

ITRA-World-Meeting-Trail World Championships -CSP

Von Karsten Nolte

Erstellt 07/01/2018 - 20:39

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

I visited also the opening-Ceremony of the WTC, with was 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.

ITRA-World-Meeting-Trail World Championships -CSP

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



Our German-National-Team

Results:

penyagolosatrails.com/en/

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

ITRA-World-Meeting-Trail World Championships -CSP

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



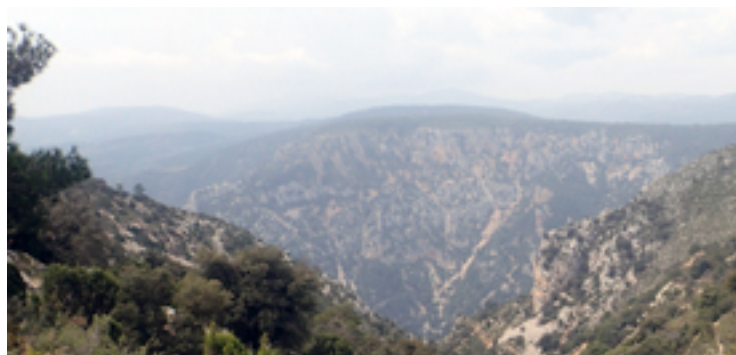
The start was at 00:00 at night, but the City was full of people.
As i´m not very fast , had to run two nights, but i enjoyed it.
I was very enthuseastic at day and night.

penyagolosastrails.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/

Quellen-URL:

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