**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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| **Total** |  |  |  | |  |  | |  |  |  | |  | |  |  | |  |  | | | |

**Comment**