

## ITRA-World-Meeting-Trail World Championships -CSP

Von Karsten Nolte

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By Karsten Nolte ~ Posted So, 07/01/2018 - 20:39

This year i had the great opportunity to meet members of the ITRA at our World-Meeting in Spain.

In Benicassim i stayed in the same Hotel with the National-teams of the World-Championchips, witch was a very good experienc, and a good opportunity to get in touch with the international sportlers and our german national team.

I had also the opprtunity to visit the Sport-Congress of Ultra-Running in Castellon de la Plena.



Program of the Trail-Running-Medicine-Congress.

[www.congresoultrail.com/program](http://www.congresoultrail.com/program)

I visited also the opening-Ceremony of the WTC, with a very warm welcome of the athletes.



Some local performance-artist gave a great show.

All National-Teams got a great welcome from the publicum.

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Veröffentlicht auf Karsten Niels O. Nolte (<http://www.karstenmolte.eu>)

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Our German-National-Team

Results:

[penyagolosatrails.com/en/](http://penyagolosatrails.com/en/)

After some ITRA-Meetings i had to move my body, and i took a CSP-Route over 108 km

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The start was at 00:00 at night, but the City was full of people.  
As i´m not very fast , had to run two nights, but i enjoyed it.  
I was very enthuseastic at day and night.

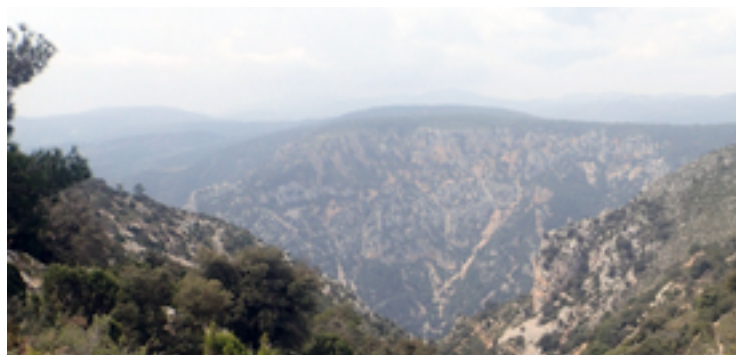
[penyagolosatrails.com/en/csp/](http://penyagolosatrails.com/en/csp/)

It was a very heavy up and down with a lot of stones and roots.  
The second night cold and rainy because we were in the mountains.





Running down over rock



New´s of the ITRA-Meeting:

[itra.run/](http://itra.run/)

**Quellen-URL:**

<http://www.karstenmolte.eu/myblog/itra-world-meeting-trail-world-championships-csp>