**Orienteering Race Analysis - Improver**



**Date: Event: Course:**

**Rate your performance as ✓ = Good, blank = n/a, X = Improvement needed**

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| **Control Number** | **Symbol Recognition** | **Attack Point** | **Compass** | **Distance Estimation** | **Thumbing the Map** | **Route Choice /Planning** | **Aiming Off** | **Terrain Visualisation** | **Re-location** | **Speed** | **Concentration** | **Control Flow** | **Comments** |
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| **Totals** |  |  |  |  |  |  |  |  |  |  |  |  |  |

**Comment**