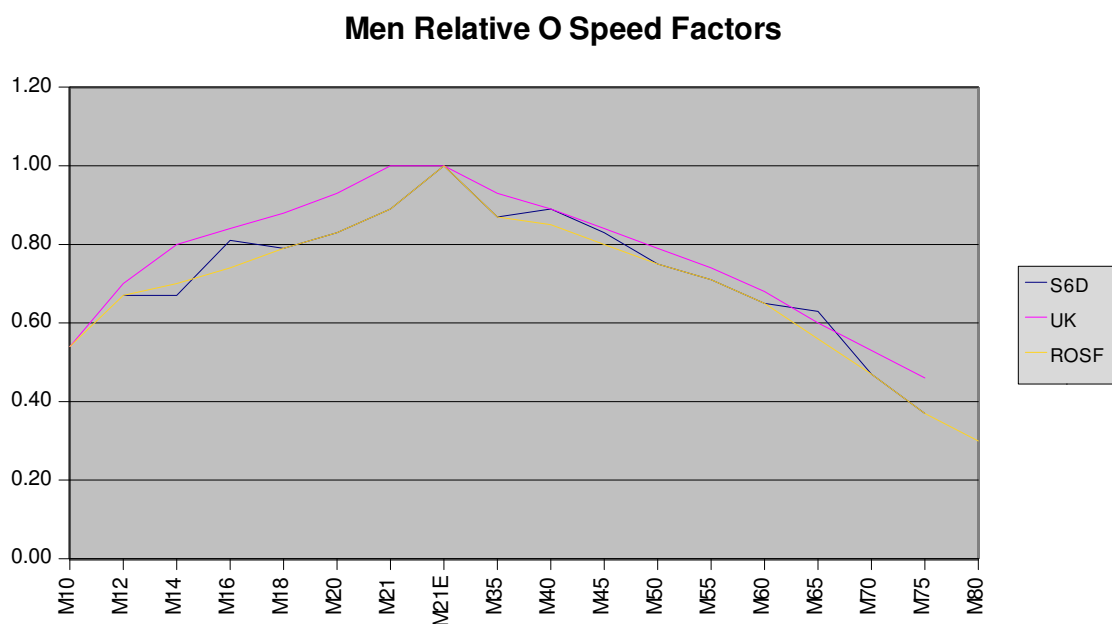
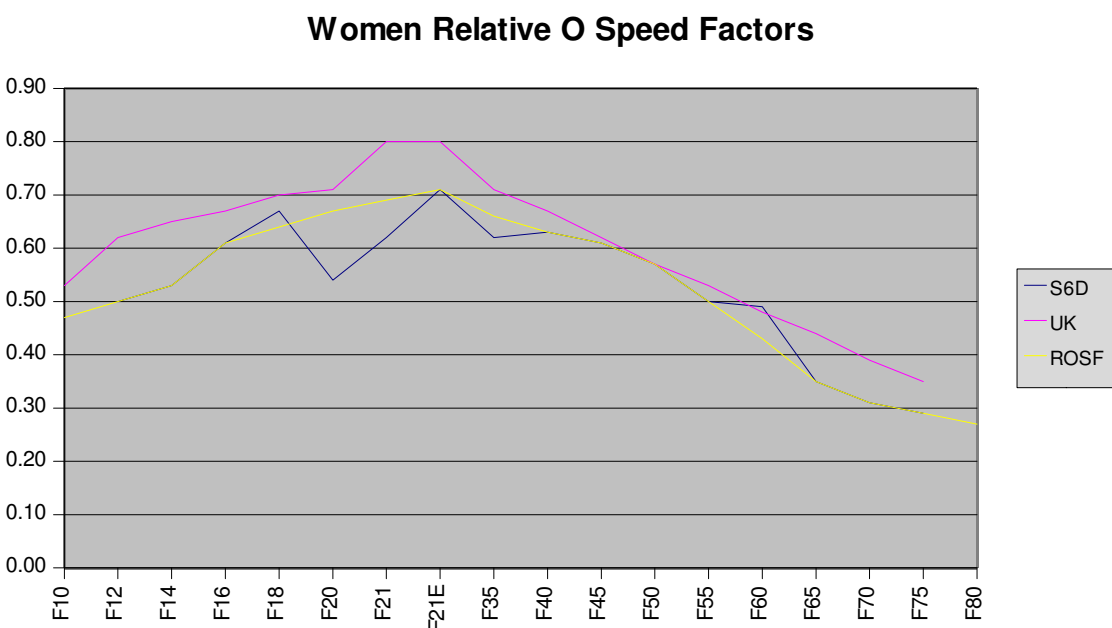


Relative O Speed Factors – O-CUP 2008

Category	S6D	UK	08 O-CUP ROSF
M10		0.54	0.54
M12	0.67	0.70	0.67
M14	0.67	0.80	0.70
M16	0.81	0.84	0.74
M18	0.79	0.88	0.79
M20	0.83	0.93	0.83
M21	0.89	1.00	0.89
M21E	1.00	1.00	1.00
M35	0.87	0.93	0.87
M40	0.89	0.89	0.85
M45	0.83	0.84	0.80
M50	0.75	0.79	0.75
M55	0.71	0.74	0.71
M60	0.65	0.68	0.65
M65	0.63	0.60	0.56
M70	0.47	0.53	0.47
M75	0.37	0.46	0.37
M80			0.30



Category	S6D	UK	08 GP ROSF
F10		0.53	0.47
F12	0.50	0.62	0.50
F14	0.53	0.65	0.53
F16	0.61	0.67	0.61
F18	0.67	0.70	0.64
F20	0.54	0.71	0.67
F21	0.62	0.80	0.69
F21E	0.71	0.80	0.71
F35	0.62	0.71	0.66
F40	0.63	0.67	0.63
F45	0.61	0.62	0.61
F50	0.57	0.57	0.57
F55	0.50	0.53	0.50
F60	0.49	0.48	0.43
F65	0.35	0.44	0.35
F70	0.31	0.39	0.31
F75	0.29	0.35	0.29
F80			0.27



Notes:

- In 2003, Relative O Speed Factors (ROSF) were derived from the Scottish 6 Day (S6D) competition (year unknown) where the average Time Per Kilometer (TPK) of the top 10 racers in each category was measured over 6 days of competition. The ROSF used the S6D factors (as computed by Robert Gilchrist, EOOC), except in extreme cases where spikes occurred. One speculated cause of these spikes is that adult competitors have the option to run in a younger age group than their current age, and that usually only the better orienteers will take this option. For example, runners 35 and older may chose to run in the elite M/F21 category, thus resulting in poorer average results in M/F35, and perhaps better average results in the elite category. Since the Grand Prix uses actual age to determine ROSF, it was decided to manually smooth out these spikes.
- In 2004, the ROSF was refined further using some analysis obtained from the UK (posted on the O-Net), and by dividing the M/W21 classes into M/W21 and M/W21E (Elite). Assigning of any athlete into the Elite category will be determined by the athlete requesting that designation; or they are currently ranked in the top 500 male or top 300 female elite orienteers in the world, according to WRE points.
- In 2008, we extrapolated the data to include M80 and F80 to accommodate competitors who were turning 80 in that year.
- All gender/age categories are relative to M21E. For example, Adjusted TPKs (ATPK) are calculated by multiplying the racer's TPK by the ROSF for that racer's gender/age category.