

Rata-analyysi

ESC Karamalmi

10.10

Ratamestari: Baptiste Masso



SUUNNISTUS

Ohjeistus

- Tämä harjoitusanalyysi rakennettu on suunnistuksen kehityksen tueksi, harjoituksen etukäteisohjeistukseen ja jälkianalysointia varten
- Harjoituskortissa tuodaan esille harjoituksen perustiedot, helpottaen harjoitukseen valmistautumista
- Rata-analyysin kautta nostetaan harjoituksesta esille olennaisimpia rastivälejä, joiden osalta ratamestari on hahmotellut miten niitä olisi pitänyt tai voinut suunnistaa
- Rata-analyysi ei välttämättä kerro mikä olisi ollut absoluuttisesti paras reitinvalintavaihtoehto tai toteutustapa, mutta se antaa mallia siitä miten rastivälejä voi toteuttaa

Valmistaudu suoritukseen – Suunnista rata – Analysoi suoritus

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Kehity suunnistajana

Harjoitukseen
analysointiin

Rata-analyysi (in English)

Elite long and short Start-1

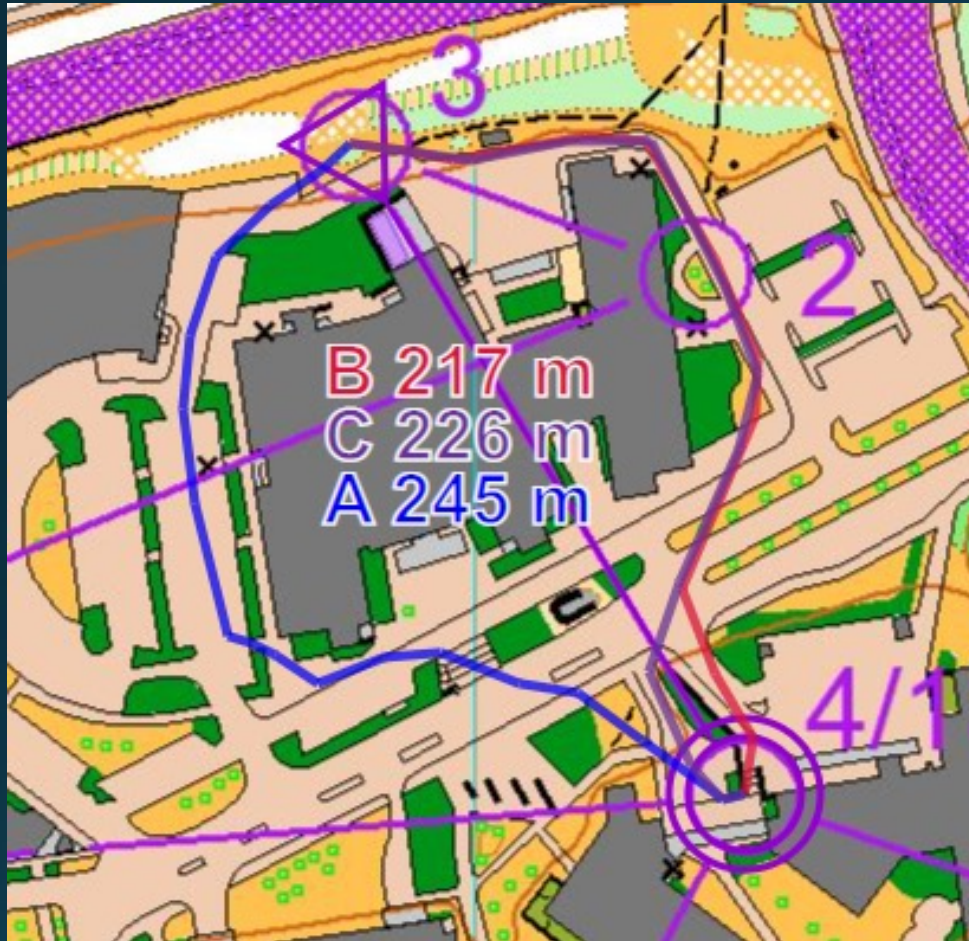


- Fast changing direction to the left after starting point with blue choice. Changing direction 2 times by 90°
- Red choice is longer but quite straight and easy to read map until building first angle.
- Not big difference between both, maybe safety to take red to have a good map contact for first control and avoid mistake

Elite long and short 1-2

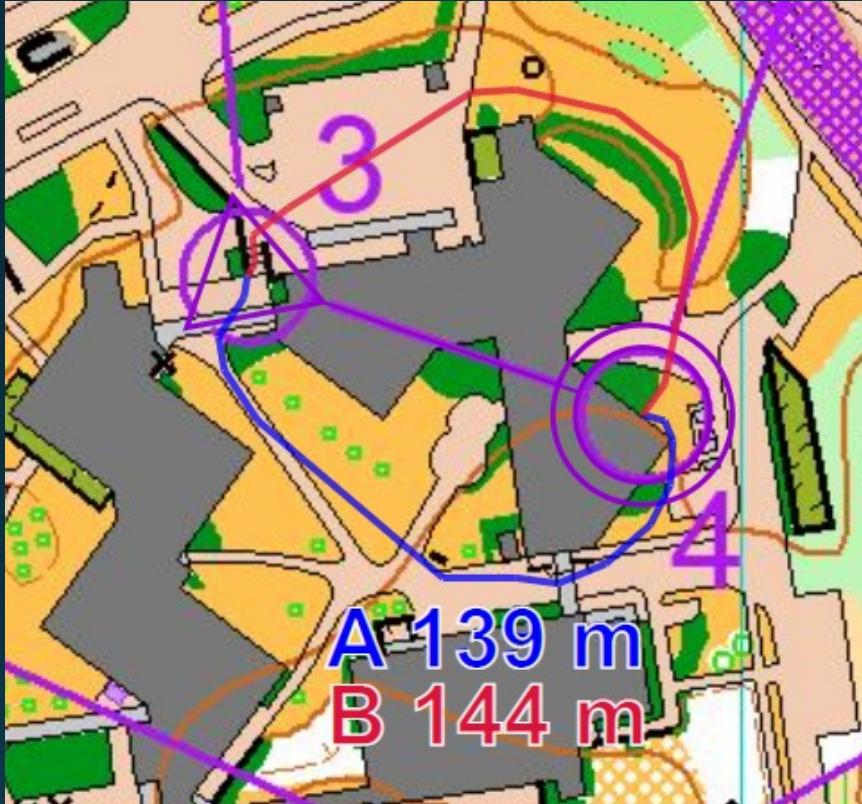


- Both choices are quite similar. Navigation at the beginning between vegetation area, then quite straight along the building.
- Blue choice is faster for some meters



Elite long 3-4

- Blue choice is far from interval line and need navigation in narrow pavement parts
- Red choice is the faster but you need to take stairs at the end of the route choice.
- One other alternative is the purple choice where you will avoid stairs. It can be better to take this choice and be faster than in stairs area.



Elite long 4-5 and elite short 3-4

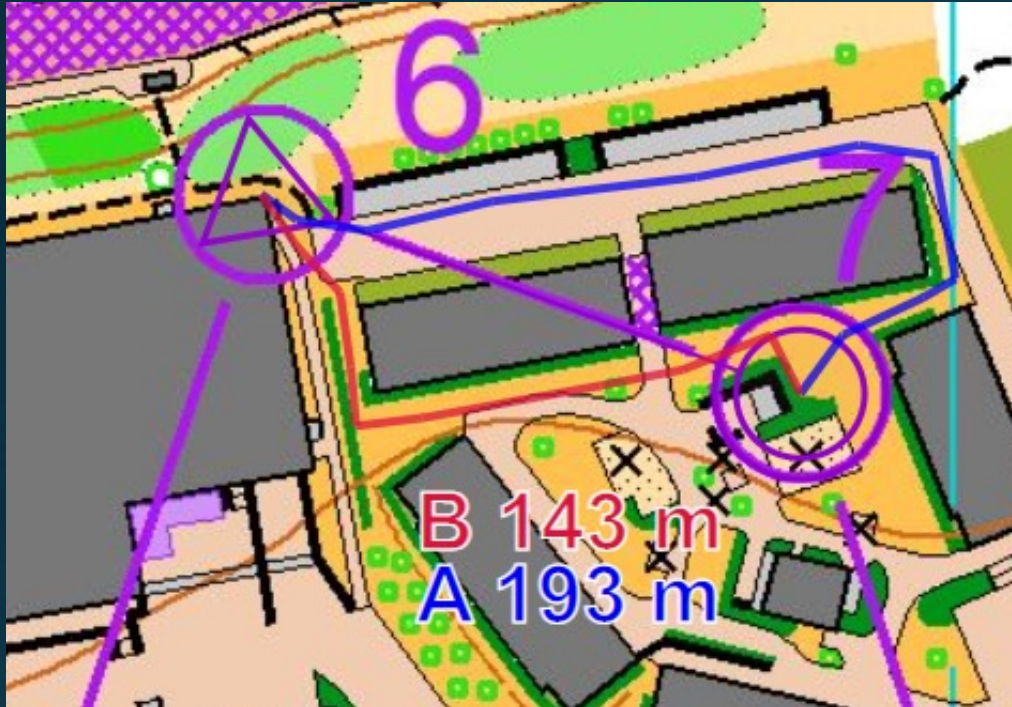
- Blue choice allows you to not be back on your previous route choice and prepare you to be on the right direction for next control.
- Red choice needs to take stairs (one more time) and, then be far from interval line by building north corner.
- Of course both choice are easy to ready.



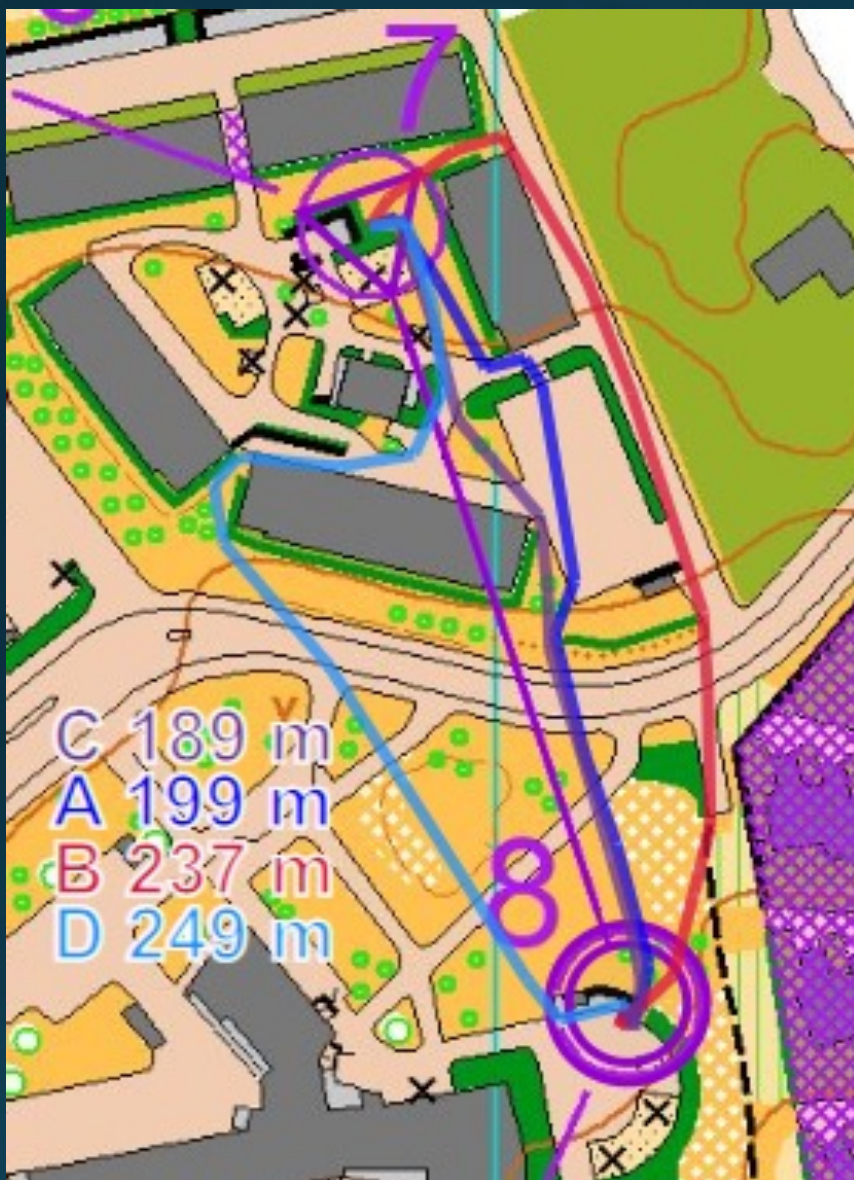
Elite long 5-6 and elite short 4-5

- Red and light blue choices are similar, even if the light blue looks slower (more curves). Red choice didn't ask you have to much map reading (straight by road and along building)
- Blue and green choice shows one alternative around forest part but then they came together to cross main road and continue around the building. More map reading for those.
- Red and green choices are first choices you will think to.

Elite long 6-7 and elite short 5-6

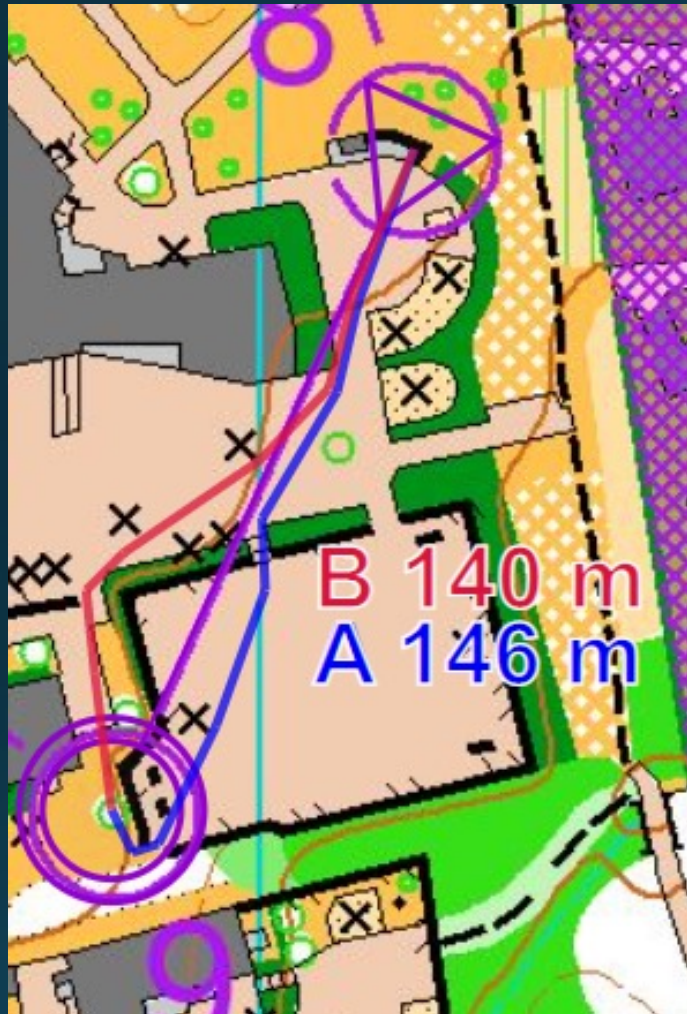


- Red choice is definitely faster than blue choice, but you must see this narrow space between hedge.



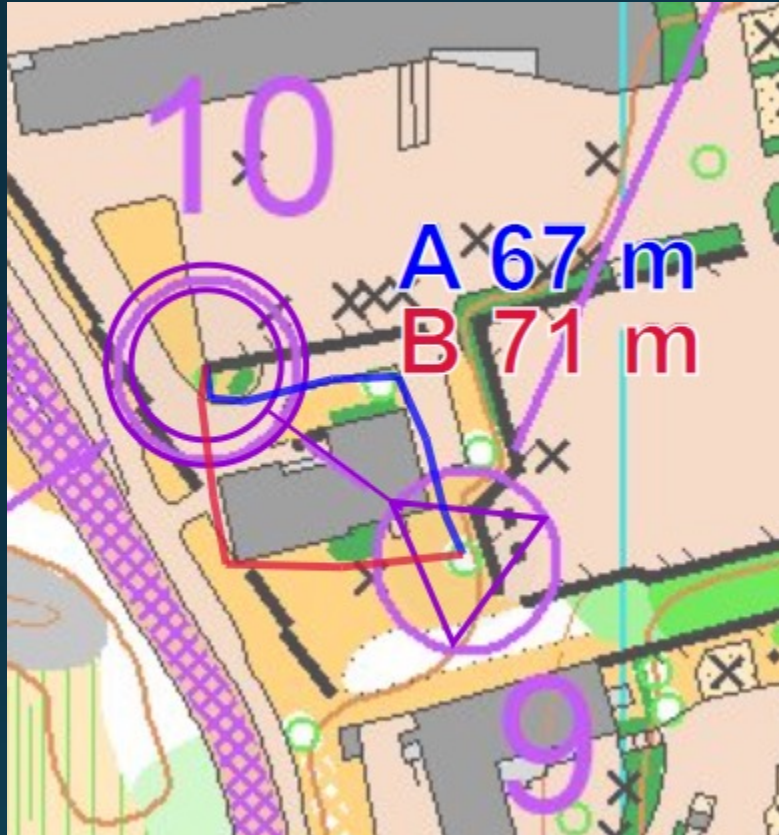
Elite long 7-8 and elite short 6-7

- Blue and purple looks similar (10m difference). Purple is straight. About blue choice, little stair's part can slow down you.
- At the first view, red choice looks not so long but it carry you far from interval line.
- Maybe some athletes will run the light blue choice but it's not the choice to do. To much direction changes and map reading.



Elite long 8-9 and elite short 7-8

- Both choices are easy to read and also fast.
- Blue is little longer because you have to run around the fence just before to arrive in the control area. You have also one stair to cross with this choice.



Elite long 9-10 and elite short 8-9

- If you think about red choice, you have to run through this narrow space between wall and building. It will break your speed.
- Obviously blue choice looks easier to read.

Elite long 10-11



- You can think that this blue choice will bring you far from interval line but it shows two advantages: easy to make the choice (easy map reading) and you can run very fast and straight.
- Light blue choice allows to stay closer from interval line but you have to read more and you can't be fast as you want in some parts. Easier to missundestand buildings.
- Red choice is light blue choice alternative (run on the building other side)



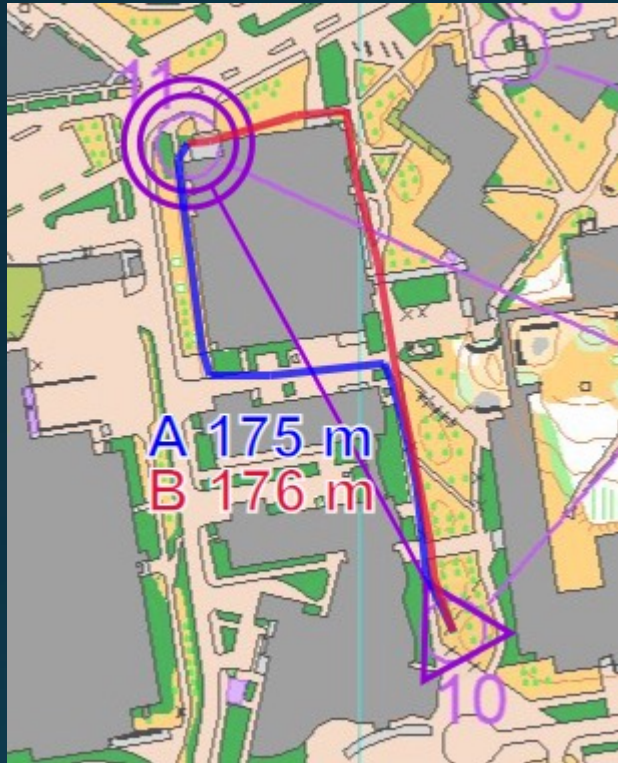
Elite short 9-10

- Same than the previous choice on Elite long course, but at this point of the interval there is no big difference on distance.
- The only difference will be again on map reading and running speed which be easier with blue choice.



Elite long 11-12

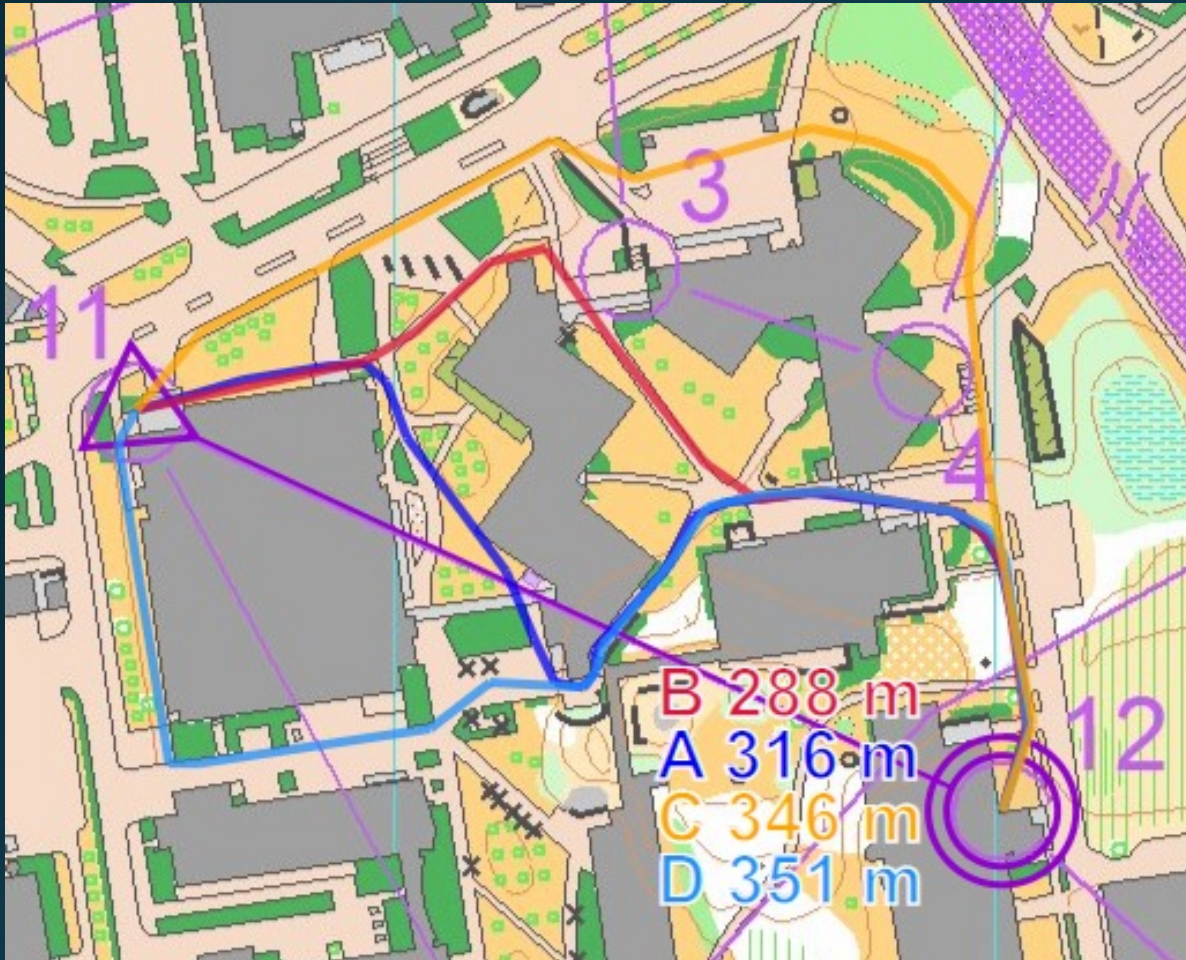
- Interesting choice here, we can see that blue choice looks easier, not too much map reading but you will be far from interval line.
- Red choice looks difficult narrow spaces but if you ready those features clearly, you can make the difference. (pavement close to the building and canopy before to run straight to the control).



Elite short 10-11

- Same distance for both but red choice is faster (only one curve, then straight).
- 2* 90° changing direction for the blue one.

Elite short 11-12

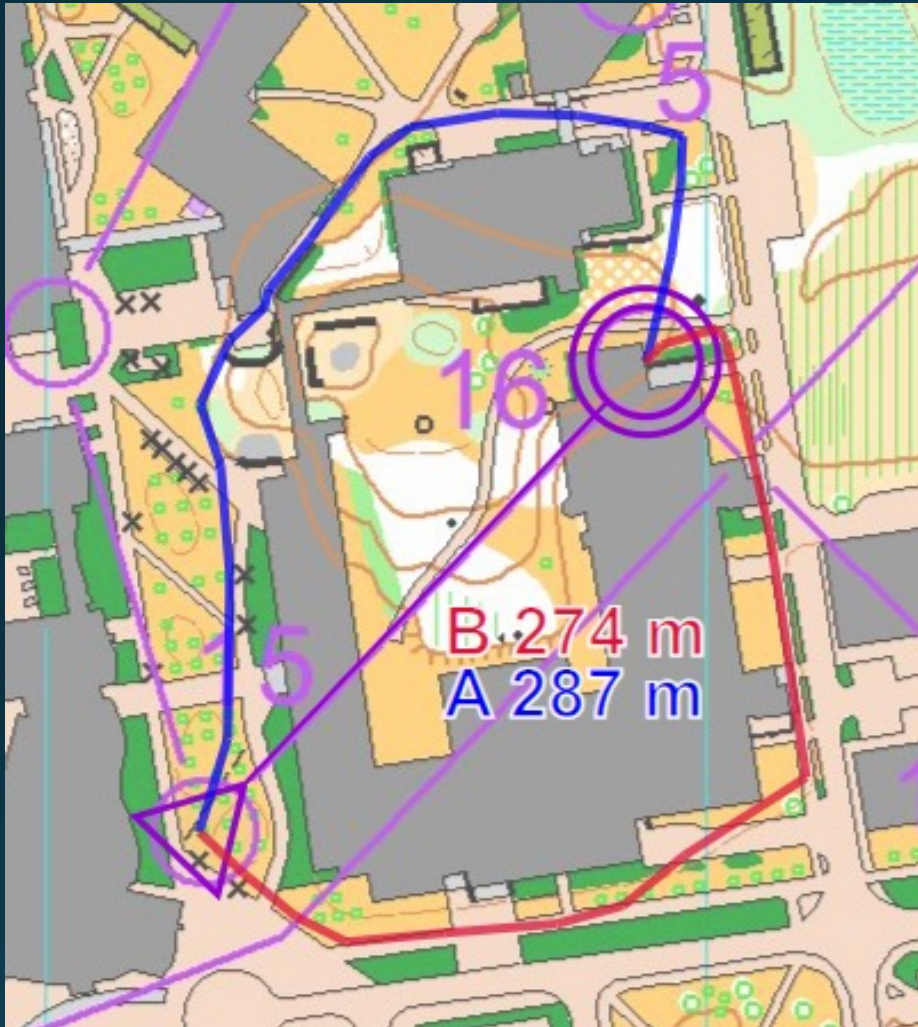


- Red choice is definitely the best, indeed you have to read more and be slower at some angles but it's a 58m difference with the orange choice.
- Orange choice is maybe the easier to see, it's quite straight and only one curve at North East part but you are very far from interval line.
- Light blue can be also one alternative choice, easy start but, then more map reading and slow parts.
- Blue choice looks as a mirror choice of the red one but you have to go on southern part of the building. At this point you have to take one very hard angle, speed will be affected



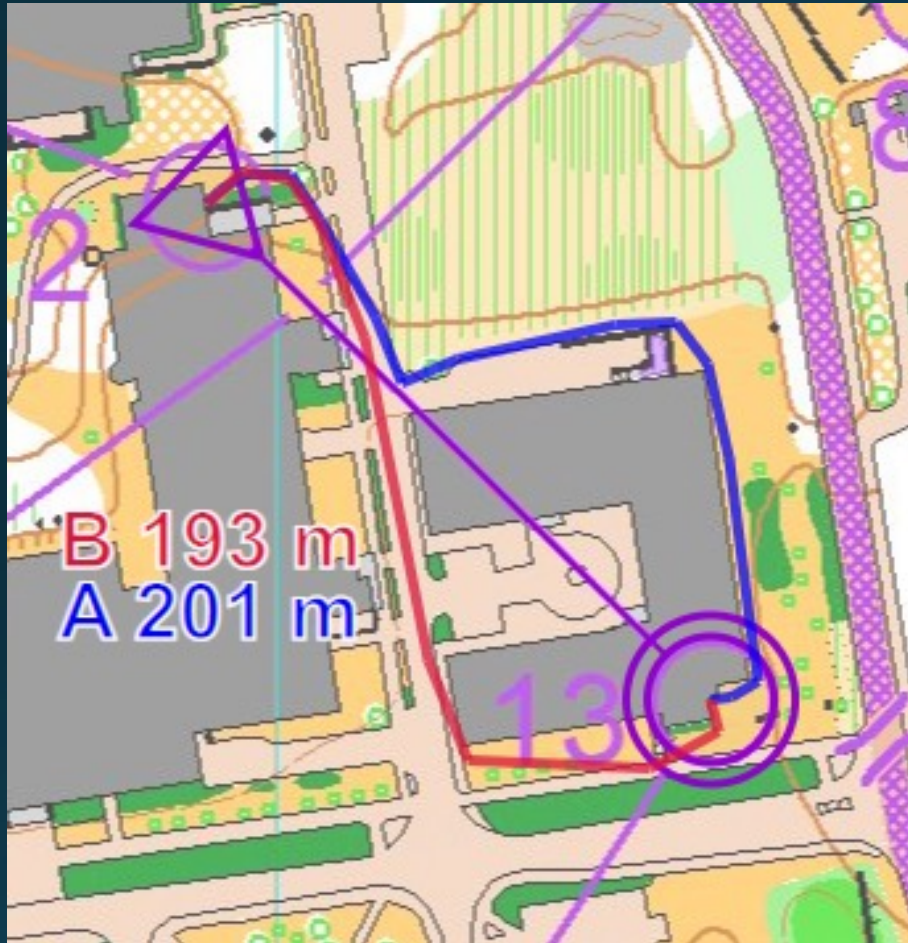
Elite long 13-14

- Both choices are roughly same. Red choice is on open and fast part. For blue choice, you have to run in this narrow corridor.



Elite long 15-16

- Blue choice looks closer from building but more map reading and slower parts. Maybe first choice to think.
- Red choice looks far from interval line but can be easier to read and faster.



Elite long 16-17 and elite short 12-13

- Blue choice is longer than red choice. In addition, running speed will be break by narrow passage between wall and semi open area.

Yhteistyössä



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