

Italian Championships: horrible performance

Written by Klaus Schgaguler
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The first article after quite a long time will be about my horrible performance last weekend. The Italian championships where my main goal in the fall. Even if i felt quite tired after a hard WOC week, preparation went well and i was sure to have fast legs. I was very confident when starting my race as last man in men elite class. But the forest was not as i expected. Visibility was quite reduced in many parts and runability was not so good because of steep valleys and tough undergrowth. I missed a lot already on the first controls and could not find the right flow. After this, some good parts alternated with huge mistakes. On the last loop my speed dropped and I felt tired. Maybe the worst competition in the last years. In the finish I was more than 10 min behind the winner Marco Seppi. My teammate Michele Tavernaro was second and Mik Caraglio 3rd. Congratulations!

It was time for revenge on Sunday when we (Giacomo, Michele and myself for our Gronlait Team) had to defend our relay title from 2008. But I should not be our day. Giacomo did not have a good run and sent me out a little behind, I did again to many mistakes and could not gain any time, just Michele did a good race on the third leg. But this time we had no chance again a impeccable US Primiero Team (Manuel Negrello, Carlo Rigoni and Giancarlo Simion). The silver medal was not exactly what we expected.

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So as Giacomo wrote on his [blog](#) : no win in Italian Championships this year for Gronlait. But we will be back stronger next year!

Now I have to analyze more exactly what went wrong in my orienteering and look forward to next weekend. It is time for Austria relay championships. Hope to be ready this time ;-)

[Some pictures form the weekend by Luigi Girardi](#)

Results: [long distance](#) , [relay](#)