

# **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-Championships, which was a very good experience, and a good opportunity to get in touch with the international sportlers and our german national team.

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



Program of the Trail-Running-Medicine-Congress.

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

I visited also the opening-Ceremony of the WTC, witsh was a very warm welcome of the athlets.



Some local performance-artist gave a great show.

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



Our German-National-Te

Results:

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

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



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  
was very enthusiastic 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 rocks  
the second night cold and rainy because we



Running down over rocks



New's of the ITRA-Meeting:

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

**Quellen-URL:**

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