

Sudden end of 2009

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Tuesday, 06 October 2009 17:49 - Last Updated Tuesday, 06 October 2009 16:20

Already on the last competitions (Austrian Championships and WC Finals) i did not feel well physically. But it came even worse after this. I was not able to run a single minute after coming back from Switzerland. And it does not look like I will be very soon. So no Italian cup final, no half-marathon here in Graz, no Smalandskavlen, this season is over for me. Stop. Not a nice end but at least there is some time now to analyze and to plan for next year.