

Kobold-Ultra-Trailrun 2018

Von *Karsten Nolte*

Erstellt 12/13/2018 - 17:12

By Karsten Nolte ~ Posted Do, 12/13/2018 - 17:12

It was a special day this year to celebrate my birthday. On the trail! I had the luck to get a slot of the Kobold race in Germany.

After some years i had the luck to come back to my second home, Nordrhein-Westfalen.

The Trailrun goes from Koblenz to Bonn on the Rheinsteig-Wanderweg. A 140km run.



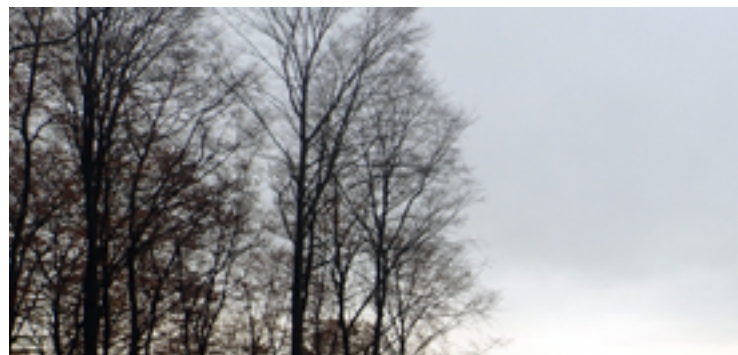
Koblenz/ River Rhine , Start of the Race

Kobold-Ultra-Trailrun 2018

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



Start of the Race at the former Bundes



Kobold-Ultra-Trailrun 2018

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



Last minutes before sunset...the first two checkpoints are ca. 36km away...enough water and food are very important.

Then the night comes. Running from 5pm to 8am needs good batteries. But the support is excellent! Even a beer to celebrate my birthday! Thank's so much!



Next morning. Not far to the Finish...



Because of the possibility to make a short cut before the finish every runner has to take a photo of himself ("Pflichtfoto")

in front of this building...



o.k., here i´m!



At the end...i´m a finisher, after 24:...hours running... relaxing later at the Christmasmarket in Cologne...with a glass of warm "Punsch"

Kobold-Ultra-Trailrun 2018

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

KoBoLT 140 KM

| | | |
|-----|-------------|----------|
| VP1 | RENGSDORF | - KM 37 |
| VP2 | ARIENHELLER | - KM 71 |
| VP3 | ERPELER LEY | - KM 90 |
| VP4 | RHÖNDORF | - KM 115 |

KLEINER KoBoLT 99 KM

| | | |
|-----|-------------|---------|
| VP1 | ARIENHELLER | - KM 34 |
| VP2 | ERPELER LEY | - KM 52 |
| VP3 | RHÖNDORF | - KM 77 |

AUGE UM AUGE 73KM

| | | |
|-----|-----------------------|---------|
| VP1 | RHÖNDORF | - KM 22 |
| | AUGE GOTTES (SELFIE)- | KM 36,5 |
| VP2 | RHÖNDORF | - KM 51 |