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



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

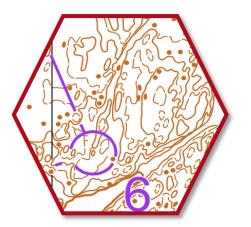
– a great pick to lower the physical stress, but still have a demanding training technically, or to combine it with the #1 "Wcup" MD training.

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.





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