

	Leg/control number																			
Loss of Time	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Ran too fast (red mist)																				
Orienteered too slow																				
Underestimated difficulty																				
Took a chance (winged it)																				
Didn't have a good attack feature																				
Didn't check off enough features																				
Poor route choice																				
Didn't follow the planned route																				
Lost concentration																				
Followed other runners																				
Other runners followed me																				
Disturbed by other runners																				
Not used to the map																				
Not used to the terrain																				
Didn't read the control description																				
Was tired																				
Thought the map was poor																				
Read the map poorly																				
Poor compass bearing																				
Poor judge of distance																				
Performance	Good	Fair	Poor																	
Concentration before the start																				
Route planning																				
Control entry																				
Control exit																				
Rough map reading																				
Detailed map reading																				
Rough compass bearing																				
Accurate compass bearing																				
Rough pace counting																				
Map memory																				
Map understanding																				
Terrain understanding																				
Checking features																				
Independence of other runners																				