

# A dog's race

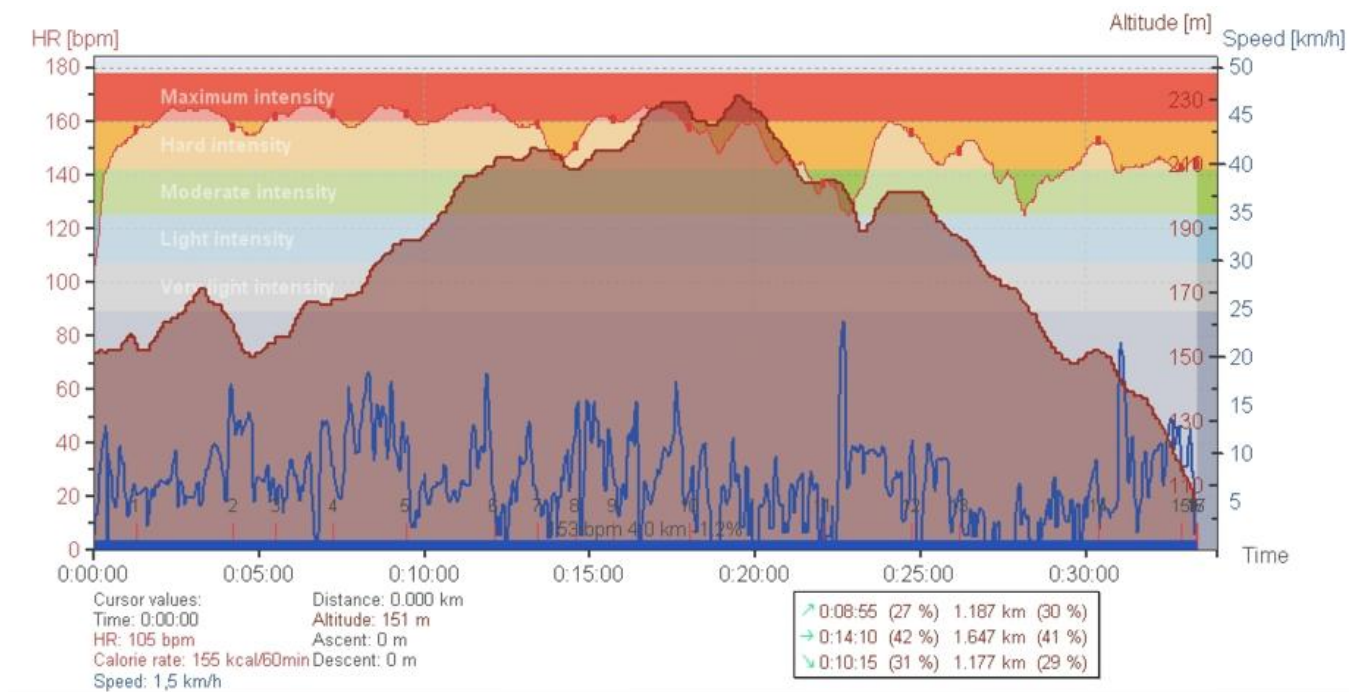
Yesterday me and Silje was on a orienteeringstraining in Asker and they had a quite fun version of common start: Dog race. Ut works like this: There is a common starte, and all have the same course, but the controls are placed in a special way, so it's easy to skip a control. The the trainer starts 5 min. later, and tries to catch up as many runners as possible. When a runner has been catched, he/she may skip a control to get in front of the trainer.

We could'nt of course follow the best runners, but Silje had a good pace og did'nt get much behind me. The trainer caughted me halfway to control 9 ....

Below is my course. The colours is the how hard I was running. Red = Zone 5 , 90%-100% of max. hartbeat. Orange = Zone 4 (80-90%), Green = Zone 3. The marks are the controls.



My running profile:



Person	Bjørn-Willy	Date	17.09.2009	Heart rate	—	153 / 167		
Exercise	Free	Time	17:54:22	Speed	—	7,7 / 23,8		
Sport	Running	Duration	0:33:24.4					
		Distance	4.0 km	Running Index		28		

[Back to start Norwegian version of the blog](#)