

Longdistance Hamburg 2017

Von *Karsten Nolte*

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The new Sportsyear start's now...

After some years of doing a lot of Trailrunning, i will try again a Longdistance Triathlon, this year the first time in Hamburg.

You can follow my training at:

www.movescount.com/de/members/member965104-Karsten1

Quellen-URL: <https://karstenmolte.eu/myblog/longdistance-hamburg-2017>