

# Érdekes, motiváló tájfutó edzések

Bakó Áron



# Mitől lesz jó?

- Tájékozódási futó edzések!!!
- Kizökkent a komfortzónából
- Speciális technikai elem gyakorlása
- Full speed ==> no mistake?
- Tömegrajtos!!!
- Megfelelő pálya

# Mit kerüljünk

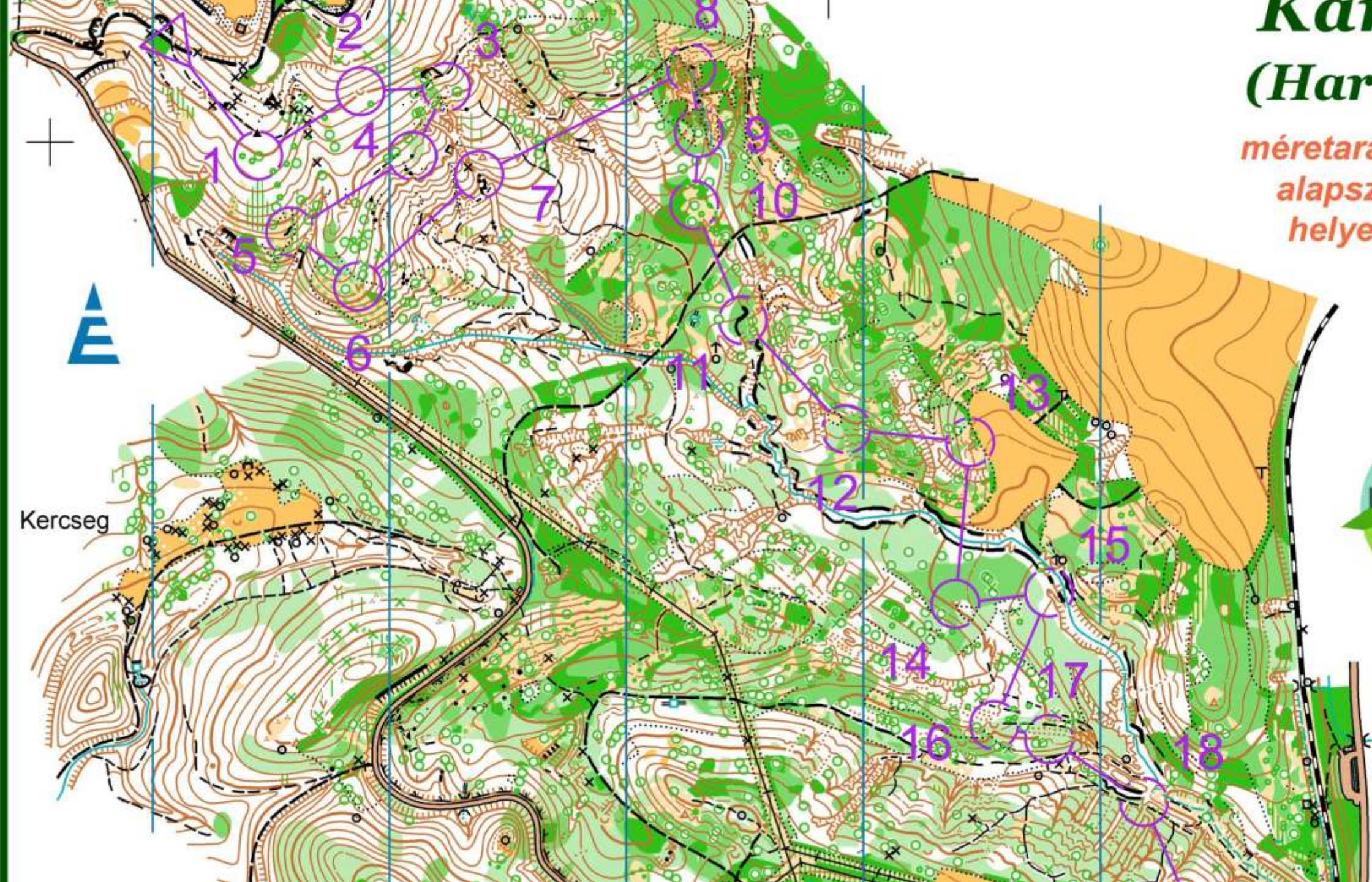
- Ezek elsősorban nem fizikai edzések
- Rossz térképek
- Túl hosszú pályák
- Túlzott kudarcélmény

Full speed



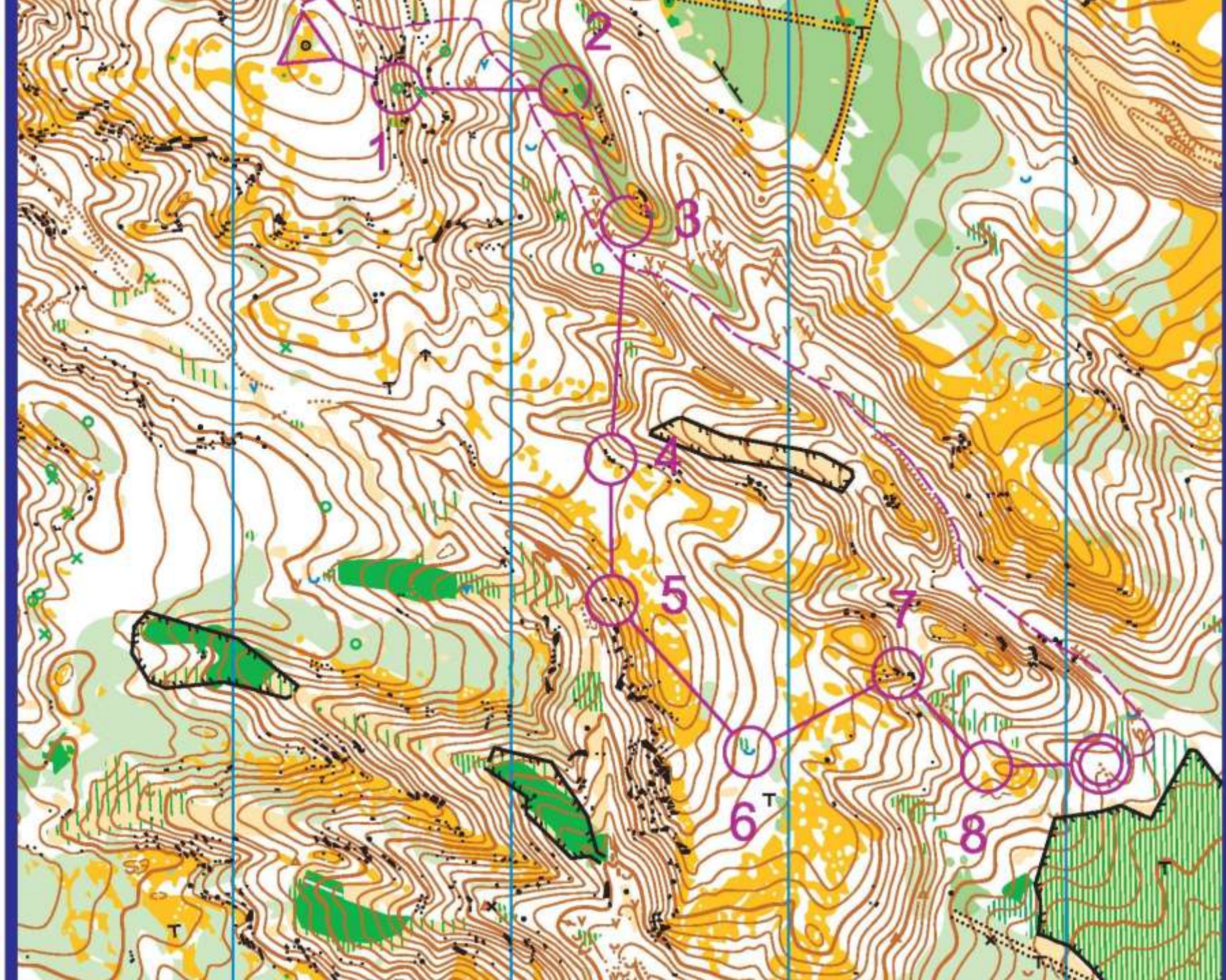
# Karancs (Harmincó)

méretarány 1:10000  
alapszintköz: 5 m  
helyesbítés 2019

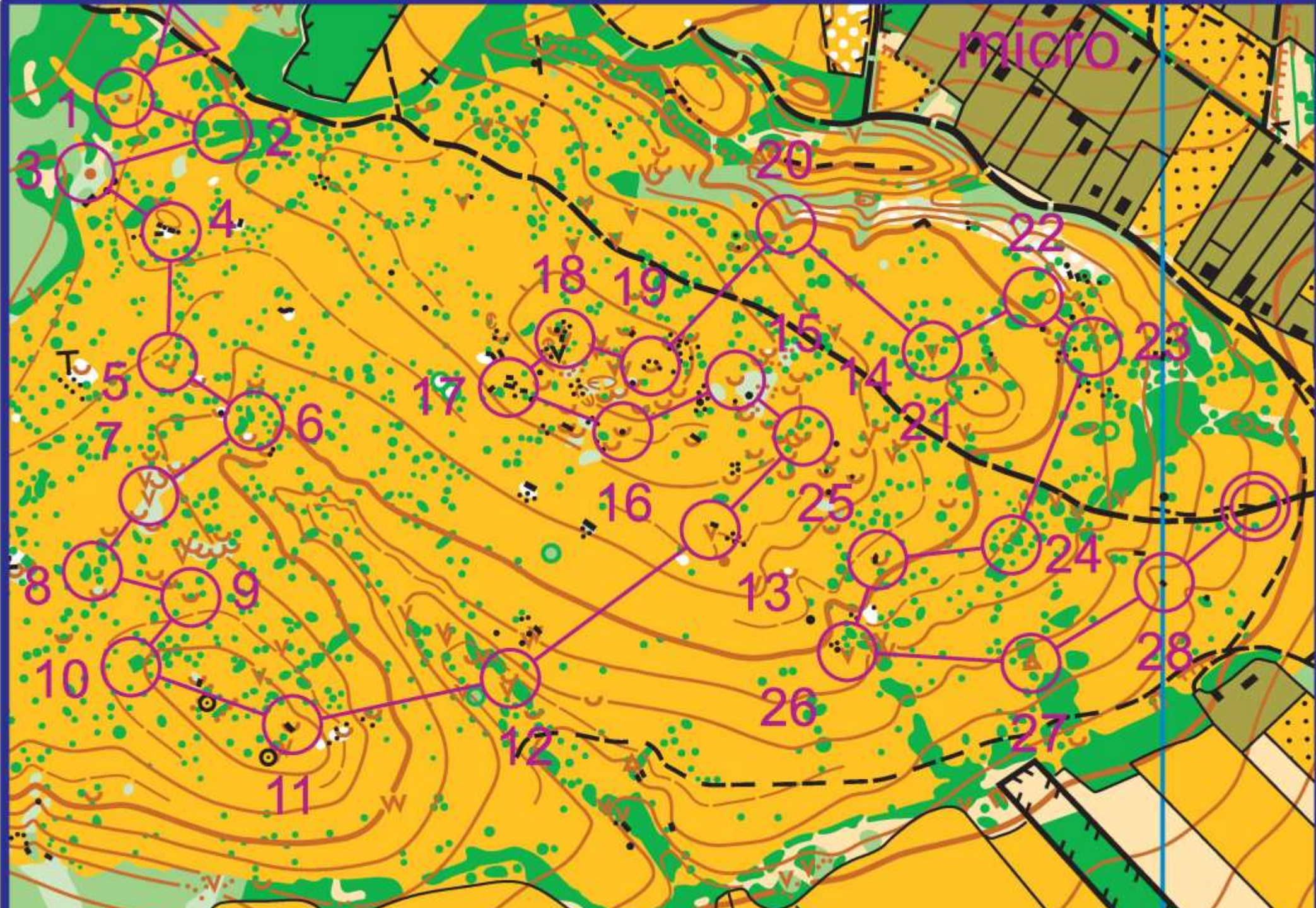


EYOC 2020  
Salgótarján HUNGARY





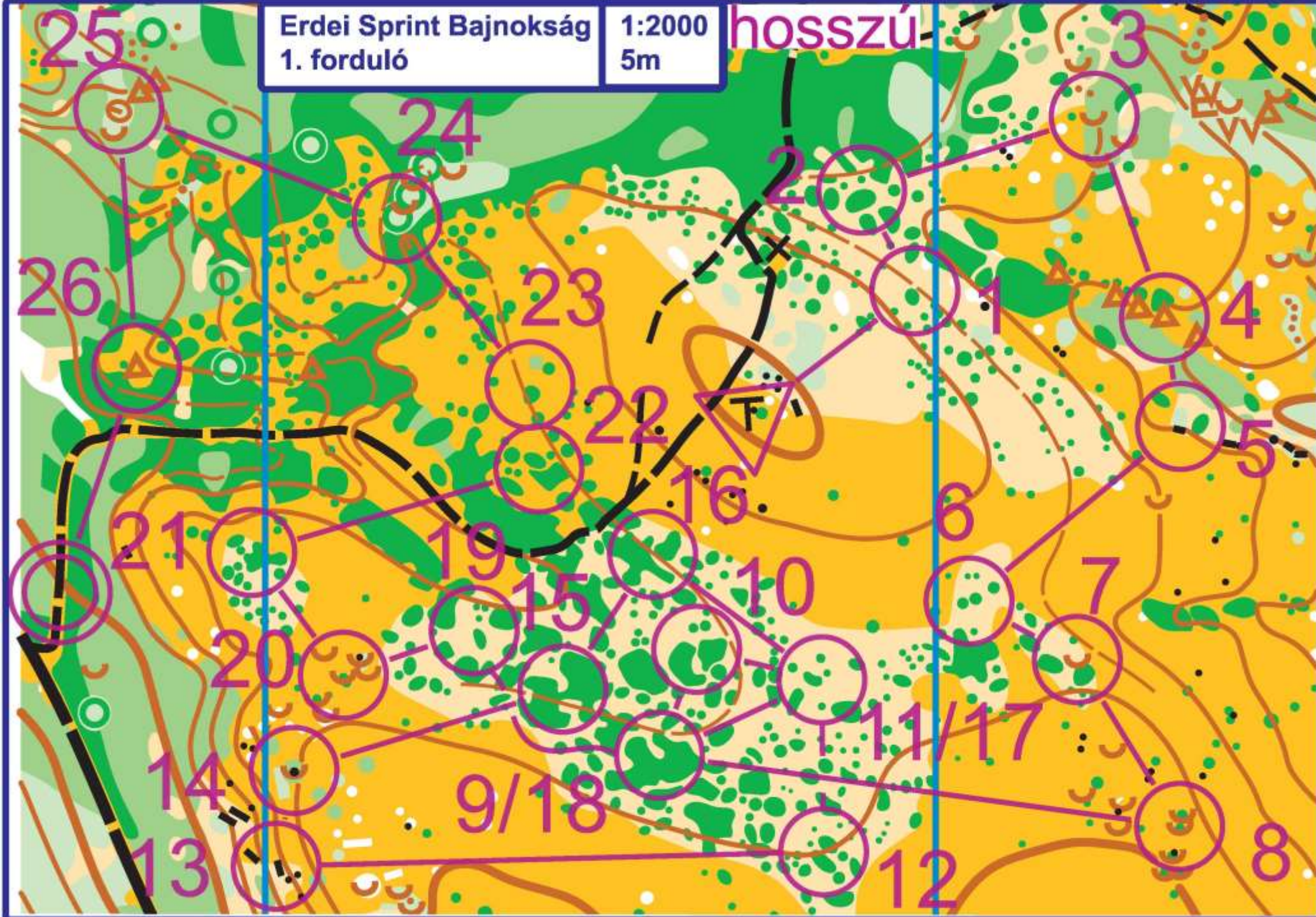
Full speed ==> no mistake?



Erdei Sprint Bajnokság  
1. forduló

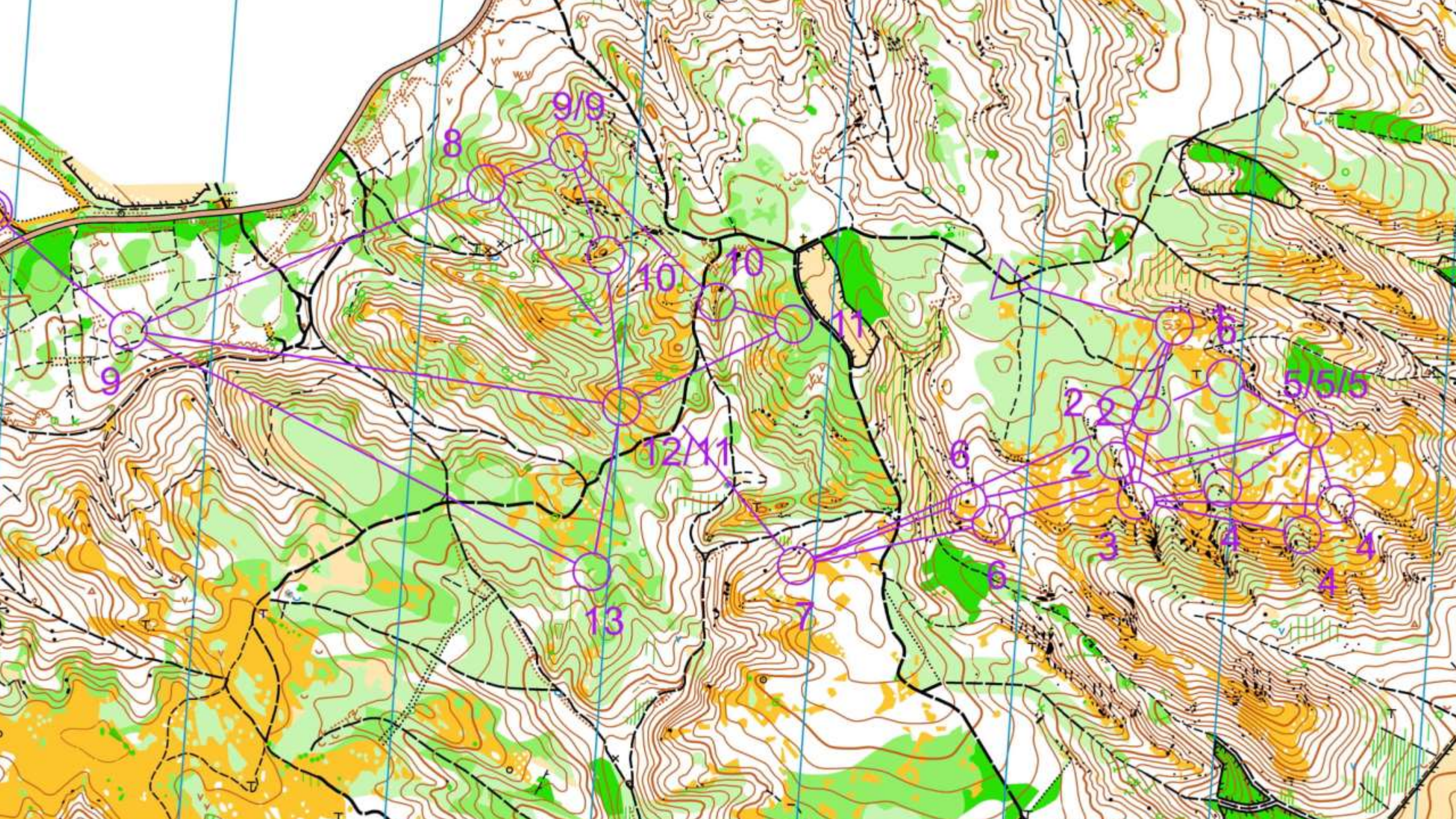
1:2000  
5m

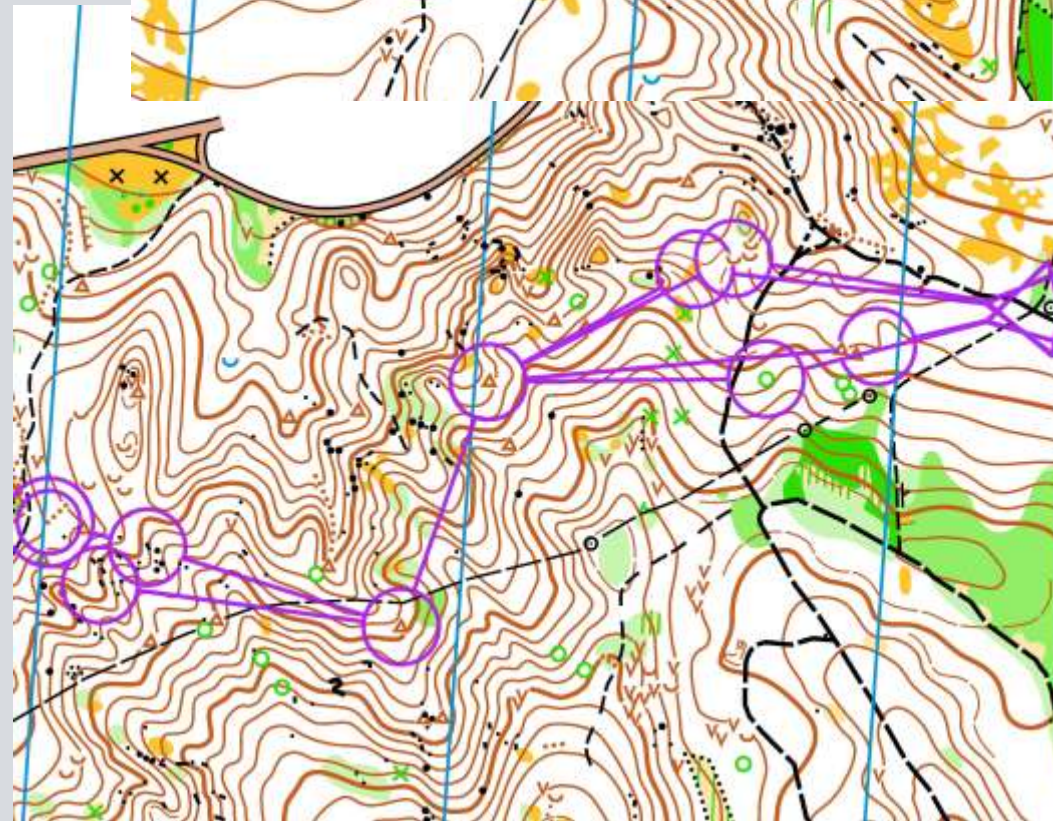
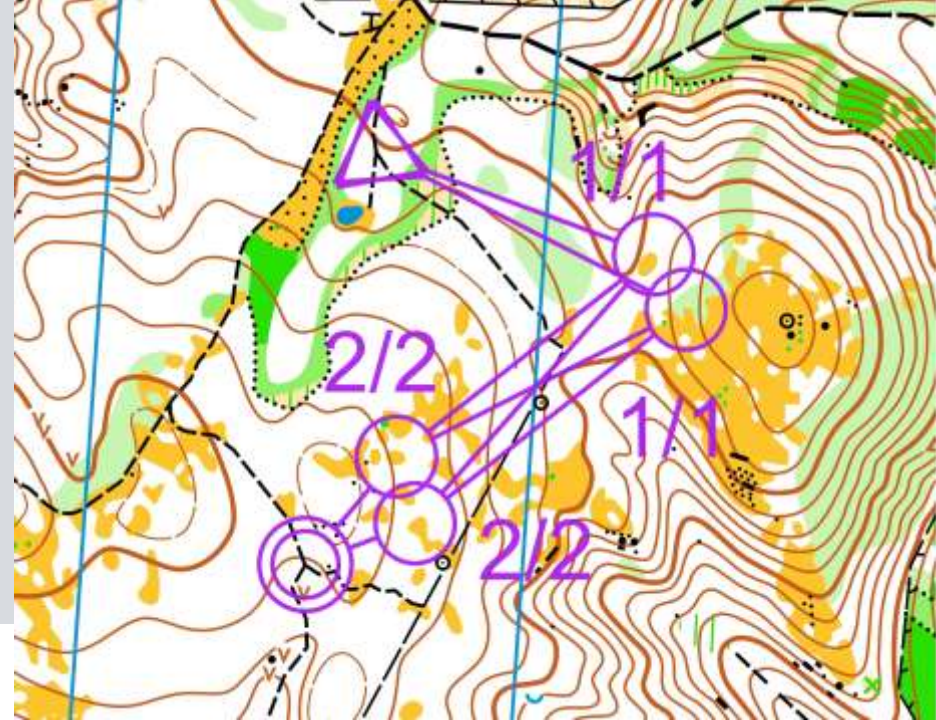
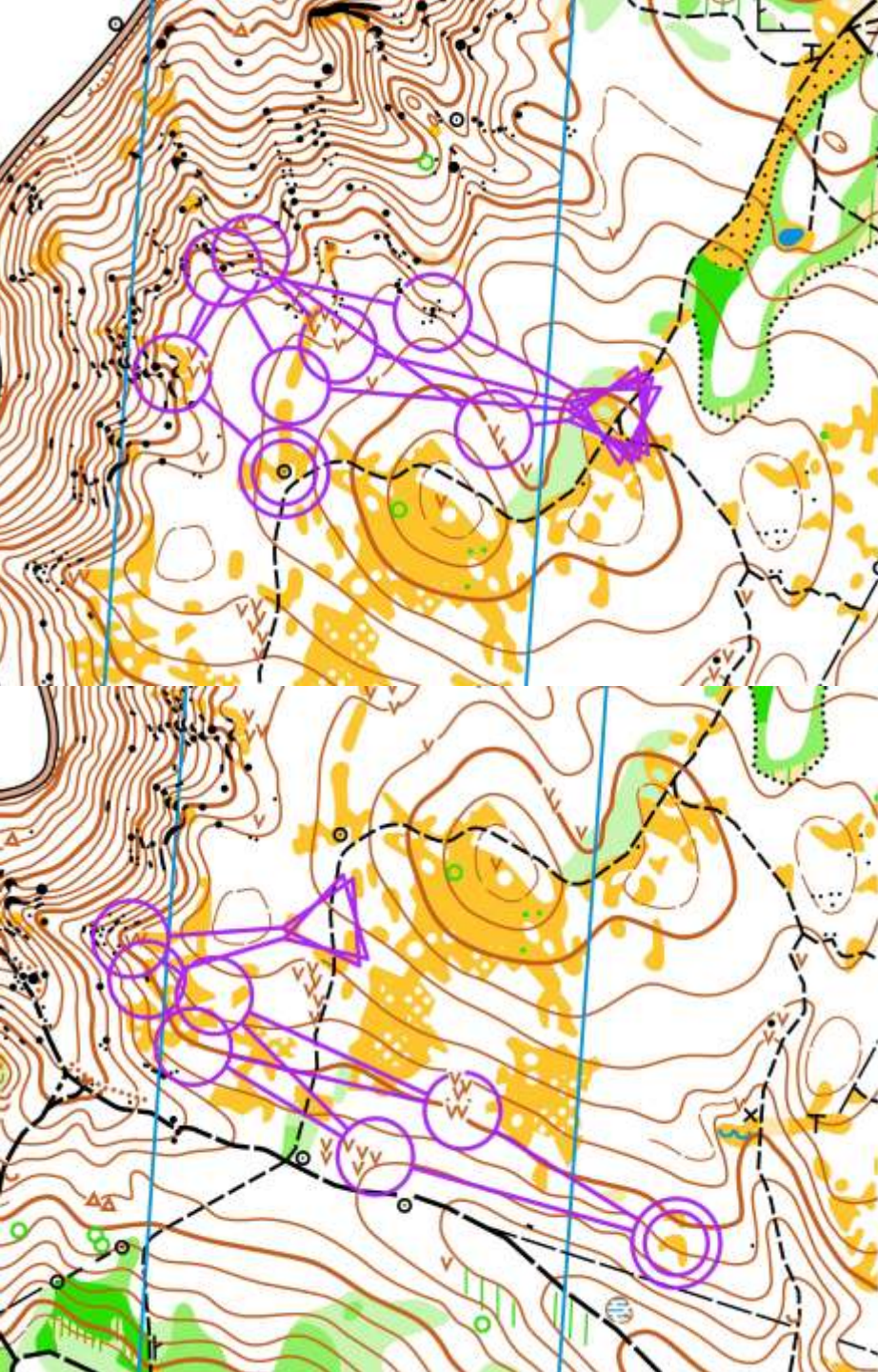
hosszú



# Tömeğrajtos





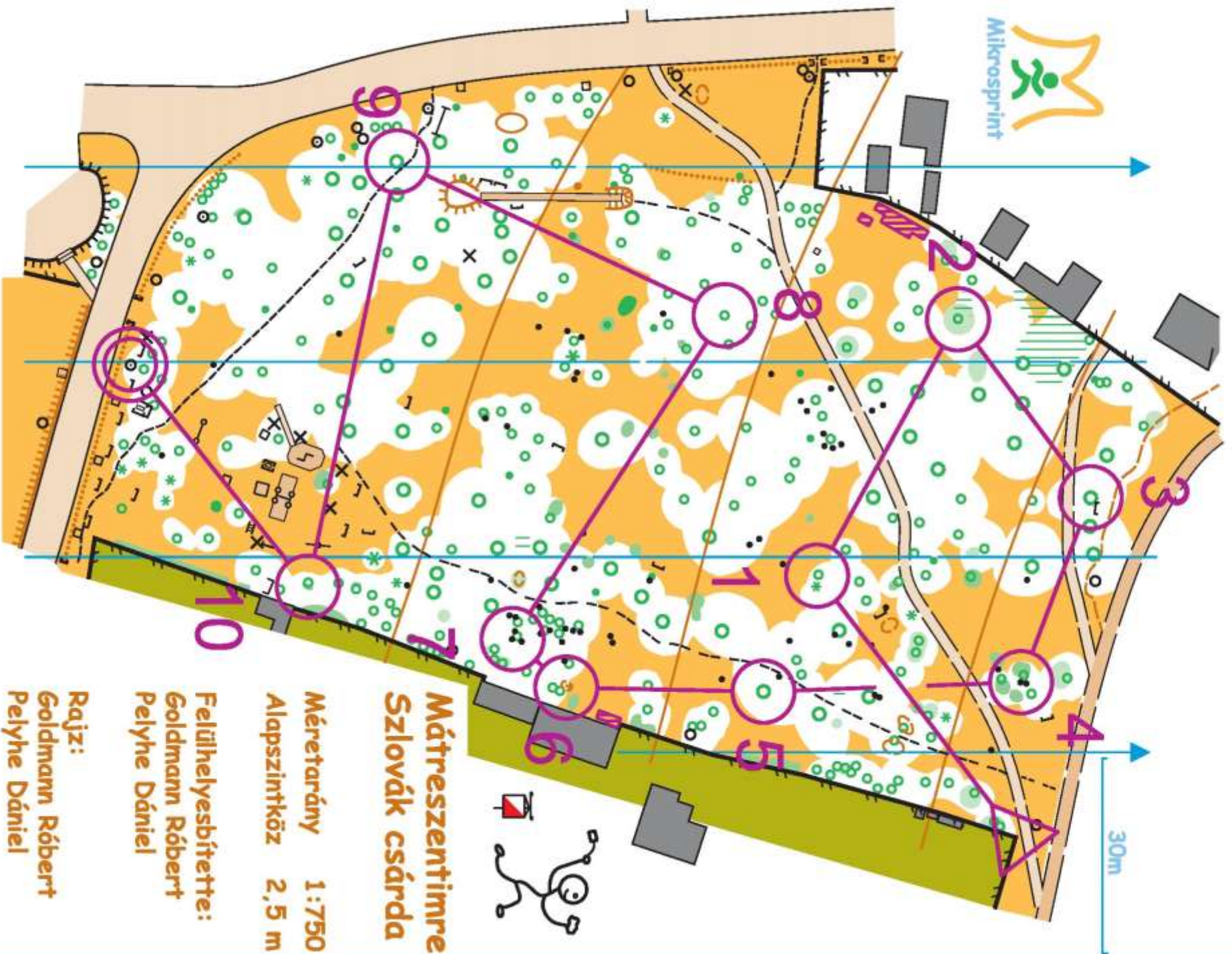




Sprint+szimbol

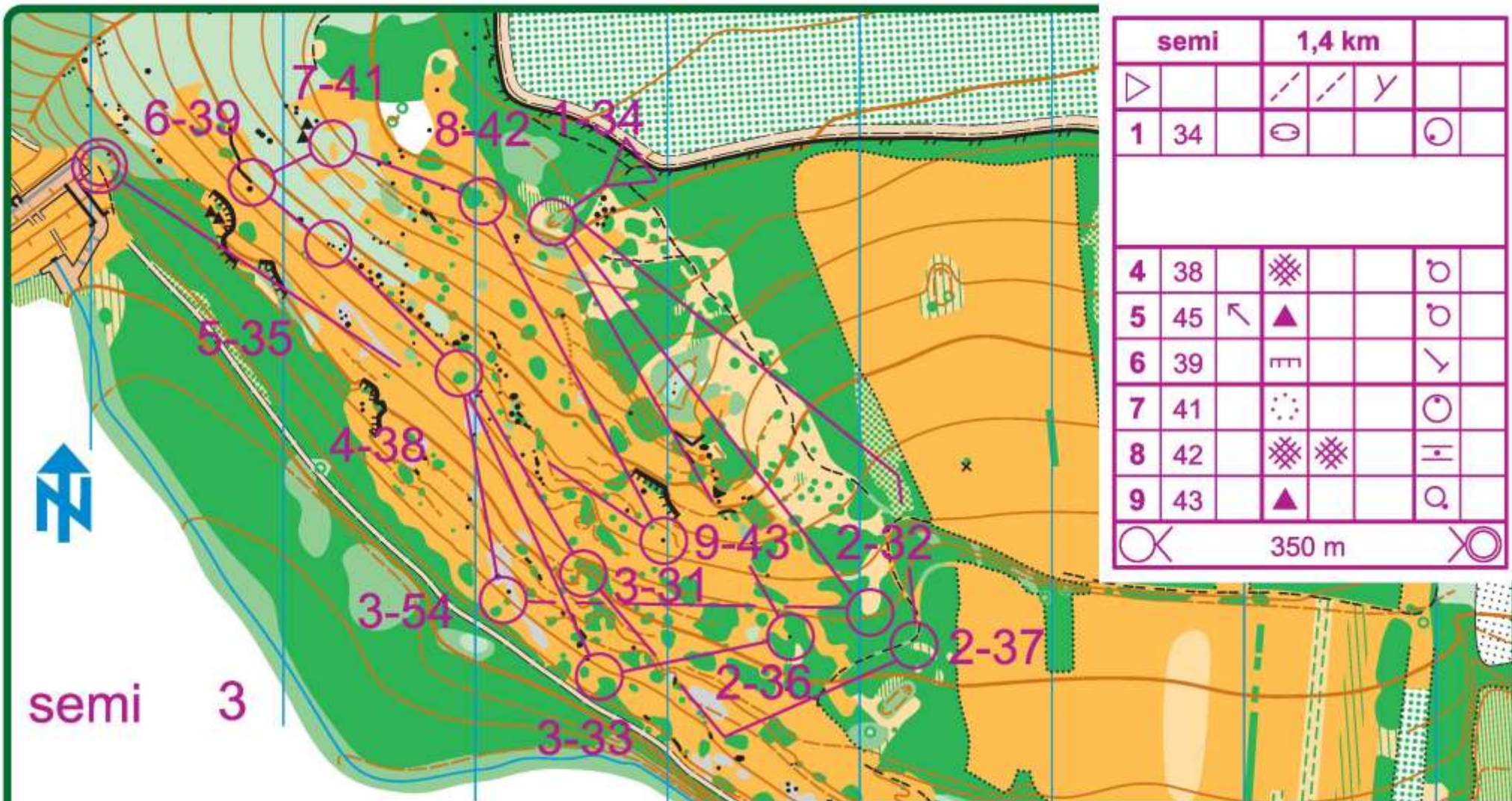






# Knockout

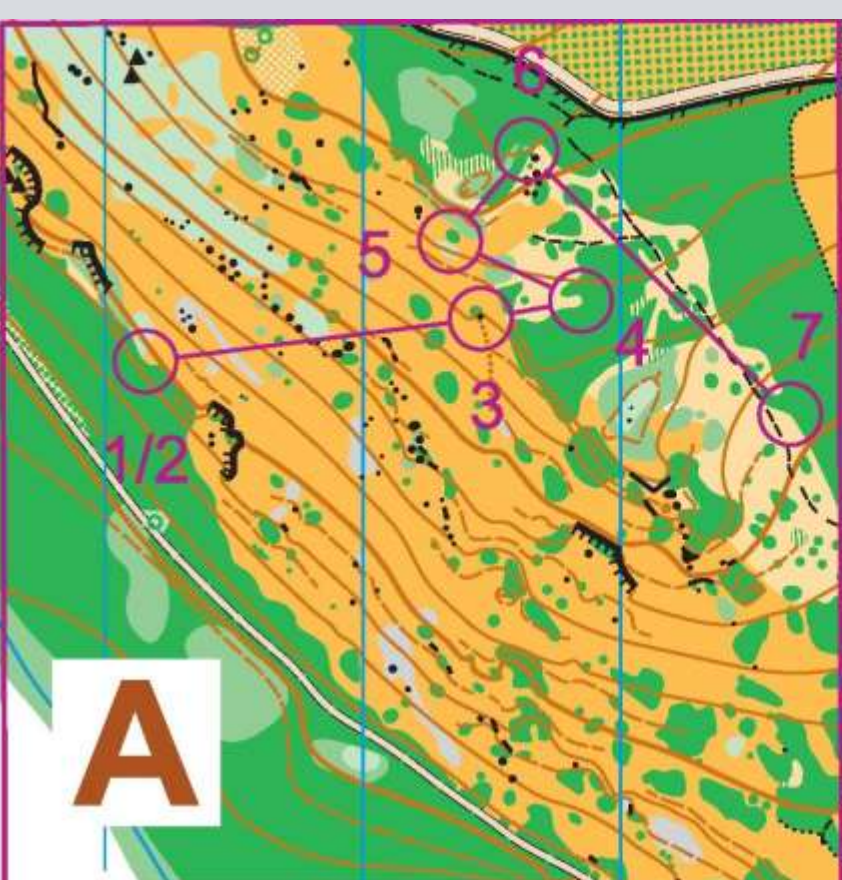




|   |    |   |   |   |  |
|---|----|---|---|---|--|
| 2 | 37 | ⊙ | ⊗ | ⊙ |  |
| 3 | 31 | ⊗ |   | < |  |

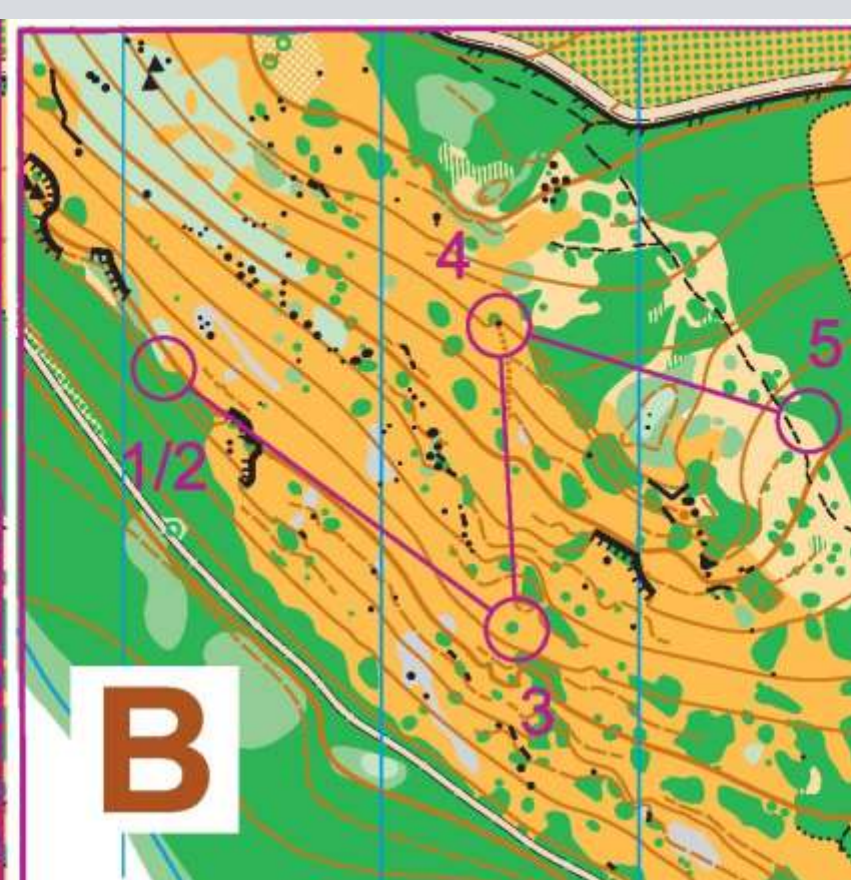
|   |    |   |   |   |  |
|---|----|---|---|---|--|
| 2 | 32 | ⊙ |   | ⊙ |  |
| 3 | 54 | ↖ | ⊗ | ⊙ |  |

|   |    |   |  |   |  |
|---|----|---|--|---|--|
| 2 | 36 | ▲ |  |   |  |
| 3 | 33 | ⊗ |  | ⊖ |  |



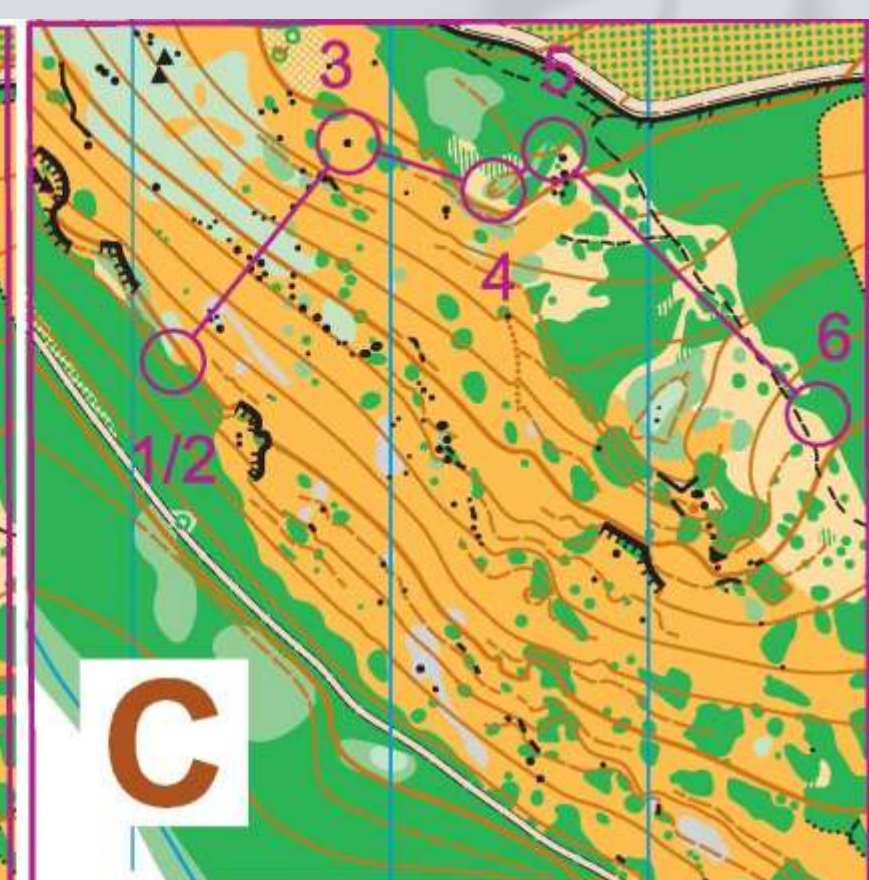
runnerschoice 0,4 km

|   |    |   |   |   |
|---|----|---|---|---|
| 1 | 51 | ⊗ |   | < |
| 2 | 51 | ⊗ |   | < |
| 3 | 54 | ▲ |   | Q |
| 4 | 48 | ⊙ |   | ⊙ |
| 5 | 55 | ⊗ | ⊗ | ≡ |
| 6 | 49 | △ |   | Q |
| 7 | 46 | ⊗ |   | < |



runnerschoice 0,4 km

|   |    |   |  |   |
|---|----|---|--|---|
| 1 | 51 | ⊗ |  | < |
| 2 | 51 | ⊗ |  | < |
| 3 | 52 | ⊗ |  | ⊙ |
| 4 | 54 | ▲ |  | Q |
| 5 | 46 | ⊗ |  | < |



runnerschoice 0,3 km

|   |    |   |  |   |
|---|----|---|--|---|
| 1 | 51 | ⊗ |  | < |
| 2 | 51 | ⊗ |  | < |
| 3 | 53 | ▲ |  | Q |
| 4 | 34 | ⊙ |  | ⊙ |
| 5 | 49 | △ |  | Q |
| 6 | 46 | ⊗ |  | < |

Egyéb, fun



# GÁNT - Béke tér

alapszintköz: 1m

méretarány: 1:2000

0 50m

Különleges térképjelek:

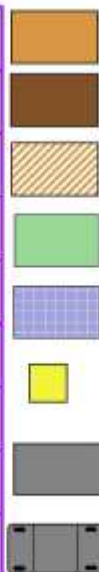
Fenyőfa ●

Szemetes ●

Készítette: Sulyok Ábel, 2015



| 3   |    | 0,3 km |   |     |   |
|-----|----|--------|---|-----|---|
| ▷   |    |        | ▨ |     |   |
| 1   | 50 |        | ≡ |     | ↑ |
| 2   | 49 |        | × |     | ○ |
| 3   | 51 |        | △ | ✿   | ○ |
| 4   | 52 | →      | ▲ |     | ○ |
| 5   | 53 |        | ✿ |     | ○ |
| 6   | 54 |        | ↗ | ↖   | ≡ |
| 7   | 55 |        | ⊗ |     | ○ |
| 8   | 56 |        | ✿ |     |   |
| 9   | 57 |        | △ | ✿   | ○ |
| 10  | 58 |        | ↗ |     | ↖ |
| 11  | 59 |        | △ | ✿   | ○ |
| 12  | 60 |        | ↖ |     | ○ |
| 13  | 61 |        | ⊙ |     |   |
| 14  | 62 |        | T |     | ♀ |
| ○ < |    | 120 m  |   | > ⊙ |   |



*bútor to cross*

*bútor not to cross*

*bútor to cross, alul is*

*szőnyeg*

*ágy*

*szék*

*kanapé*

*autó*

