

PWT in Lonigo and the amazing street race in Venezia

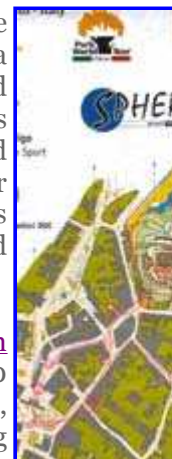


The last weekend I have been on a great trip to Italy. Friday and Saturday this years [Park World Tour](#) were arranged in Alonte and Lonigo and Sunday the amazing street orienteering race was held in Venezia.



Friday a Qualification race for PWT was held among the wine yards and streets in the small village Alone, 80 km west of Venezia. I was already among the top 15 runners that were directly qualified for Saturdays PWT Final, so I took the race as a training not running full speed. Matthias Müller was clearly fastest. [Results](#)

Saturdays PWT Final was held in Lonigo, with a nice course both in the streets, through some wine yards and around a castle on a big hill. I did a good race and finished on a 3rd place, 17 seconds behind Matthias Müller and 3 seconds behind Fracois Gonon. My only big mistake was to the 7th control, where I took a bad route choice and lost 20 seconds to Gonon (who ran to the left) and 15 seconds to Müller (who ran straight on, and than to the right). Worth to notice it that all the 11 best runners are from different nations. Lena Eliasson won the women's class and Elise Egseth finished on a 4th place. [Results](#)



Sunday the traditional [street orienteering race in Venezia](#) was held with as much as 3500 participants. I had never been running there before, and had really been looking forward to the amazing race through all the narrow streets and over the canals.

My performance was good, and I won the race 2 minutes in front of Tuomas Kari from Finland and Fracois Gonon from France. On the 10,6 km long course I used 56 minutes, but according to my GPS-watch I was running 15 km. The race was really tough, both for the legs and the head, and the biggest challenge was to keep the concentration on the intense map reading for so long time while you at the same time had to pass all the tourists in the streets.



Seline Stalder won the women's class in front of Eva Jurenikova and Lena Eliasson, while Elise Egseth : place. [Results](#) and [splits](#) (It is a lot of pages, so it can be smart to search for "M Elite".)

17 Nov 2008 by Øystein

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Maps and pictures from Hungary and Bjørnarløpet in Stjørdal



It's now 10 days since I came home from the training camp in Miskolc in Hungary where the [World Orienteering Championships](#) are going to be held next summer. But the time has gone fast, and you can now finally find [maps from all the trainings](#) and also [maps in better quality from the competitions](#) we where running pluss [pictures from the whole week in Mickolc](#).



My shape was not the best after a long season, but it was still a really good training camp. The organizers arranged all training as is should have been a competition, with high quality on all important elements. The trainings the first day where just over the boarder to Slovakia, in relevant terrain for the Long distance Final. On some of the trainings we where testing route choices and I was therefore not always running where I thought was fastest.

