



Orienteering Race Analysis - Beginner

Date:

Event:

Course:

Distance:

Climb:

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

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

Comment