

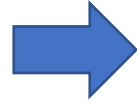
Orienteering GPS Route Analysis

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 you stop, walk or slow down to read the map or move through more difficult terrain.

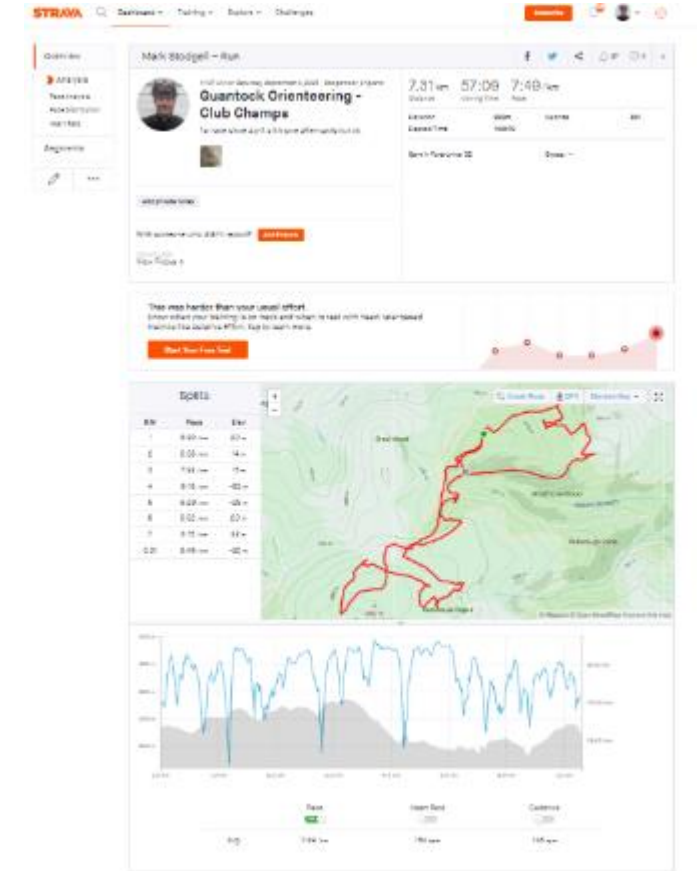
The slides in this pack cover use of GPS to upload to Routegadget and also to a PC app called Quickroute.



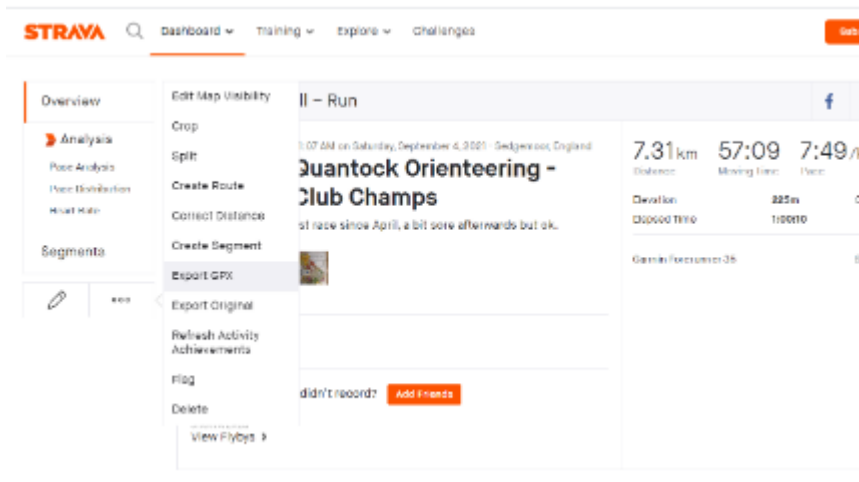
Record your run on a
basic GPS Watch



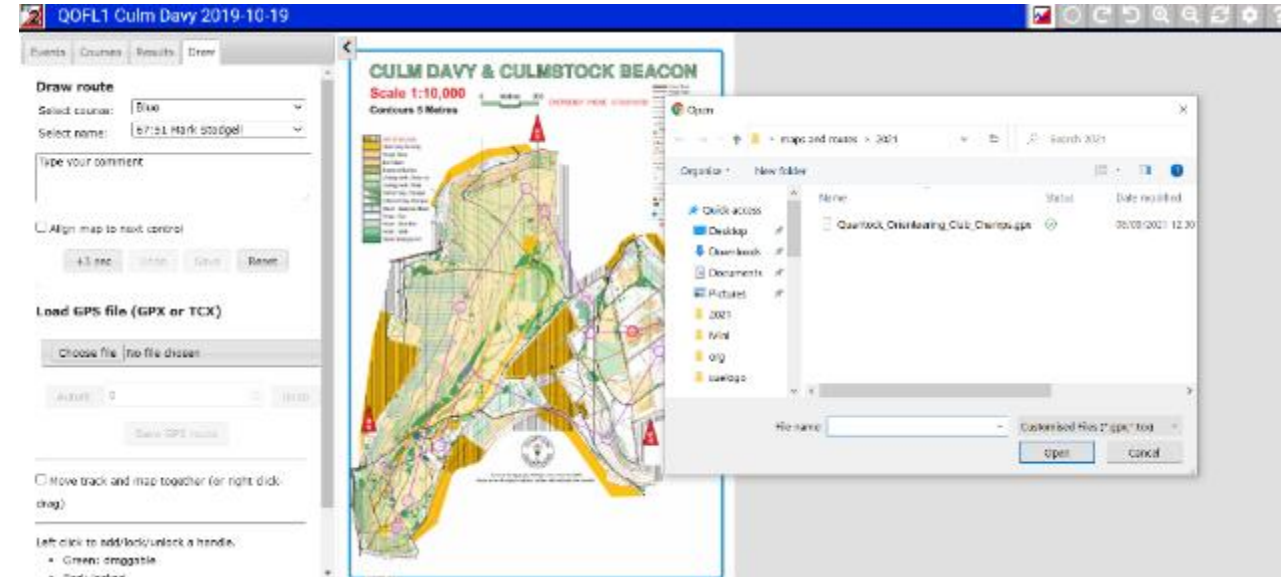
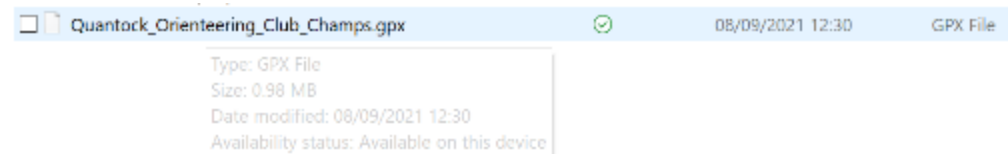
Download the data
Wired or wireless to an App
(example Garmin Connect)



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

2 QOFL1 Culm Davy 2019-10-19

Events Courses Results Draw

Draw route

Select course: Blue

Select name: 67:51 Mark Stodgell

Type your comment

☐ Align map to next control

+3 sec Undo Save Reset

Load GPS file (GPX or TCX)

Choose file QO_forest_leagu_Culm_Davey.gpx

Autofit 0 Undo

Save GPS route

☐ Move track and map together (or right click-drag)

Blue

Mark Stodgell Op

2

11

M N

00:00:00

Start at S

Full tails

Length 0

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

Configuration options

Language

en: English

▼

Map intensity %

100

▲▼

Route intensity %

100

▲▼

Route width

4

▲▼

Replay label font size

12

▲▼

Course overprint width

3

▲▼

Control circle size

20

▲▼

Snap to control when drawing

☒

Show +3 time loss for GPS routes

☐

Show GPS speed colours

☒

😊 min/km

4

▲▼

😞 min/km

15

▲▼



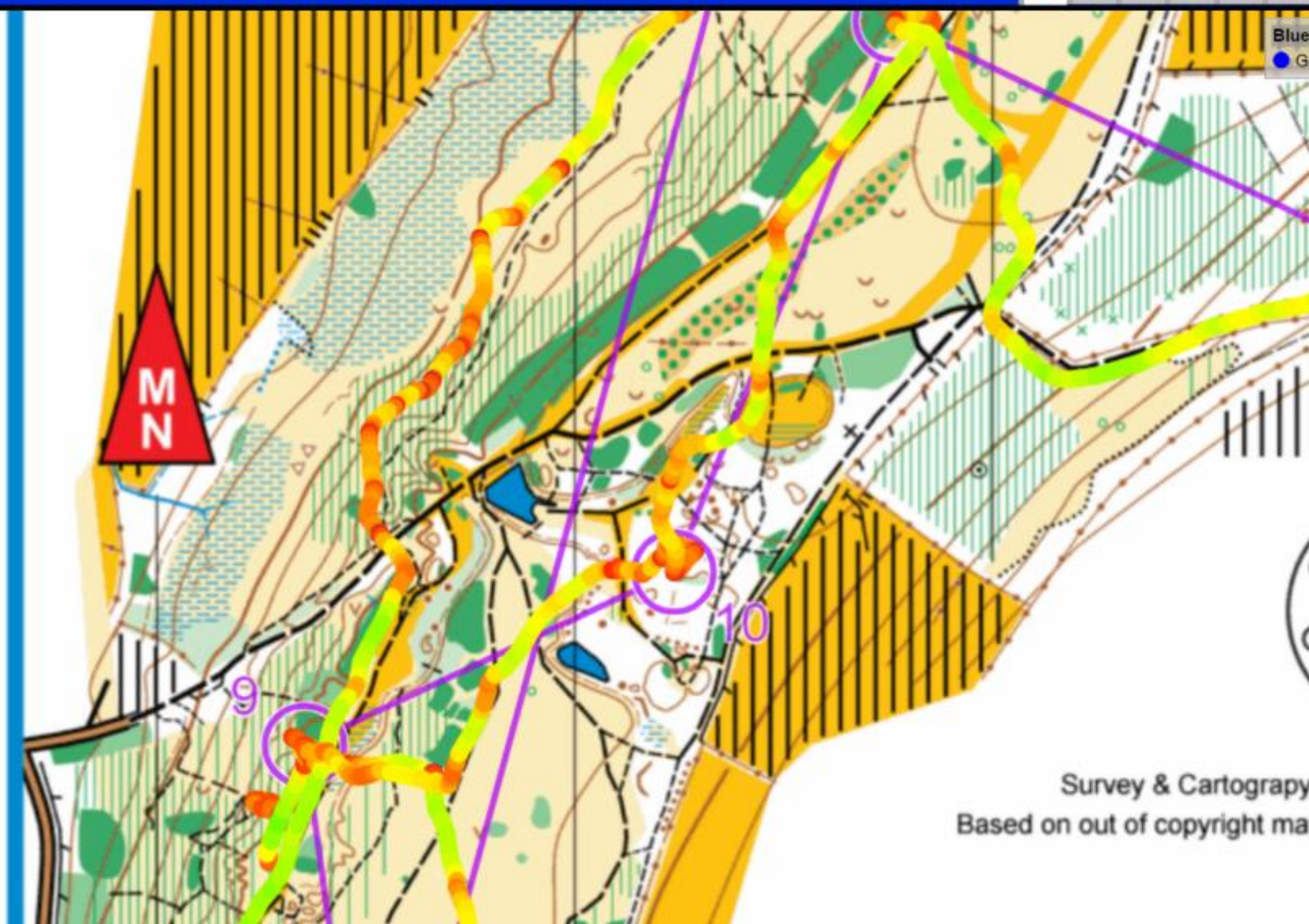
If the event has Routegadget – click on the config ‘cog’ top right and turn on show GPS colours and put in your own green and red speeds

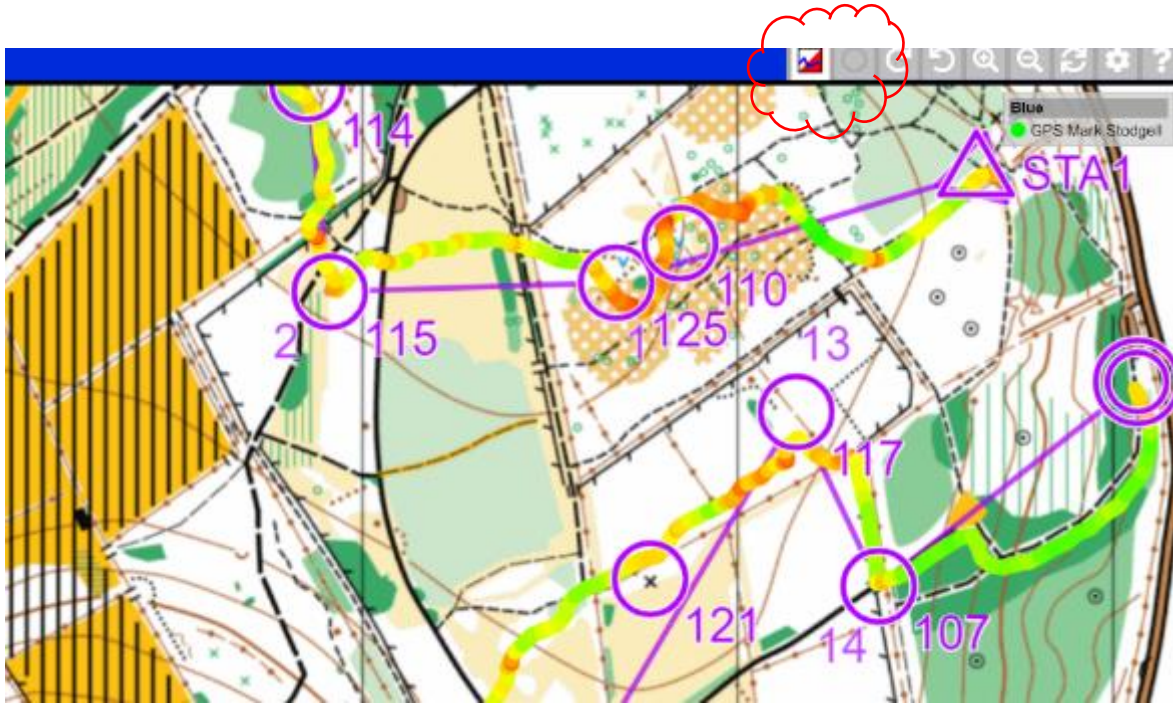
Events Courses Results Draw

▼ Blue ☒

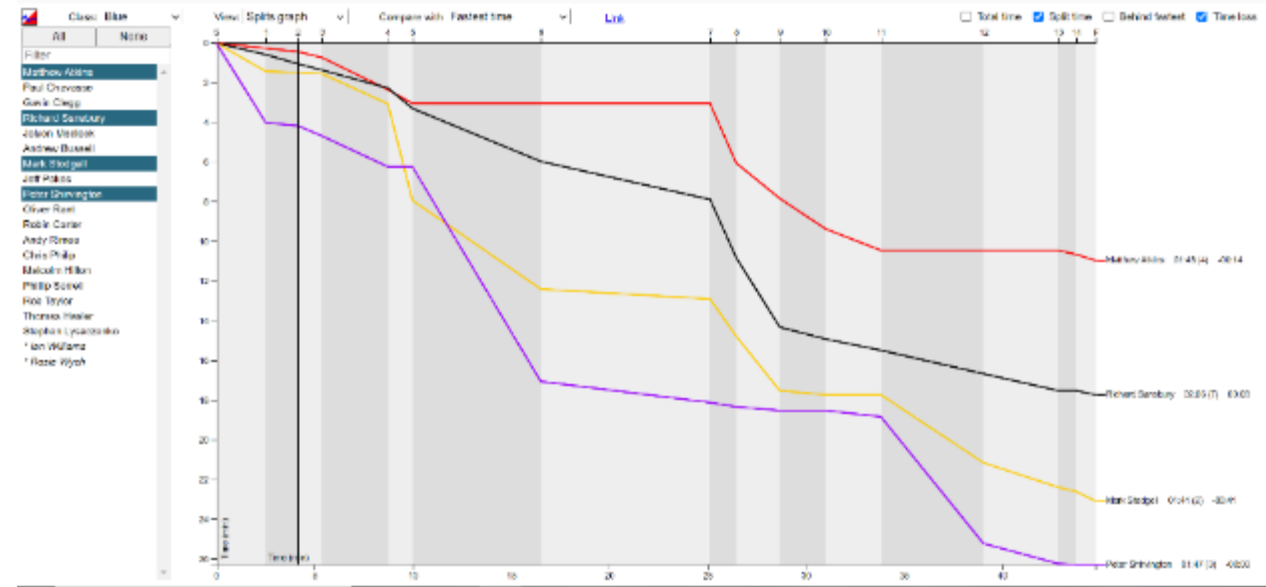
Q Search

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



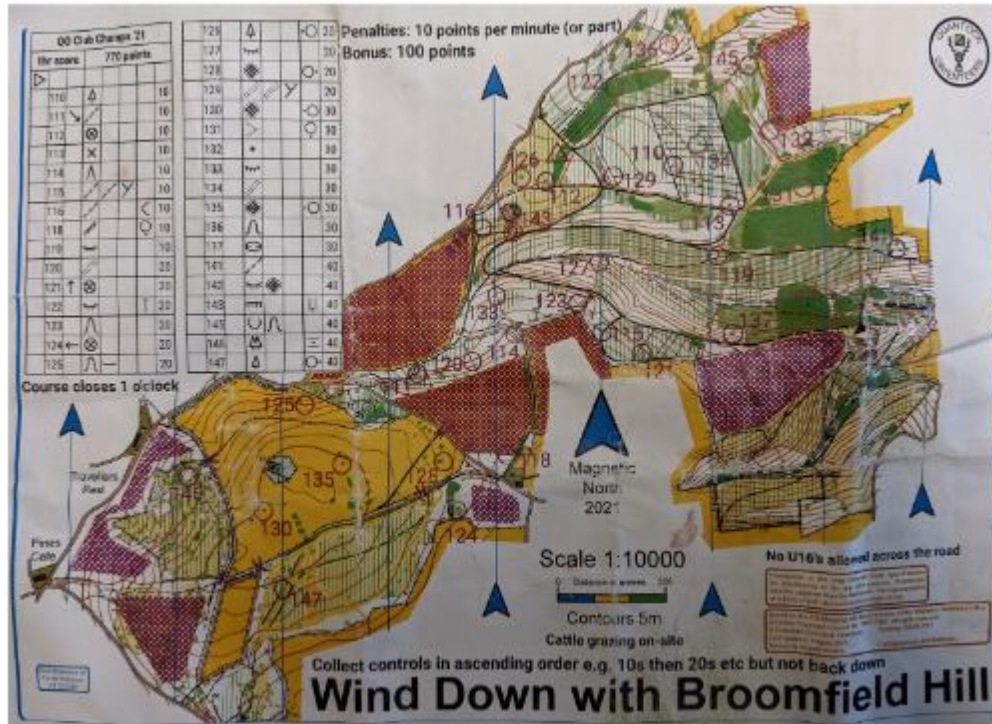


To see controls not on your course click the circle



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

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

QuickRoute - simple display of a GPS route on an orienteering map

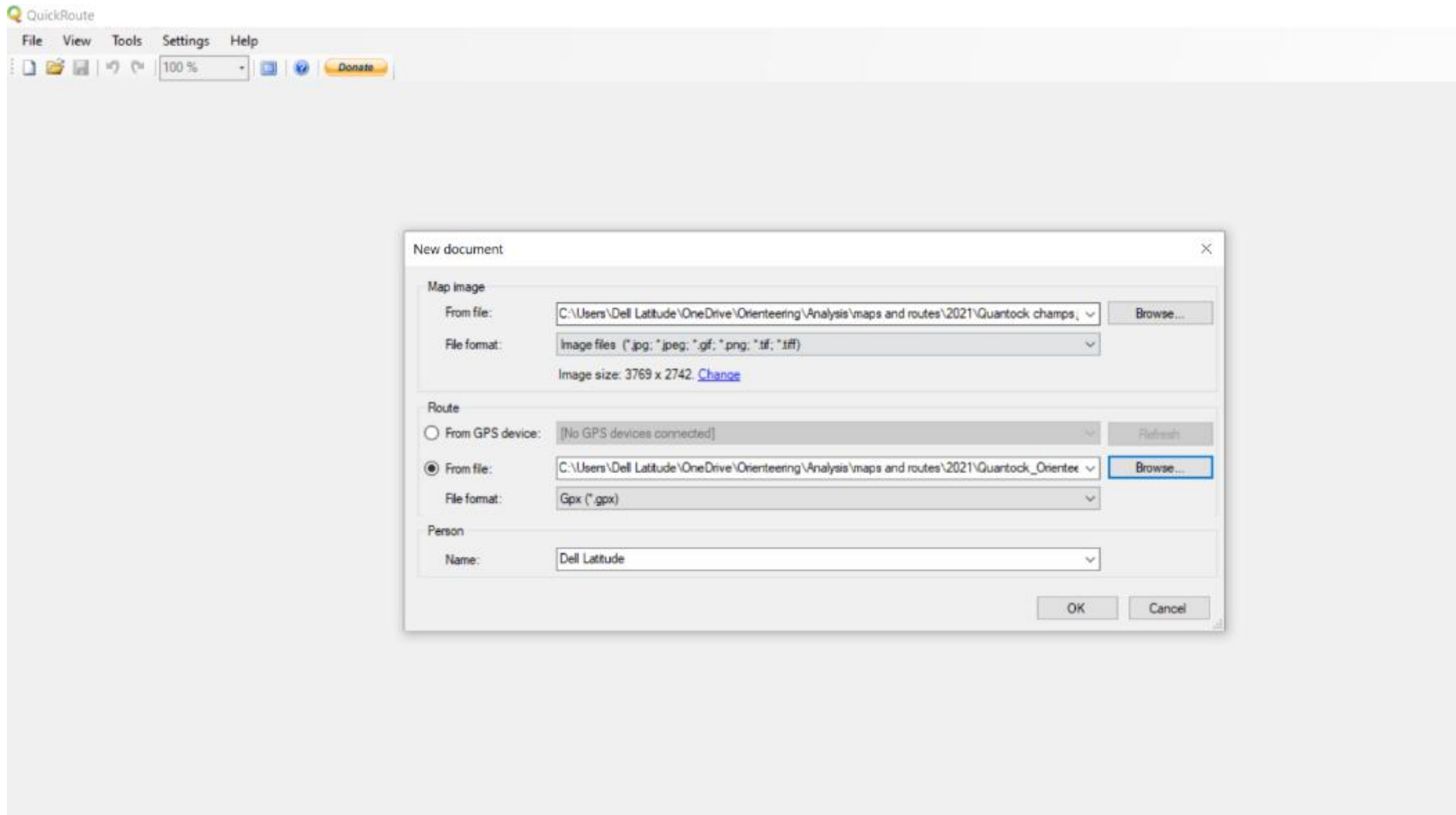
QuickRoute is a computer program for Windows that allows you to display a route from a GPS device, such as a GPS-clock, on an orienteering map saved as an image file. The main purpose of QuickRoute is to make it quick and simple to transfer your route from a GPS device onto a map. To run QuickRoute on Mac OS X, a virtualization software like VMware Fusion or Parallels Desktop is required. There is no native Mac OS X version of QuickRoute.

QuickRoute has built-in support for GPS devices in the Garmin Forerunner series. Other devices that can produce data files in the GPX format are also supported. Integration with Google Earth gives great opportunities to analysis of geographical data. An installation of the Microsoft .NET Framework 2.0 is needed in order to run QuickRoute.

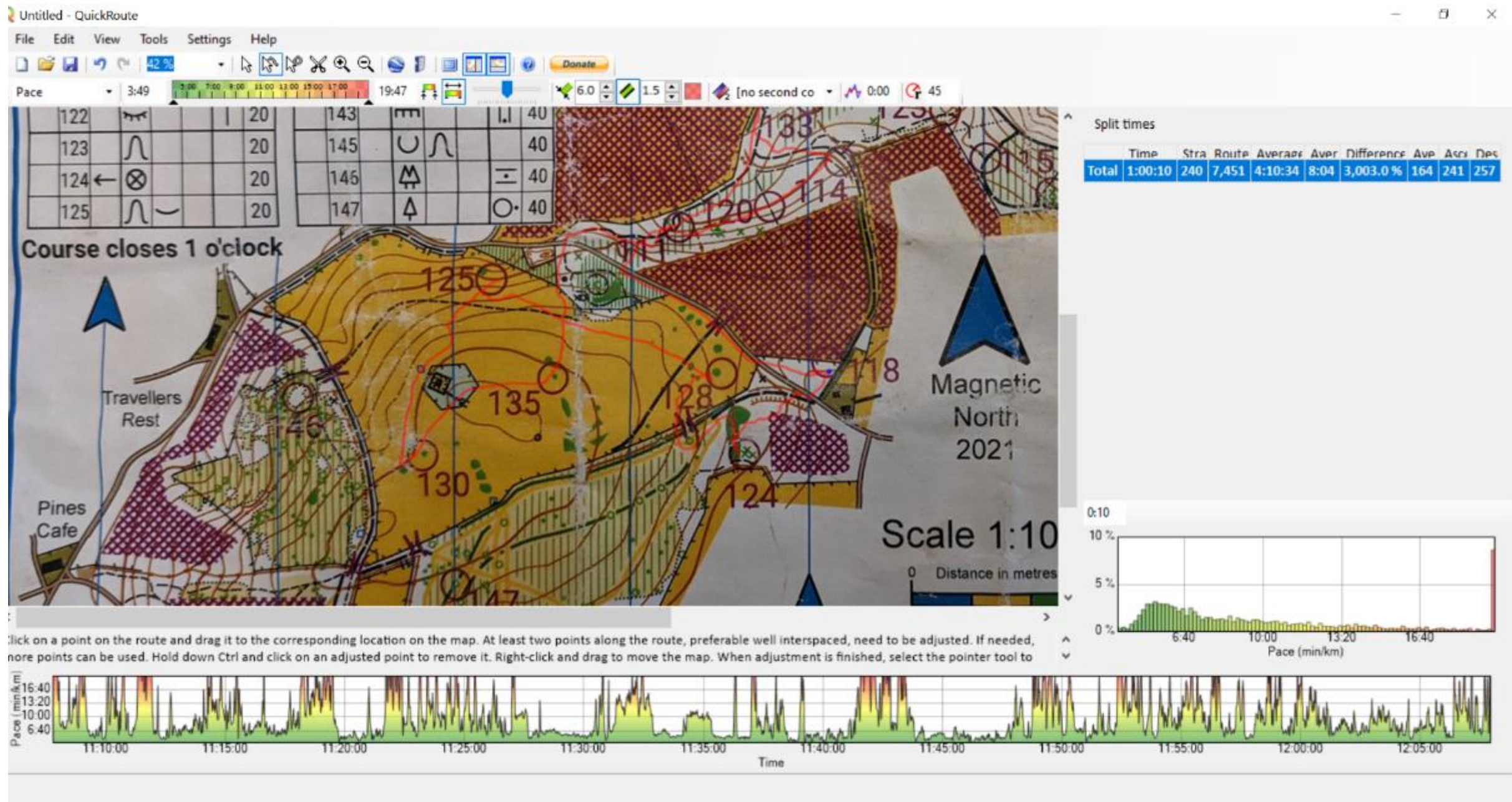
QuickRoute is being developed as a spare-time project by Mats Troeng and Jörgen Ohlin. The program holds commercial class, but is free to download and run as a consequence of the developers' love to the orienteering sport.

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