**Orienteering Race Analysis - Beginner**

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

**Rate your performance as ✓ = Good, X = Improvement needed**

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| **Control Number** | **Map Symbols** | **Orientating the Map** | **Estimating Distance**  | **Thumbing the Map** | **Compass** | **Re-location** | **Speed** | **Attack Point** | **Route Choice /Planning** | **Concentration** | **Something Else** | **Comments** |
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| **Totals** |  |  |  |  |  |  |  |  |  |  |  |  |

**Comment**