

# TRAINING 5 ZIEMEĻJAUNUPE E

## MAP

Ziemeļjaunupe A 2016, minor updates 2023

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Scale: 1:10 000 Contours: 2.5m

## DESCRIPTION

Another session in *Nordic Latvia* Ziemeļjaunupe – pure, wild and demaning. This session will use the very best parts of the area. Seven 0-intervals are on the menu. Full speed, stay sharp and make no mistakes.

## COURSE

Course setter: Rudolfs Zernis

7x1-1.5km o-intervals (7,6km total)

Controls: Ribbons

## MAP SAMPLE

