNDERSTANDING THE RUNNABILITY

MAP:

FJELL - STANGER | 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 >





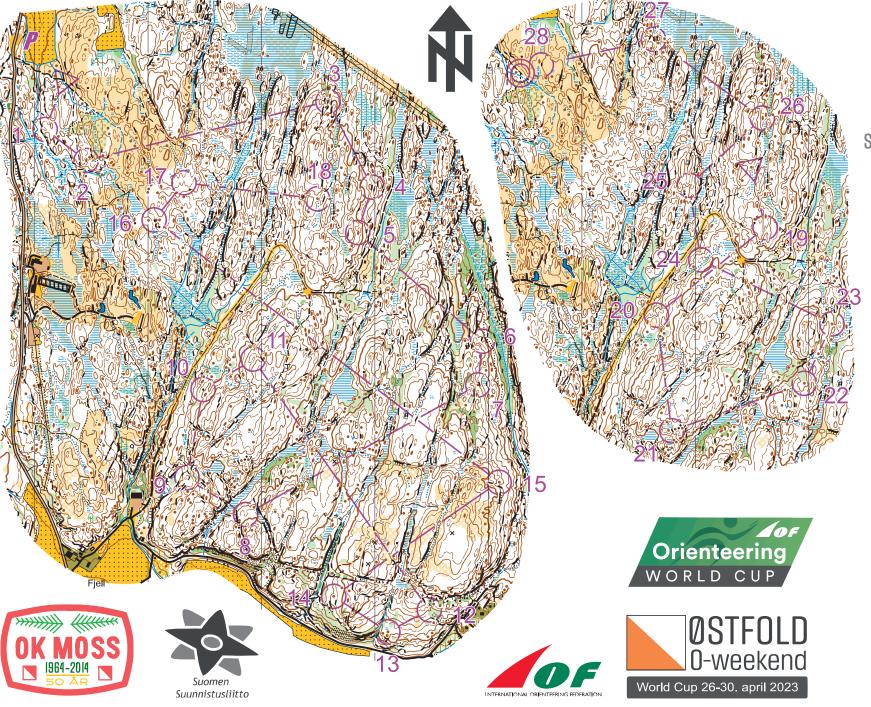
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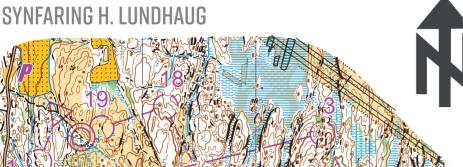
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