ORIENTEERING EVENT ANALYSIS AND EVALUATION

EVENT DATE
COURSE LENGTH
MY TIME MINS PER KM

TOTAL TIME LOST

SUMMARY OF MISTAKES

LEG		

STRENGTHS (*WHAT WENT RIGHT TODAY)*

REASONS FOR LOSING TIME

Control No	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Ran too fast																				
Read map too late																				
Underrated difficulty																				
Took a chance																				
No attack point																				
Did not check features en route																				
Bad route choice																				
Did not follow plan																				
Lacked concentration																				
Followed others																				
Others followed me																				
Disturbed by others																				
Unused to map																				
Unused to terrain																				
Did not read Control Description																				
Did not read Control Code																				
Tired																				
Did not like map																				
Bad map reading																				
Bad compass work																				
Bad distance judgement																				