

How Well Did You Run?

- 1. Did you defeat any opponents rated above you?**
- 2. Did you defeat any teammates rated above you?**
- 3. Did you finish in the top five?**
- 4. Did you score?**
- 5. Did you displace?**
- 6. Did you follow the pre-race plan?**
- 7. Were you within 50 yards of the pack leader at the mile?**
- 8. Did you go ahead of any or all opponents at the mile?**
- 9. Did you start your kick before your opponents?**
- 10. Were you passed by opponents after the mile?**
- 11. Were you passed by opponents after the 1 1/2 mile?**
- 12. Did you pass anyone on a hill?**
- 13. Did you defeat anyone in the final sprint?**
- 14. What was your mile time?**
- 15. Did you feel confident?**
- 16. Were you calm during the run?**
- 17. Did you offer all of your teammate's emotional support?**
- 18. Did you do a team warm-up? How much?**
- 19. Did you do a team cool-down? How much?**
- 20. What did you eat for lunch?**
- 21. How can I run a better race?**