

SUOMEN AMPUMAHIIHTOLIITTO
FINNISH BIATHLON FEDERATION



Biathlon

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www.biathlon.fi

●●●●● How we improved

- Efficiency in shooting
 - Gave opportunities
- Understanding of the underlying factors
 - Explored new ways
- Using the team to develop
 - Group trainings
 - Physical:
 - Shooting: Competing is normalized
 - Specialists
 - Coaches
- Change in ability to handle work
 - Hills
- Train to compete \leftrightarrow compete as you train

●●●●● Shift in perspective

Driving factors

- Desire to improve
- Willingness to make a shift or step up
- Interest to learn
- Belief that its possible

| COURSE TIME 1 | | | | COURSE TIME 3 | | | | COURSE TIME 5 | | | | COURSE TOTAL TIME | | | | | | | |
|---------------|-----|-----------------|-----|---------------|----|-----|-----------------|---------------|--------|----|-----|-------------------|-----|--------|----|-----|-----------------|-----|---------|
| 60/60 | | | | 60/60 | | | | 60/60 | | | | 60/60 | | | | | | | |
| Rk | Bib | Name | NAT | Result | Rk | Bib | Name | NAT | Result | Rk | Bib | Name | NAT | Result | Rk | Bib | Name | NAT | Result |
| 1 | 40 | BATOVSKA FIALKC | | 4:44.4 | 1 | 1 | KIRKEEIDE | | 4:57.4 | 1 | 35 | MAGNUSSON | | 5:31.9 | 1 | 27 | E. OEBERG | | 25:28.6 |
| 1 | 46 | CHARVATOVA | | 4:44.4 | 2 | 35 | MAGNUSSON | | +2.9 | 2 | 27 | E. OEBERG | | +1.6 | 2 | 1 | KIRKEEIDE | | +1.7 |
| 3 | 28 | JAKIELA | | +1.7 | 3 | 23 | CARRARA | | +3.7 | 3 | 28 | JAKIELA | | +2.8 | 3 | 35 | MAGNUSSON | | +10.6 |
| 4 | 36 | KUZMINA | | +1.9 | 3 | 27 | E. OEBERG | | +3.7 | 4 | 1 | KIRKEEIDE | | +2.9 | 4 | 3 | JEANMONNOT | | +13.9 |
| 5 | 44 | WIERER | | +2.3 | 5 | 2 | MICHELON | | +4.3 | 5 | 16 | VOLFA | | +3.8 | 5 | 25 | KLEMENCIC | | +15.1 |
| 6 | 27 | E. OEBERG | | +2.4 | 6 | 3 | JEANMONNOT | | +4.5 | 6 | 22 | GESTBLOM | | +6.5 | 6 | 44 | WIERER | | +19.8 |
| 7 | 3 | JEANMONNOT | | +2.5 | 7 | 25 | KLEMENCIC | | +5.1 | 7 | 17 | B. de BESCHE | | +6.8 | 7 | 23 | CARRARA | | +20.6 |
| 8 | 18 | H. OEBERG | | +2.6 | 8 | 10 | TANDREVOLD | | +5.7 | 8 | 4 | TODOROVA | | +7.4 | 7 | 40 | BATOVSKA FIALKC | | +20.6 |
| 9 | 25 | KLEMENCIC | | +2.9 | 9 | 32 | GANDLER | | +6.6 | 9 | 25 | KLEMENCIC | | +8.2 | 9 | 28 | JAKIELA | | +22.6 |
| 10 | 13 | MEIER | | +3.0 | 10 | 40 | BATOVSKA FIALKC | | +7.8 | 10 | 7 | PREUSS | | +8.3 | 10 | 22 | GESTBLOM | | +24.9 |
| 11 | 43 | AUCHENTALLER | | +4.3 | 10 | 44 | WIERER | | +7.8 | 11 | 41 | SIDOROWICZ | | +11.0 | 11 | 2 | MICHELON | | +25.9 |
| 12 | 23 | CARRARA | | +4.9 | 12 | 8 | ZUK | | +8.6 | 12 | 23 | CARRARA | | +12.2 | 12 | 13 | MEIER | | +26.7 |
| 13 | 15 | BENDIKA | | +5.4 | 13 | 28 | JAKIELA | | +8.9 | 13 | 2 | MICHELON | | +12.5 | 13 | 10 | TANDREVOLD | | +26.9 |
| 14 | 47 | IRWIN | | +5.9 | 14 | 17 | B. de BESCHE | | +9.2 | 14 | 6 | MINKKINEN | | +13.0 | 14 | 8 | ZUK | | +27.3 |
| 15 | 10 | TANDREVOLD | | +6.1 | 15 | 20 | TANNHEIMER | | +9.3 | 15 | 32 | GANDLER | | +14.1 | 15 | 18 | H. OEBERG | | +28.1 |
| 16 | 22 | GESTBLOM | | +6.4 | 16 | 26 | CLOETENS | | +9.5 | 16 | 8 | ZUK | | +14.6 | 16 | 17 | B. de BESCHE | | +31.6 |
| 17 | 37 | KUELM | | +6.6 | 16 | 43 | AUCHENTALLER | | +9.5 | 17 | 10 | TANDREVOLD | | +14.8 | 17 | 47 | IRWIN | | +34.6 |
| 18 | 41 | SIDOROWICZ | | +6.9 | 18 | 5 | VITTOZZI | | +9.6 | 18 | 18 | H. OEBERG | | +15.1 | 18 | 7 | PREUSS | | +37.3 |
| 19 | 20 | TANNHEIMER | | +7.0 | 19 | 13 | MEIER | | +9.7 | 19 | 47 | IRWIN | | +16.5 | 19 | 5 | VITTOZZI | | +39.4 |
| 20 | 21 | REPINC | | +7.8 | 20 | 33 | JOHANSEN | | +9.9 | 20 | 30 | HAUSER | | +16.8 | 20 | 46 | CHARVATOVA | | +40.7 |
| 21 | 12 | VOIGT | | +7.9 | 21 | 47 | IRWIN | | +11.2 | 21 | 3 | JEANMONNOT | | +16.9 | 21 | 43 | AUCHENTALLER | | +41.3 |
| 22 | 11 | HRISTOVA | | +8.0 | 22 | 12 | VOIGT | | +11.5 | 21 | 46 | CHARVATOVA | | +16.9 | 22 | 16 | VOLFA | | +41.6 |
| 23 | 8 | ZUK | | +8.4 | 23 | 18 | H. OEBERG | | +11.6 | 23 | 13 | MEIER | | +17.3 | 23 | 41 | SIDOROWICZ | | +43.0 |
| 24 | 17 | B. de BESCHE | | +8.6 | 24 | 7 | PREUSS | | +12.0 | 24 | 40 | BATOVSKA FIALKC | | +17.9 | 24 | 12 | VOIGT | | +44.1 |
| 25 | 45 | MAKA | | +8.8 | 24 | 22 | GESTBLOM | | +12.0 | 25 | 43 | AUCHENTALLER | | +18.9 | 25 | 4 | TODOROVA | | +47.5 |

●●●●● Future

Continue with

- Challenging terrain – Work is not an option
- Use team to develop in camps
- Freedom to be individuals outside of camps

Improve

- Find the limits and learn from them
 - Need to ski faster (handle higher speed)
 - Shooting
- Consistency and testing to track development
 - Repeatable work is easier to monitor
 - Finding the factors we can use to track progress
- Efficiency in organizing trainings
 - Maximize the work
- Become better at communicating
 - Personal coaches
 - Specialists
 - Athletes