1. Open Leveledit
2. Load your terrain
3. Set camera to top (vie from above - know what I mean?)
4. Make sure that your camera is at 0,0 - makes you life a lot easier (height is irrelevant)
5. Make a screenshoot
6. Load it into Photoshop
7. Export it as .dds
8. Make a new .ini (C&C_<your mapname>.ini)
9. Copy the content of one existing other ini into your new one
10. Find the the right mapscale-value for your overview! (most difficult part)

(11. If you haven't placed you camera at 0,0 you also have to find the right values for the offsets in the ini and thats really sh** and a lot of work)