

Clear Decisions in the Sandstone Rocks on the JEC Long Distance Courses

The long distance race of the Junior European Cup showed today that the courses in all four classes were of a very selective nature and lead to distinct intervals even between the winners of the first places. Mainly those nations who already divided yesterday's sprint medals amongst themselves were successful on the physically extremely demanding courses through the sandstone rocks around the peaks of Katzstein and Lampertstein.

The terrain, which was already known from the 2004 World Cup Finals, asked mainly for finding solutions to two problems: making the right route decisions on the long legs over various stretched ridges and the valleys between them as well as ensuring safe fine orientation through the difficult sandstone formations of Katzstein and Lampertstein. To aggravate the situation, last week's early onset of winter resulted in reduced runnability in some areas due to snow breakage. The Norwegian runners and the team from Czech Republic, which was traded as the favourite in the run-up to the competition, managed this with the most success and thus they were able to gain ground in the nations ranking compared to the Swiss runners which again showed a strong performance. Two starters – Emma Klingenberg (W18) from Denmark and Mattias Kyburz (M20) from Switzerland – were able to repeat their success from the sprint yesterday. The final relay race on Sunday, which will be held in the same terrain as the long distance race, will determine which one of only three teams – Switzerland, Norway and Czech Republic – will be able to win the JEC nations ranking.

Women-18 (5.9km / 230m climb / 20C)

1 st	Emma Klingenberg	DEN	53:36
2 nd	Ingjerd Myhre	NOR	56:14
3 rd	Jana Valesova	CZE	57:22

Women-20 (7.3km / 310m climb / 25C)

1 st	Anastasia Tikhonova	RUS	65:51
2 nd	Fiona Kirk	SUI	67:47
3 rd	Zenia Hejlskov Mogensen	DEN	70:13

Men-18 (9.1km / 375m climb / 25C)

1 st	Eskil Kinneberg	NOR	63:28
2 nd	Pavel Kubat	CZE	64:59
3 rd	Jan Petrzela	CZE	65:40

Men-20 (10.0km / 470m climb / 27C)

1 st	Matthias Kyburz	SUI	68:47
2 nd	Milos Nykodym	CZE	70:55
3 rd	Søren Bobach	DEN	72:23

Junior European Cup Nations Ranking

1 st	Switzerland	78 points
2 nd	Norway	91 points
3 rd	Czech Republic	97 points

Website: <http://jec2009.de/>