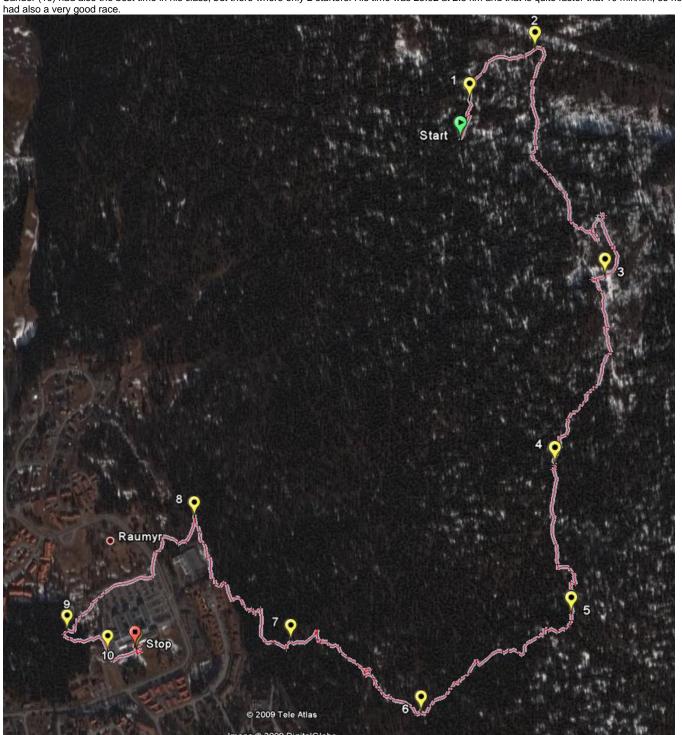
My first victory!

Went to Kongsberg today and was running the 'høstløpet', and managed to get my first victory today. It must be said that the class was H17C (MC) which is a beginnersclass for adults. So the route is not very difficult or very long. It was 3.3 km, but the cource was a little bit harder than other races from earlier this year. The GPS profile is shown below. I was running almost flawless to the 3rd controll, which I was turning a little too early. Actually I was running straigth against the control, but was uncertain and took a little round before I was running further and into the control. From there the rest was Ok, and I was 3 min. ahead of nbr 2. Results

More worse is that I had told my friends that I would go for the H40 (M40) class when I wond my first Mc race. I did'nt count for that to happen so soon, so I not shur if I will hold that promise. I not ready yet.

An another nice thin was that Silje (13) ended as nbr 6 in her class and se a personal best speed at 11.45 min/km. That is aprox 1-2 min. better that before, so she had a good day today

Sander (10) had also the best time in his class, but there where only 2 starters. His time was 25.02 at 2.8 km and that is quite faster that 10 min/km, so he had also a very good race



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