



Orienteering Race Analysis - Improver

Date:

Event:

Course:

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

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
Totals													

Comment