

SO Cup 2008: Burgau

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On Saturday I had my first kind of competition (or full speed O-training) for this year in Burgau near Fürstenfeld. The SO (south-east) cup is a series of small orienteering competitions in the southern part of Austria (and sometimes also in the neighbouring countries) in the winter and beginning spring. For me it is always a good possibility to do full speed training on prepared courses. More information on SO cup can be found on the [OLCG Homepage](#) .

After the interval session on Saturday morning I felt quite tired in the beginning of the course. But I tried to push hard from the start. The terrain was flat with some bigger valleys and some paths to give you good arrest lines. So my o-technique was quite simple: keep a good direction, run full speed until the last big feature and then do a careful control attack. But I have to admit that I had problems with orienteering on small features on a really flat terrain. That's also why I was slightly insecure on my way to control 11 and I lost some time there. Some more training! But for the rest my race was ok and I'm also happy with the speed I was able to keep in the forest.

[Results](#)

[Splits](#)

[Map with routes](#)