

# Rata-analyysi

ESC Kiltakallio

8.4.24

Ratamestari: Baptiste Masso



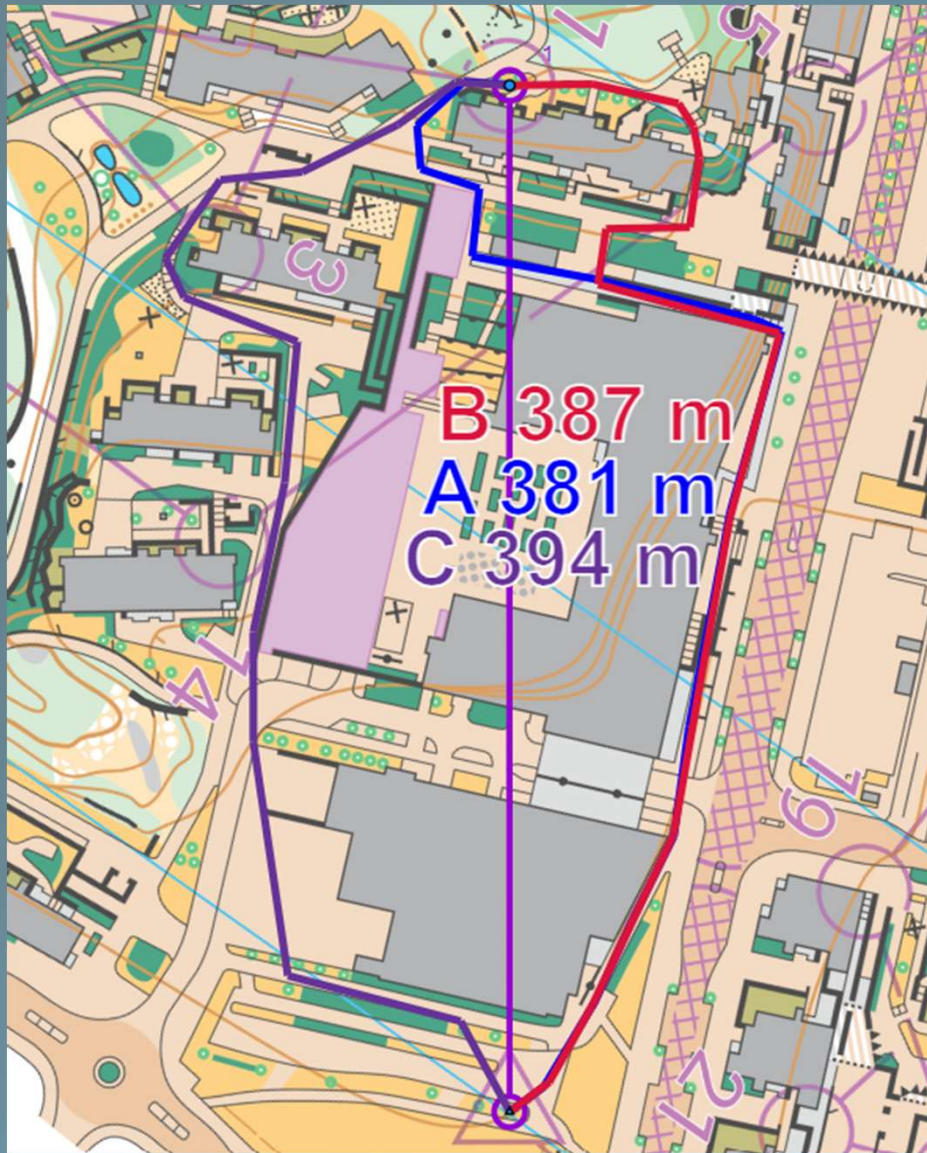
# Ohjeistus

- 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

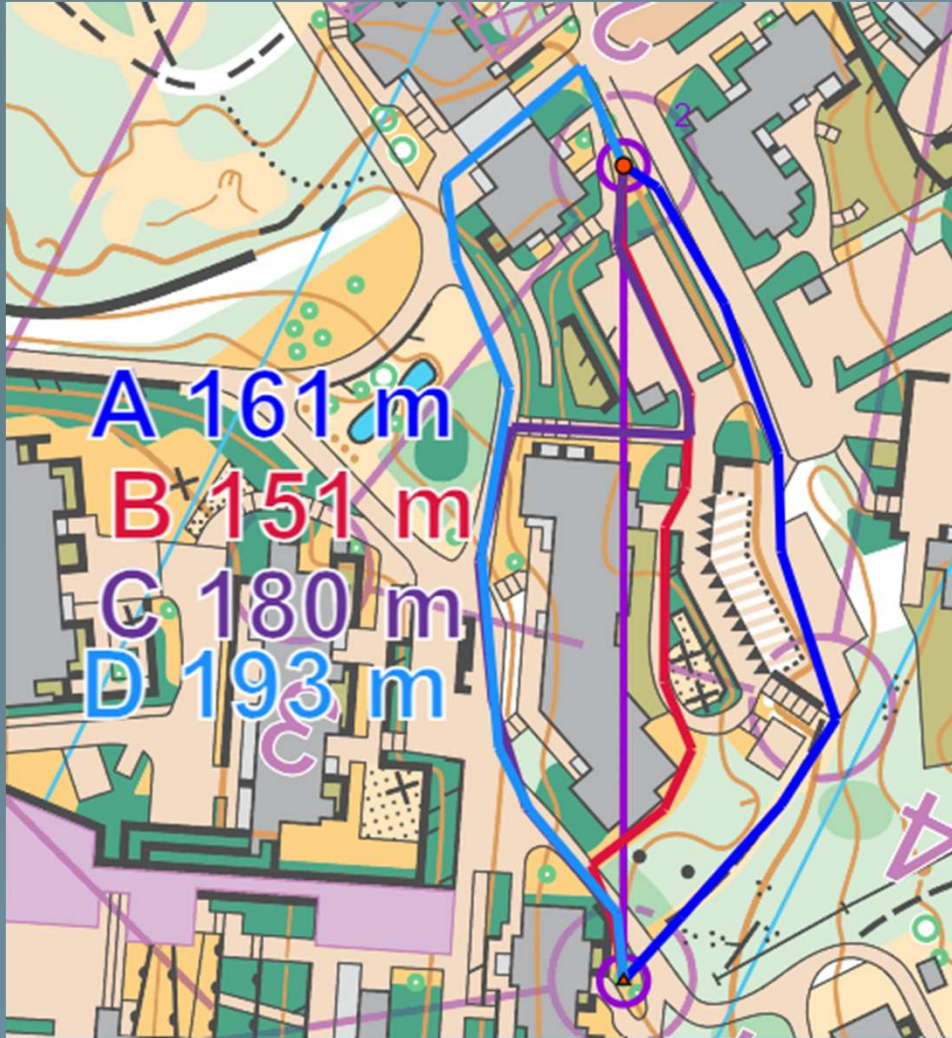
*Valmistaudu suoritukseen – Suunnista rata – Analysoi suoritus*

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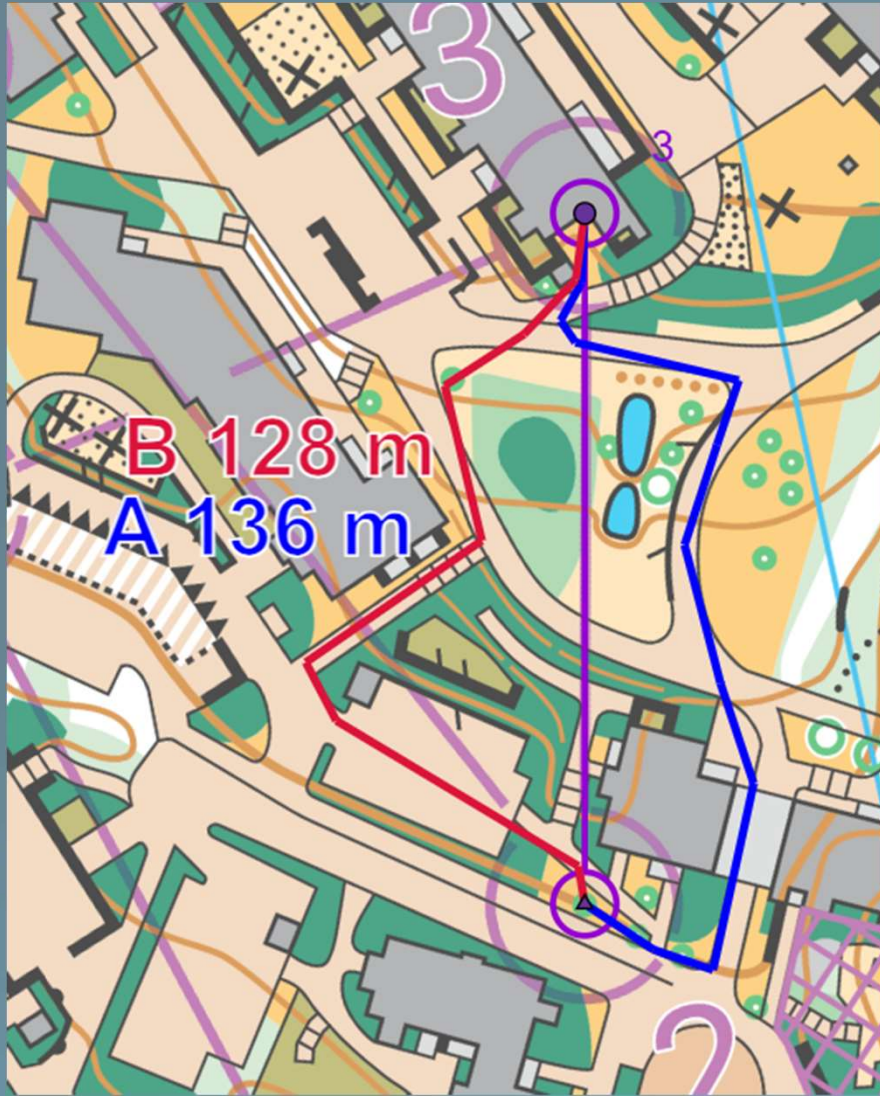
*Kehity suunnistajana*



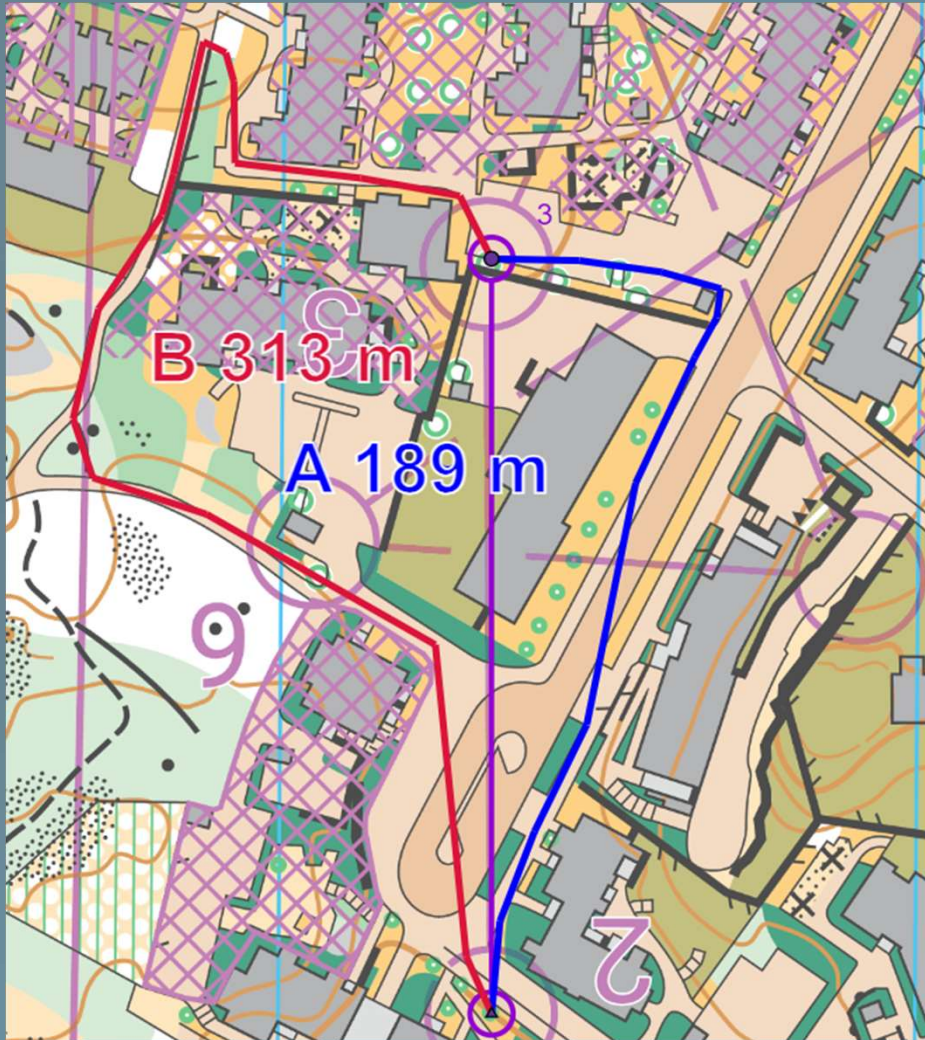
Long, medium  
Start - 1



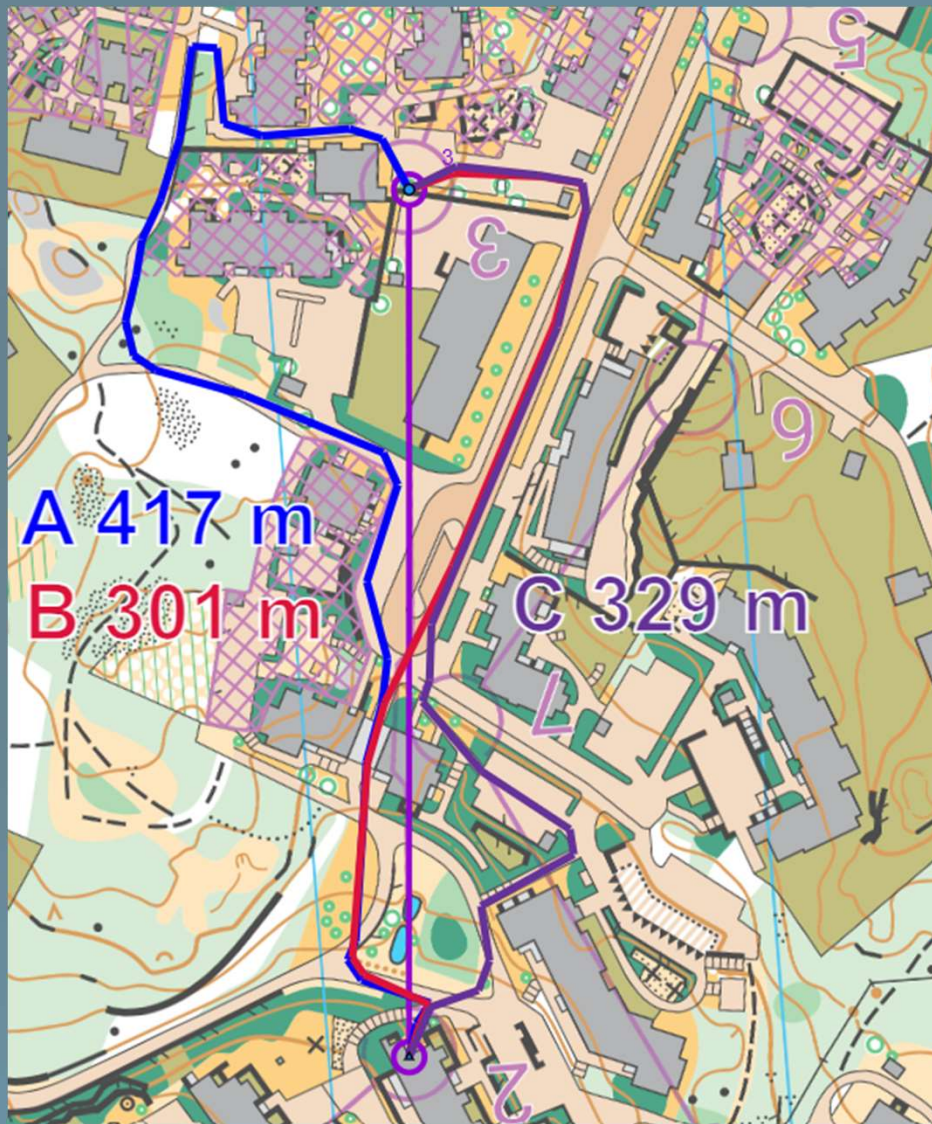
Long, medium  
1 - 2



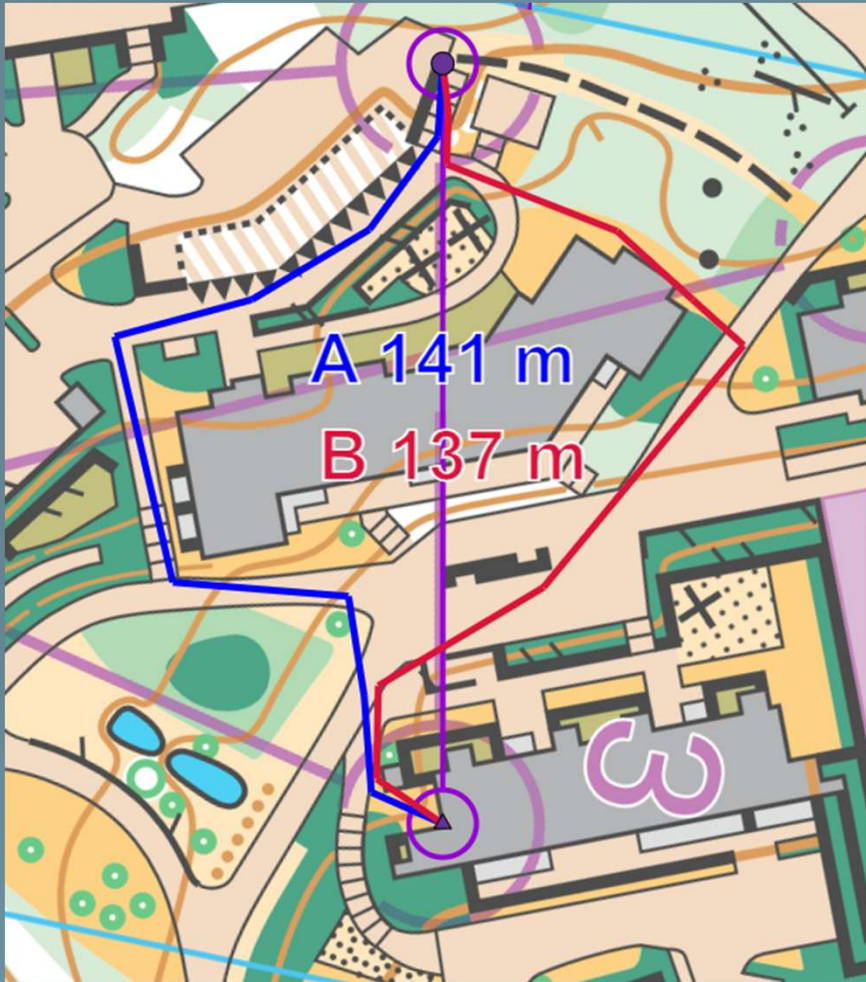
Long  
2 - 3



Medium  
2 - 3

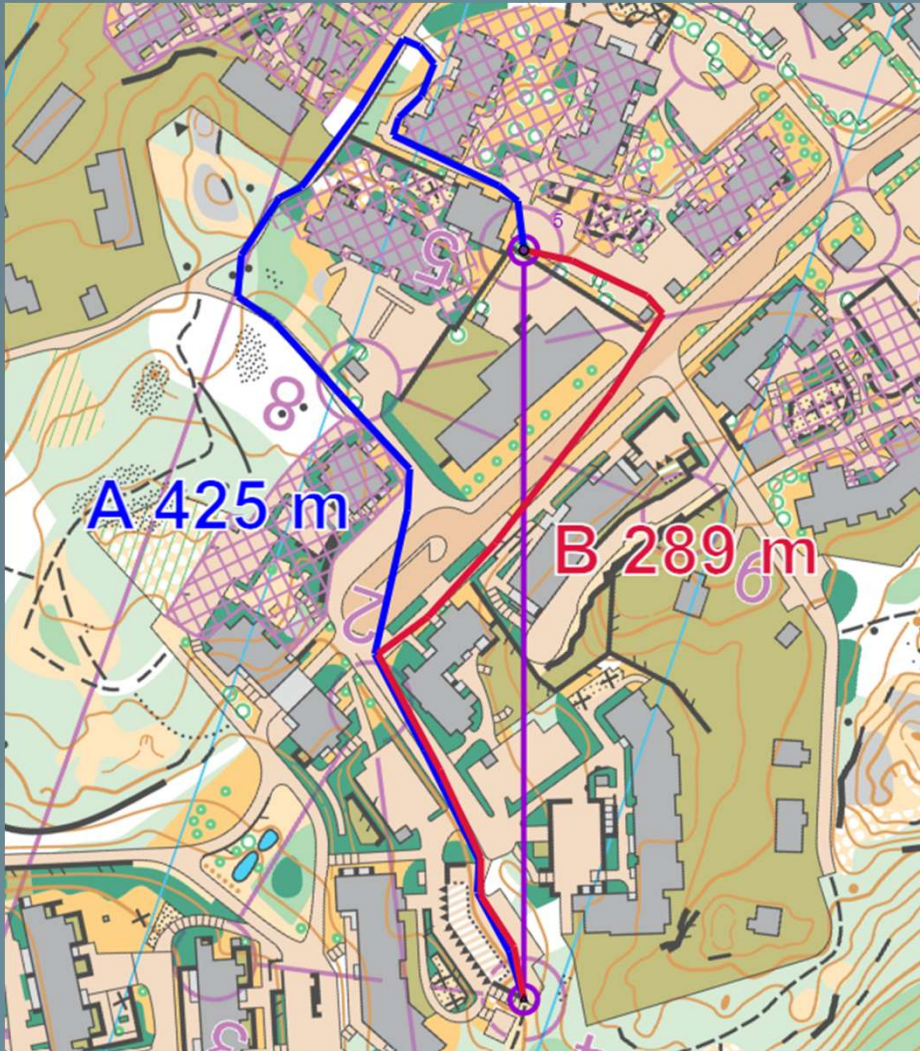


Short  
2 - 3

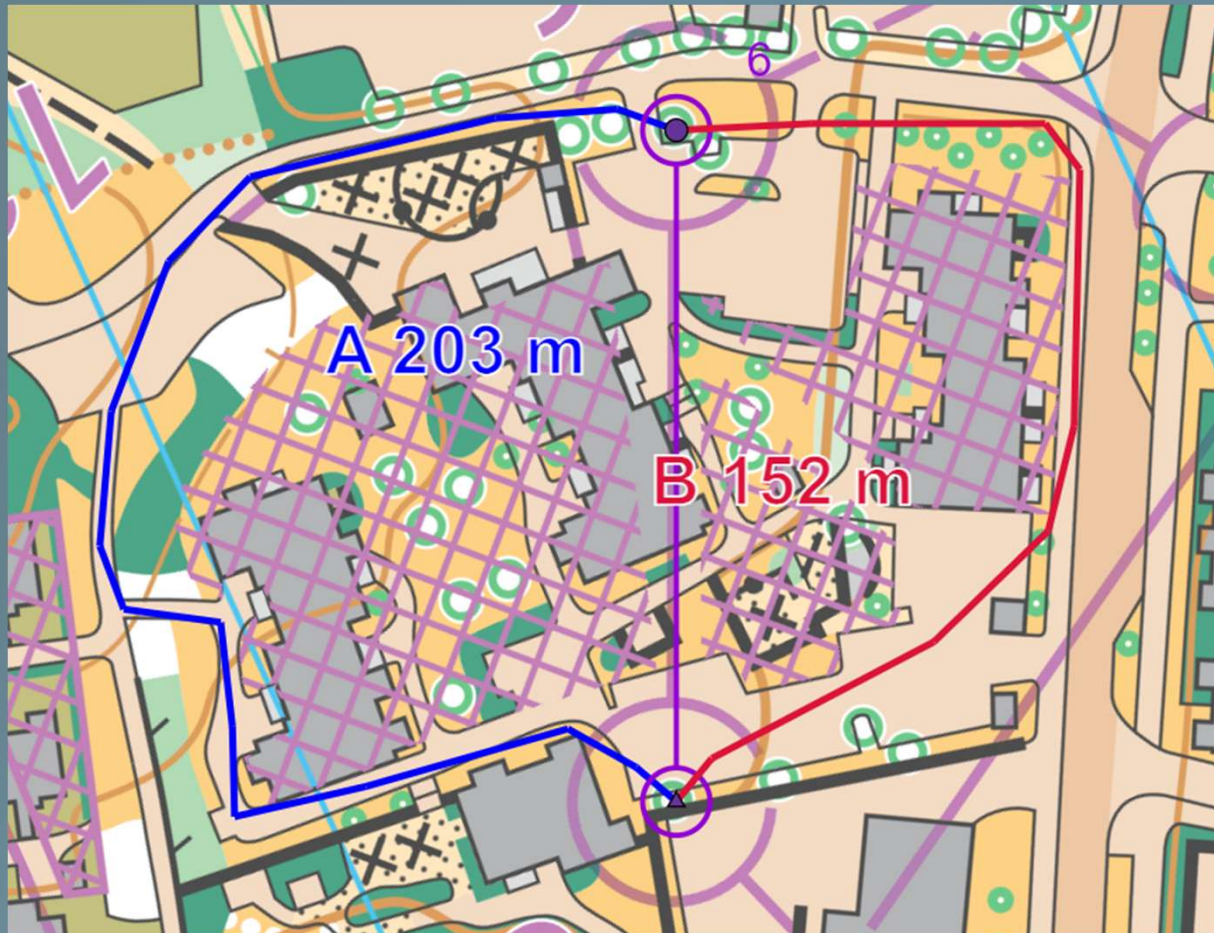


Long  
3 - 4



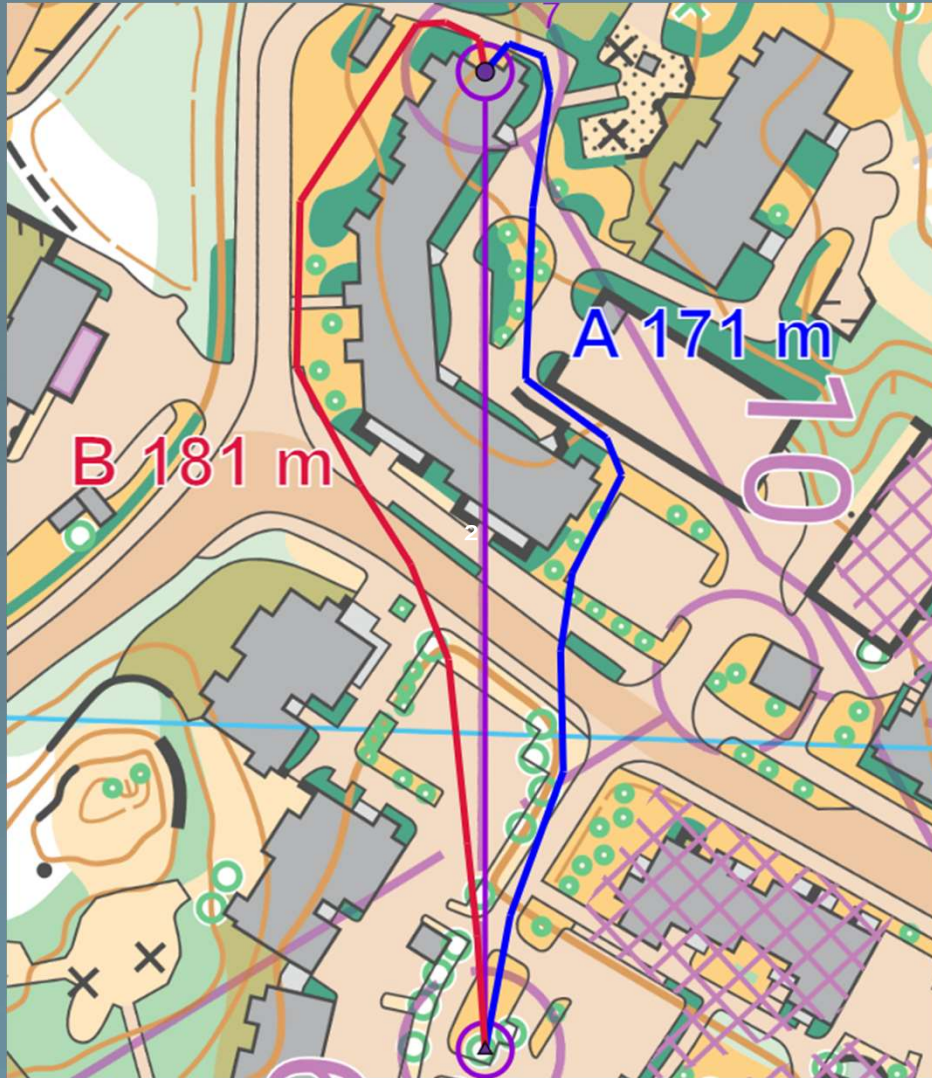


Long  
4 - 5

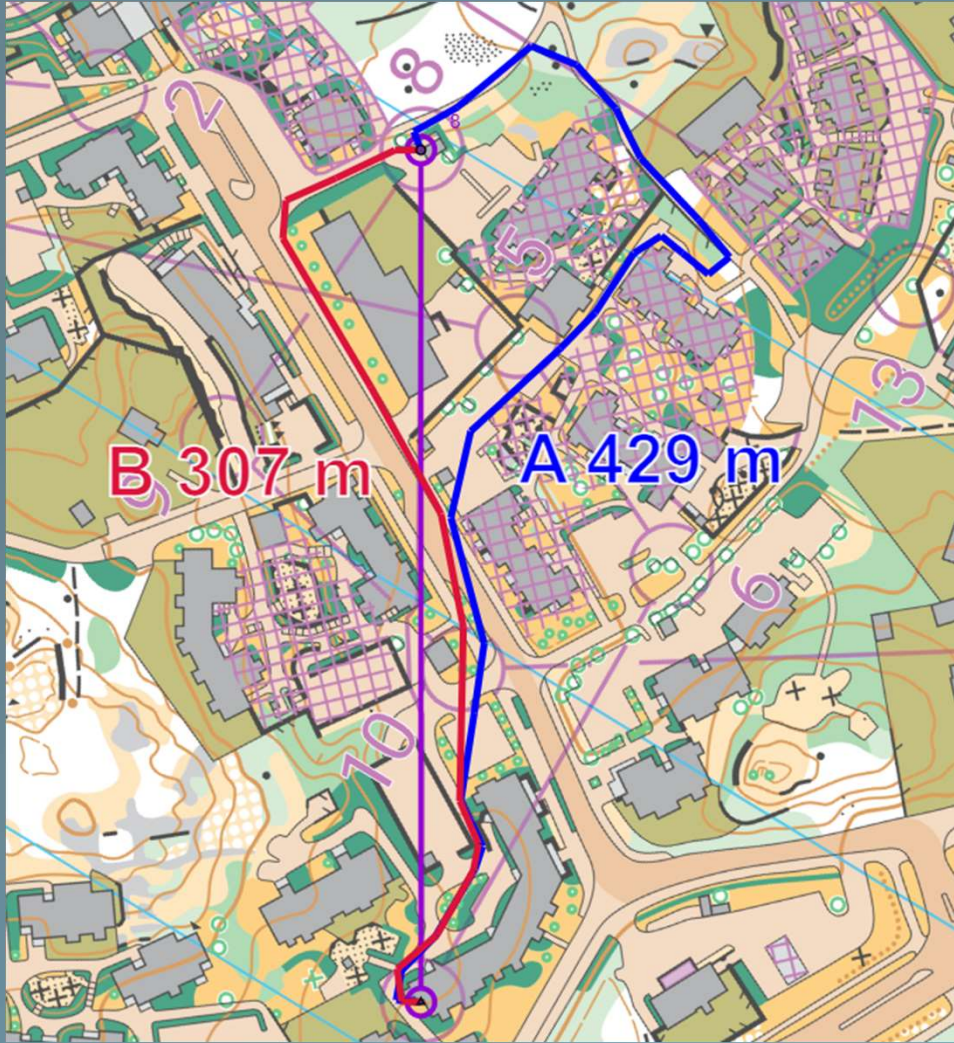


Long  
5 – 6

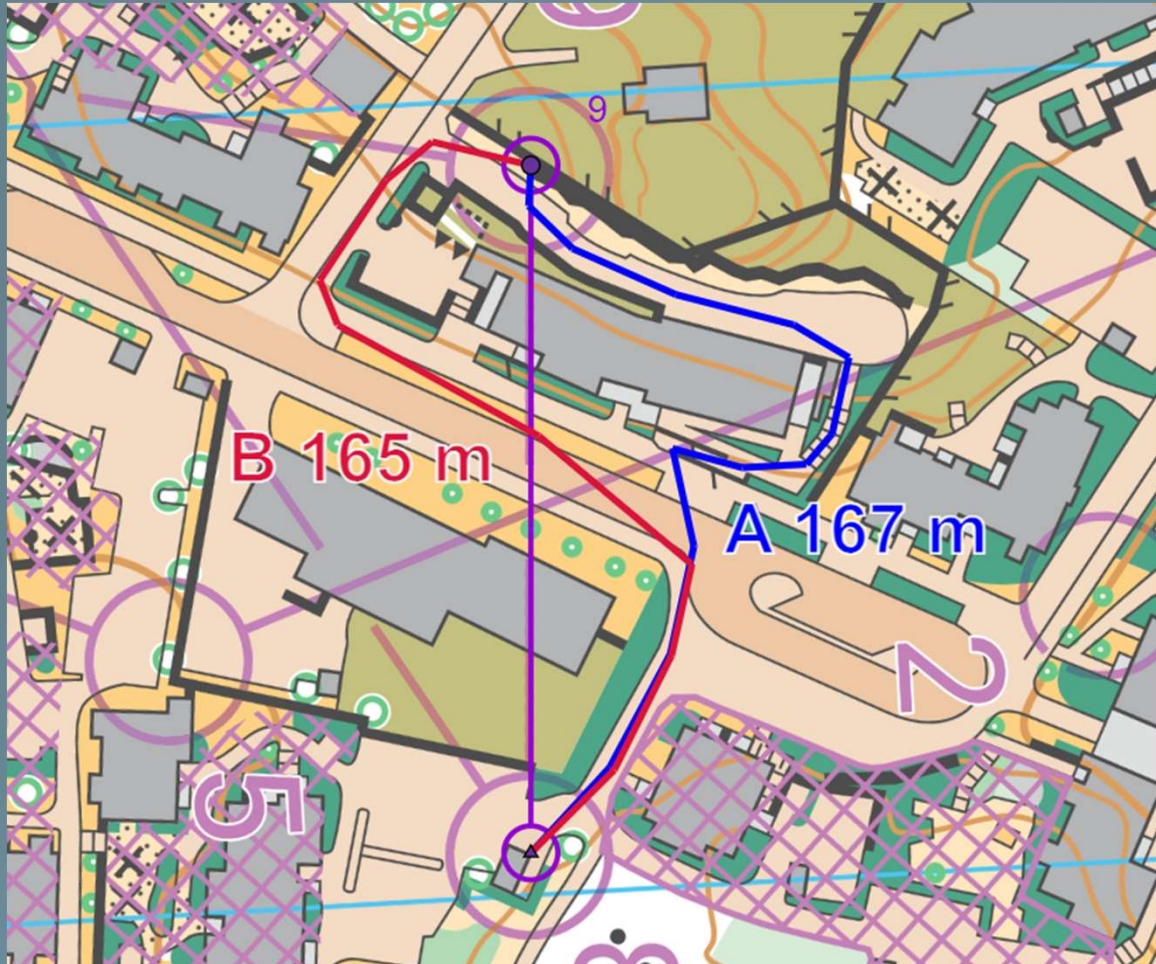
Medium, short  
3 – 4



Long  
6 - 7

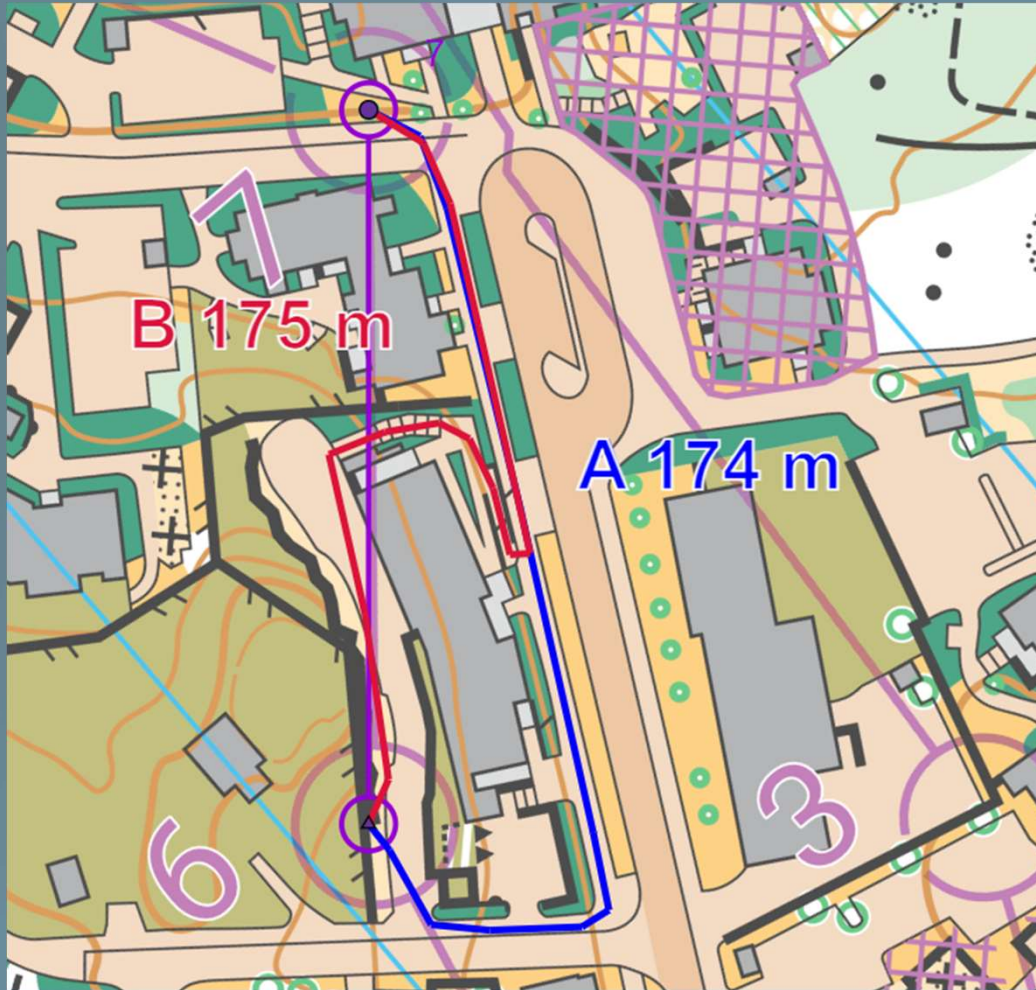


Long  
7 - 8

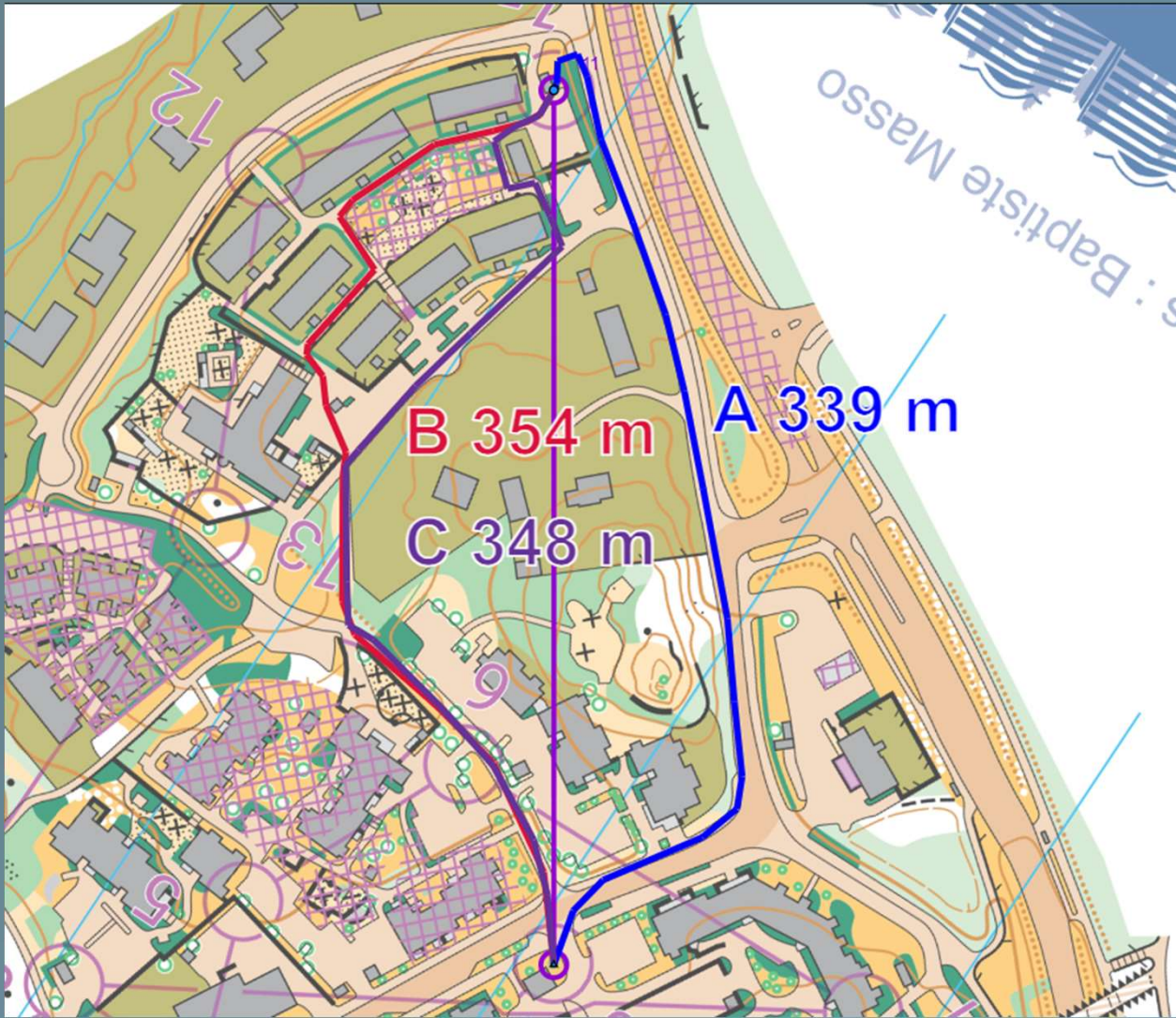


Long  
8 - 9

Medium  
6 - 7

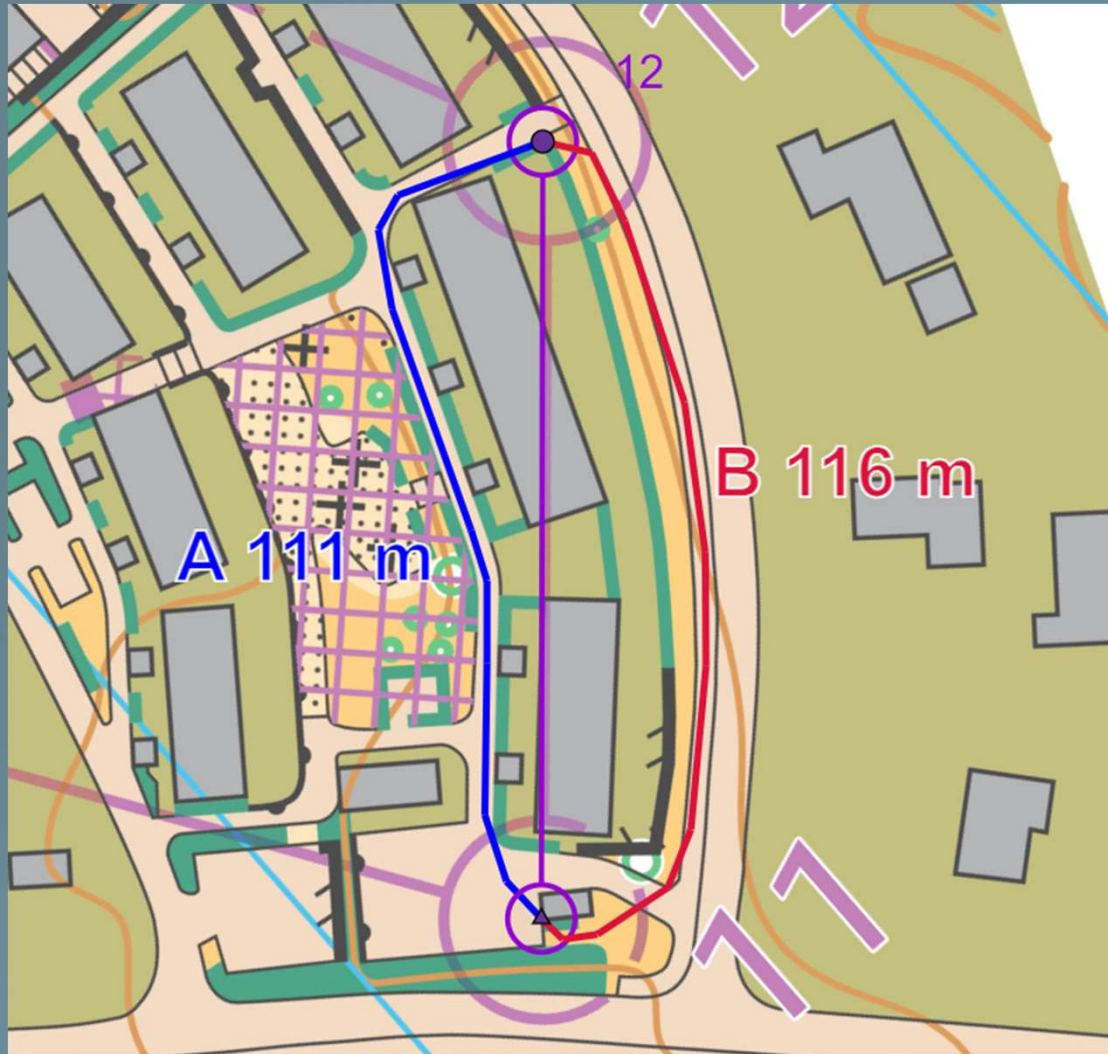


Short  
6 - 7



Long  
10 - 11

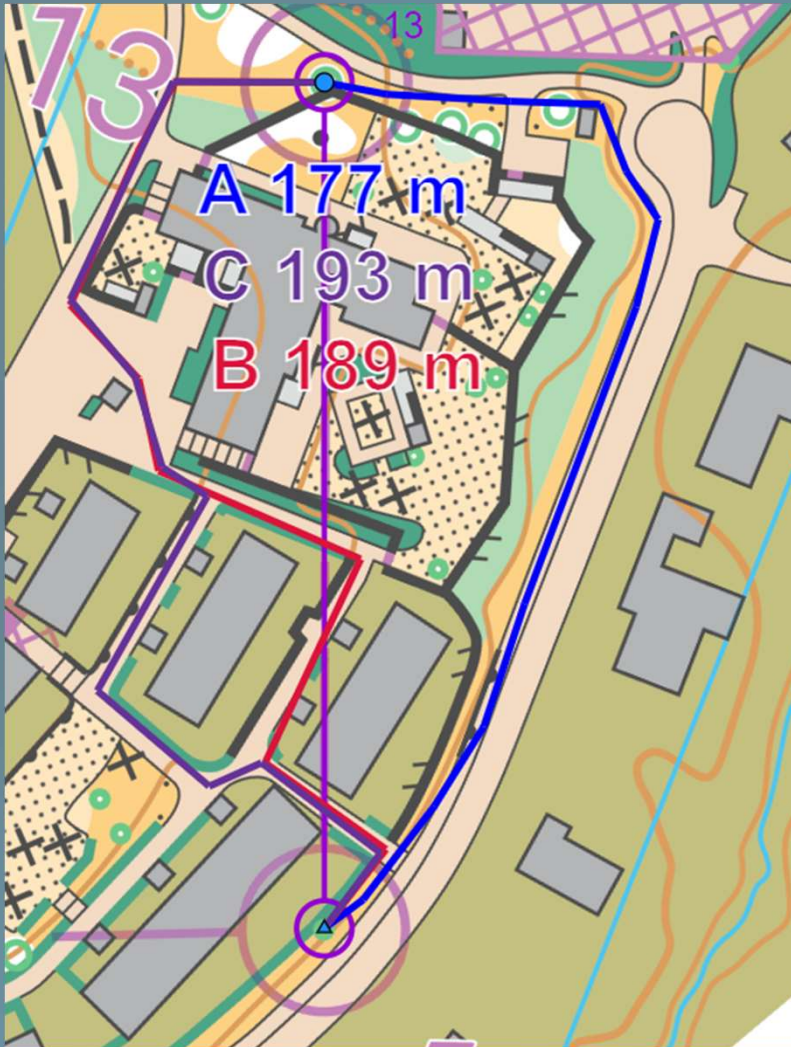
Medium  
7 - 8



Long  
11 - 12

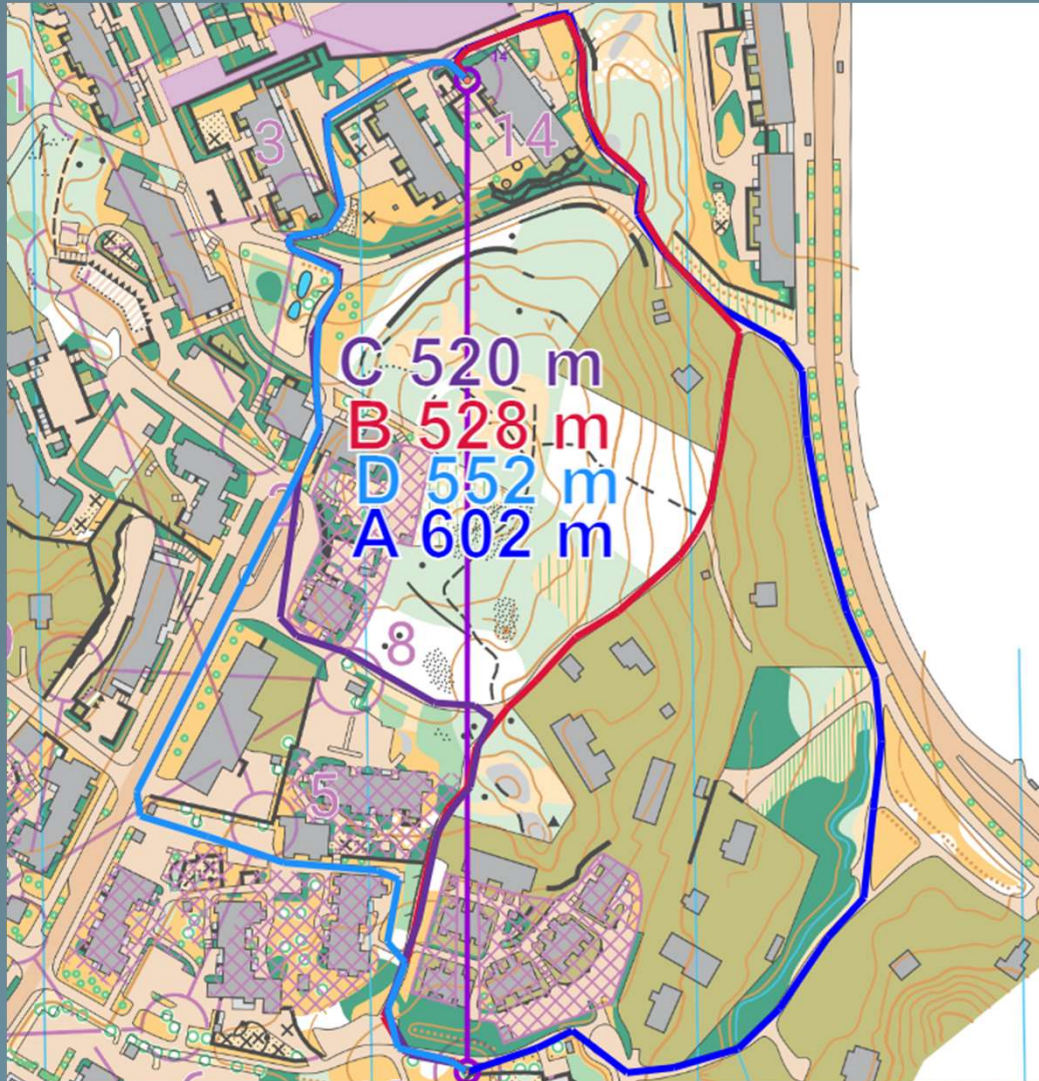
Medium  
8 - 9





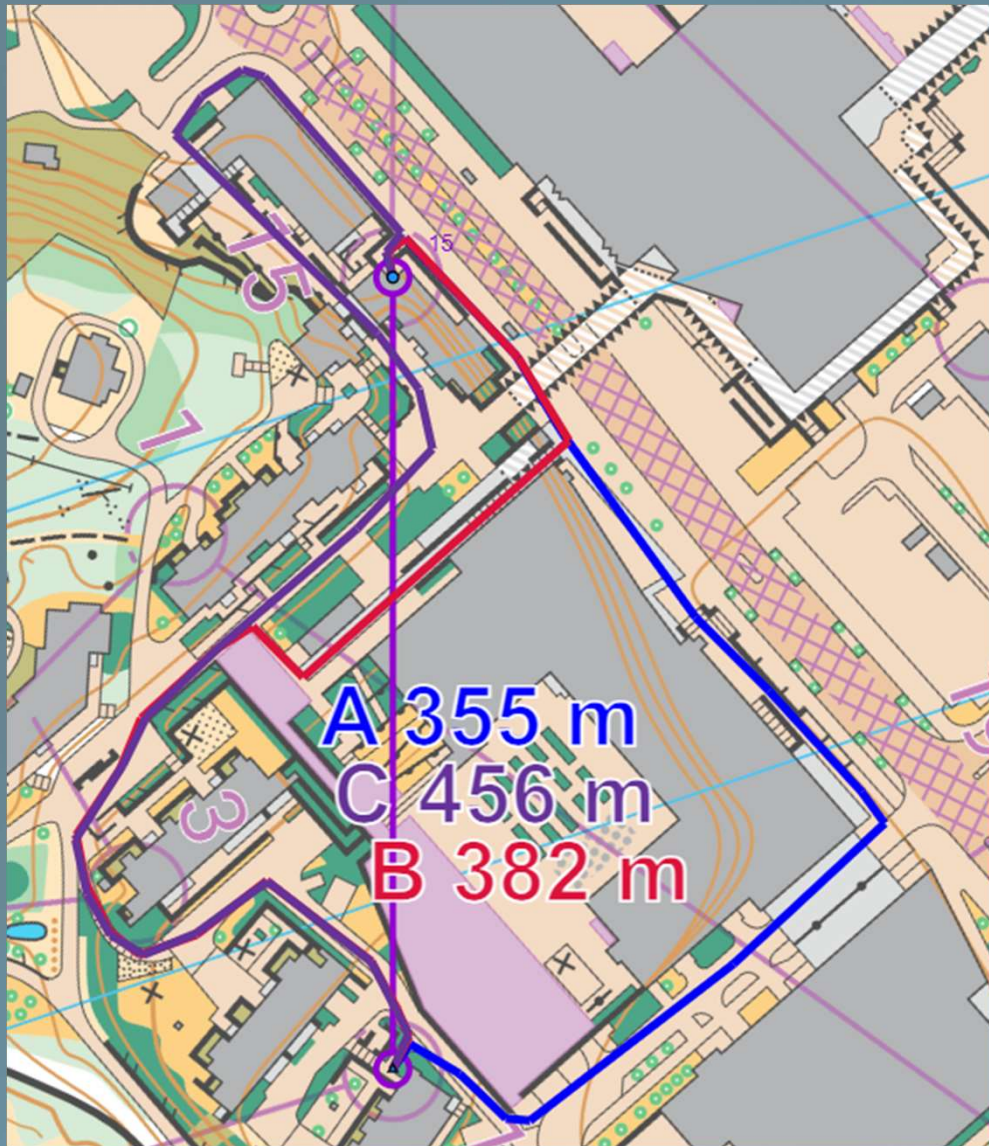
Long  
12 - 13

Medium  
9 - 10



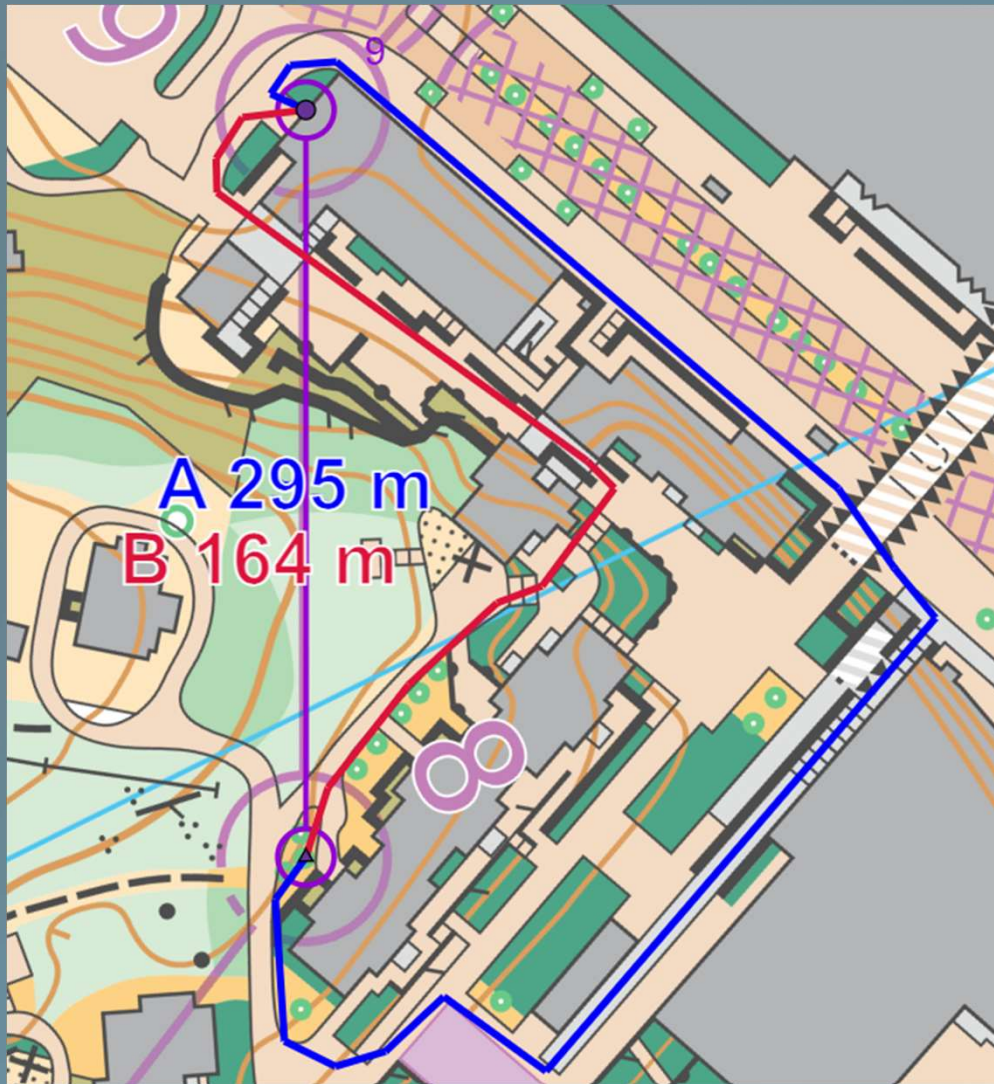
Long  
13 – 14

Medium  
10 - 11

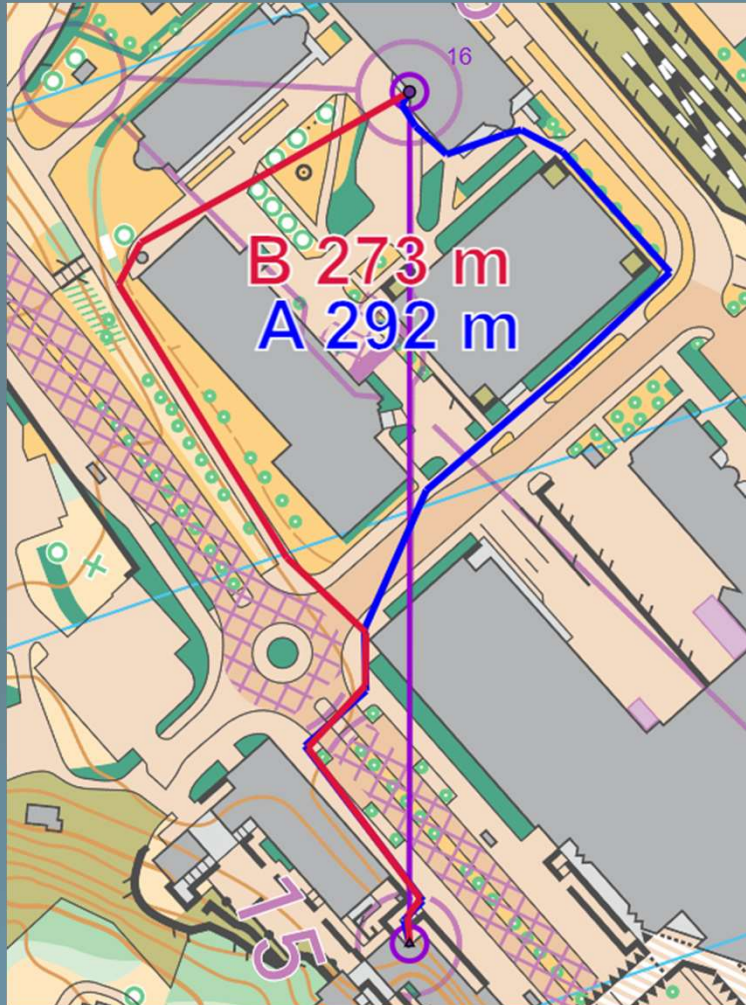


Long  
14 – 15

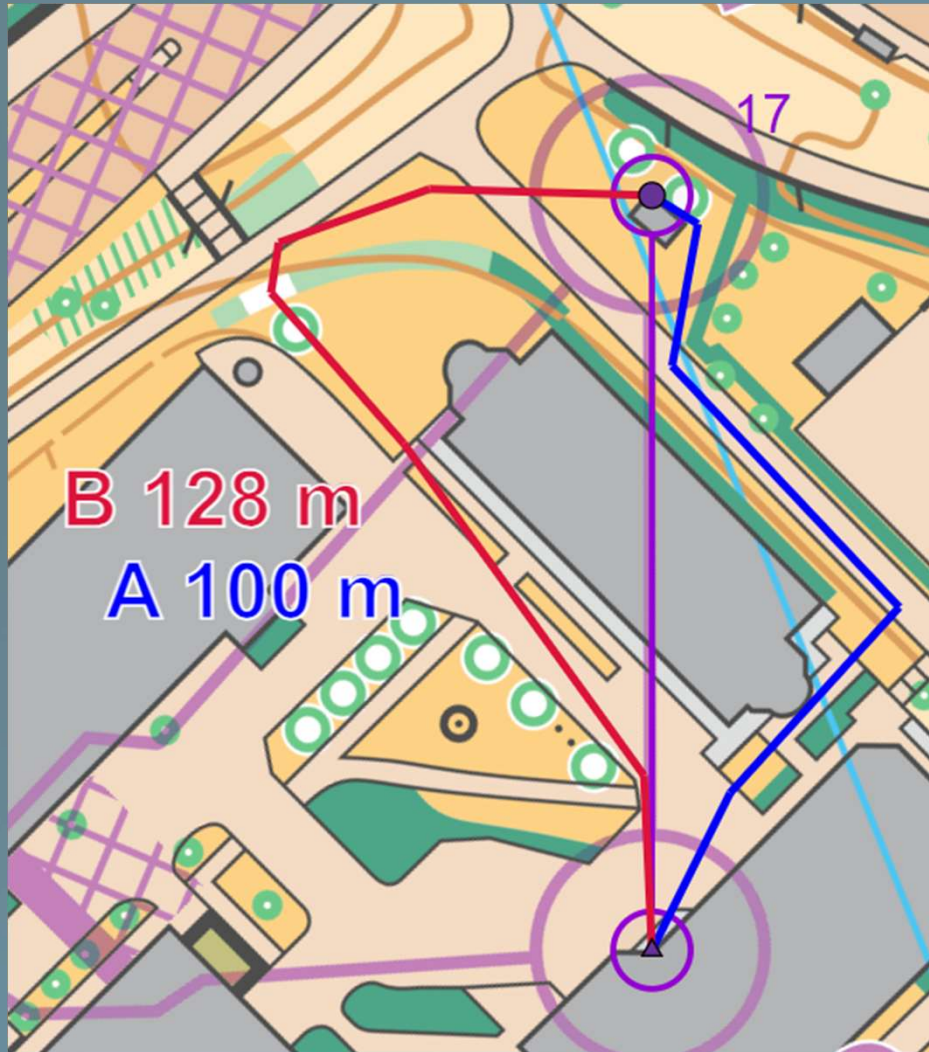
Medium  
11 - 12



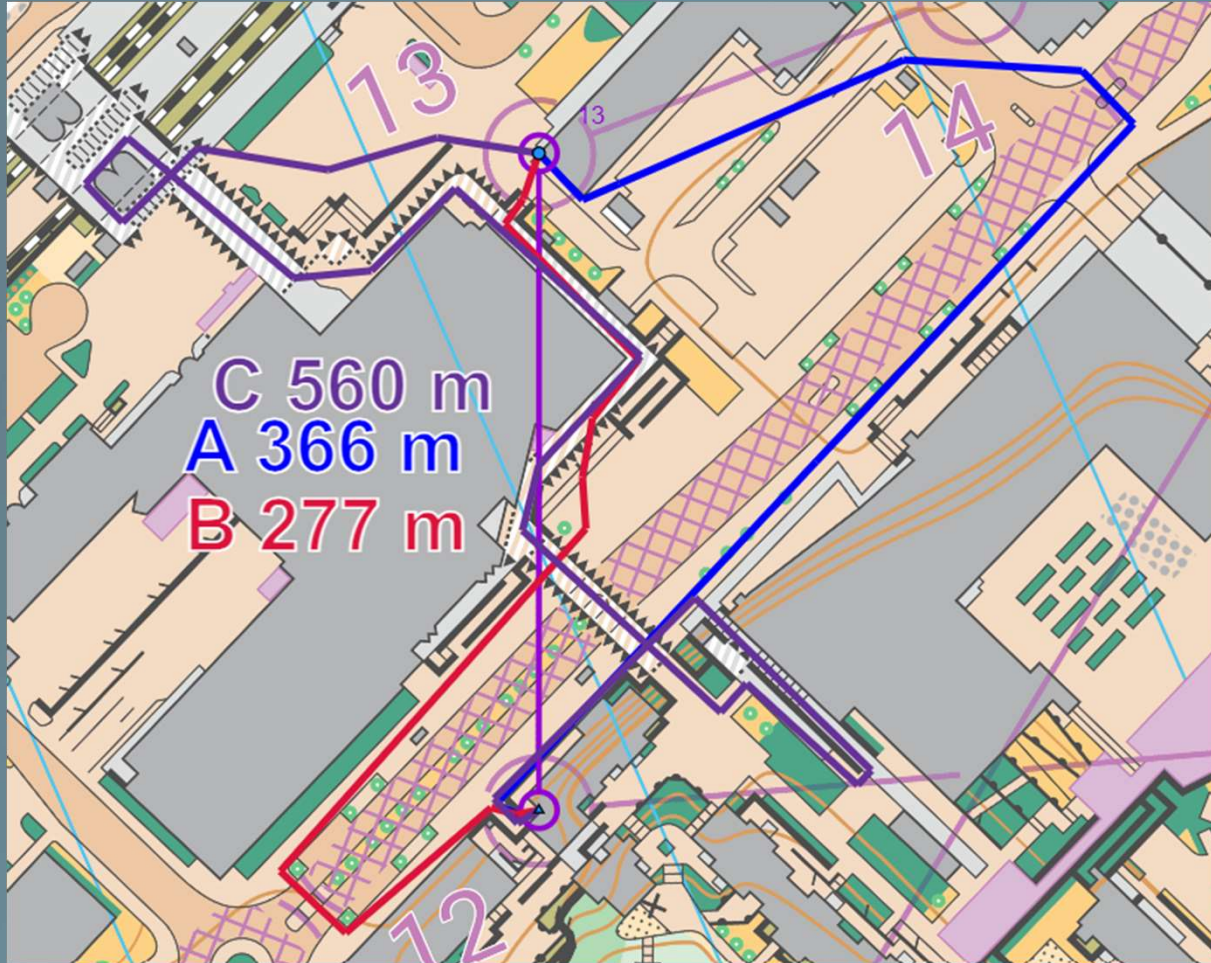
Short  
8 - 9



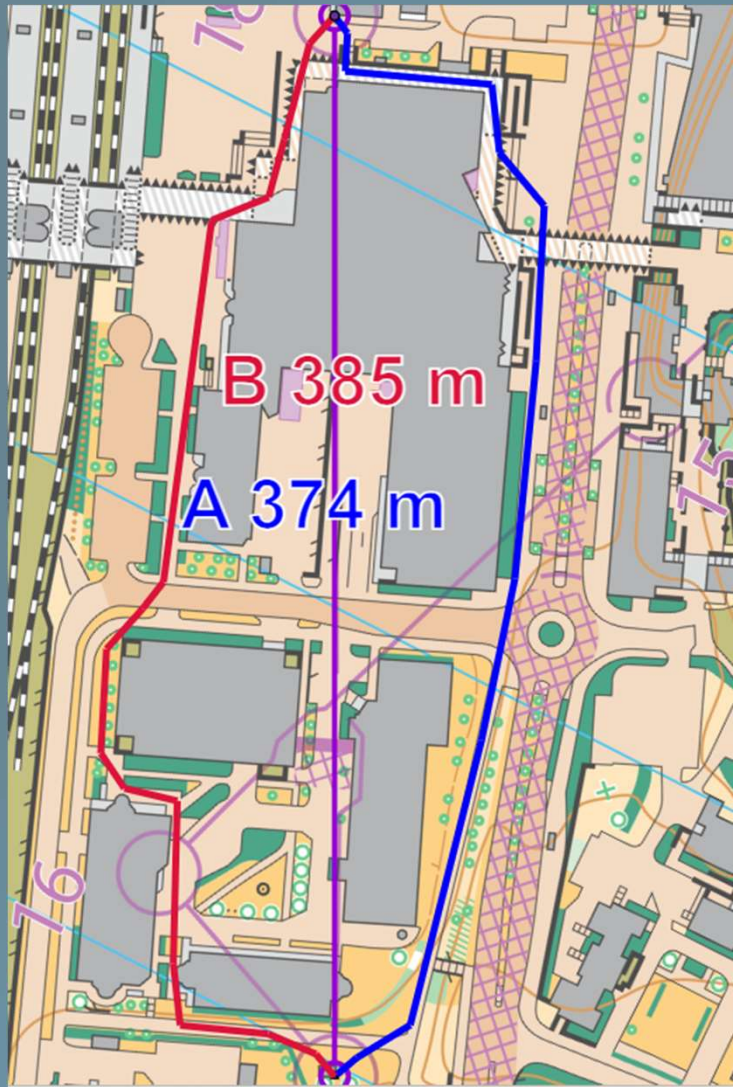
Long  
15 - 16



Long  
16 - 17

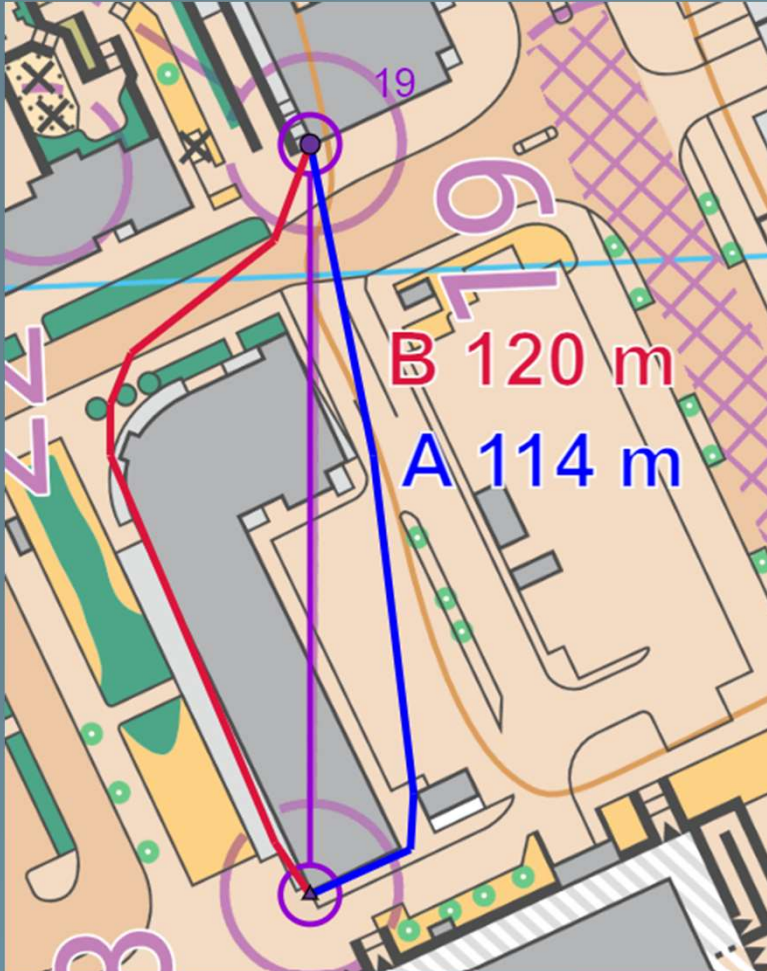


Medium  
12 – 13



Long  
17 – 18

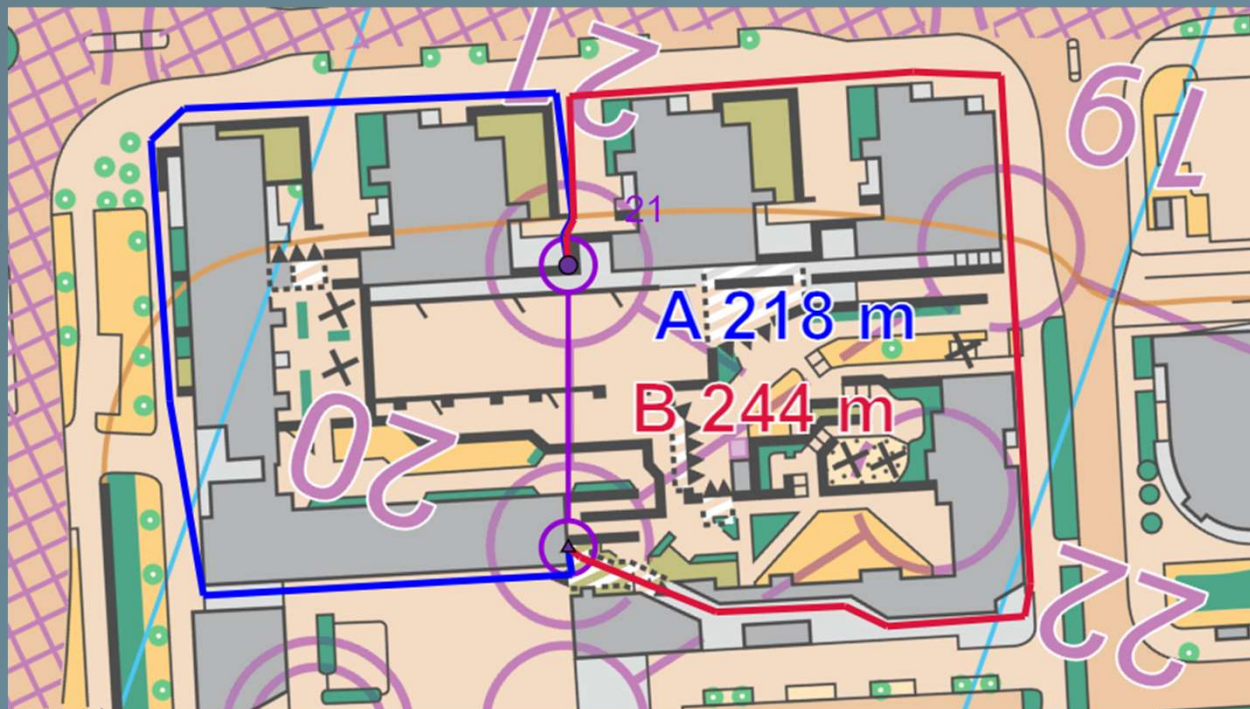




Long  
18-19

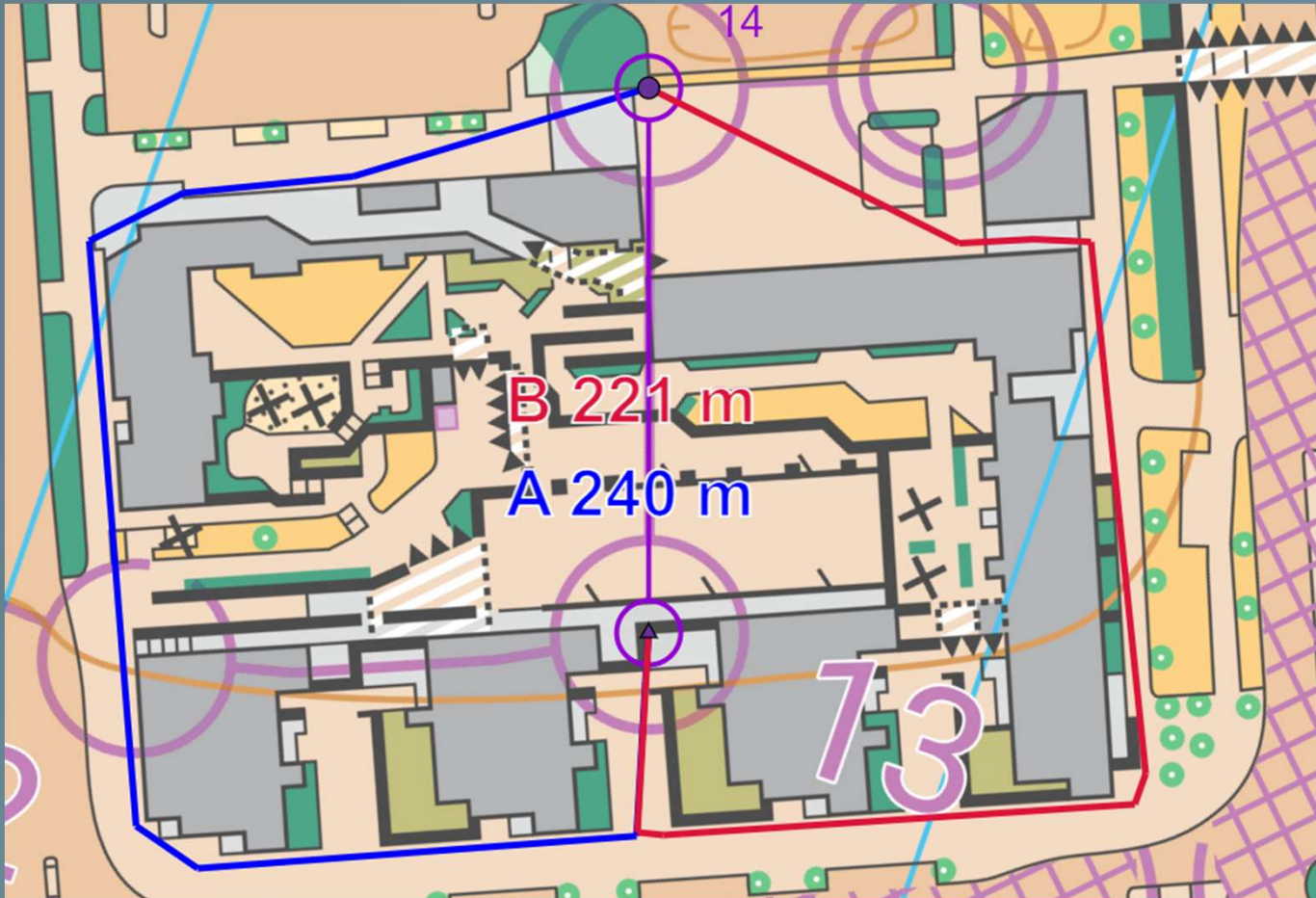
Medium  
13-14

Short  
11-12



Long  
20-21

Medium  
15-16



Short  
13-14

# Yhteistyössä



S=Pankki

**TRIMTEX**



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