



# Orienteering Race Analysis - Advanced

Date:

Event:

Course:

Distance:

Climb:

Rate your performance ✓ = Very Good, blank = n/a, X = Improvement Needed

Physical Shape			Motivation					Warm up			Mental Prep	Comments	
Control Number	Attack Point	Compass	Distance Estimation	Contour Interpretation	Route Choice /Planning	Terrain Visualisation	Re-location	Terrain Speeds	Control Flow	Concentration	Distraction		Something Else
<b>Total</b>													

**Comment**