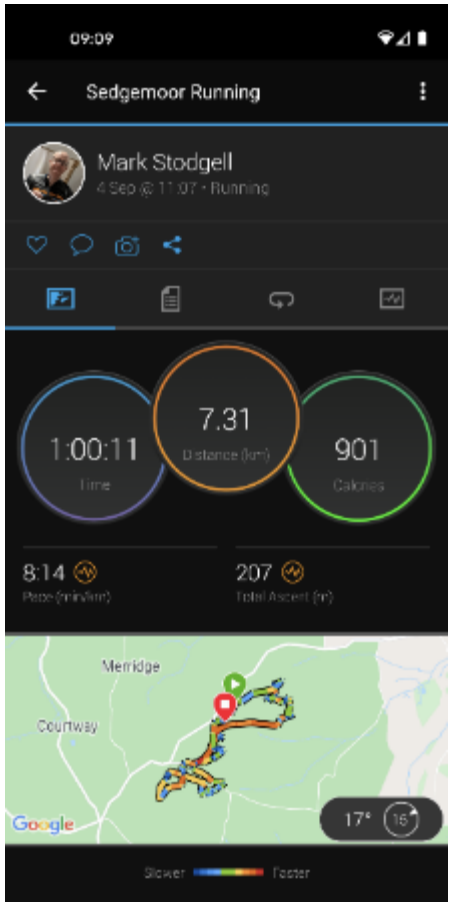
Orienteering GPS Route Analysis

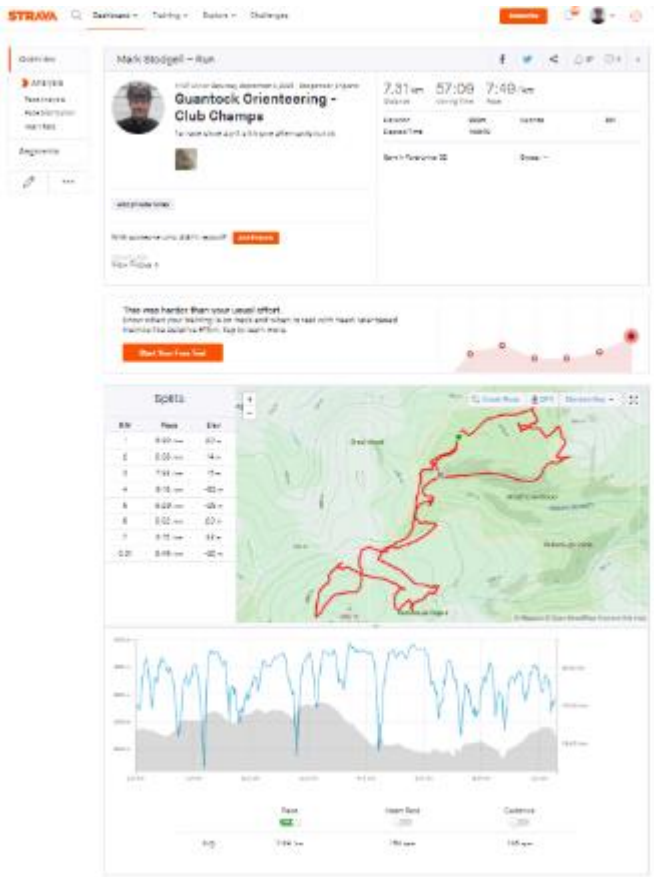
Analysing your route is key to improving or just understanding where you may have gone wrong. This is not just about where but also how fast – not just running speed but how often your stop, walk or slow down to read the map or move through more difficult terrain.

The slides in this pack cover use of GPS to upload to Routegadget and also to a PC app called Quickroute.

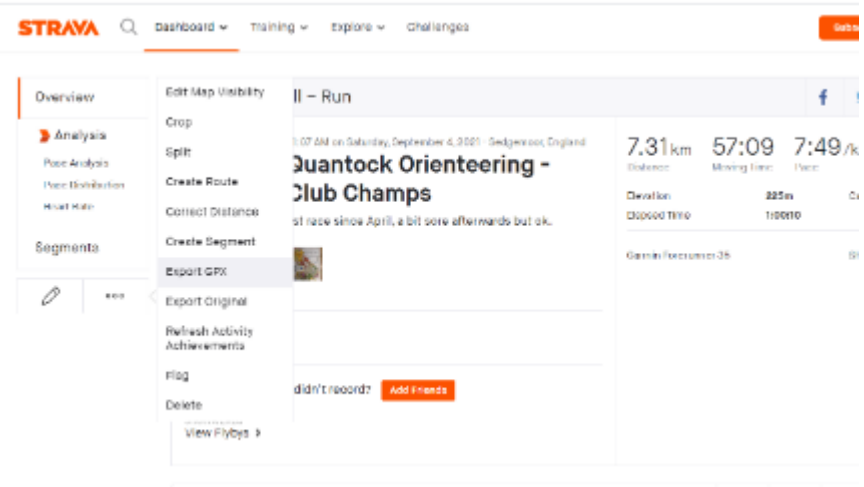
Record your run on a
basic GPS Watch



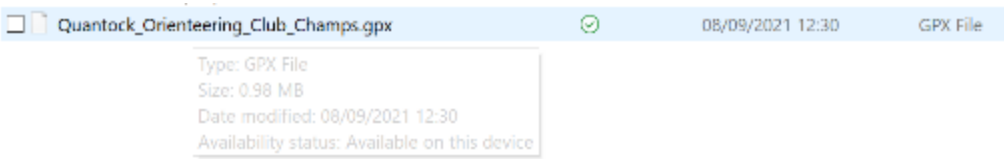
Download the data
Wired or wireless to an App
(example Garmin Connect)

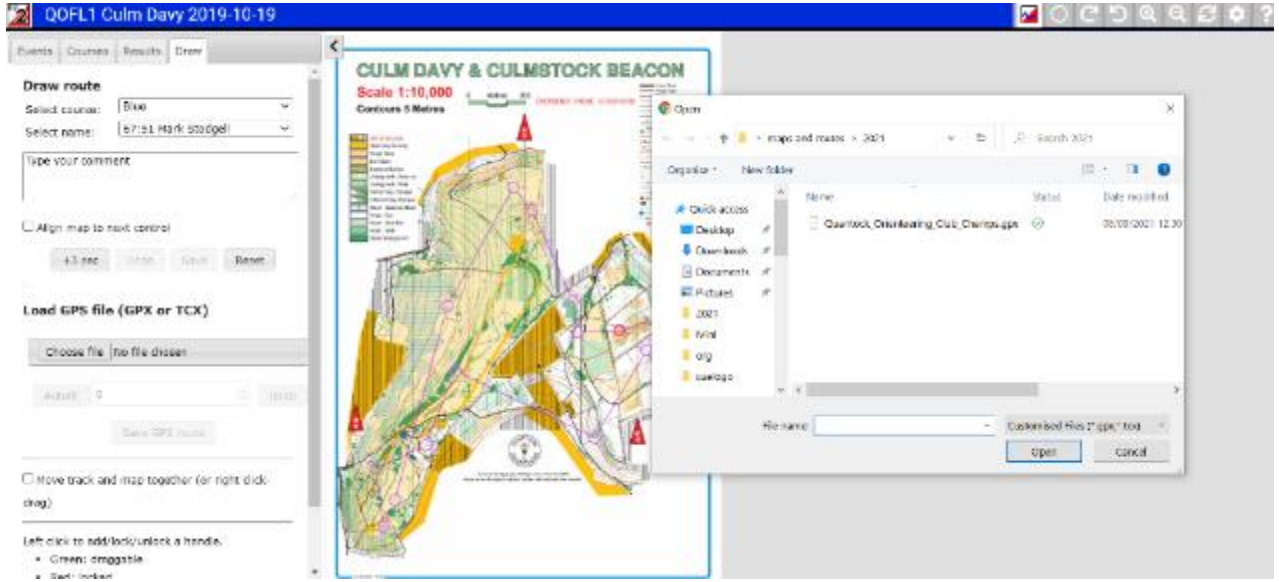


Basic Analysis
Native Application / Strava
(you can automate upload to Strava
from Garmin connect

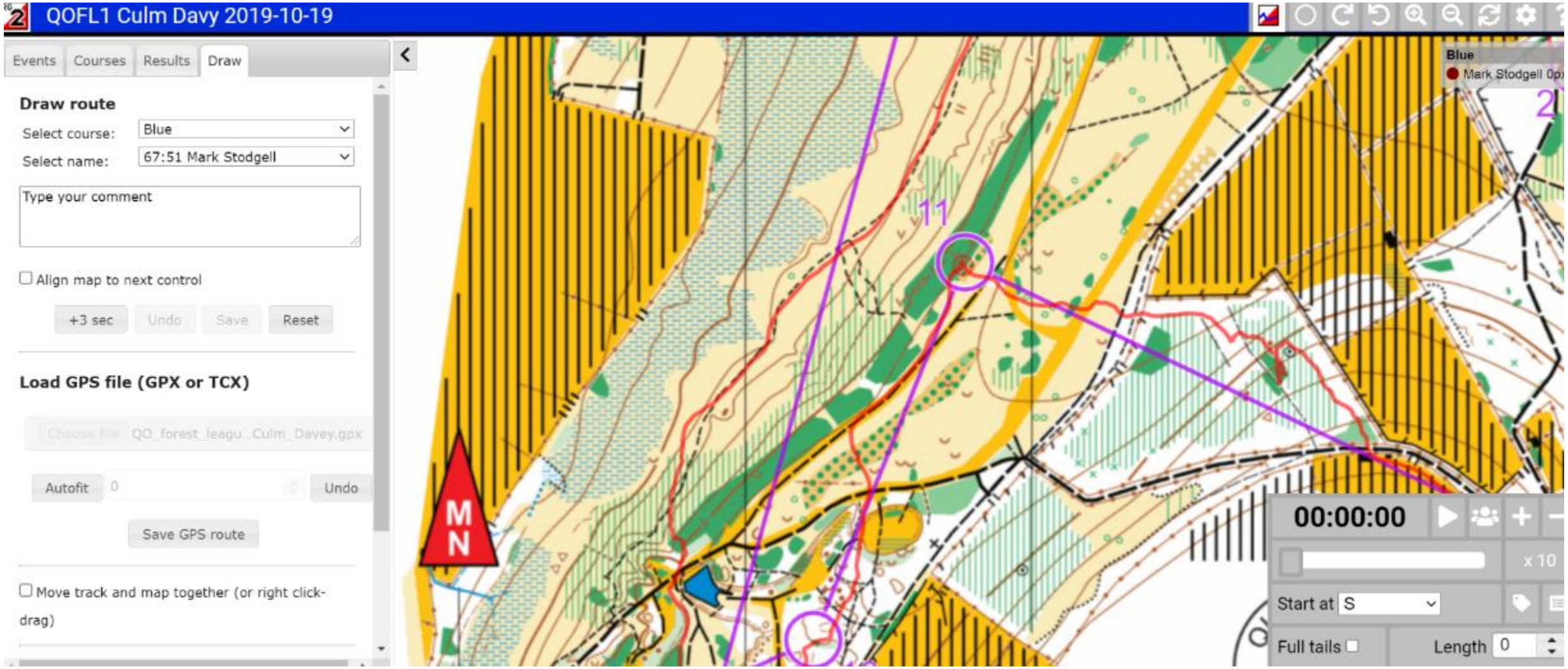


Export a ‘GPX’ file and put it somewhere accessible

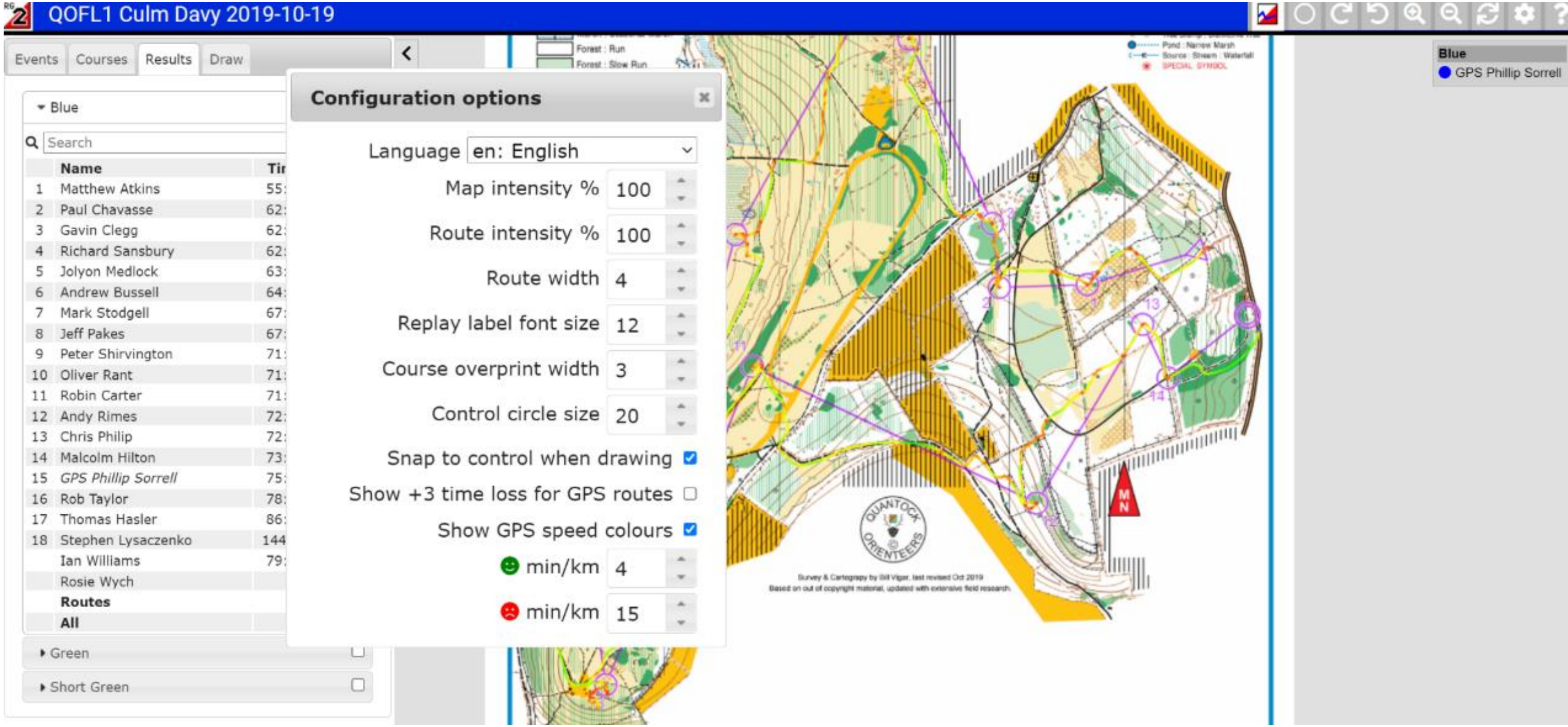




You can upload this file to an event’s Route Gadget Analysis



On Route gadget adjust the GPS track with the green handles and then click them red to lock them – save the GPS route when happy



If the event has Routegadget – click on the config ‘cog’ top right and turn on show GPS colours and put in your own green and red speeds

QOFL1 Culm Davy 2019-10-19

Events | Courses | Results | Draw

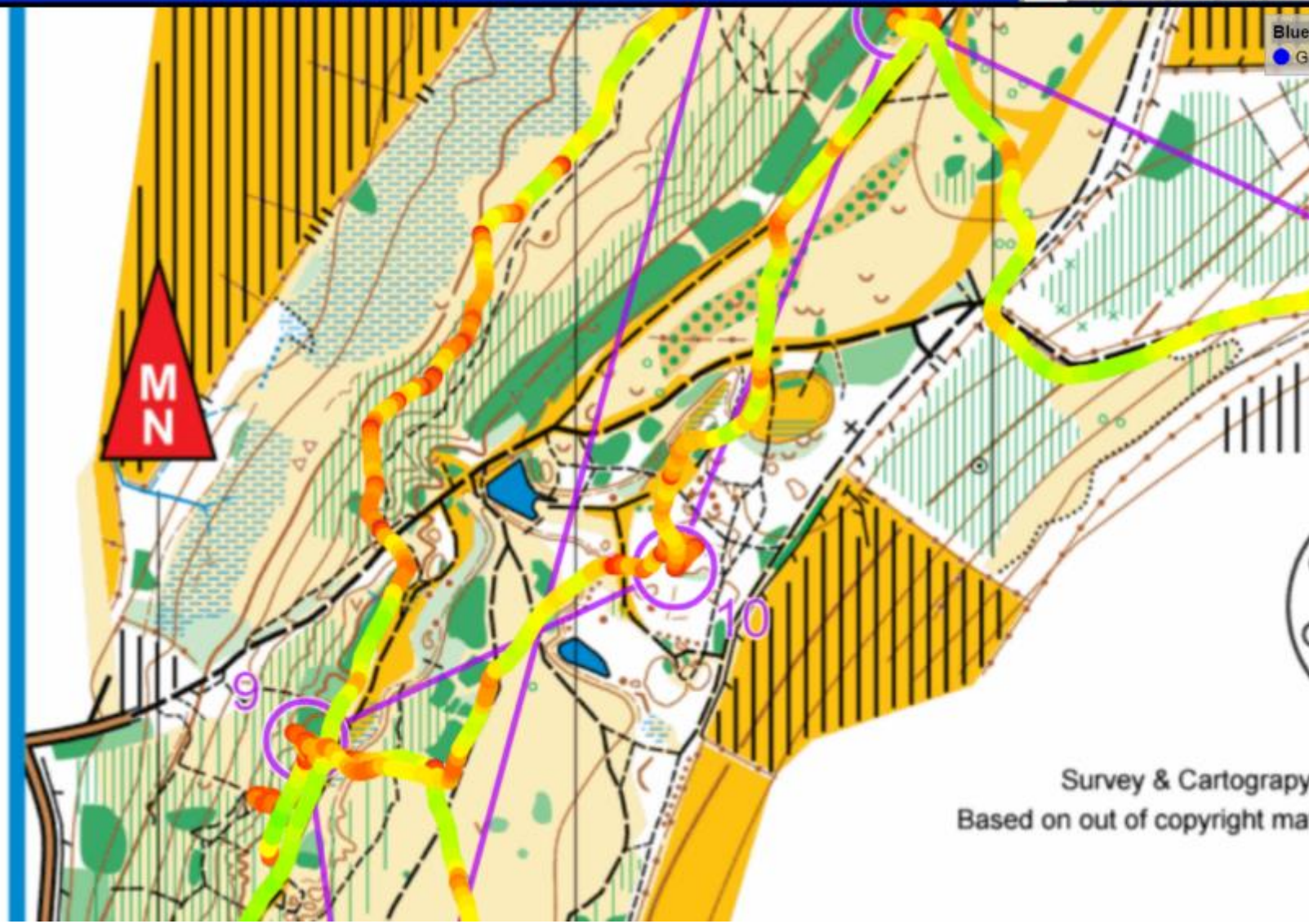
Blue

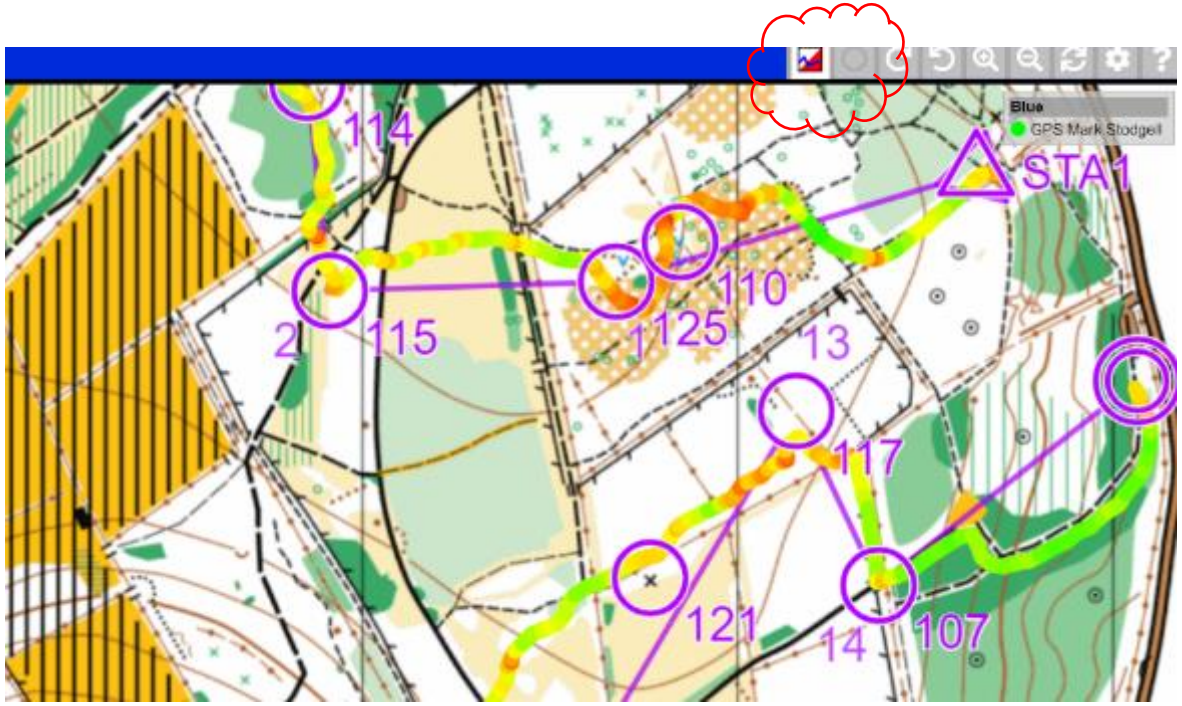
Search

	Name	Time		
1	Matthew Atkins	55:44		
2	Paul Chavasse	62:10		
3	Gavin Clegg	62:18		
4	Richard Sansbury	62:30		
5	Jolyon Medlock	63:20		
6	Andrew Bussell	64:32		
7	Mark Stodgell	67:51		
8	Jeff Pakes	67:59		
9	Peter Shirvington	71:03		
10	Oliver Rant	71:06		
11	Robin Carter	71:36		
12	Andy Rimes	72:13		
13	Chris Philip	72:51		
14	Malcolm Hilton	73:13		
15	*GPS Phillip Sorrell*	75:22	☑	
16	Rob Taylor	78:23		
17	Thomas Hasler	86:21		
18	Stephen Lysaczenko	144:17		
	Ian Williams	79:32		
	Rosie Wych			
	Routes			
	All			

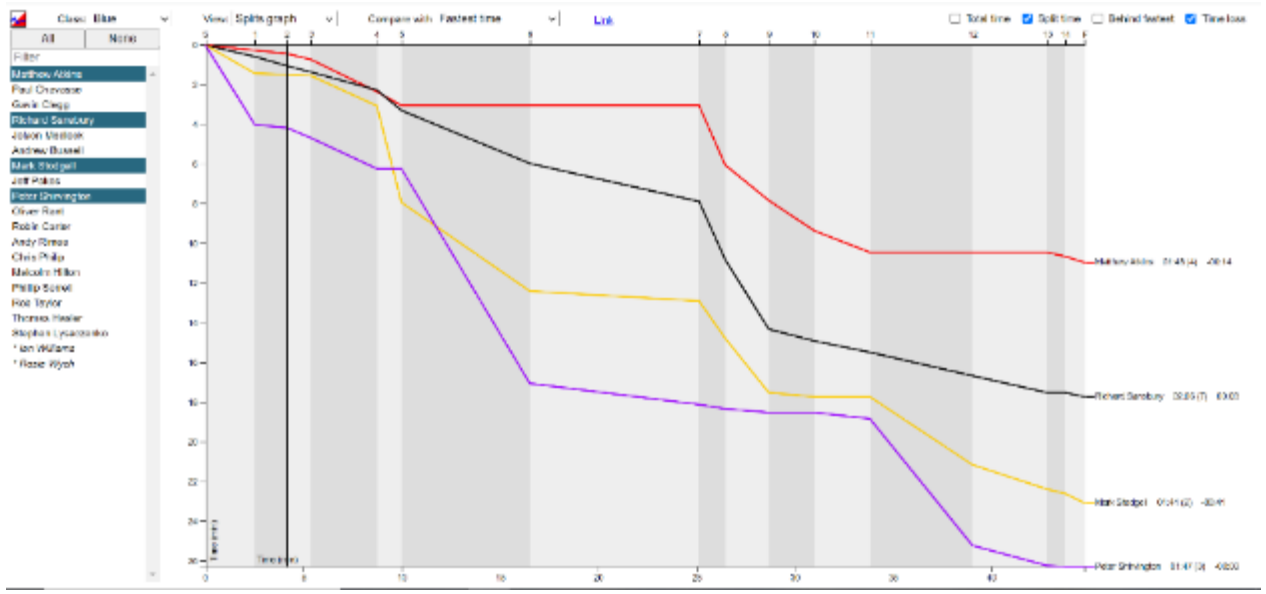
Green

Short Green



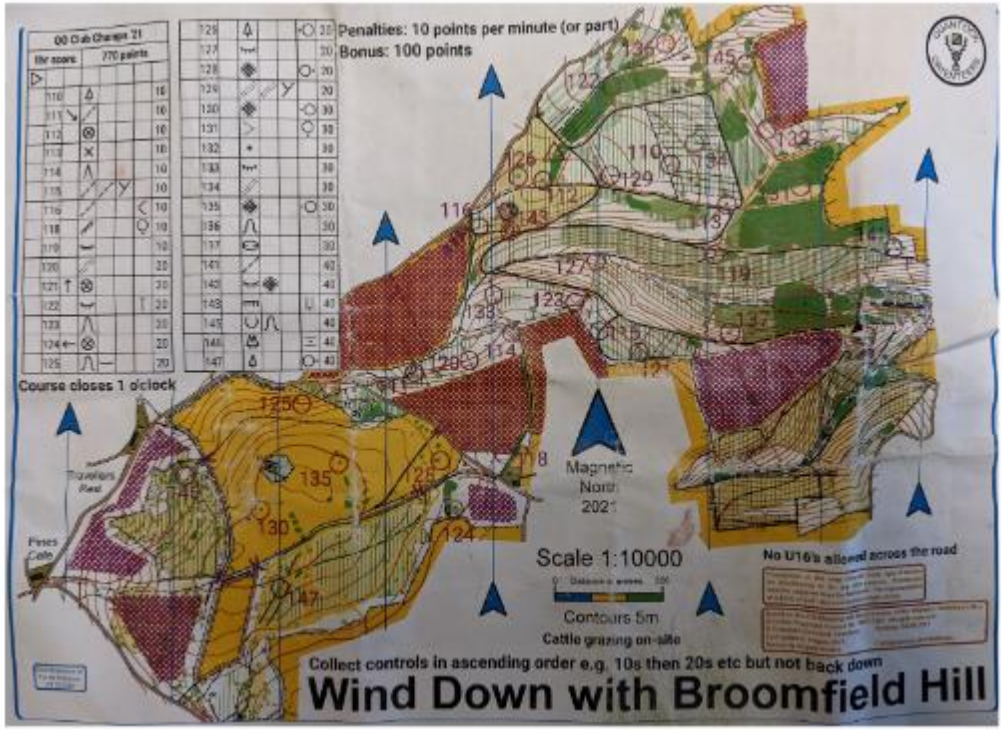


To see controls not on your course click the circle

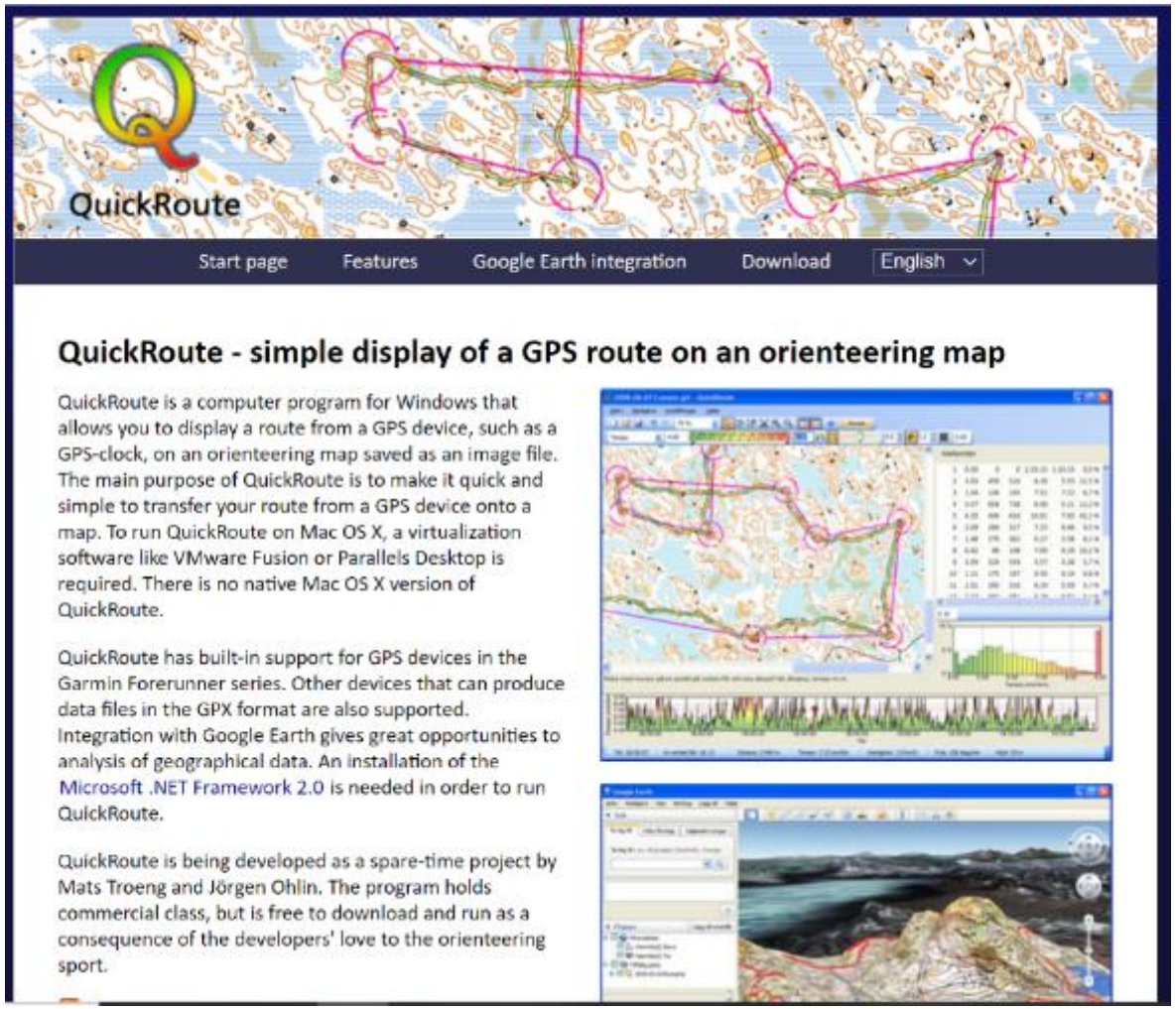


Click the splitsbrowser button to see a graph – steep drops are mistakes or significantly slower speed than your peers – a straight line shows consistancy

For more intensive analysis / where no Route Gadget is available

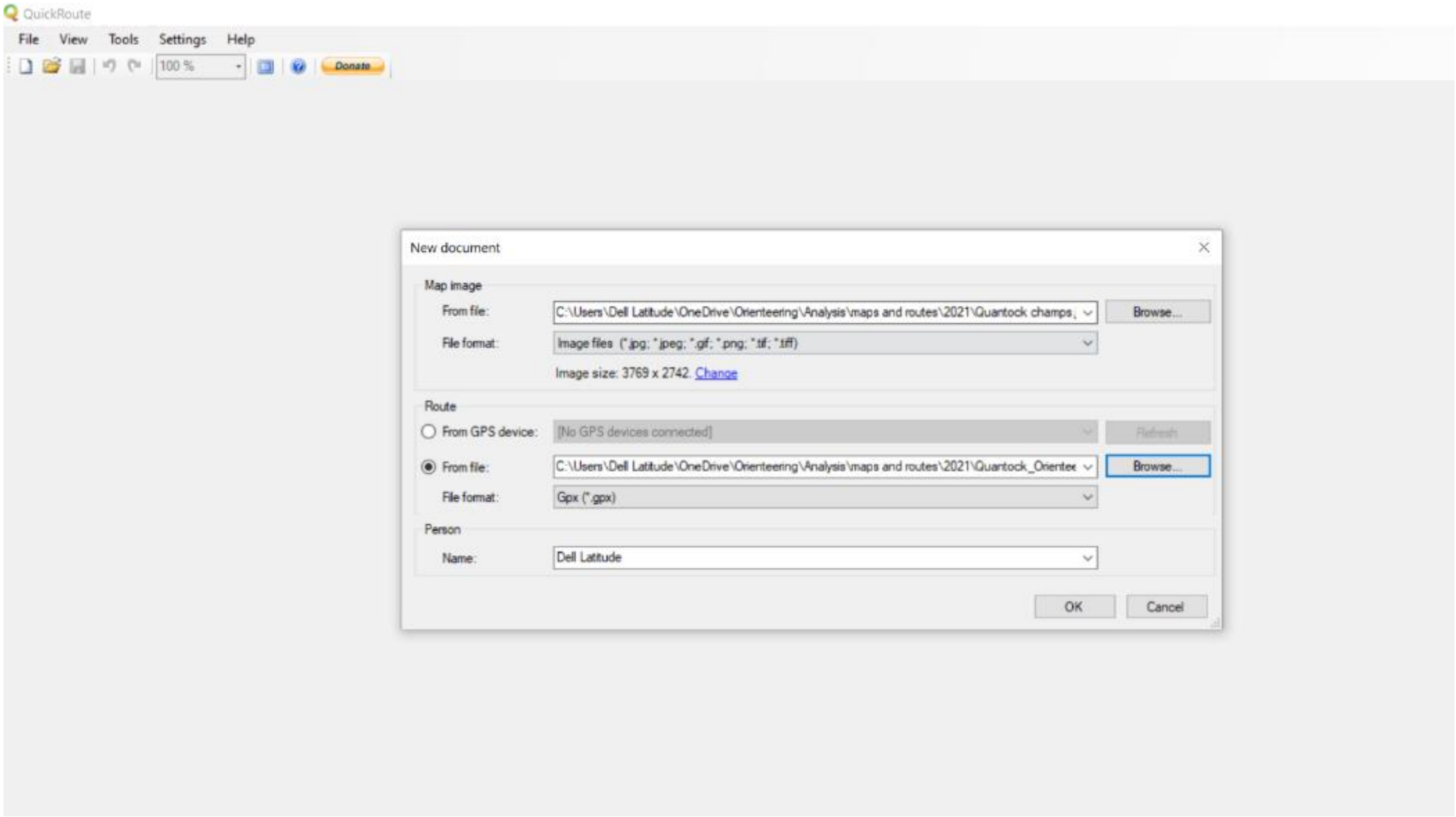


Take a photo of your map on your phone or scan it - tips, watch for reflections, smooth it out first - put it in the same place as the GPX file on a PC

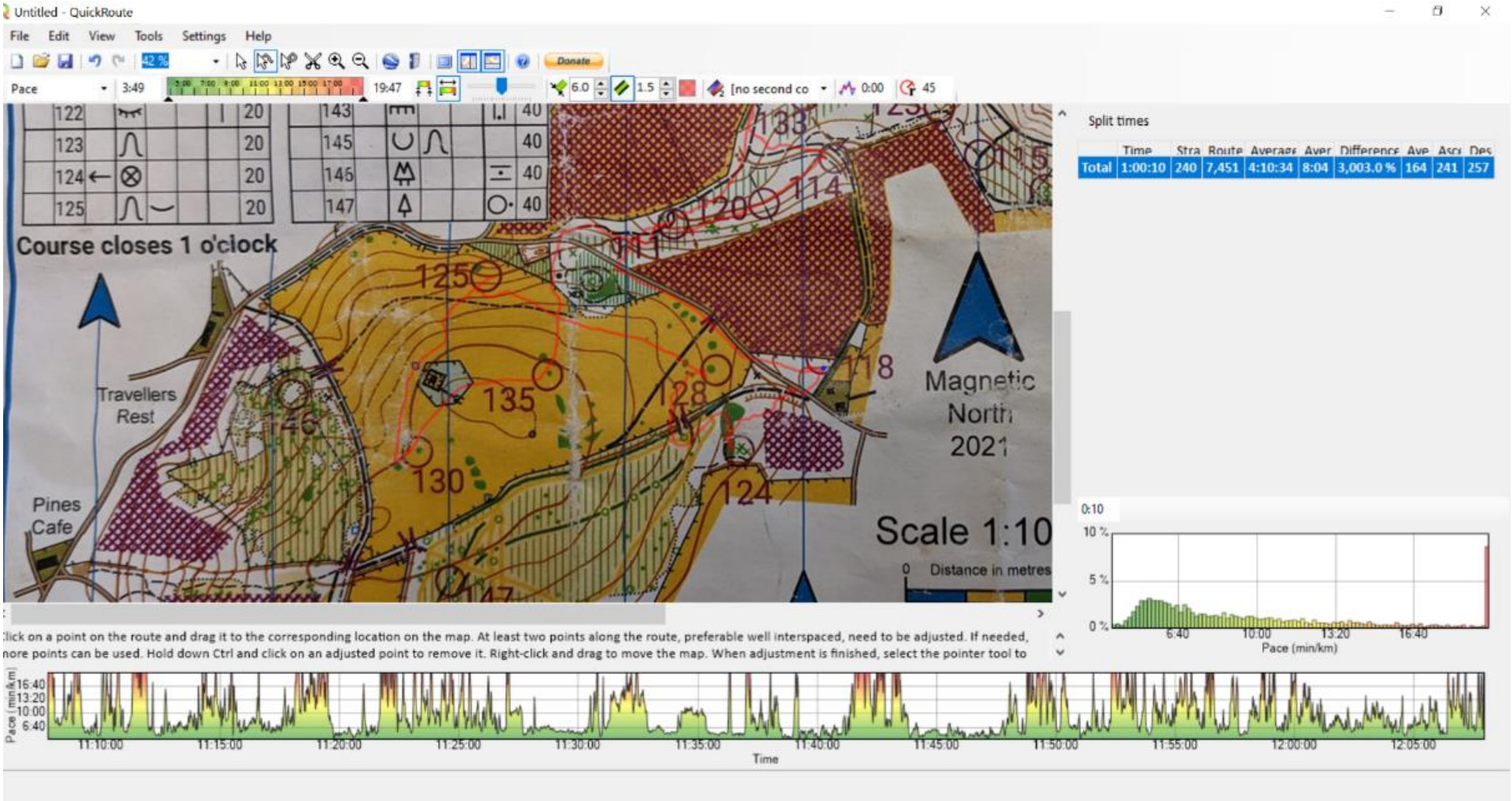


Download and install Quick Route from http://www.matstroeng.se/quickroute/en/

PC only sorry, No Apple version



Import photo and gpx file into a new project



Adjust the route to fit the map (similar to RouteGadget)

Increase width of the route and change the green red values to suit your speed