

SATURDAY 08 NOVEMBER I AFTERNOON

FORKED NIGHT ORIENTEERING

MAP

PAJULAHTI I J. Pikkarainen [2023] **1/10.000°** I 5m

LOCATION

Parking

TIMETABLE

15:50 Common warmup from accommodation nr 9A to start (1.9km)



Distances: 9.4km, 220m∕, 28-29 controls

Two main short-cuts: 4-9: -1,6km 10-21: -3,4km

Controls: Red & white ribbons with reflex

Course: T. Gueorgiou, printed on waterproof paper.

Livelox



Another session where we will focus much on the technical execution more than the speed. For that, we are using the area next to our accommodation, where the terrain is diffuse in many places, and it is much about keeping good direction.

We plan to start altogether, but there are many forkings, and it is a lot more to higher the distractions, than having competition. You will feel successful at the end of the training if you have picked all your controls while sticking to your plan.

NOTE



There is a small run to reach the start location. The finish is near the accommodation.

It is possible to combine this training with the running technique at 15:15 in Pajulahti halli.

To maximize the challenge, you have two versions of the training printed on the same sheet of paper, one with a normal map, and one with a contours map. The course is set mostly in pretty open areas, and for sure it is not an impossible mission to use the contours map, as it is the main information anyway.





