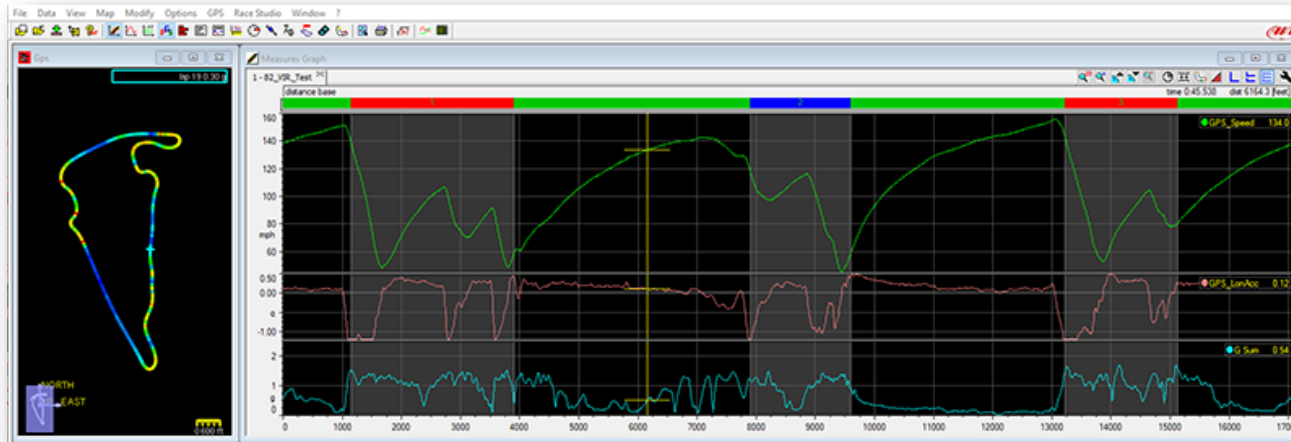




Co-Host:
Kenton Koch
Kenton Koch Racing

Webinar Series

Bringing Data Support and Training to You

The Mental Game of Data
How to Not Overthink Your Data

2020 Webinar #63

November 5th, 2020

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Kenton Koch

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Driver Coaching, Management, Driver/Co-Driver

- In Motorsports the Last 16 Years
- Driver Coaching the Last 6 Years
- Skip Barber and Mazda Scholarships



KENTON KOCH

- Winner from Karting to Daytona 24
- Recently Competing in IMSA and SRO
- Currently in SRO GT4 SX Series



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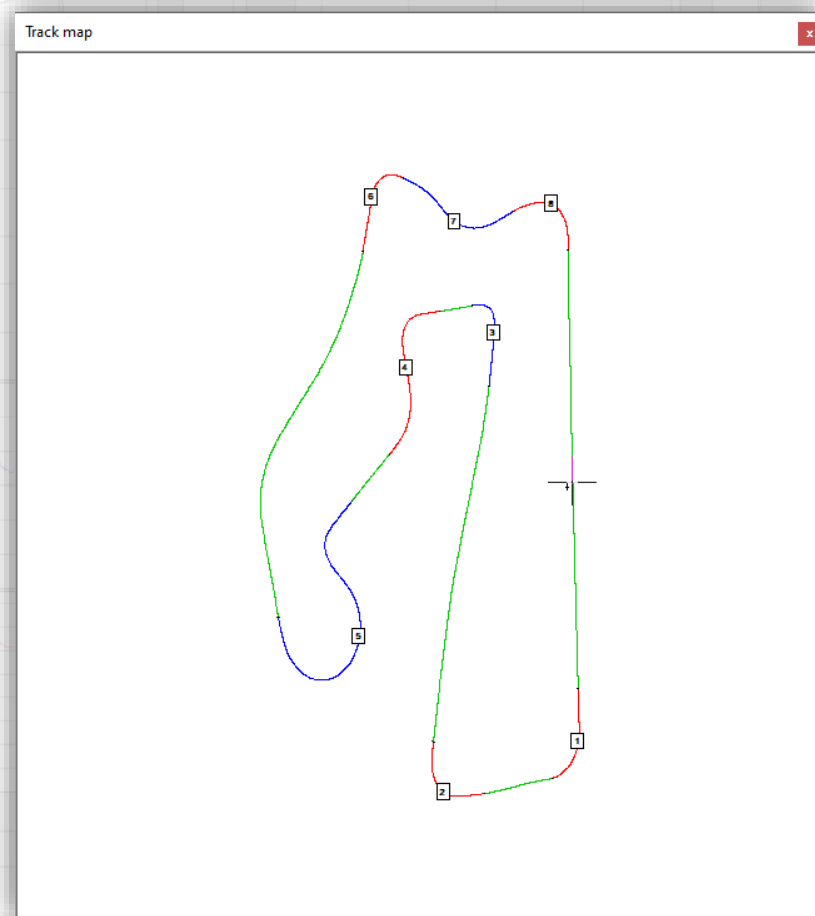
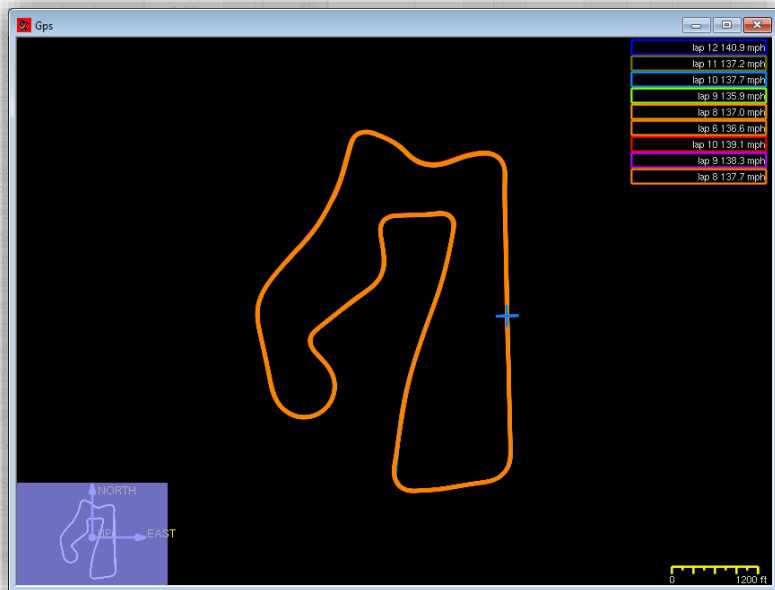
Kenton Koch

KentonKochRacing.com
kenton@kentonkochracing.com



What is Overthinking?

- Looking at Every Corner
- Forgetting about the Video
- Nit Picking Values



Negatives of Overthinking...

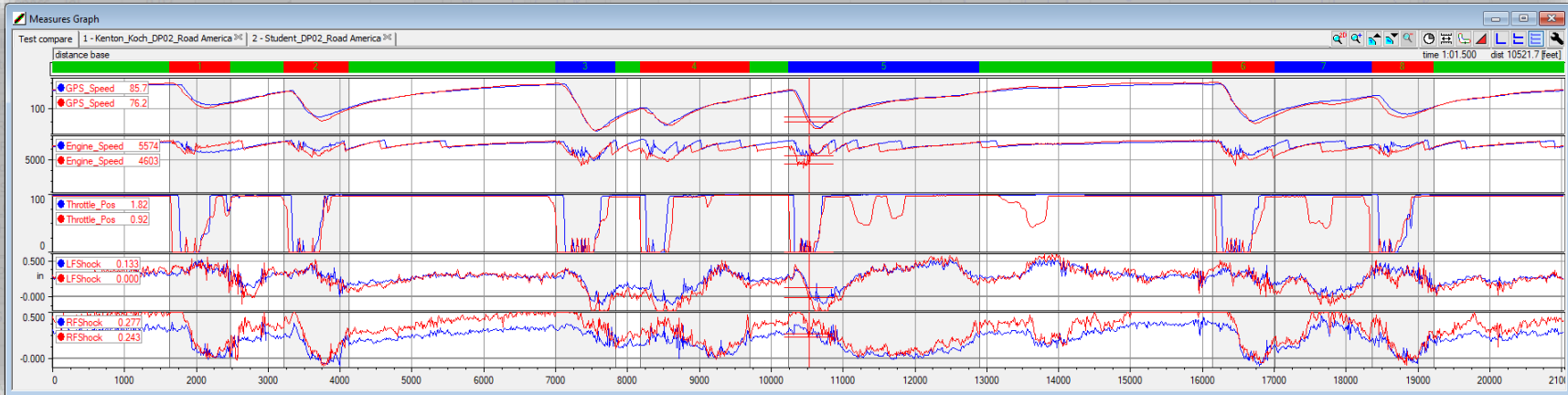
• Application Doesn't Occur

• You don't go faster...

Split report

Test compare 1 - Kanton_Koch_DP02_Road America 2 - Student_DP02_Road America

		histo	histo	histo	histo	histo	histo	histo	histo	histo	histo	histo	histo	histo	histo	histo	histo
Absolute split times																	
Student_DP02_Roi	run 1 lap 1	326.658	10.114	7.484	7.710	18.679	6.135	4.392	13.850	3.803	22.979	18.317	7.790	9.884	7.119	10.640	07.55.552
Student_DP02_Roi	run 1 lap 2	7.760	5.671	4.325	6.820	15.025	7.742	2.898	13.213	3.098	18.179	15.355	6.513	8.449	6.691	10.103	02.11.841
Student_DP02_Roi	run 1 lap 3	7.656	5.239	4.167	6.417	14.801	7.017	2.598	11.935	2.955	17.333	15.066	6.558	8.286	6.340	10.027	02.06.336
Student_DP02_Roi	run 1 lap 4	7.609	5.136	4.152	6.448	14.666	6.695	2.586	11.206	2.858	17.275	15.742	7.206	8.531	6.344	9.881	02.06.336
Student_DP02_Roi	run 1 lap 5	7.475	5.281	4.239	6.357	14.788	6.767	2.534	10.772	2.827	17.227	15.129	6.468	8.192	6.169	9.967	02.04.190
Student_DP02_Roi	run 1 lap 6	7.581	5.120	4.133	6.305	14.690	6.860	2.529	10.874	2.832	17.300	15.113	6.429	8.309	6.335	10.041	02.04.451
Student_DP02_Roi	run 1 lap 7	7.567	5.691	4.472	6.532	14.818	6.600	2.621	11.138	2.914	18.842	16.250	6.495	8.758	6.902	10.093	02.09.692
Student_DP02_Roi	run 1 lap 8	7.632	4.980	4.149	6.425	14.746	6.642	2.547	10.811	2.841	17.273	15.082	6.271	8.277	6.256	10.029	02.03.961
Student_DP02_Roi	run 1 lap 9	7.600	4.990	4.126	6.274	14.636	6.764	2.569	10.900	2.866	17.395	15.089	6.368	8.329	6.116	9.924	02.03.945
Student_DP02_R_r	run 1 lap 10	7.563	4.953	4.131	6.297	14.714	6.582	2.578	10.882	2.837	17.268	15.019	6.107	8.411	6.178	9.881	02.03.402
Student_DP02_Roi	run 1 lap 11	7.552	5.080	4.075	6.460	14.647	6.617	2.658	11.000	2.835	17.378	15.012	6.502	8.516	6.252	9.887	02.04.472
Student_DP02_Roi	run 1 lap 12	7.574	5.037	4.208	6.499	14.718	7.045	2.547	11.620	3.081	18.708	15.400	7.087	8.418	7.094	49.054	02.48.090
minimum value		7.475	4.953	4.075	6.274	14.636	6.135	2.529	10.772	2.827	17.227	15.012	6.107	8.192	6.116	9.881	
maximum value		326.658	10.114	7.484	7.710	18.679	7.742	4.392	13.850	3.803	22.979	18.317	7.790	9.884	7.119	49.054	
average value		34.186	5.607	4.472	6.545	15.077	6.789	2.755	11.517	2.979	18.096	15.548	6.650	8.530	6.483	13.294	
std deviation		92.105	1.441	0.955	0.394	1.139	0.381	0.525	1.012	0.277	1.646	0.946	0.474	0.452	0.368	11.263	
Theoretical best lap																	
Student_DP02_R_r	best	7.475	4.953	4.075	6.274	14.636	6.135	2.529	10.772	2.827	17.227	15.012	6.107	8.192	6.116	9.881	02.02.209
Best rolling lap																	
Student_DP02_Roi	run 1 lap 9													8.329	6.116	9.924	
Student_DP02_Roi	run 1 lap 10	7.563	4.953	4.131	6.297	14.714	6.582	2.578	10.882	2.837	17.268	15.019	6.107				02.03.301



Steps to Focus Your Thinking

1. Data is a Tool

Interpreting Correctly

2. Understand Fundamentals

3. Sequence of Events

Braking, Corner Entry, Brake Release, Coast,
Throttle Application, Throttle Commitment, Corner Exit

4. Knowing When to do Skill Building

Skid Pad Training, Technique Understanding, Karting, Etc.

5. Mentally Focused

Dr. Jacques Dallaire - Performance Thinking

6. Three Things to Focus on

7. Feel



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- **I Have Downloaded my Data, Now What - Part 2*
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- Data Views
- Measure Units
- Sort Channels
- Test Properties
- Per Lap Color
- Export Tests
- Channel Reports
- Setting Time
- Track Mapping
- Selection Criteria
- Sensor Calibration
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Additional Materials

LearnFast™ E-Training Video



RS2Analysis 2.56.84 - [Measures Graph]

File Data View Map Modify Options GPS RaceStudio Window ?

Measures and Laps

Measures Laps User Profiles

Per Lap Color Sort Channels

Tests Loaded:

MATHS_Andrew_MuleHT8_VIR_VA_Warm-up

130

distance base

time 0:11:36.8 dist 1301.6 feet

123.4

0.09

0.02

1700

1.4

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Tuesday Nov 10th, 2020

10:00am Pac / 1:00pm East



Co-Host

Joe Hullett

Digital Competition Systems

Tips From A Pro Data Guy Joe Hullett – Digital Competition Systems



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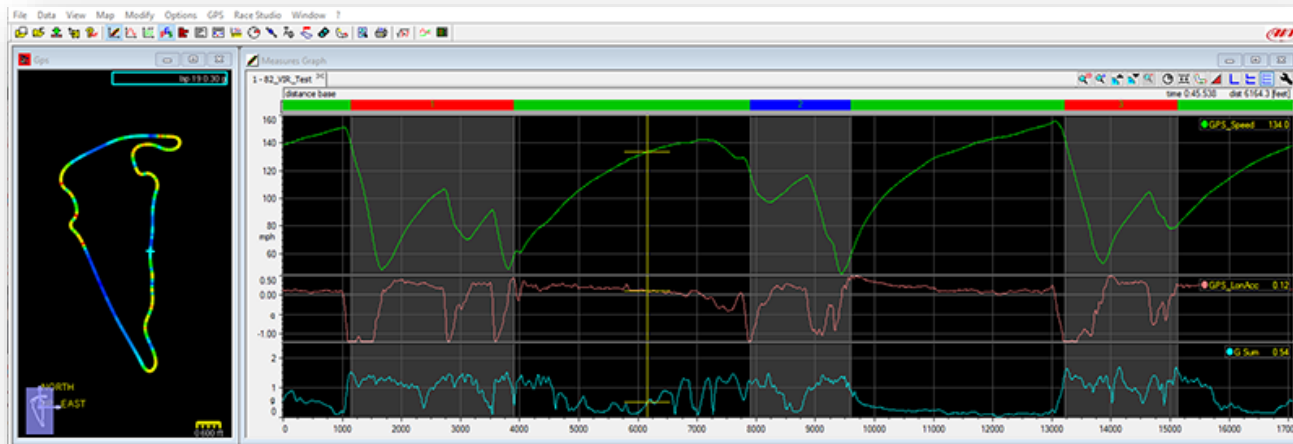


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Next Webinar Topic

Tips From A Pro Data Guy





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