

RACE ANALYSIS

NAME:

VENUE:

DATE:

Course:

Length:

Climb:

Terrain:

Weather:

Warm Up:

Warm down:

Fitness:

Attitude:

Result:

Main cause of mistakes?

LEG	ATTACK POINT	PLAN	EXECUTION	TIME	TIME LOST
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

LEG	ATTACK POINT	PLAN	EXECUTION	TIME	TIME LOST
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					