

Ackroyden Training Activity

RACE ANALYSIS

At this week's event, you will be using a high quality urban map and be challenged by really technical courses. This is as close to a mainstream orienteering challenge that you will have had in the recent EPOC maprun series.

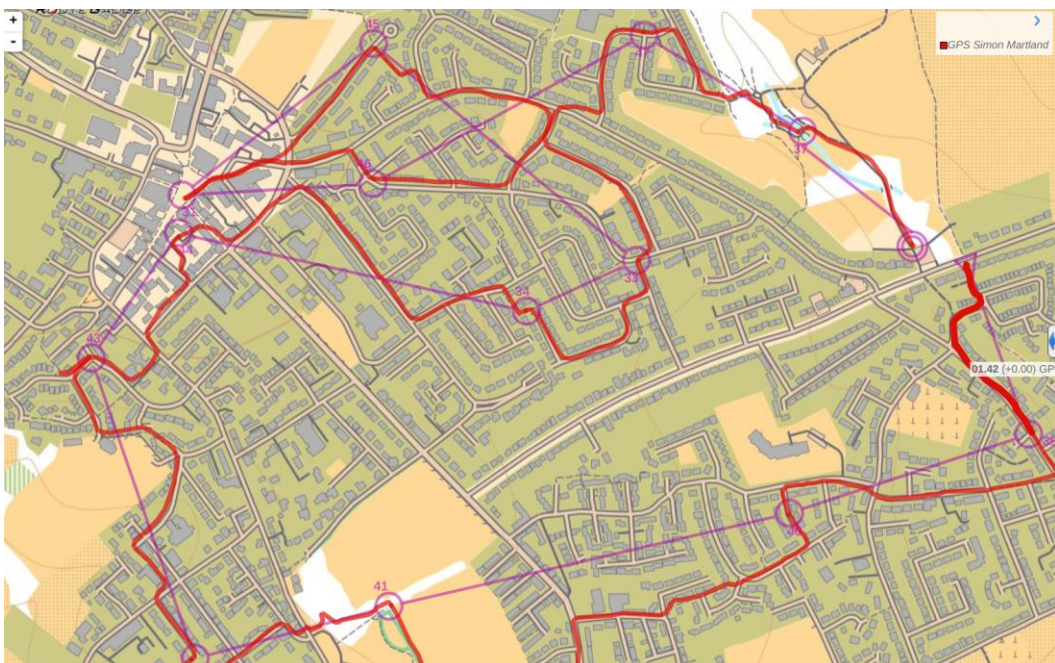
If you haven't done so already, this is a good opportunity to use some of the tools that maprun provides after your run. (SI results and Routegadget at mainstream events provide similar analytic opportunities). Good orienteers always take post race analysis seriously and use the feedback, the lessons learnt, at future events.

1. Analysing your route and how it compares with other competitors:

On the results table which is updated after everyone's run, select the *TRACK* option.

Pos	Name	Track	Time
1	Simon Martland	Track	35:28
2	Andy Thorpe	Track	36:18
3	Leon Foster	Track	38:20
4	Martin Wood	Track	39:47
5	Craig Lucas	Track	39:56
6	Jonathan Emberton	Track	41:52

This will show the route you took and allow you to compare it with anyone else you choose. Compare for differences, obvious mistakes, route opportunities you missed and improvements you could have made.



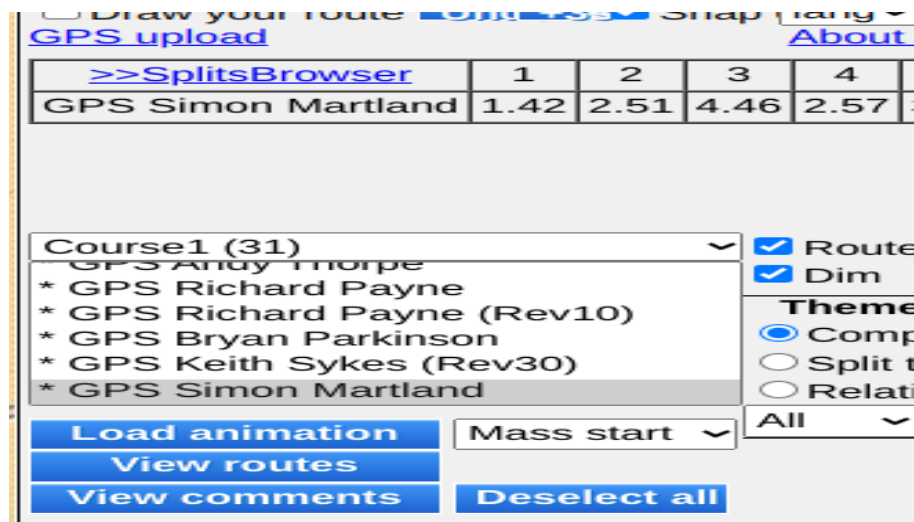
2. Distance run and pace analysis:

On the main results table, it is really interesting to see the exact distance you ran, your pace (mins/km) and how it compares with other people.

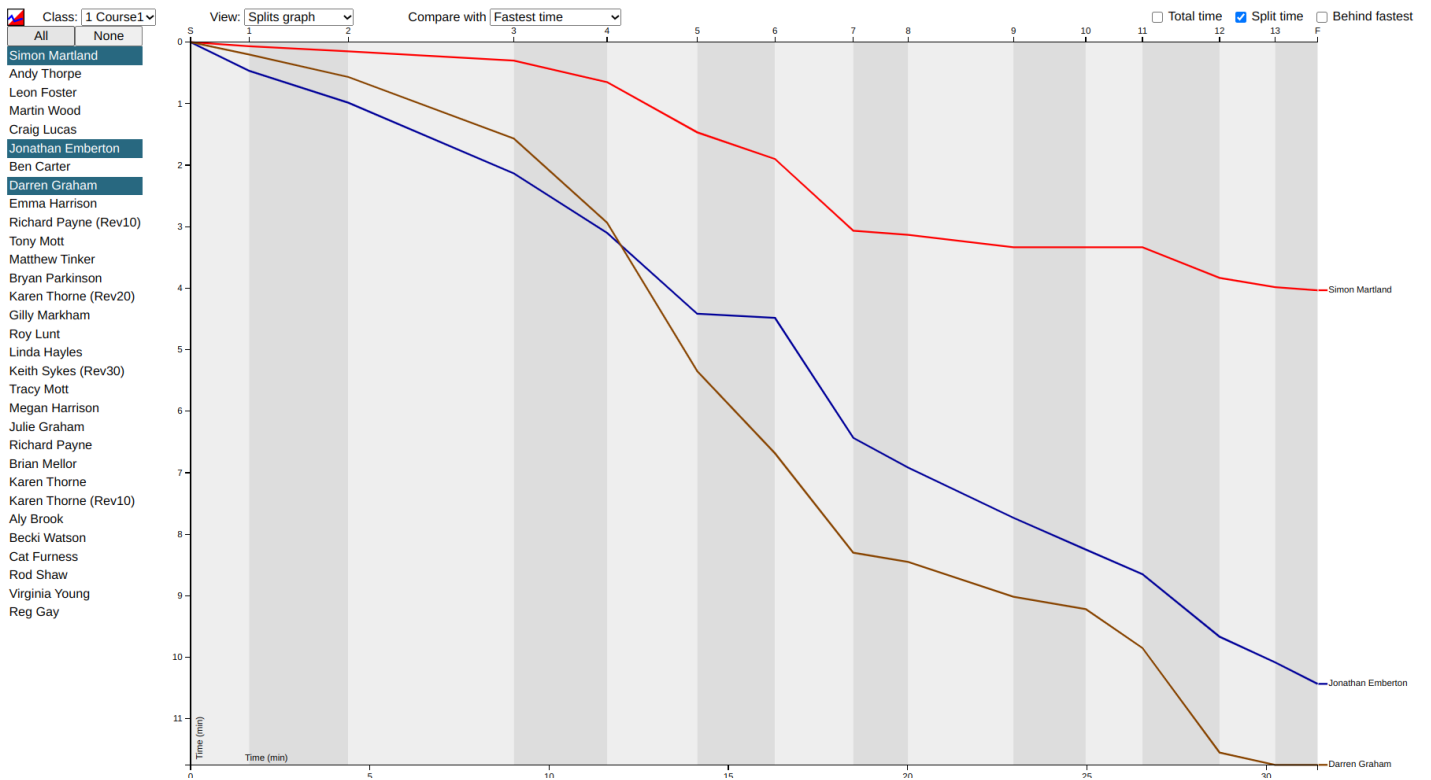
Dist (km)	Pace (mins/km)
7.97	4:27
8.06	4:30
8.41	4:33
8.33	4:47
8.38	4:46
8.30	5:03

3. Using the Splitbrowser graph to analyse progress through the course and how it compares with other people:

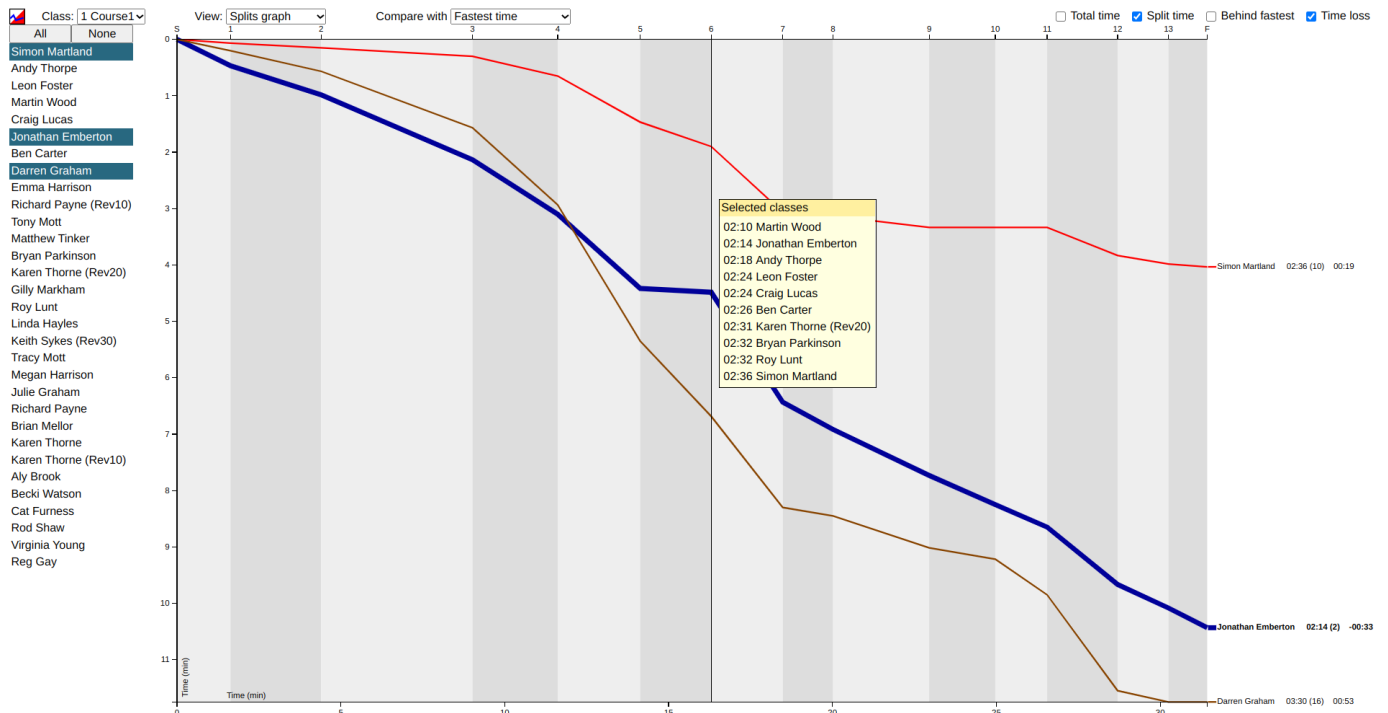
Select the *Splitbrowser* option from the right hand pane of the *Track* screen



This will give you a graph whose gradient indicates better (flatter) and worse (steeper) legs. Selecting other people allows you to see when you were ahead and behind them on the course.



You can also see leg time comparisons and how much you gained/ lost if you hover over a leg bar.



If there is anything else you'd like to know or discuss about race analysis tools, please get in touch.

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