

Jukola 2008: good choices and bad choices

Written by Klaus Schgaguler

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I had some days of rest in Stockholm after the hard Jukola weekend and also some time for analyzing my race. After the good result from last year for sure we all expected more than "just" a 11th place. But i everyone in the team did quite a good race, so we can be satisfied with the result.

Unfortunately i lost some positions on my leg, so that could not claim a position within the top 10.

[Here](#) you can find the map with my route from the tracking.

What can i say about my own race. I think i started quite well. After a small mistake (30sek) to control 1 i did quite well until the 2nd tv control after the first third of the course. I lost just around 2 minutes to the best times until that point. In the central part of the course while running together with some other teams i already started feeling tired and i had to slow down my speed a little. In the end i was caught and passed by Mora and Södertälje without being able to do anything about it. I think the heavy terrain and the high speed in the central part of the race killed my legs. I did actually a quite good race with totally maybe 1 minute of mistake and one bad route choice but i was not able to run fast enough on that day.

I want to take a look on the two rout choices in the first half of the race.



I think i did a good route choice to number 9 by taking the path to the left and then having a save way in to my control (just follow the slope). I had the 3rd best time on that leg.

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Map showing the Jukola cross-country skiing route. The route is marked with a red line, starting from the top left and ending at the bottom right. The map shows a network of roads and paths, with the red line indicating the specific route taken during the event.