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 opportunety 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 opportunety to get in touch with the international sportlers and our german national team.

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



Program of the Trail-Running-Medicine-Congress.

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/

After some ITRA-Meetings i had to move my body, and i t
CSP-Route over 108 k



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

penyagolosatrails.com/en/csp/

It was a very heavy up and down with a lot of stones and r
the second night cold and rainy because we



Running down over rock



New´s of the ITRA-Meeting:

itra.run/

Quellen-URL: http://karstennolte.eu/myblog/itra-world-meeting-trail-world-championships-csp