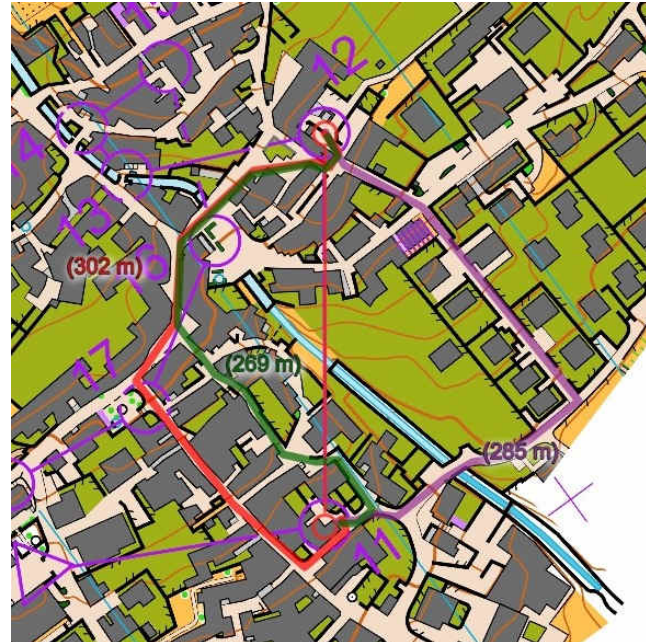


Verona & Roma, 8-9 Dicembre 2017

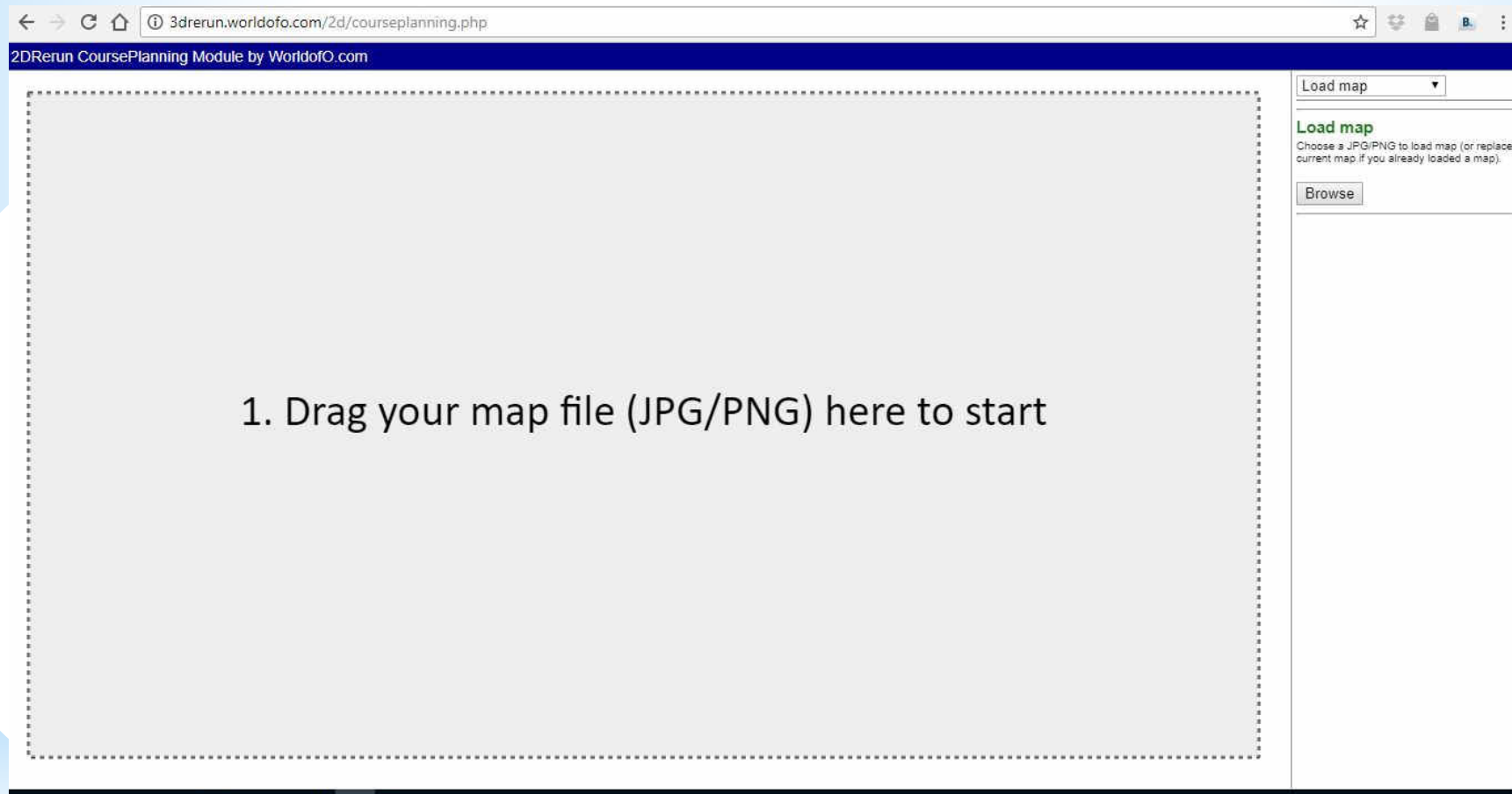


Alessio Tenani

Le gare Sprint: software analisi
scelte, informazioni pre gara,
caratteristiche tecniche

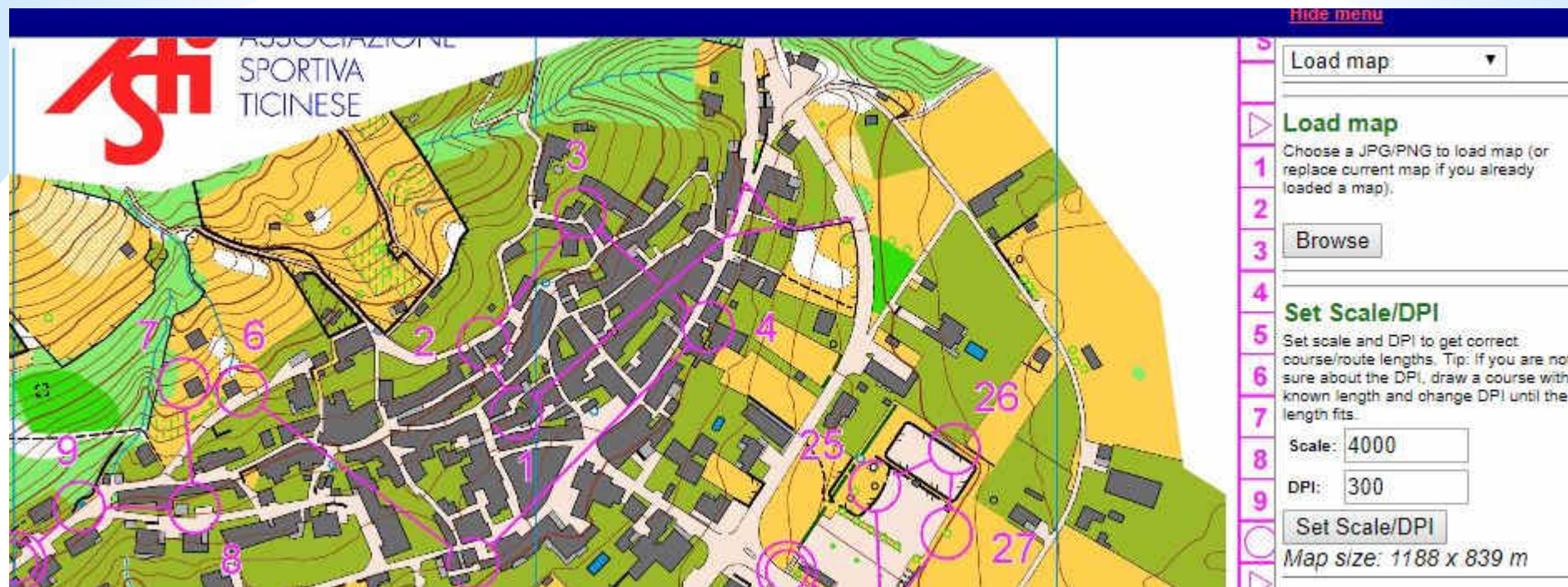
<http://3drerun.worldofO.com/2d/courseplanning.php>

Software per **analisi GEOMETRICHE delle scelte di percorso**, utile per i tracciatori in fase di progettazione dei percorsi e per gli atleti in fase di analisi post gara



<http://3drerun.worldofo.com/2d/courseplanning.php>

Caricare la mappa nella scala e risoluzione giusta (consigliato: jpg 300dpi) così da avere la misurazione corretta delle scelte in senso assoluto



<http://3drerun.worldofdo.com/2d/courseplanning.php>

Disegnare il percorso >> o da carta bianca, o ricopiando quello di gara

The screenshot displays the 3drerun course planning web application. On the left, a topographic map shows a red line course with numbered control points (1-10) and pink circles. The central grid is a 10x10 table for placing controls. The right sidebar contains settings for the course.

Sprint tr.		2,8 km	
		50 m	
1	31	■	↘
2	32	■	↙
3	33	▨	↗
4	34	↗	↘
5	35	■	↘
6	36	■	↘
7	37	■	↙
8	38	▨	↘
9	39	▨	↘
		40 m	
10	40	■	↘

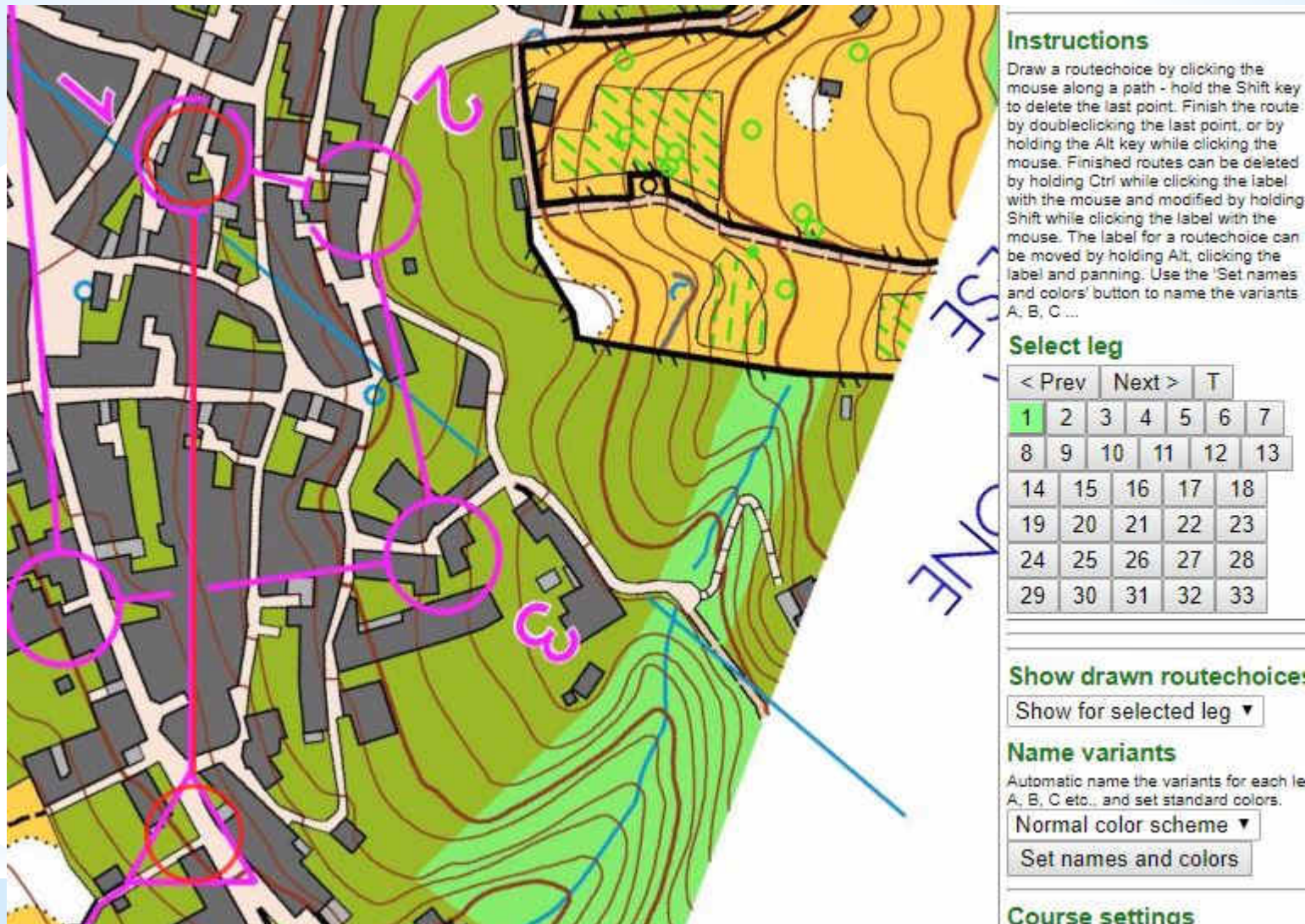
Draw course ▼

Draw Course
Click left mouse-button to add control.
Click left mouse-button + hold CTRL key to remove control (if clicked close to existing control) or add extra control.
Hold SHIFT key and left mouse-button while moving mouse to move controls.

Course length: 2790 m
Delete course

Settings
Line width: < 7 px >
Map opacity: < 100 % >
Line opacity: < 70 % >
Show course: ON
GroupReplay: OFF
SketchMode: OFF
Map rot: 0deg OFF

Selezionare la tratta



Instructions

Draw a routechoice by clicking the mouse along a path - hold the Shift key to delete the last point. Finish the route by doubleclicking the last point, or by holding the Alt key while clicking the mouse. Finished routes can be deleted by holding Ctrl while clicking the label with the mouse and modified by holding Shift while clicking the label with the mouse. The label for a routechoice can be moved by holding Alt, clicking the label and panning. Use the 'Set names and colors' button to name the variants A, B, C...

Select leg

< Prev	Next >	T				
1	2	3	4	5	6	7
8	9	10	11	12	13	
14	15	16	17	18		
19	20	21	22	23		
24	25	26	27	28		
29	30	31	32	33		

Show drawn routechoice:

Show for selected leg ▼

Name variants

Automatic name the variants for each leg A, B, C etc., and set standard colors.

Normal color scheme ▼

Set names and colors

Course settings

Disegnare le scelte con misurazione in diretta

Tutorial molto accurato con tasti brevi
e possibilità di cambiare colori, lettere, screen shot

Instructions
Draw a routechoice by clicking the mouse along a path - hold the Shift key to delete the last point. Finish the route by doubleclicking the last point, or by holding the Alt key while clicking the mouse. Finished routes can be deleted by holding Ctrl while clicking the label with the mouse and modified by holding Shift while clicking the label with the mouse. The label for a routechoice can be moved by holding Alt, clicking the label and panning. Use the 'Set names and colors' button to name the variants A, B, C ...

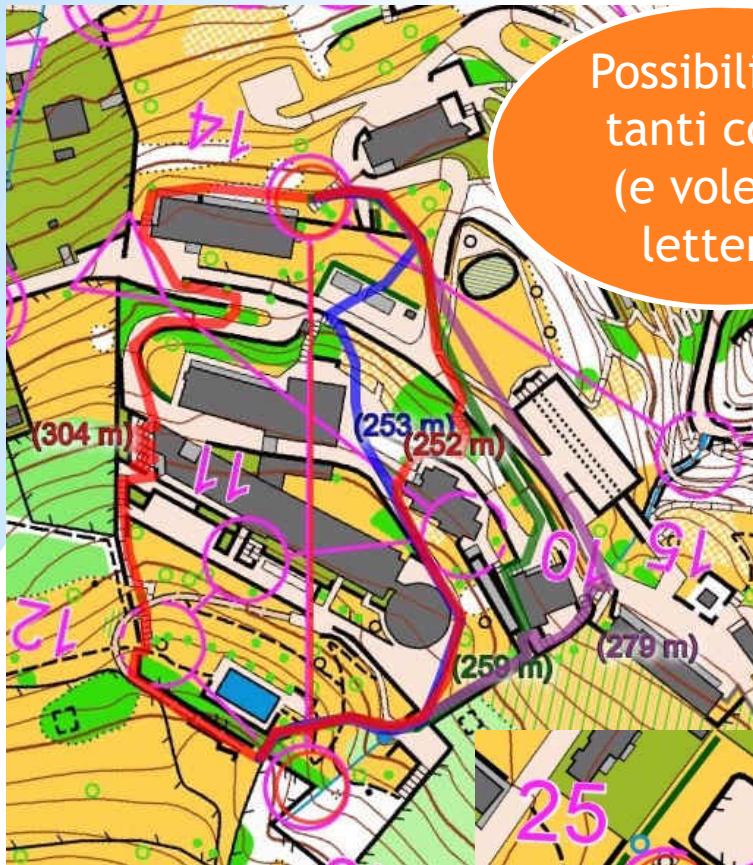
Select leg

< Prev	Next >	T				
1	2	3	4	5	6	7
8	9	10	11	12	13	
14	15	16	17	18		
19	20	21	22	23		
24	25	26	27	28		
29	30	31	32	33		

Show drawn routechoices
Show for selected leg ▾

Name variants
Automatic name the variants for each leg A, B, C etc., and set standard colors.
Normal color scheme ▾
Set names and colors

Course settings
Autosave map [Yes]



Possibilità di
tanti colori
(e volendo
lettere)



Anche solo
scelta
parziale



NB: è
un'analisi
solo
geometrica
per le
lunghezze



Analisi sprint progetto FISO

GIOVEDÌ 7 DICEMBRE 2017

2017_12_03 Sprint intervals Novaggio



Traccia GPS: <https://events.loggator.com/OZv5Hw>

Analisi geometrica scelte principali

1ª parte



ARCHIVIO POST

▼ 2017 (23)

▼ dicembre (2)

2017_12_03 Sprint Intervals
Novaggio

[Beijing O-Week in China](#)

► novembre (3)

► ottobre (2)

► settembre (1)

► agosto (1)

► luglio (3)

► giugno (2)

► maggio (2)

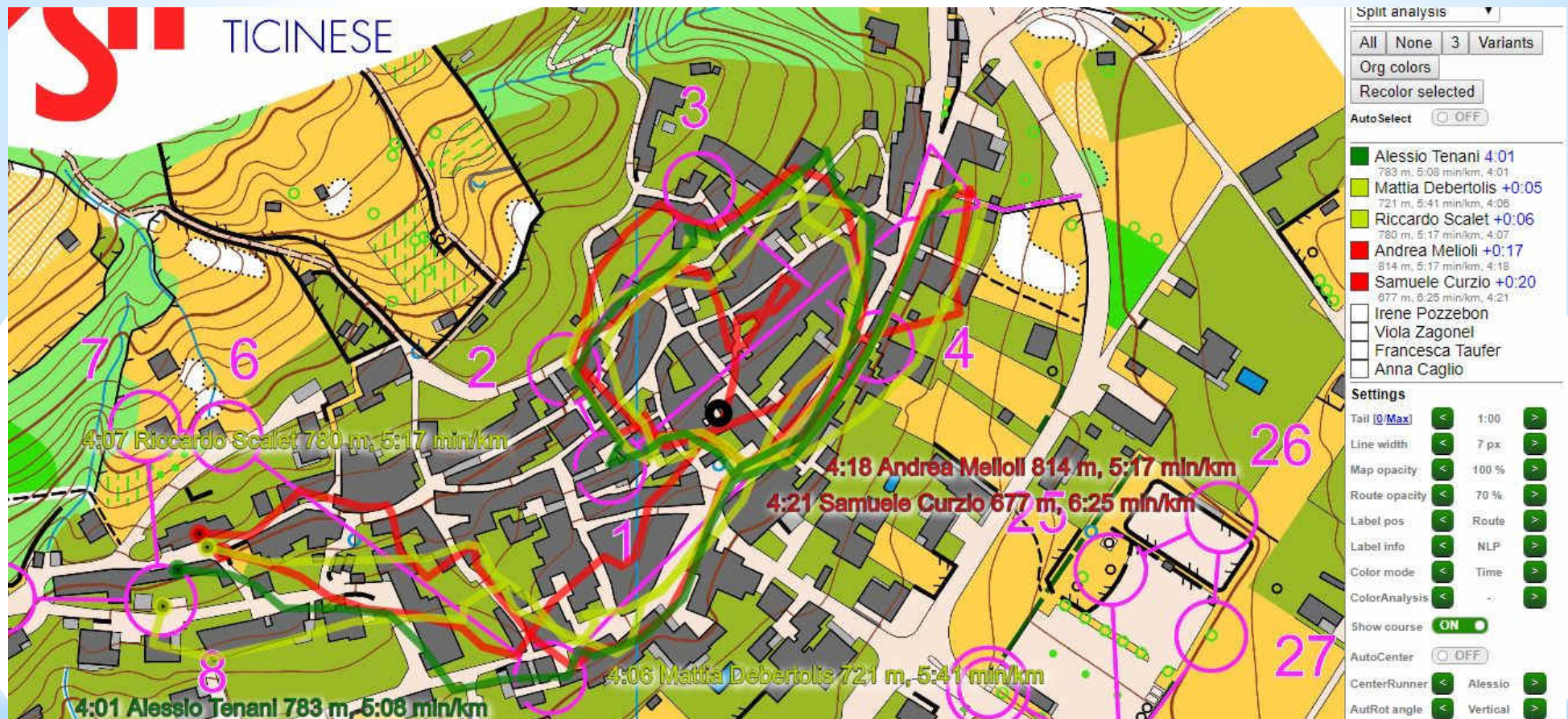
► aprile (4)

► marzo (3)

CERCA NEL BLOG

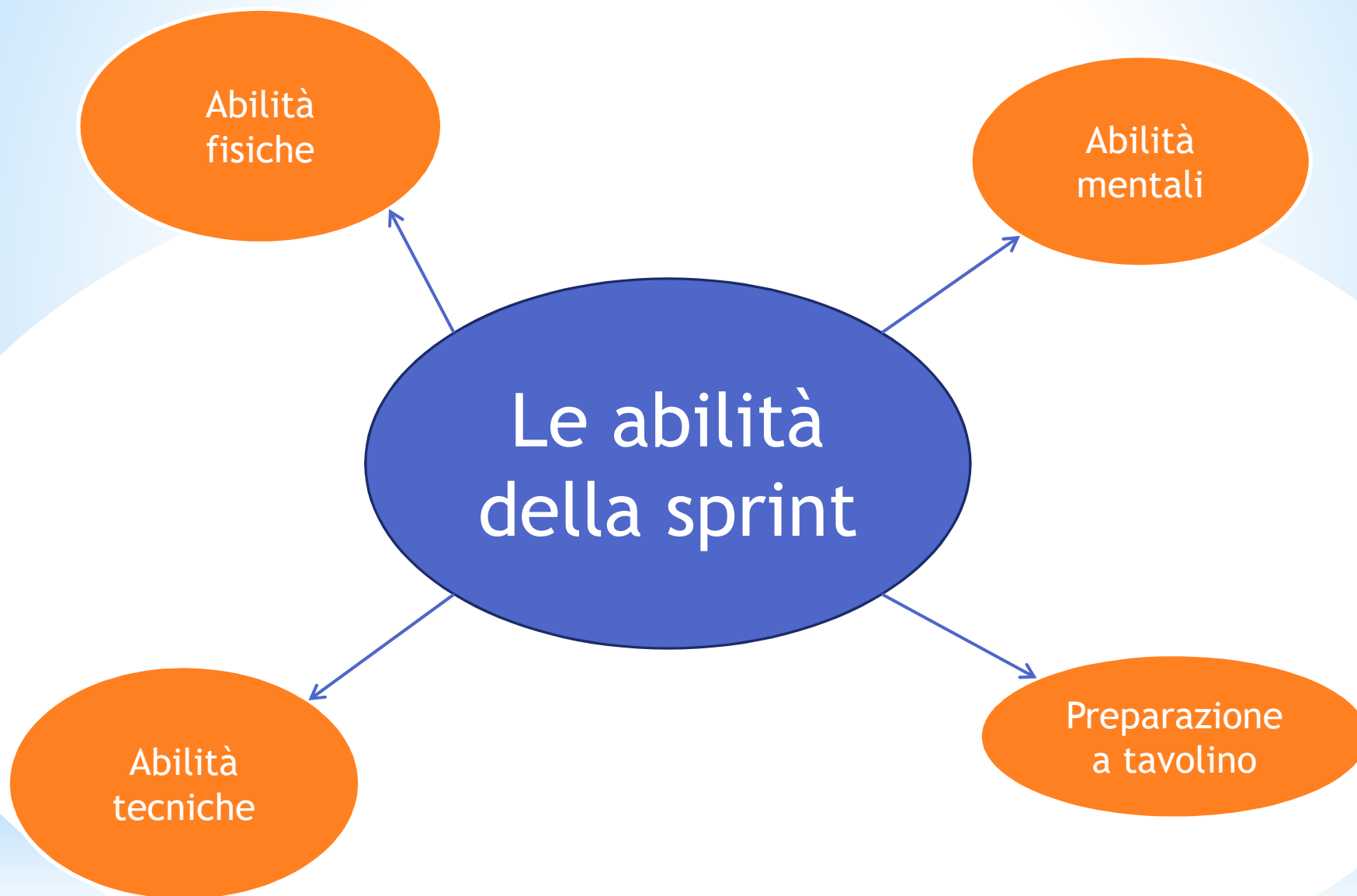
Cerca

Analisi più dettagliate con il GPS



Nonostante nelle sprint -soprattutto cittadine- la traccia GPS non sempre sia accurata, spesso è sufficiente per una analisi completa su Loggator e 2d rerun

LA SPRINT - Distanza tanto corta quanto complessa



Le abilità della sprint

A mind map with a central blue oval labeled 'Le abilità della sprint'. Four orange ovals branch out from the center: 'Abilità fisiche' (top-left), 'Abilità mentali' (top-right), 'Abilità tecniche' (bottom-left), and 'Preparazione a tavolino' (bottom-right). Each orange oval is connected to several green ovals representing specific skills. Arrows point from the central blue oval to each of the four orange ovals.

Abilità fisiche

Sostenere il lattato

Tecnica di corsa

Agilità

Accelera-
zione

Resistenza

Sprint
finale

Lavoro di
controllo

Abilità tecniche

Capacità
decisionale

Scelta di
percorso

Lettura
della
mappa

Routine

ISSOM

Abilità mentali

Percezione

Abilità
cognitiva

Concen-
trazione

Governare i
fattori di
disturbo

Essere pronti
all'imprevisto

Preparazione a tavolino

Conoscenza
del terreno

Ipotizzare
scelte

Le abilità della sprint



```
graph TD; A((Le abilità della sprint)) --> B((Abilità fisiche)); A --> C((Abilità mentali)); A --> D((Abilità tecniche)); A --> E((Preparazione a tavolino)); B --> B1(Resistenza); B --> B2(Accelerazione); B --> B3(Agilità); B --> B4(Sostenere il lattato); B --> B5(Tecnica di corsa); C --> C1(Abilità cognitiva); C --> C2(Percezione); C --> C3(Concentrazione); C --> C4(Governare i fattori di disturbo); C --> C5(Essere pronti all'imprevisto); D --> D1(Sprint finale); D --> D2(Lavoro di controllo); D --> D3(ISSOM); D --> D4(Routine); D --> D5(Lettura della mappa); D --> D6(Scelta di percorso); E --> E1(Conoscenza del terreno); E --> E2(Ipotizzare scelte);
```

Abilità
fisiche

Abilità
mentali

Abilità
tecniche

Preparazione
a tavolino

Accele-
razione

Agilità

Sostenere
il lattato

Tecnica di
corsa

Abilità
cognitiva

Percezione

Concen-
trazione

Governare i
fattori di
disturbo

Essere pronti
all'imprevisto

Sprint
finale

Lavoro di
controllo

ISSOM

Routine

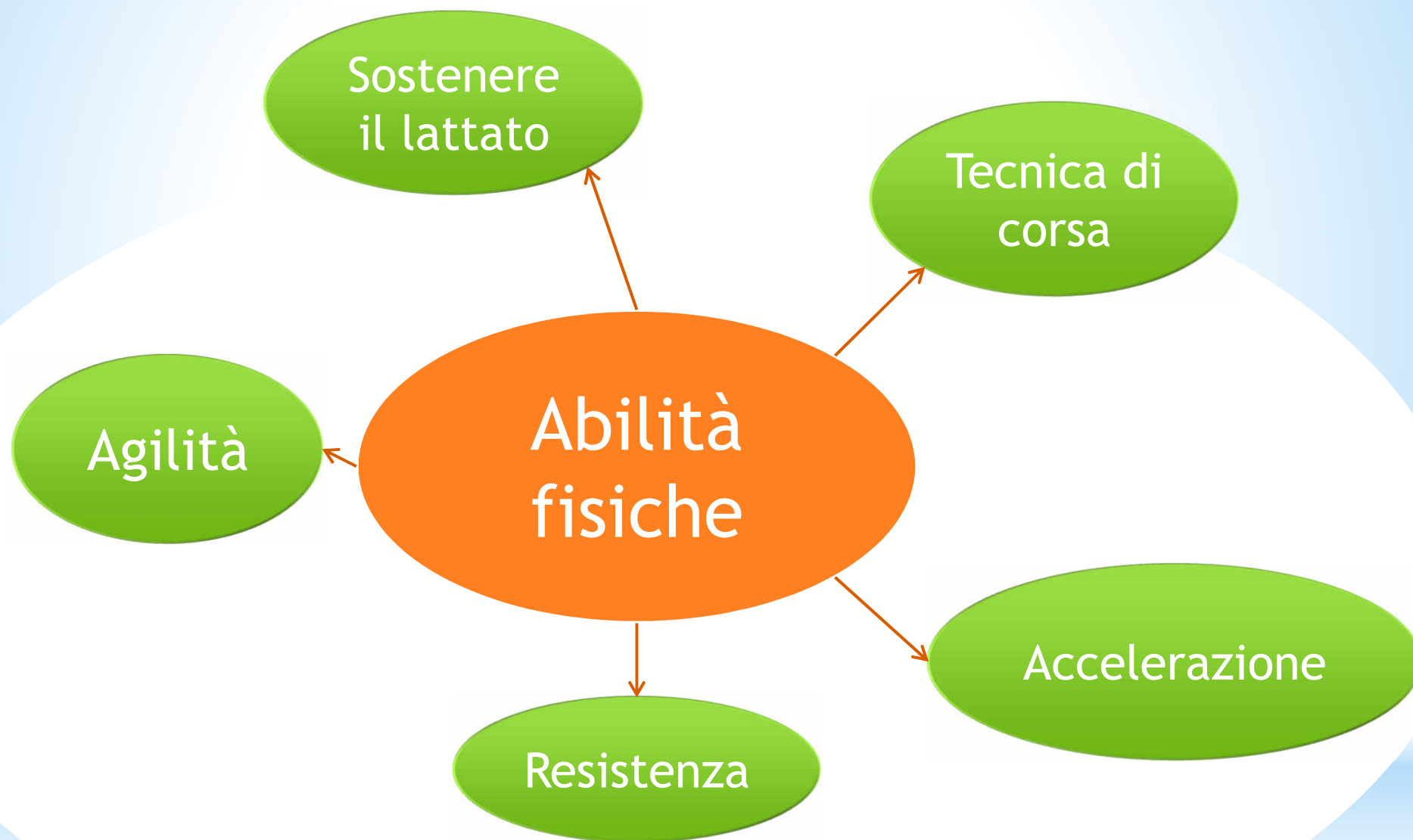
Lettura
della
mappa

Scelta di
percorso

Capacità
decisionale

Conoscenza
del terreno

Ipotizzare
scelte





Coordina-
zione

Agilità

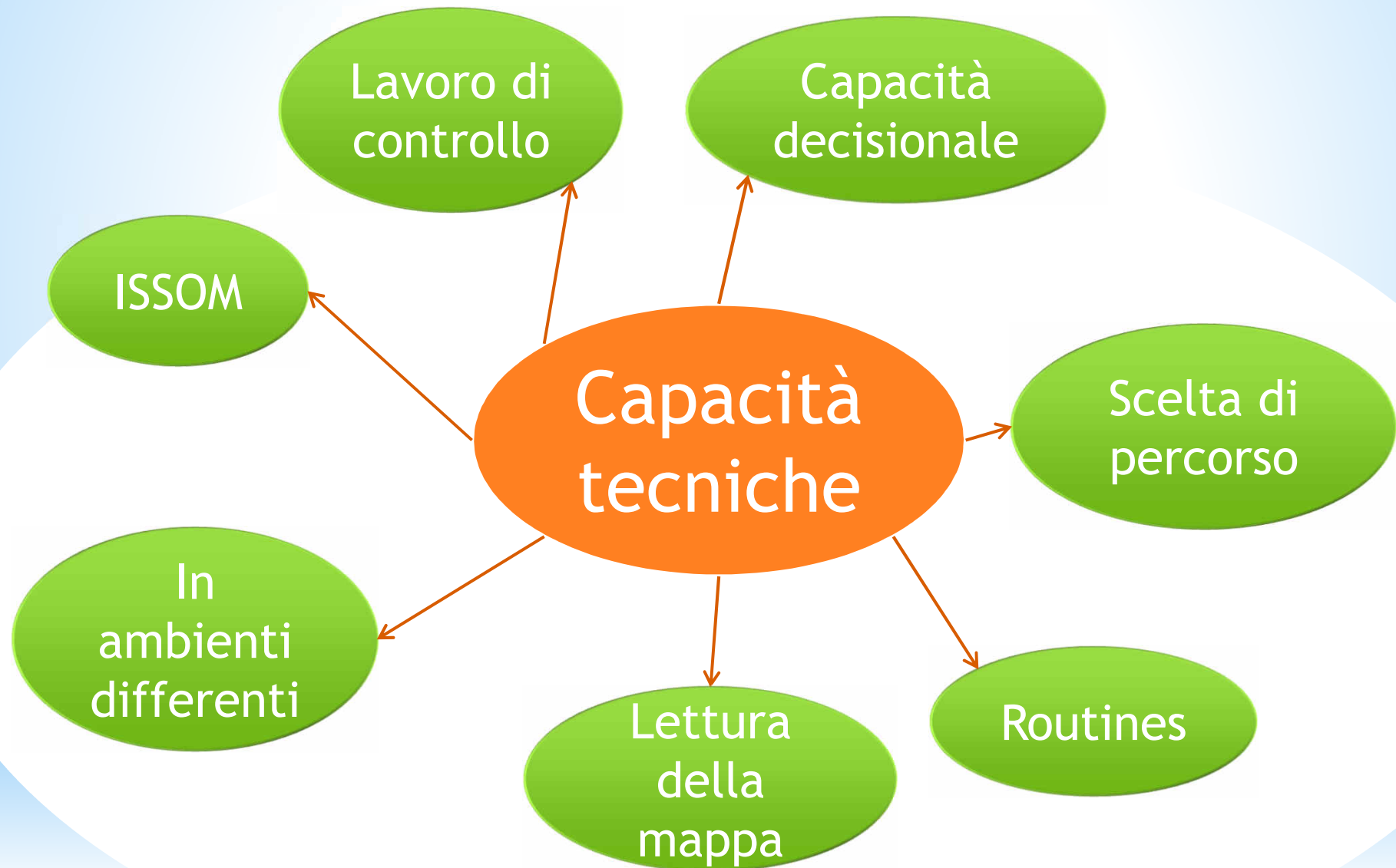
Evitare
ostacoli

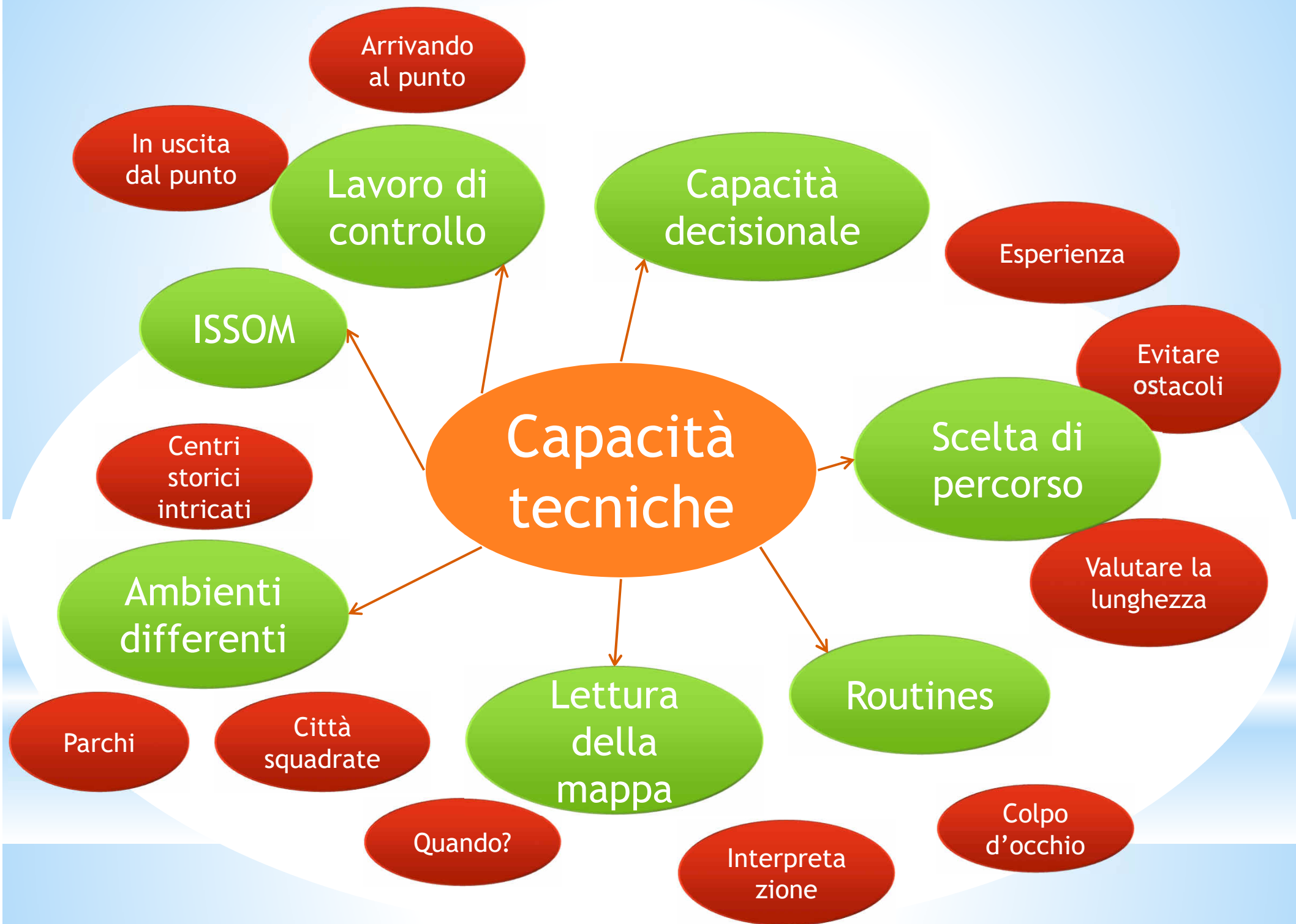
Superare
ostacoli

Stazio-
nari

In
movimento

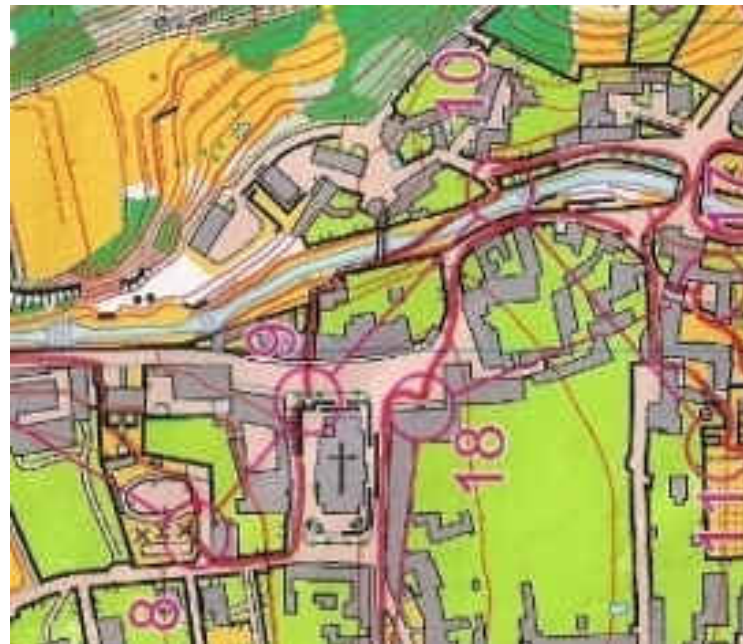








ISSOM

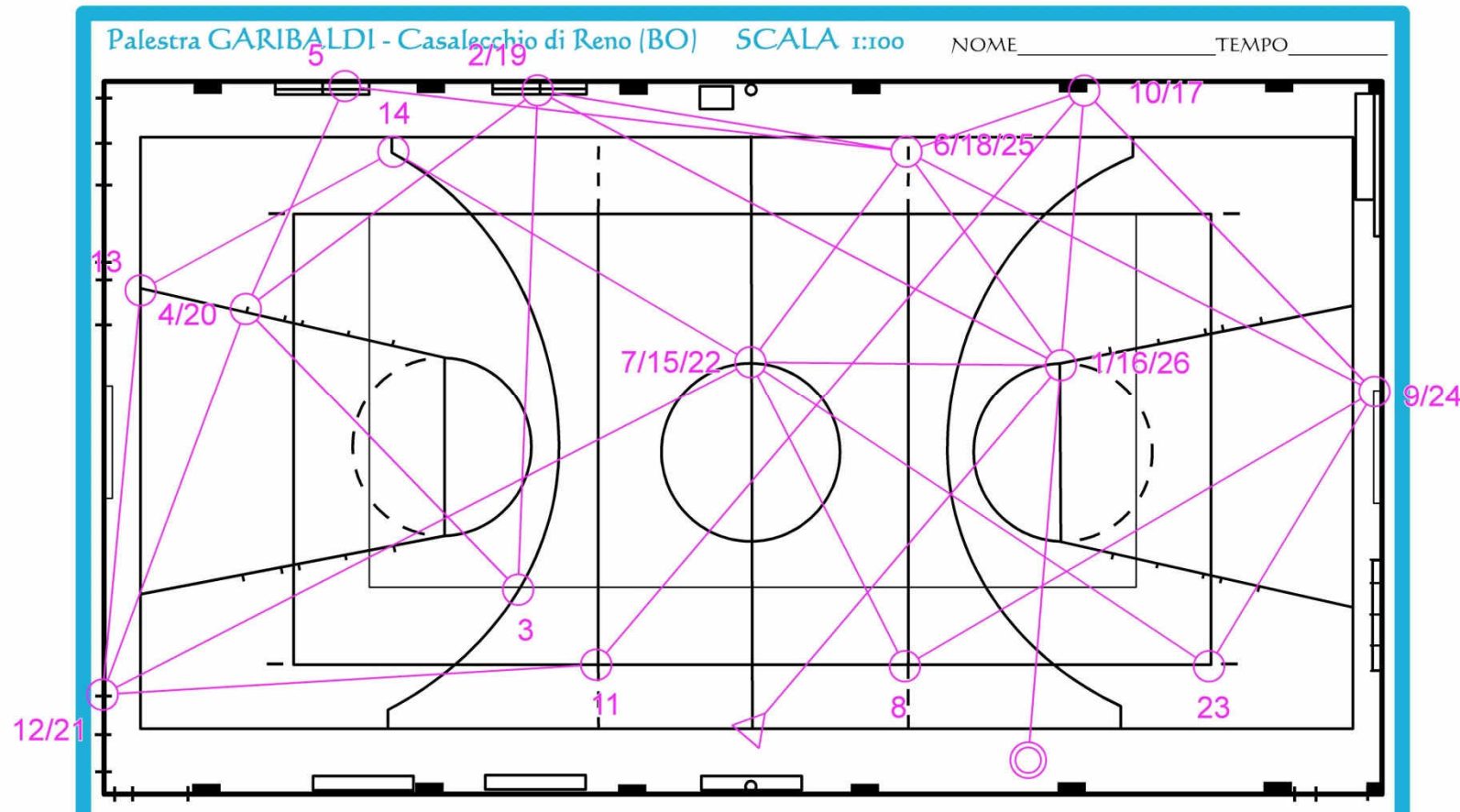
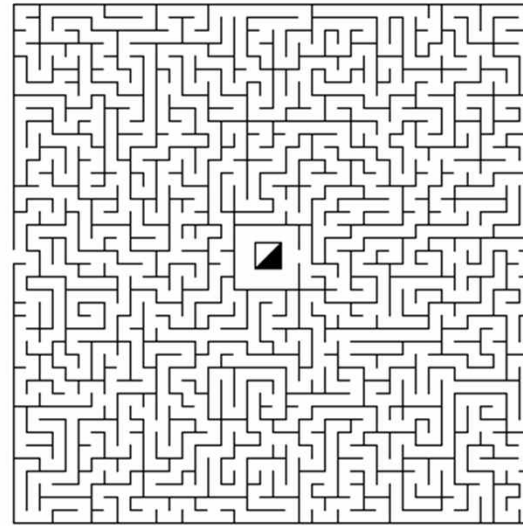


Restare aggiornati! 😊

Descrizioni punto

5.17		Boundary stone, Cairn	A man made stone or pile of stones. A cairn, memorial stone, boundary stone or trigonometric point.	526
5.18		Fodder rack	A construction for holding feed for animals.	527
5.19		Charcoal burning ground Platform	The clear remains of an area where charcoal was burned. A small level man made area on a slope (a platform).	530 115
5.20		Monument or Statue	A monument, memorial or statue.	530 531
5.21		Canopy	An accessible area with a roof. A canopy or a covered passageway through a building.	522
5.22		Stairway	A stairway of at least two steps.	
5.23		Out of Bounds area	Out of Bounds area. Typically a flower bed or similar feature.	520

Colpo
d'occhio





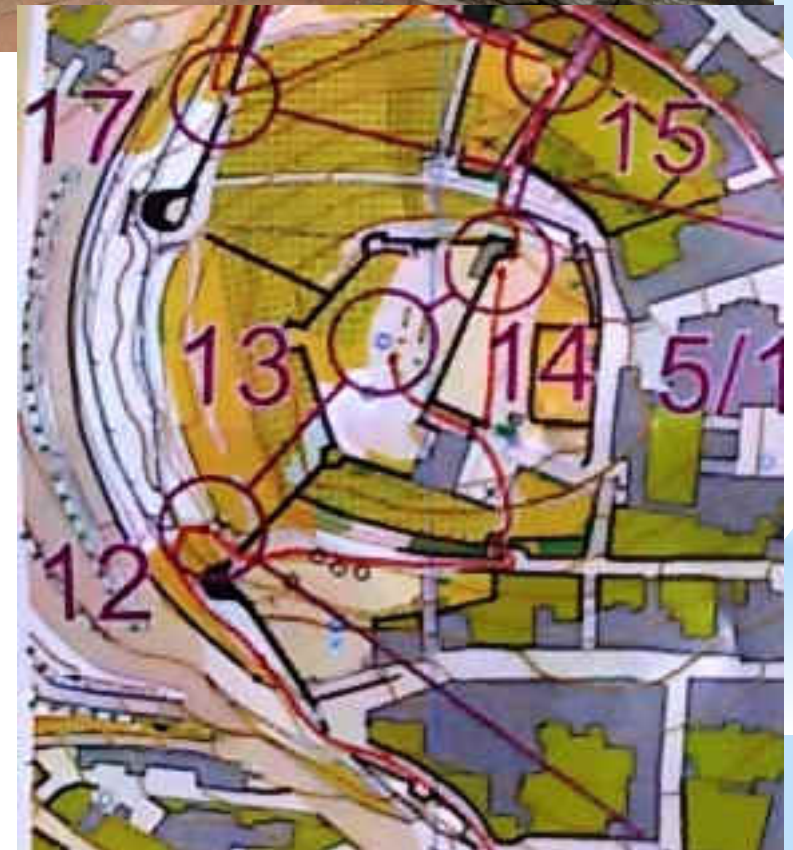


Concentrazione

22	73	79	76	63	30	86	17	27	25
51	06	20	36	52	08	98	66	97	75
21	37	15	29	82	57	99	53	64	95
14	81	35	68	85	26	01	48	16	87
77	80	44	54	55	40	62	93	12	31
04	28	00	46	89	13	90	74	69	67
34	71	41	11	18	09	33	19	83	50
88	03	38	23	65	05	02	45	61	10
42	56	72	24	78	70	59	92	84	47
43	96	58	49	39	94	07	91	60	32



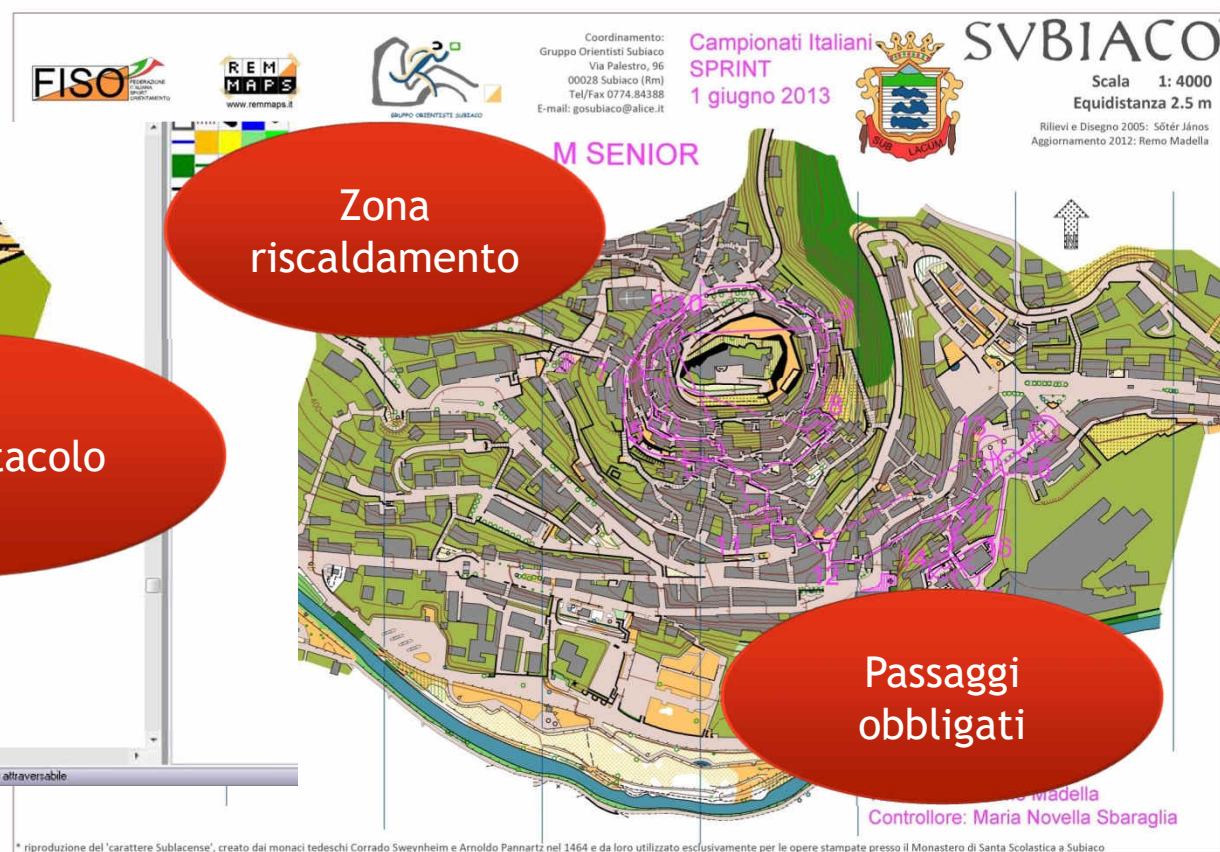




Analisi del bollettino / arena



Quarantena



Zona
riscaldamento

Passaggi
obbligati

Punto spettacolo

INFORMAZIONI PRE GARA

AREA DI GARA

```
graph TD; A([AREA DI GARA]) --> B([Mappa vecchia da pubblicare SEMPRE (se esistente), appena assegnata la gara]); A --> C([Punti di accesso, parcheggi consentiti, strade da usare per andare in arena]); A --> D([Zona embargo chiara e completa sul sito della gara, con eventuali specifiche]); A --> E([Zona riscaldamento chiara; se possibile, con warm up map]);
```

Mappa vecchia da pubblicare SEMPRE (se esistente), appena assegnata la gara

Punti di accesso, parcheggi consentiti, strade da usare per andare in arena

Zona embargo chiara e completa sul sito della gara, con eventuali specifiche

Zona riscaldamento chiara; se possibile, con warm up map

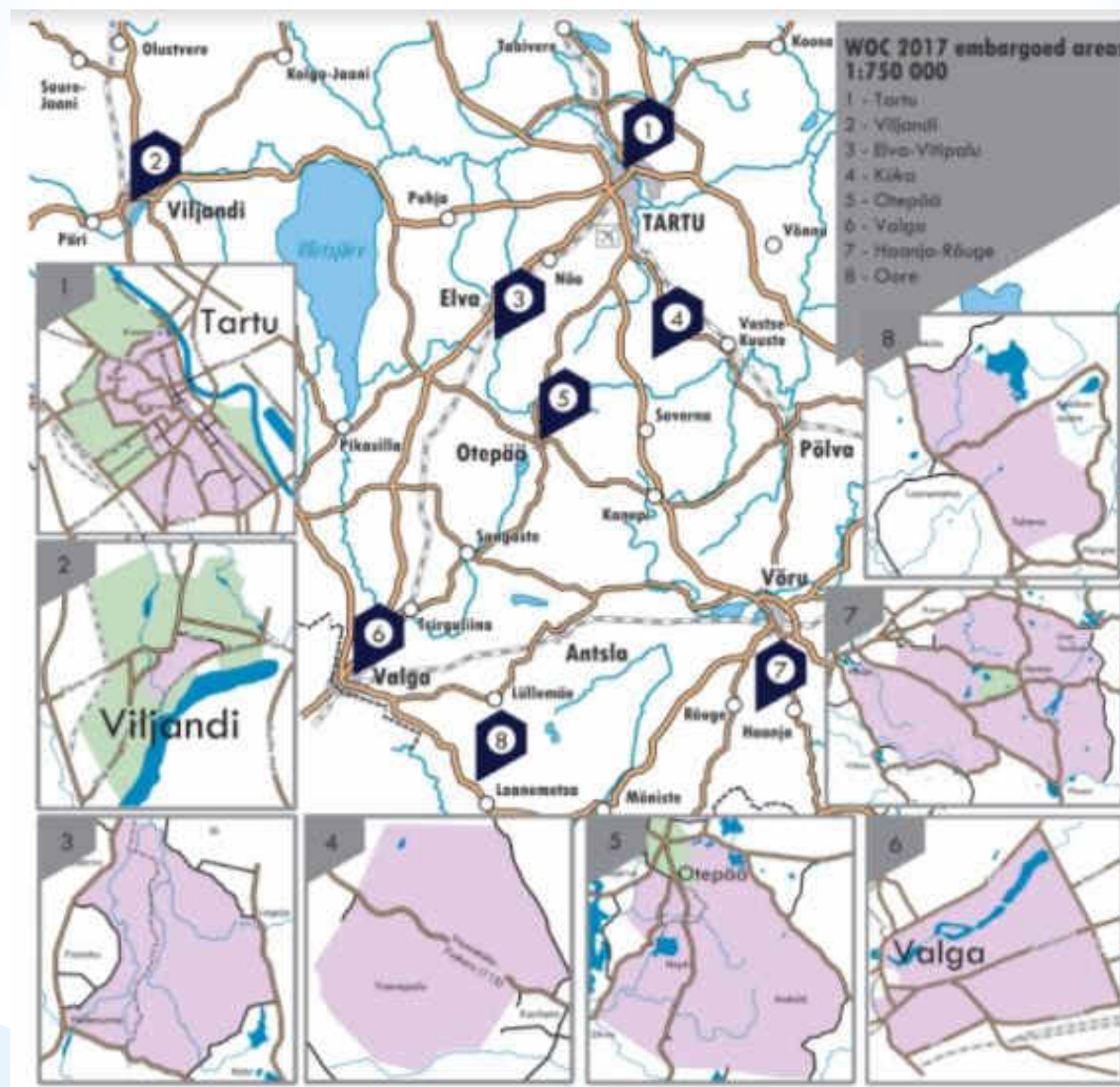
INFORMAZIONI PRE GARA



INFORMAZIONI PRE GARA - PROGRESSIONE

APPENA ASSEGNATA LA GARA

Aree vietate, tipo di embargo, mappe vecchie sul sito



INFORMAZIONI PRE GARA - PROGRESSIONE

Informazioni sul volantino

Francobollo di mappa, scala, equidistanza

RACE	MAP	MAP SCALE	CONTOUR INTERVAL
Sprint Qualification	Tartu	1:4 000	2,5 m
Sprint Final	Tartu	1:4 000	2,5 m
Sprint Relay	Viljandi	1:4 000	2,5 m
Long Distance	Rõuge	1:15 000	5 m
Middle Distance	Vitipalu	1:10 000	2,5 m
Relay	Vitipalu	1:10 000	2,5 m

Map samples



Tartu (2006)



Rõuge (1986)



Vitipalu (2003)



Viljandi (1990)

INFORMAZIONI PRE GARA - PROGRESSIONE

Informazioni sul volantino Programma e orari

2. PROGRAMME		
DATE	DISCIPLINE	PLACE
Wednesday 28.06.	Opening of the Event Centre	Tartu
Thursday 29.06.	Model Event for all sprints Technical Model Event	Tartu Tartu
Friday 30.06.	Sprint Qualification	Tartu Town Hall Square
Saturday 01.07.	Sprint Final	Tartu Town Hall Square
Sunday 02.07.	Sprint Relay	Viljandi Song Festival Grounds
Monday 03.07.	Rest day Long distance Model Event	Kiidi
Tuesday 04.07.	Long Distance	Rõuge
Wednesday 05.07.	Rest day Middle and Relay Model Event	Kirikuküla
Thursday 06.07.	Middle Distance	Elva-Vitipalu
Friday 07.07.	Relay	Elva-Vitipalu
Saturday 08.07.	Departure Closing of the Event Centre	Tartu

INFORMAZIONI PRE GARA - PROGRESSIONE

Prima della chiusura iscrizioni

Dettagli tecnici indicativi: lunghezze e dislivello

COURSES AND TERRAIN

Courses

Discipline	Course planner	Men					Women				
		Winning time (min)	Length (km)	Nr of controls	Climb (m)	Refreshments	Winning time (min)	Length (km)	Nr of controls	Climb (m)	Refreshments
Sprint Q	Mait Tõnisson	12-14	3,6	24	70	-	12-14	3,7	19	55	-
Sprint F	Mait Tõnisson	12-14	3,7	27	80	-	12-14	3,3	25	70	-
Sprint Relay	Markus Puusepp	12-14	3,1	17	170-180	-	12-14	2,7	15	130-140	-
Long	Tõnis Erm	100	16,8	23	345	4	80	11,1	20	255	4
Middle	Sven Oras	33	6,2	24	210	1	33	5,1	22	175	1
Relay legs 1-2	Madis Oras	33	5,7	18	170	1	33	5	16	150	1
Relay leg 3	Madis Oras	33	5,7	19	160-170	1	33	5	16	150-160	1

All details subject to final controlling.

INFORMAZIONI PRE GARA - PROGRESSIONE

Nei giorni prima dell'evento Dettaglio parcheggi, arene, accessi

Parking facilities for teams, officials, spectators

In the sprint events, parking is available on public parking spots in Tartu and Viljandi. There is no parking fee during the weekends and between 18:00 and 08:00 on working days.

Teams will receive special parking tickets in the team bag that allow free parking at the Long Distance and Middle Distance/Relay parking places.

There is a fee of €3/day for spectator parking at Rõuge and Vitipalu.



Suggested parking areas in Tartu and Viljandi (Base map: Estonian Land Board)

INFORMAZIONI PRE GARA - PROGRESSIONE

Informazioni sul terreno (calzature consigliate)
Eventuali note sui simboli in deroga

Rule deviation



Symbol 527 (Settlement) is an out of bounds area in Long Distance, Middle Distance and Relay.



Competition terrains



SPRINT QUALIFICATION AND FINAL - TARTU

Sprint Qualification and Final will be held in the centre of the University town Tartu. The terrain is a mix of old town and modern parts of the town with mostly paved ground and a hilly park with soft ground and numerous paths.

INFORMAZIONI PRE GARA - PROGRESSIONE

Tipo di posa punti: cavalletti, appese, stazioni fissate
Tipo di eventuali fettucce per aree vietate e barriere

Controls

Each control has two EMIT Touch Free stations placed at least 1 meter apart from each other. In the sprint races, controls are placed on two separate stands. In the forest races, controls are placed on one wooden board. All controls in the sprint races are guarded. TV and radio controls and/or their stands are not marked on the competition map and on the control description.



Traffic

Traffic is closed during the sprint races. Competitors are although strongly advised to be observant of pedestrians.

Out of bounds areas



Out of bounds areas that may otherwise be difficult to distinguish, are marked with continuous IOF tape in the terrain.

INFORMAZIONI PRE GARA - PROGRESSIONE

Quarantena: orari e specifiche

Quarantine

Sadamateater (Soola 5b, 300 m NE from the Event Centre)



INFORMAZIONI PRE GARA - PROGRESSIONE

Comunicato gara: info definitive e ultimi dettagli

SPRINT FINAL

Saturday, July 1 Arena Tartu

Map scale: 1:4000

Contour interval: 2.5m

Mapper: Mait Tõnisson

Course planner: Mait Tõnisson

Special symbols: x - playground object o - advertisement board

Terrain description: Terrain description: Sprint Final will be held in the centre of the University town Tartu. The terrain is a mix of old town and modern parts of the town with mostly paved ground and a hilly park with soft ground and numerous paths.



Courses

Finals	Length (km)	Climb (m)	Controls	Refreshment controls	Winning time (min)	Maximum time (min)	Description size (mm)
Women	3,4	65	13	0	13	50	100x45
Men	4,0	85	15	0	13	50	110x45

Map change: each course has a map change. Both maps are delivered in the same plastic cover at the start, first one marked "Bib nr - 1" and second one marked "Bib nr- 2". Example 23-1 and 23-2. Map nr 2 has a new start triangle and control numbers continue from part 1.

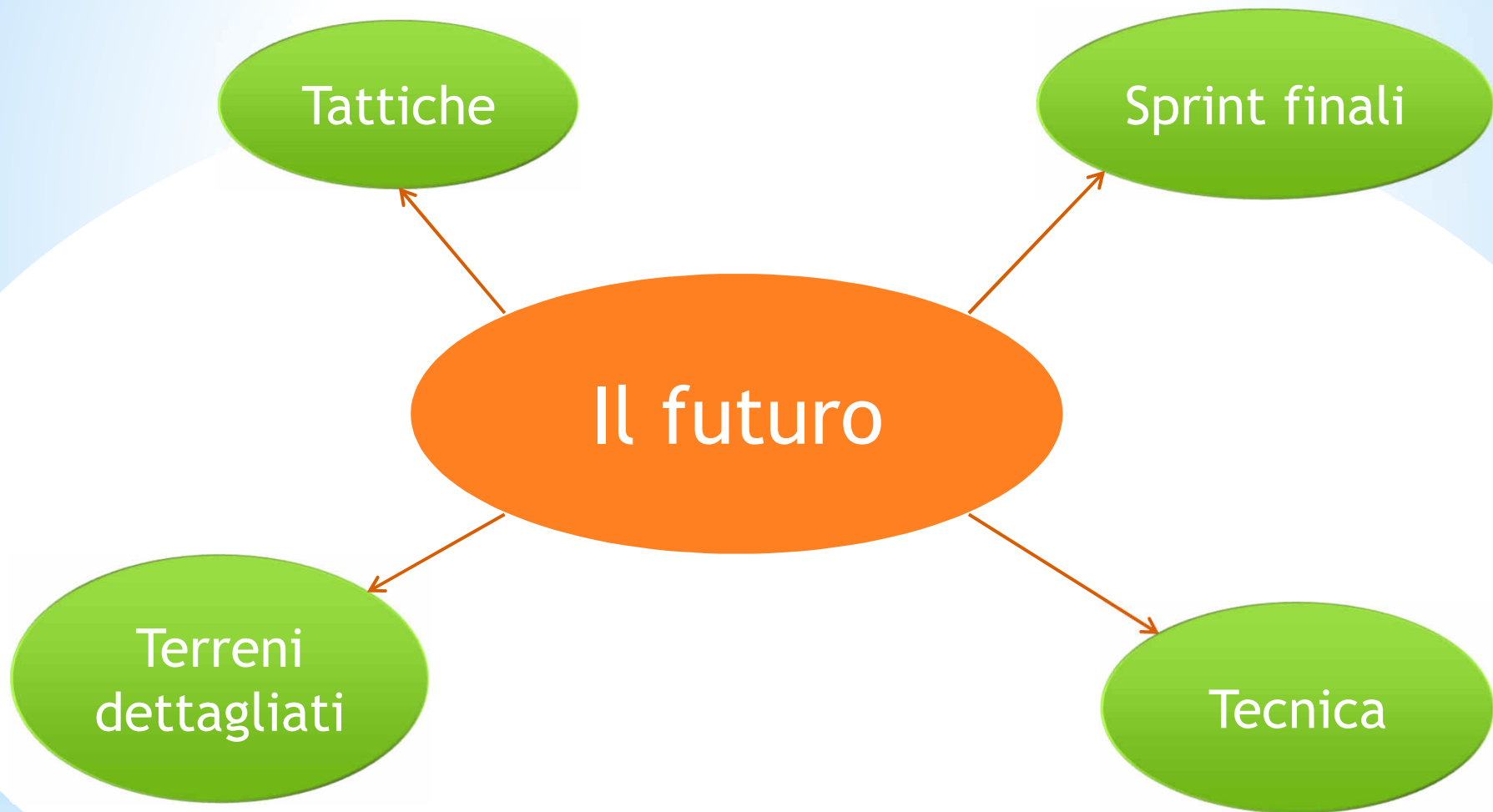
INFORMAZIONI PRE GARA - PROGRESSIONE

Comunicato gara: dettaglio partenza e arena

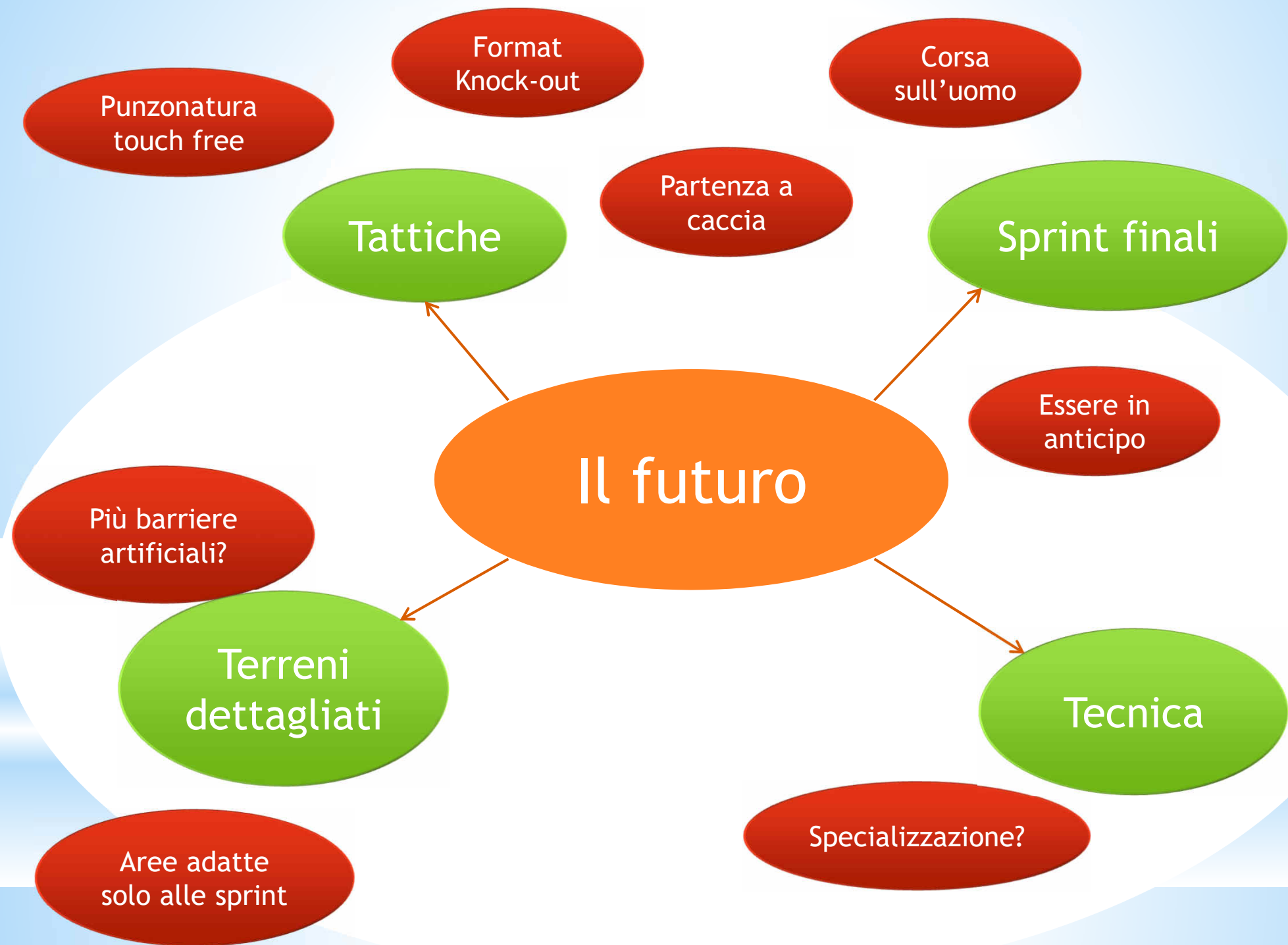
Quarantine	-5 min	-4 min	-3 min	-2 min	-1 min	Start
Check-in Bibs Warm-up map	Bib control & timing chip control,	Clear & check timing chip	Control descriptions		Start line map	

Arena at the Town Hall Square. Runners shall stay within the arena limits until the last finish.





GARE SEMPRE PIU' BREVI >> CURA DEL DETTAGLIO FONDAMENTALE





Grazie per
l'attenzione