

Italian Sprint Champs and Italian Cup

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It was a wet weekend. Orienteering Pergine was very unlucky with the weather for their (for the rest perfekt) organization of the last national competitions before the summer brake. It was raining both days.

As expected, the sprint IC on Saturday was really fast city orienteering with some short tricky controls in the beginning. And as feared, i was not able to match the best italian sprinter. Giancarlo Simeon won in front of Alessio Tenani and Andrea Seppi. I was 9th, more than 1 minute down. Lost many seconds on the first short controls and did a stupid mistake to control number 13. I was disappointed, because i didn't expect to loose so much time.



Today was much better for me. The terrain was what i like: steep and though slopes. I did a perfect race, except for a stupid mistake at control number 18 where i lost almost 2 minutes. Nevertheless I managed to win the race 1:30 in front of Marco Seppi. My Clubmate Michele Tavernaro was third. I'm very satisfied with the first and the last part of the course, both physically demanding, where i managed to run at really good speed.

Results can be found here: <http://www.oripergine.it/index.asp?pg=8>