

AC: Long(?) Distance

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After yesterdays [middle distance championships](#) , today i run the Austrian Cup competition in the same area. This time it was long distance. 12,3 km and 330m of climbing. Challanging route choices and again very high speed orienteering. I had a good race, but felt a little tired from the beginning in my legs and even more in my mind (maybe too much orienteering recently :-). Again Gernot was performing very well and won with a very good time of 66min. I was again second, 4 min down this time.

Tomorrow the 3 days of competition will end with a chaising start race near to Salzburg.



Addition 13.06.: Map of the final stage:

