



Using Quick Route for run analysis.

As an example of using a GPS device to analyse a run (in this case a watch but could be a simple logging device or a smartphone) I've printed my route using a free programme called Quick Route. This involved scanning the map and then importing both the map jpg and the GPS file into Quick Route. A little bit of fiddling is required using your split times to match the gps track to the course. A little more tweaking allows you to set the colour of the route to match your speed, showing where you were quick and where slow.

What can I tell from my route?

A fast run (where the track is green) from the start into very intricate terrain certainly slowed me down (the track goes red)! That would be obvious from the map perhaps.

Once out on the moor things speeded up although you'll notice that I'm always slow going out of a control.

7 to 8 started off on a trot but then I started to climb and was pleased not to lose height as a lot of people did and then missed 8.

9 to 10 was partly deep heather with some trods or burnt heather corresponding to the red and green of my track. Comparing with John Taylor I would probably have been quicker using the paths to the South.

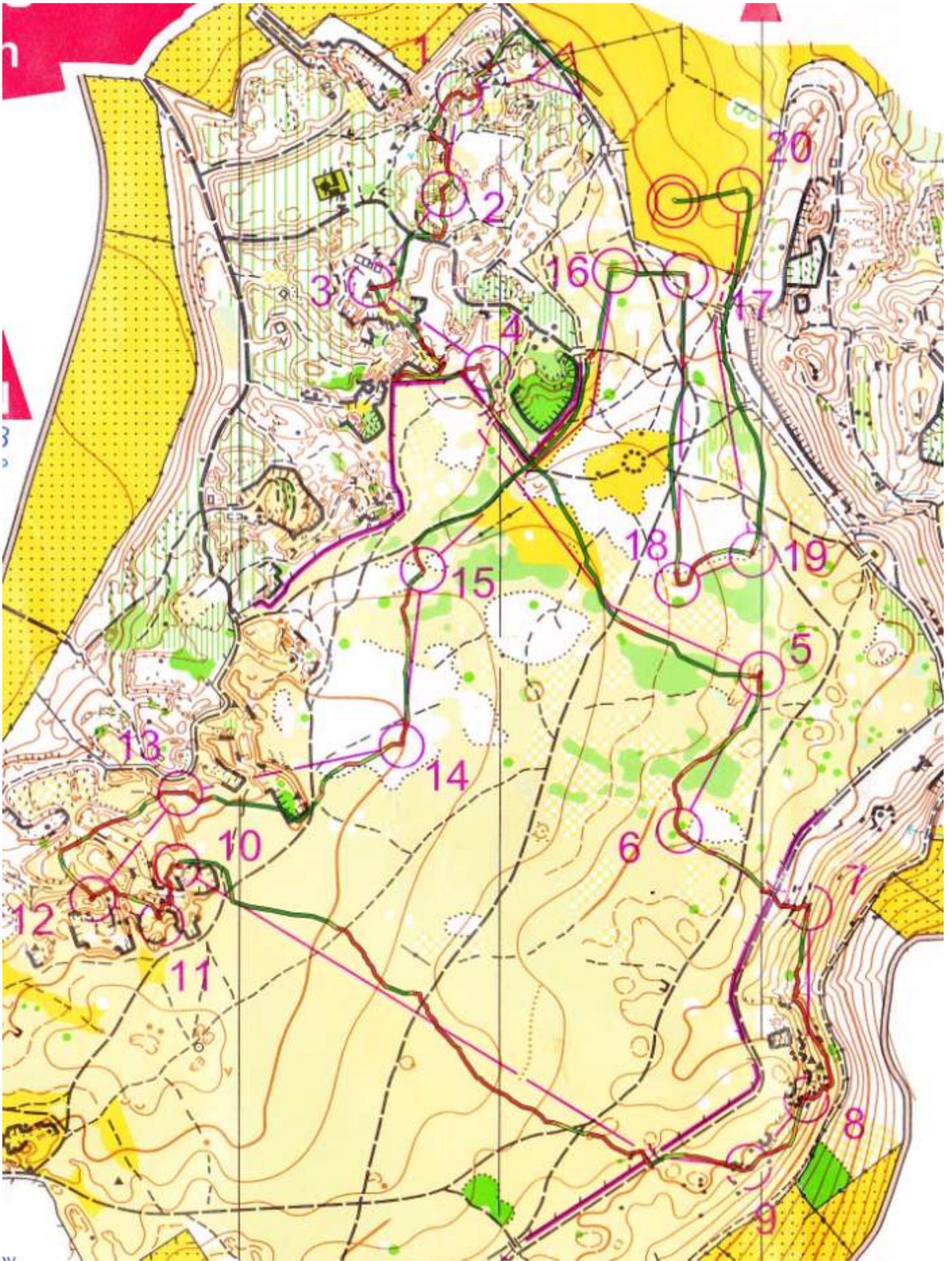
10 to 13 slow in places to be careful and because of short steep hills, then fast to the finish – except that the red bits before 15 and around each control circle shows I was tiring and not running as strongly as I might!

To find the programme just google Quick Route. I wrote this article some time ago and just recently discovered that Routegadget 2 can also show your speed from an uploaded GPS file.

One qualifying note about the above - when I say fast, just remember it's all relative!!

Graham Watson





M50 course at the British Middle Champs.