

## Tyrol 6 Days: victory also in stage 4

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11,3 km with 530m of climb in a physical and technical very demanding terrain was waiting for us in yesterdays 4<sup>th</sup> stage. I started carefully, because the first controls downhill with all the small marches looked quite difficult to me. I had a very good first part of the race until I made a small mistake on control number 13 (a strange situation there, a lot of runners missed) and a very big one to control nr 20. I was tired there already and did not keep the height out from number 19 and so I lost 5 minutes in the half open marches below the control. Stupid!

I tried to forget this mistake and to push hard in the final part, which was very demanding physically. In the finish I was a little surprised to be in the lead but obviously also other runners in Men's elite class had some problems on the course.

This afternoon a middle distance will take place in the same area with the same finish, so I am expecting again a very challenging course.

[The map with my course](#) .

Results and splits as usual can be found on the organizers home page: <http://www.tyrol2010.com>