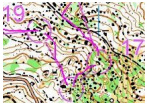


## Austrian Middle Championships: steep and stony

Written by Klaus Schgaguler  
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Today Austrian Middle Championships were held in the beautiful Osttirol near Lienz. The area was quite steep with some really nice stony parts. Difficult to orienter. I came here without any special expectations...

... but in the end I came 3rd, not that far from the great winner Martin Binder and the second Gernot Kerschbaumer.

If I should analyse my race with a few words I could say: just two small mistakes, 30 seconds each: quite ok technically, even if the mistake at the 2nd last was really stupid. But my physical shape was quite bad. I felt already so tired at the spectator control after only 15 minutes of running and I could not recover until the end. It was good for me that the terrain was quite steep so I didn't lose too much time on the second loop.

A long team competition with almost 1000m of climbing is awaiting us tomorrow.