

## European Championships in Haifa

Last Friday was one of the main goal of the season 2010 with the European Championships in Israel. It was a hard and hot race...!

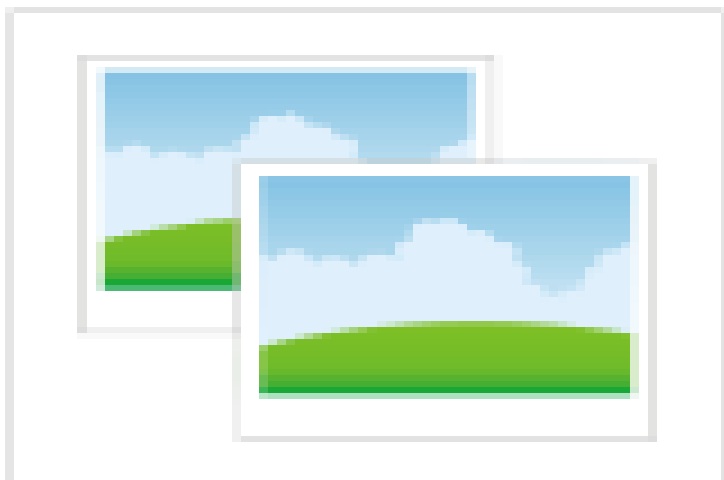
1	4	KULHAVY	Czech Republic	7	02:07:40	-
2	3	FALCKIGER	Switzerland	7	02:08:20	40
3	9	COMTE	Italy	7	02:09:17	01:37
4	5	SAUSER	Switzerland	7	02:09:52	02:12
5	2	ERRASTI	Spain	7	02:10:03	02:23
6	16	SOBKOP	Austria	7	02:10:50	03:10
7	22	CHRISTEN Liam	Great Britain	7	02:11:34	03:54
8	12	LEJARRETA	Spain	7	02:12:04	04:24
9	17	GUJAN Martin	Switzerland	7	02:12:08	04:28
10	1	NAF Ralph	Switzerland	7	02:12:09	04:29

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On Monday i travelled with the national team to Haifa. So I had enough time to practise on the course and to acclimate to the high temperature. From watching other categories I expected a long and hard race. My tactic was to find the own rhythm and to do my own race to not overheat. In the first three laps I rode in the position between 3 and 6. I felt good and get my speed. Seven laps we had to do. Then there were three laps to go and i started to suffer more and more. Some riders passed me and I had to fight to stay in the Top10. At the end I crossed the finish line with a long sprint in 9th position. I'm satisfied with that. Ok, a medal would be nicer but with the circumstances I had in spring it's ok.

There is no time to relax. Next week is already the Swiss Championships in Gränichen.

Complete [results](#)

[Pics](#)

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