**Orienteering Race Analysis** **- Advanced**

**Date: Event: Course: Distance: Climb:**

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

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