



(./user/wei.de.ultra) Wei De (./user/wei.de.ultra)

5th finish of the Chiemgauer 100, so now i ran 500 Kilometers around Ruhpolding. Partially new c ourse due to bad weather in the winter and the usual start being under construction. Course was \boldsymbol{r} oughly 107km and 4700m vertical gain. Four times I had great weather, hot and sunny. Saturday $\,$ was torrential downpour, two thunderstorms. I still enjoyed myself fully. I ran 14,5 hours for 5th pla $\,$ ce, i think another half hour might be possible, but only just. I love this race because it has such a family like feeling, my wife can support me at some aid stations and the course is challenging. I wil I be back for a 6th time and hope to have my 10th finish when I turn 40. #chiemgauer100 (./hasht ag/chiemgauer100) #mountainrunning (./hashtag/mountainrunning) #uphillathlete (./hashtag/ uphillathlete) #moremilesmoresmiles (./hashtag/moremilesmoresmiles) #running100k (./hash tag/running100k) #trailrunning (./hashtag/trailrunning) #sauconyperegrineiso (./hashtag/sauc onyperegrineiso) #lovethepain (./hashtag/lovethepain) _official #sanfranciscorunningcompany (./hashtag/sanfranciscorunningcompany)

♀ Chiemgau Arena (https://instagramwebs.com/location/chiemgau-arena/343242245)



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