Czech Meeting: WRE

Written by Klaus Schgaguler Saturday, 13 October 2007 21:26



At the end of a tough training camp, today it was time for a final test. The middle distance competition at Czech meeting, also world ranking event was a perfect possibility to compare the shape with a lot of world class runners. Beside the Swiss team and some Swedish, Danish and Norwegian runners also some of the best Czech runners joined in for this competition.

I had quite a early starting time and started immediately after the Swiss team. My race started quite well. I had to take the first control quite slowly, because i had some problems with orienteering in the green. But then I found a good speed and good technique. Until control number 13. After a series of uphill legs (from number 7), I started to feel a little tired and was not careful enough near the control. I didn't loose so much time, but my concentration. Then at control 15 i lost some more time (maybe 50 seconds) after a not optimal route choice. The short controls in the end went quite well.

I finished 16th a little more than 4 minutes down on the winner Jan Sedivy. Despite some mistakes, I am quite happy with my race because I did some really good legs at quite good speed.

My map:



Czech Meeting: WRE

Written by Klaus Schgaguler Saturday, 13 October 2007 21:26

The results can be found \underline{here} and the split times \underline{here} .