

Translated to English - Original can be found from here:

<http://o-training.net/blog/2012/05/09/excellent-presentation-about-o-technical-analysis-norwegian/>

Trainer-2-course, 15 April 2012

O-Technology - Analysis

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10:15 to 11:30 Practical group work

11:45 to 12:30 Discussion and Summary

12:30 - 12 : 45 Completion of the course by Lene

Useful programs

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Examples of GPS
analysis

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Winsplits

GPS Seuranta

Quick Route

2D and 3D reruns

Camolyze

How to implement in practice?

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Summary

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Constantly new methods
A practical introduction to

why o-technical analysis ?

Know traditional and modern
methods of analysis work orientation.

Be able to carry out
simple analyzes using the GPS track.

Be aware of the value of o-technical
analysis to develop practitioner
skills.

O-technical training, NOF 2003 (page 62-69)

<http://o-training.net/blog/2011/04/13/gps-analysis-for-orienteeering-the-basics/>

sources (beyond syllabus)

A number of Jan Kocbach presentations.

"Aids for o-technical analysis, "Kvåle and

Sveen

See also links during the lecture

methods and tools for the analysis

difficult to observe the
skier in action

coach's most important and easiest tools!

Tough call after races and training sessions:

Runner draw their route choice

Explains in detail what he / she thought

tanks when one was uncertain or missed

Done by the people already

are not superseded by GPS track

Helps carpet to analyze on their own.

Conscious Your carpet at why it was good or
bad.

can see what kinds of mistakes that recur.

better with some decent analysis, than
many fast scribbles!

Collect notes in the book or spreadsheet!

What about the psychological?

A form can include:

Error carpet made
errors caused by the environment
should differentiate between the skills and
motivation / concentration

What went well

is read the map at the right places?

What are the terrain features observed?

Variation between fine and coarse orientation.

Simple and sophisticated analysis

WinSplits a powerful tool

no longer expensive or difficult

Important contests the races often with GPS

software constantly evolving:

Should not replace decisions subscription!

The cameras have been cheap, good and easy!

Can carried by run or "shadow".

Shows carpet so and can be synchronized with tracking.

disadvantage is that it takes as long to analyze the training.

A number of program

options: Tip: Let the practitioner to explain out loud what he thinks.

observation and video filming Email

The ultimate tool for strain analysis time

Split times in Eventor = Split times in WinSplits

<http://www.obasen.nu/winsplits/online/>

WinSplits Pro

<http://www.obasen.nu/winsplits/>

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Difference of management

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clusterRunning

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Stretch Locations

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Missed time per stretch

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Bomfri and missed time

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Performance Index

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Klyngeindex

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Man against man

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WinSplits - Performance index

WinSplits - Man against man

Reigning program for live tracking.

Have some "hidden opportunities".

Advantage: The organizer does the job and you get the tracks from many runners.

Simple boom and route choice analysis.

Tip: Shift-click with the mouse = mass ...

Used by most with their own GPS. Free.

Nice to study en route selection, speed and pulse.

Includes well with Garmin GPS and especially DOMA.

[Http://www.matstroeng.se/quickroute/](http://www.matstroeng.se/quickroute/)

2DRerun best suited for simple analysis.

Available online. Requires thus access.

A number of possible analyzes:

<http://3drerun.worldofo.com/>

easiest program for analysis with a camera and GPS.

[Http://camolyze.wordpress.com/](http://camolyze.wordpress.com/)

GPS Example 2 - Simple choices comparison

GPS Example 3 - "Dot analysis

"GPSCase 4 -" auto analysis

"Margins are often crucial

Very good for the distances between the

GPS Example 5 -Momentøkt

How implement in practice?

Agree on the level of ambition

only run a certain level of importance?

Write down the conclusions. Preferably, sorted by category.

There have been many new opportunities for o-analysis.

The traditional methods are still important in the daily analyzes.

GPS, split times and head camera has a wealth of new opportunities.

It is important to find good routines to perform analyzes regularly.

Summary - GPS Analysis

Quick Route: Single track for a run. Displays speed / pulse, time in and out of the records.

Seuranta GPS: Where are offered from the organizer. Roads, barriers, split times, etc.

2D reruns: For comparison of several runners. Choices and micro decisions. Ideal for the club. An uploadmaps, anyone can upload their own files.

N: GPS Seuranta: Look at the different stretches, analyzes length of boom and fastest paths.

C: 2d reruns: Open yesterday's workout. Play with the features and discuss the various choices.

A: Camolyze: Synchronize video and tracking from yesterday's session.

Bonus: Download and try the demo version of WinSplits Pro. Familiarize yourself with the various Hosting.

Introduction to GPS analysis:

<http://gpsseuranta.net/> and <http://www.tulospalvelu.fi/gps/trener2/>

Which methods are most useful?

How can we best use such analyzes to be better,

how to do this, the club? What is realistic?

How to use the tools on a daily basis? Where to put the list?