

SSL TRAINING PACKAGE I WCUP 2023 NORWAY

#2 Contours

TRAINING TYPE:

CONTOURS I FORKED

MAP:

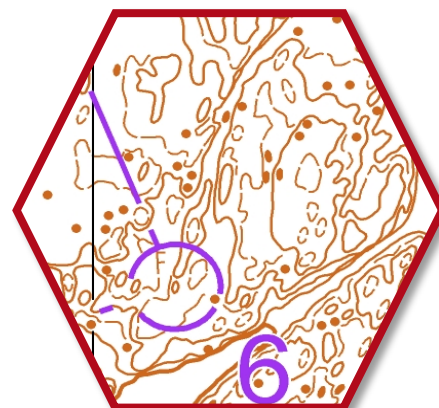
BRØNNRØDTJERN I Mapmaker: H. Lundhaug (2022)

Scale I Contours: 1/10.000° I 5 m

LOCATION:

59.44098, 10.78727

<https://goo.gl/maps/BJV7QGz6h1tck1vS7>



TRAINING INFO:

Distances: 6,5km

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

Course: T. Gueorgiou
[Livelox](#) (password: WCupNOR23) I [2Drerun](#)



DESCRIPTION:

A course, mixing different length of legs, on a contour only map, visiting quite flat areas – a great pick to lower the physical stress, but still have a demanding training technically, or to combine it with the #1 “Wcup” MD training.

NOTE:

Start at 600m from the parking.

Three forking of the course (A, B & C) to fasten the start procedure and maximize the disturbance.

Possible to short cut in several places.

WORLD CUP 2023 I NOR									
A		6,5 km			130 m				
▷			/	Y					
1	31		∩						
2	34		●					ḡ	
3	35	→	∩						
4	38		●					ḡ	
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BRØNNERØDTJERN

MÅLESTOKK 1:10.000

EKVDISTANSE 5 M

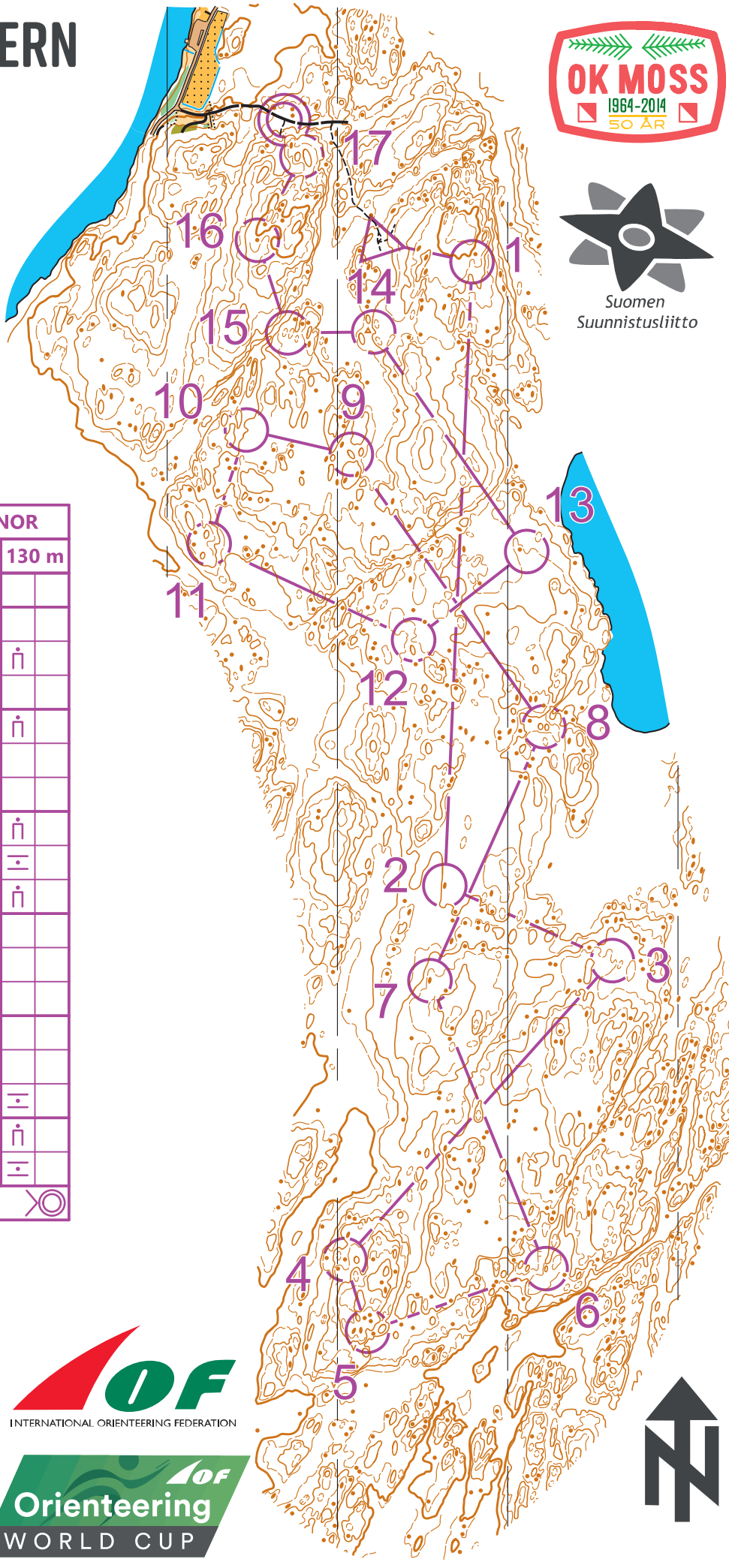
UTGITT 2022

SYNFARING H. LUNDHAUG



Suomen Suunnistusliitto

WORLD CUP 2023 I NOR			
A		6,5 km	130 m
▷		↗	↘
1	31	∩	
2	34	●	∩
3	35	→ ∩	
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16	56	●	∩
17	55	○ ○	≡
○		70 m	○



COURSE: T. GUEORGIU



World Cup 26-30. april 2023



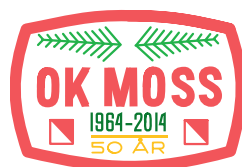
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EKVDISTANSE 5 M

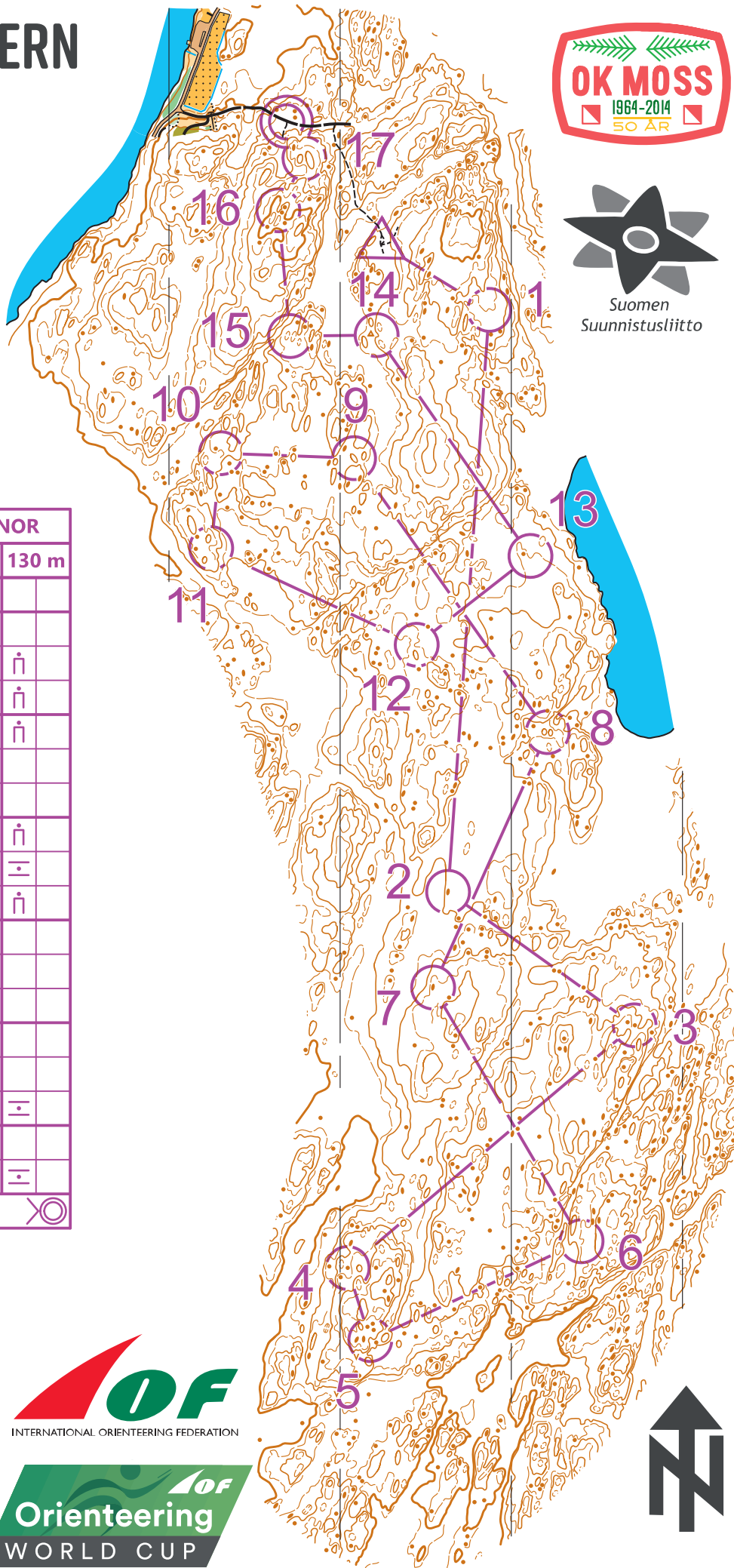
UTGITT 2022

SYNFARING H. LUNDHAUG



Suomen Suunnistusliitto

WORLD CUP 2023 I NOR			
B		6,5 km	130 m
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17	55	○ ○	≡
○		70 m	○



COURSE: T. GUEORGIU



ØSTFOLD
0-weekend



World Cup 26-30. april 2023



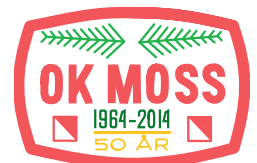
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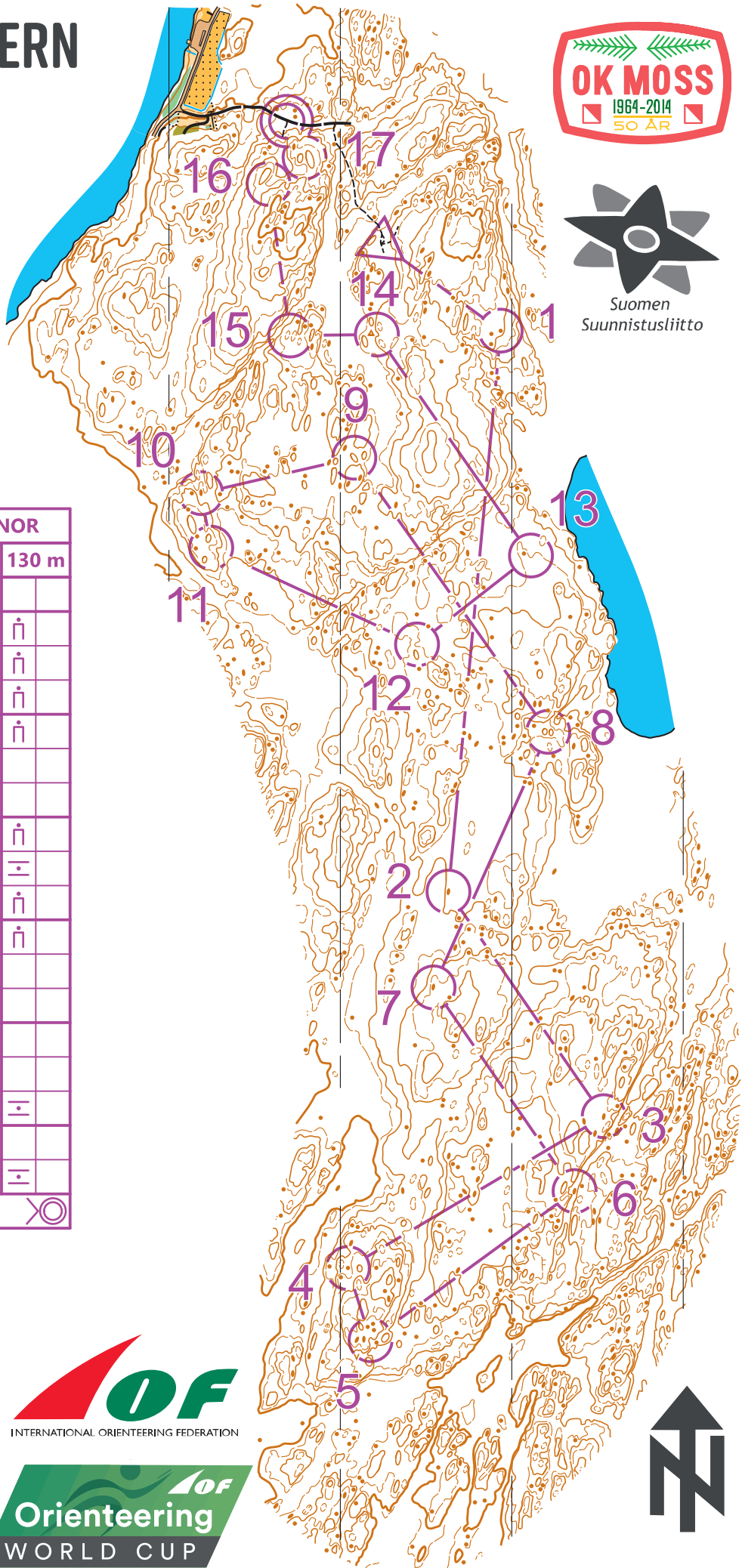
EKVDISTANSE 5 M

UTGITT 2022

SYNFARING H. LUNDHAUG



Suomen Suunnistusliitto



WORLD CUP 2023 I NOR					
C		6,4 km		130 m	
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1	33	↗	●		ñ
2	34		●		ñ
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4	38		●		ñ
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6	42	↙	●		
7	43		●		ñ
8	44	○ ○			≡
9	45	←	○		ñ
10	48	→	●		ñ
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15	53	←	○ ○		≡
16	57		∩		
17	55		○ ○		≡
○ ×		70 m		○ ×	

COURSE: T. GUEORGIU



World Cup 26-30. april 2023

