

I drew my route to the RouteGadget:

<http://jukola.com/jukola/kartat/reittiharveli/cgi-bin/reitti.cgi?act=map&id=29&kieli=>

I'll make it short today. The best description is given in the Aw-Personal Analysis:

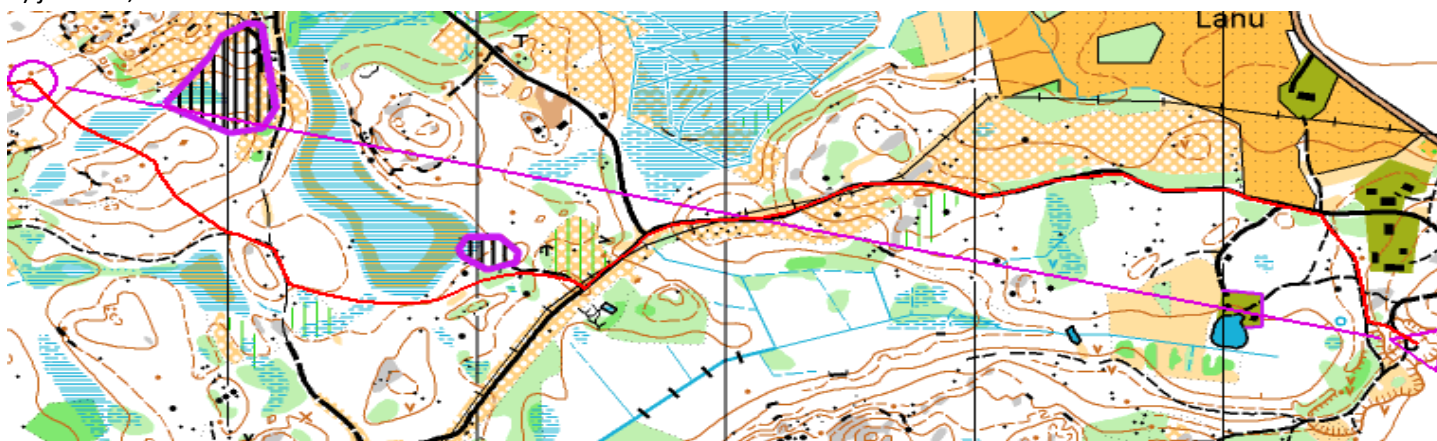
2011-Jukola (64) Helsingin Suunnistajat 1

1. Tammemäe Timmo

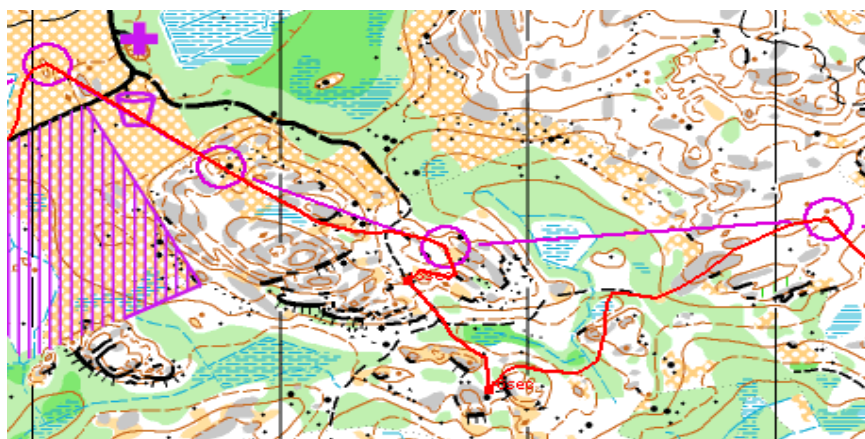
1

	controls	time	optimum	difference	place	total	3 best of all			3 best of leg nr 1			dif%	own level
1	1000-172	8.33	8.23	-0.10	8	8.33	8.16 (2-1)	8.23 (28-1)	8.27 (20-1)	8.16 (2)	8.23 (28)	8.27 (20)	-1.95	
2	172-173	4.16	2.09	-2.07	409	12.49	2.08 (107-2)	2.09 (71-1)	2.10 (48-1)	2.09 (71)	2.10 (48)	2.11 (28)	-49.61	
3	173-129	1.17	1.15	-0.02	1	14.06	1.13 (108-3)	1.16 (16-3)	1.16 (72-3)	1.17 (64)	1.24 (130)	1.24 (164)	-2.60	
4	129-150	1.16	0.58	-0.18	144	15.22	0.58 (15-4)	0.58 (20-4)	0.58 (8-4)	1.04 (55)	1.05 (1)	1.06 (31)	-23.68	
5	150-177	7.04	6.21	-0.43	47	22.26	6.09 (52-2)	6.23 (54-1)	6.26 (63-1)	6.23 (54)	6.26 (63)	6.29 (22)	-10.14	
6	177-146	2.27	2.01	-0.26	49	24.53	2.01 (36-2)	2.01 (40-2)	2.02 (65-2)	2.12 (10)	2.14 (21)	2.14 (43)	-17.69	
7	146-182	3.58	3.35	-0.23	58	28.51	3.30 (30-1)	3.34 (8-1)	3.37 (22-1)	3.30 (30)	3.34 (8)	3.37 (22)	-9.66	
8	182-132	0.49	0.39	-0.10	62	29.40	0.39 (71-3)	0.39 (87-3)	0.40 (33-3)	0.43 (240)	0.43 (76)	0.44 (55)	-20.41	
9	132-181	1.51	1.19	-0.32	125	31.31	1.18 (2-3)	1.18 (45-3)	1.21 (408-2)	1.22 (1)	1.22 (55)	1.27 (105)	-28.83	
10	181-178	2.05	1.47	-0.18	47	33.36	1.45 (2-3)	1.46 (98-3)	1.48 (77-3)	1.51 (22)	1.52 (1)	1.53 (69)	-14.40	
11	178-168	2.43	2.26	-0.17	12	36.19	2.23 (30-3)	2.26 (2-3)	2.27 (4-3)	2.33 (7)	2.39 (36)	2.39 (43)	-10.43	
12	168-123	2.04	1.45	-0.19	12	38.23	1.42 (260-3)	1.44 (23-3)	1.45 (33-3)	1.59 (43)	2.00 (17)	2.00 (37)	-15.32	
13	123-184	4.04	3.57	-0.07	10	42.27	3.55 (55-1)	3.56 (15-1)	3.57 (63-1)	3.55 (55)	3.56 (15)	3.57 (63)	-2.87	
14	184-109	2.02	1.53	-0.09	45	44.29	1.52 (368-1)	1.53 (141-1)	1.55 (21-1)	1.52 (368)	1.53 (141)	1.55 (21)	-7.38	
15	109-174	1.35	1.23	-0.12	23	46.04	1.23 (77-1)	1.24 (16-3)	1.24 (34-1)	1.23 (77)	1.24 (34)	1.24 (50)	-12.63	
16	174-194	4.45	3.59	-0.46	30	50.49	3.51 (29-3)	4.00 (4-3)	4.04 (16-3)	4.11 (15)	4.19 (23)	4.23 (5)	-16.14	
17	194-148	3.16	2.40	-0.36	56	54.05	2.38 (4-3)	2.39 (36-3)	2.41 (40-3)	2.54 (1311)	2.54 (48)	2.55 (188)	-18.37	
18	148-160	2.23	2.01	-0.22	55	56.28	2.00 (98-2)	2.01 (2-3)	2.02 (10-2)	2.12 (65)	2.12 (66)	2.15 (55)	-15.38	
19	160-196	3.15	3.06	-0.09	24	59.43	3.05 (1-2)	3.07 (108-1)	3.07 (3-1)	3.07 (108)	3.07 (3)	3.07 (31)	-4.62	
20	196-102	8.36	7.21	-1.15	82	68.19	6.58 (2-2)	7.24 (75-2)	7.31 (7-2)	7.34 (47)	7.36 (77)	7.37 (64)	-14.53	
21	102-55	0.49	0.45	-0.04	22	69.08	0.43 (32-1)	0.45 (65-2)	0.46 (115-1)	0.43 (32)	0.46 (115)	0.46 (31)	-8.16	
22	55-111	2.54	2.25	-0.29	95	72.02	2.23 (63-1)	2.25 (55-1)	2.26 (1-1)	2.23 (63)	2.25 (55)	2.26 (1)	-16.67	
23	111-200	0.57	0.44	-0.13	136	72.59	0.44 (63-1)	0.45 (201-5)	0.45 (21-5)	0.44 (63)	0.46 (5)	0.47 (55)	-22.81	

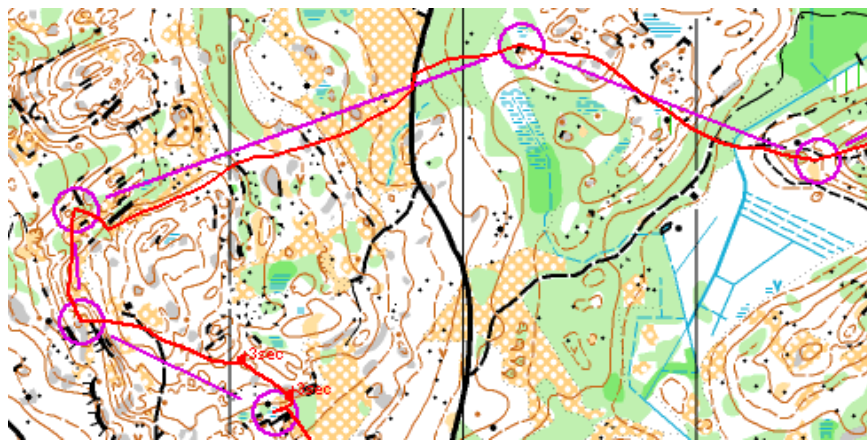
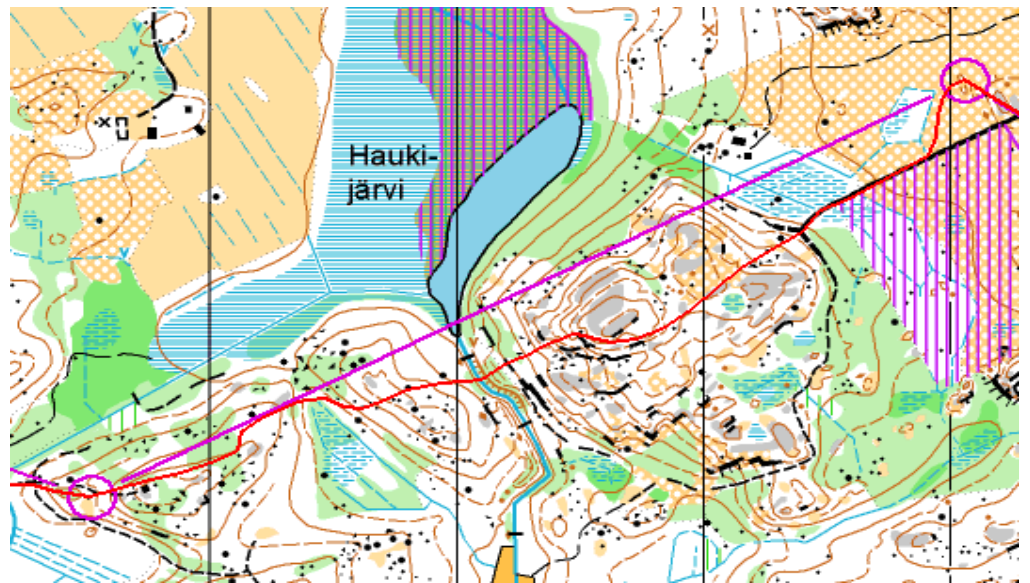
1) just ran, held back



- 2) followed Halden1, but read the map too little and was too confident that I have to go to the right through the green... a mistake of 2 min
- 3) sped up
- 4) ran



5) the group went crossed the first hill from the left, I tried to go from the middle, but was left alone and stuck when grossing the ditch in the green



6) unconfident

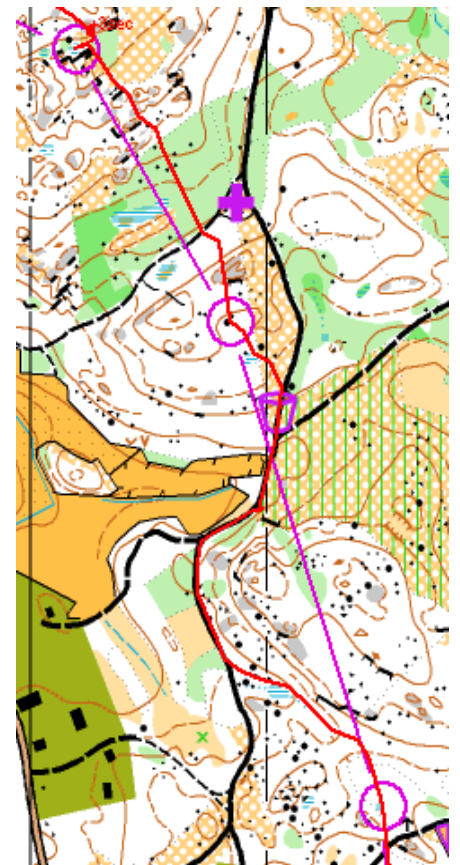
7) the group attacked straight at the control, I approached from the left

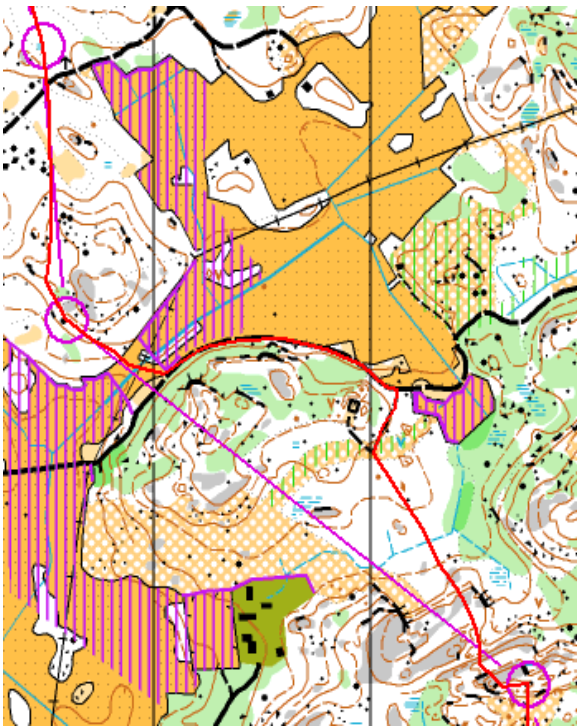
8) ran in the right direction, easy

9) I went too much uphill (left) and it was hard to understand different types of forest boundaries. Strange place... a mistake of 25 sec

10) uphill, through the green and using a rough open area

11) at first I was planning to go over the hill, but changed my mind. No problems with the control





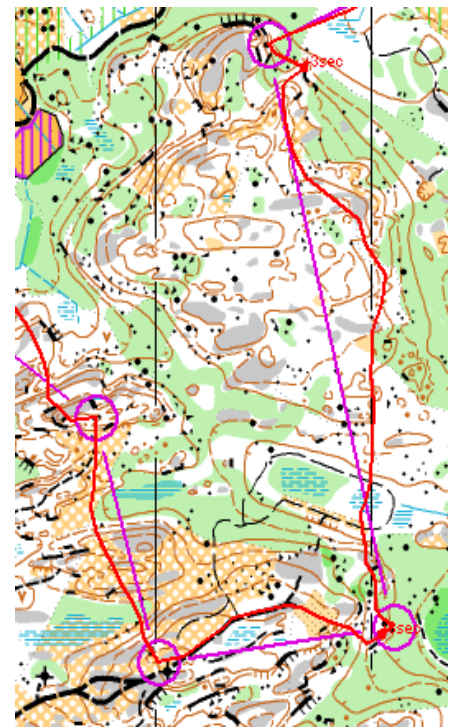
12) straight

13) I chose the left road. The right choice would have been to go close to the forbidden area and bypass the hills from the left. I think I could have optimised this leg time by 5 to 10 seconds

14) to the spectator control

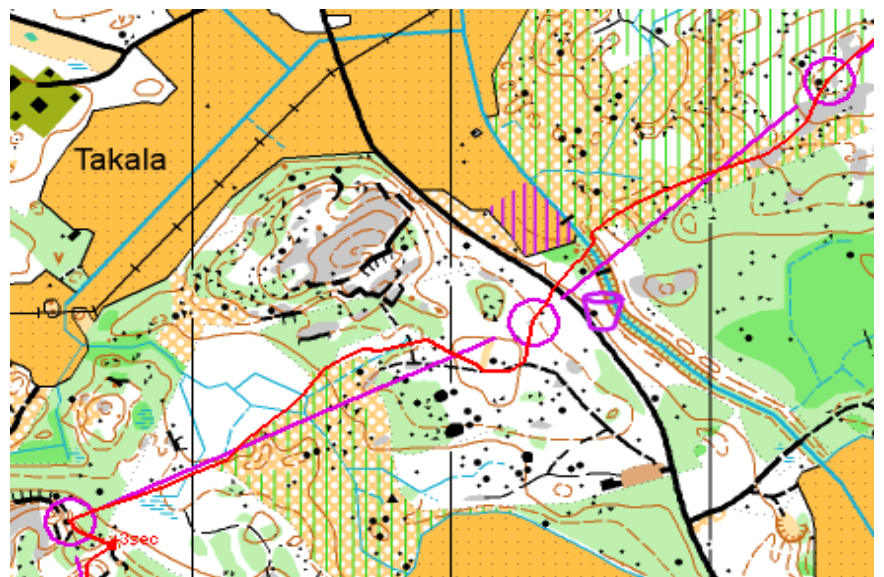
15) used the road, but went too much to the right before the control, also I stood on the hill and didn't see the control behind me for many seconds. A mistake of 10 sec

16) it was wrong of me to go too much to the right, because all the re-entrants took extra time. Also I started to search the control one spur too early. Mistakes and optimizing for about 30-35 seconds

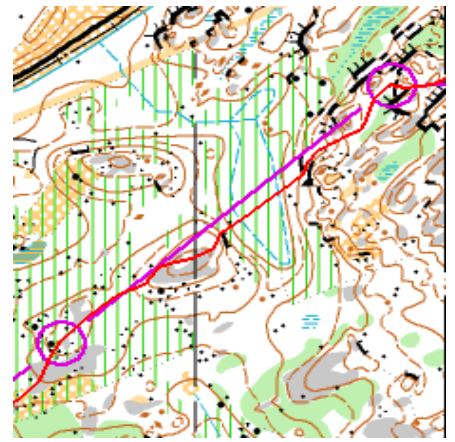


17) had also a bad track choice. I should have tried to catch the road when it began, not to try to go straight and make unconfident loops. Lost about 25 sec of time

18) over the rough open land, easy control, should have pushed Herder

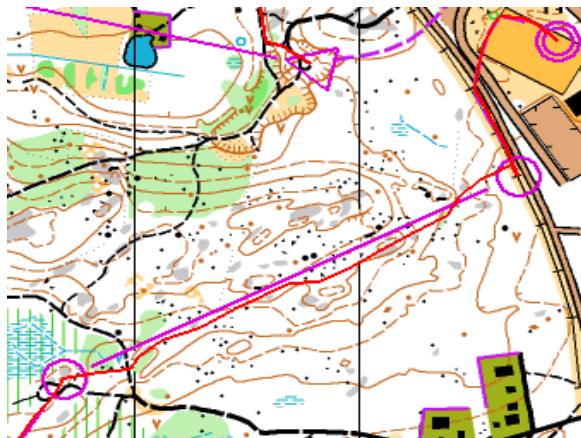
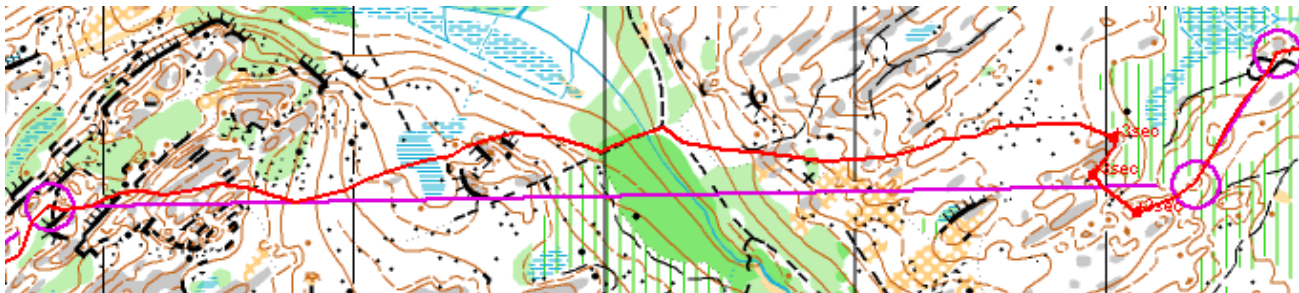


19) straight, didn't have problems, control point was exactly where it was supposed to be



20) used the compass and tried to run in the right direction. Unfortunately I didn't identify my exact position before the control. Made two loops and lost about 50 seconds for that...

21) straight



22) straight, but drifted off to the left

F) hard, no speed any more..

MAP CHANGE) got the map, but didn't find Tapio - lost 2-3 seconds

Summary: From me, it was an ok run, but I wanted to do better. The overall position was also ok - we have a very perspective team and many good runners.

And tips for me - in Jukola week have a good rest and make only few trainings. Fresh legs and mind :-).

Leg	Runner	Placing in relay	Change	Result	Diff	Placing in leg	Leg time	Split times
1	Timmo Tammemäe	39		1:12:57	+3:13	39/1466	1:12:57	Split times
	Intermediate 4,8 km	79		29:39	+2:26		29:39	
	Intermediate 7,2 km	39		44:27	+1:29		44:27	
	Intermediate 8,9 km	26		56:28	+1:36		56:28	
	Intermediate 10,6 km	37		1:09:07	+2:34		1:09:07	
2	Tapio Haarlaa	85	+46	2:35:37	+13:24	117/1441	1:22:40	Split times
	Intermediate 4,7 km	49		1:43:49	+5:03		30:51	
	Intermediate 7,1 km	65		2:03:10	+7:17		50:12	
	Intermediate 8,9 km	66		2:16:09	+8:39		1:03:11	
	Intermediate 10,6 km	72		2:30:29	+11:53		1:17:31	
3	Einari Heinaro	50	-35	4:04:17	+21:25	40/1417	1:28:39	Split times
	Intermediate 2,7 km	80		2:51:27	+15:01		15:49	
	Intermediate 5,5 km	58		3:12:21	+15:43		36:44	
	Intermediate 7,8 km	56		3:28:28	+17:22		52:50	
	Intermediate 9,6 km	50		3:39:31	+17:53		1:03:53	
	Intermediate 12,7 km	47		3:59:57	+20:45		1:24:19	
4	Tommi Oksanen	53	+3	4:56:38	+29:08	56/1402	52:20	Split times
	Intermediate 2,3 km	50		4:17:28	+22:15		13:11	
	Intermediate 0 km	55		4:36:28	+26:22		32:11	
	Intermediate 5,9 km	54		4:42:58	+27:14		38:40	
	Intermediate 7,5 km	53		4:52:27	+28:37		48:10	
5	Jussi Ernamo	56	+3	5:49:29	+31:39	70/1366	52:51	Split times
	Intermediate 5,0 km	55		5:28:29	+31:14		31:51	
	Intermediate 6,1 km	58		5:36:34	+32:06		39:56	
	Intermediate 7,7 km	57		5:45:25	+31:26		48:47	
6	Luukas Valtonen	53	-3	6:49:45	+38:03	34/1336	1:00:16	Split times
	Intermediate 4,0 km	56		6:11:44	+34:07		22:15	
	Intermediate 6,5 km	54		6:27:26	+35:24		37:57	
	Intermediate 8,1 km	50		6:37:45	+36:39		48:16	
	Intermediate 9,7 km	53		6:46:17	+37:45		56:48	
7	Raido Mitt	50	-3	8:31:42	+54:15	65/1298	1:41:56	Split times
	Intermediate 2,6 km	47		7:03:07	+39:53		13:21	
	Intermediate 5,2 km	48		7:19:52	+42:38		30:07	
	Intermediate 7,0 km	48		7:32:52	+44:58		43:06	
	Intermediate 9,1 km	48		7:47:08	+46:20		57:22	
	Intermediate 11,2 km	48		8:02:17	+48:02		1:12:31	
	Intermediate 12,3 km	50		8:12:27	+52:03		1:22:42	
	Intermediate 14,2 km	51		8:24:56	+54:02		1:35:10	