

## Challenge 2017: walk1000miles

Charity walk for children's cancer ward at the UKE, Hamburg

total miles 2017: 439,4		2.156,19		EUR total donations so far for children's cancer ward	
km: 707,1					
date	km	miles	overall miles covered	am I ahead / behind daily average? *	comment
01.01.2017	4,5	2,8	2,8	0,1	run
02.01.2017			2,8	-2,7	
03.01.2017	4,0	2,5	5,3	-2,9	city walk
04.01.2017			5,3	-5,7	
05.01.2017	7,5	4,7	9,9	-3,8	lunchtime with the girls; evening alone
06.01.2017	7,0	4,3	14,3	-2,1	run, -5°, brrrr...
07.01.2017	8,0	5,0	19,3	0,1	city walk(s)
08.01.2017	3,0	1,9	21,1	-0,8	extra long morning walk to the bakery
09.01.2017	6,1	3,8	24,9	0,3	<a href="#">short hike@night</a>
10.01.2017	7,6	4,7	29,6	2,2	<a href="#">another hike@night (waiting for spring...)</a>
11.01.2017	2,9	1,8	31,4	1,3	very brief walk in stormy, rainy weather - not fun
12.01.2017			31,4	-1,4	
13.01.2017	10,3	6,4	37,8	2,2	<a href="#">let it snow, let it snow, let it snow...</a>
14.01.2017			37,8	-0,5	
15.01.2017	9,5	5,9	43,7	2,6	<a href="#">Sunday afternoon - Bye Bye weekend</a>
16.01.2017			43,7	-0,1	
17.01.2017	3,0	1,9	45,6	-1,0	relaxed lunchtime stroll
18.01.2017	5,7	3,5	49,2	-0,2	late night walk - cold but dry, all fine
19.01.2017			49,2	-2,9	
20.01.2017	8,2	5,1	54,2	-0,5	<a href="#">great brief morning hike</a>
21.01.2017	16,1	10,0	64,2	6,7	<a href="#">wonderful Saturday afternoon hike</a>
22.01.2017	4,1	2,5	66,8	6,5	very short run@night; achilles tendons fine - yippie!
23.01.2017	3,5	2,2	69,0	6,0	a bit of lunchtime walking
24.01.2017	9,5	5,9	74,9	9,1	<a href="#">late evening hike, nice one</a>
25.01.2017			74,9	6,4	
26.01.2017	6,4	4,0	78,9	7,6	late night walk; stars, cold, gps in mobile going bonkers
27.01.2017			78,9	4,9	
28.01.2017	11,6	7,2	86,1	9,3	<a href="#">sunny afternoon, enjoying the sunshine</a>
29.01.2017			86,1	6,6	
30.01.2017			86,1	3,9	
31.01.2017			86,1	1,1	
01.02.2017	9,5	5,9	92,0	4,3	<a href="#">late evening tour</a>
02.02.2017	3,4	2,1	94,1	3,7	clueless (and gps-less) stroll during lunchtime
03.02.2017	4,9	3,0	97,1	4,0	<a href="#">no surprise - an evening walk...</a>
04.02.2017			97,1	1,2	
05.02.2017	9,7	6,0	103,1	4,5	<a href="#">Sunday late afternoon hike (gps going crazy end of tour)</a>
06.02.2017			103,1	1,8	
07.02.2017	3,8	2,4	105,5	1,4	late morning / early lunch walk
08.02.2017	7,5	4,7	110,2	3,3	<a href="#">another evening walk...</a>
09.02.2017	4,8	3,0	113,2	3,6	<a href="#">what a change: morning instead of evening walk!</a>
10.02.2017			113,2	0,8	
11.02.2017	8,6	5,3	118,5	3,4	<a href="#">Saturday night - what else is there to do but walk? ;-)</a>
12.02.2017	6,2	3,9	122,3	4,5	afternoon walk with the kids (they cycled...)
13.02.2017			122,3	1,8	
14.02.2017			122,3	-0,9	
15.02.2017	4,8	3,0	125,3	-0,7	brief walk before starting work
16.02.2017	10,7	6,6	132,0	3,2	<a href="#">after work round Aussen- and Binnenalster, Hamburg</a>
17.02.2017			132,0	0,5	
18.02.2017			132,0	-2,3	
19.02.2017			132,0	-5,0	
20.02.2017	5,1	3,2	135,1	-4,6	extended lunchtime stroll - raining, how wonderful...
21.02.2017			135,1	-7,3	
22.02.2017	8,5	5,3	140,4	-4,8	<a href="#">late evening, once again, and still smiling</a>
23.02.2017			140,4	-7,5	
24.02.2017	5,8	3,6	144,0	-6,7	<a href="#">a not too early Good Morning walk</a>
25.02.2017	15,2	9,4	153,5	0,1	<a href="#">sunshine at the start, turned into rain</a>
26.02.2017	11,5	7,1	160,6	4,5	<a href="#">let it rain down on me</a>

\* to complete 1.000 miles in one year, I'd need to walk 2,74 miles/day;  
this column shows whether I am (kind of) on track or not with my total mileage

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27.02.2017	5,1	3,2	163,8	4,9	morning walk with no gps and - yes - no rain!
28.02.2017	10,9	6,8	170,6	8,9	<a href="#">sunshine, rain, hail - what an extended lunchbreak</a>
01.03.2017			170,6	6,2	
02.03.2017			170,6	3,4	
03.03.2017			170,6	0,7	
04.03.2017	5,5	3,4	174,0	1,4	<a href="#">midnight walk - no ghosts near Schloss Ahrensburg...</a>
05.03.2017			174,0	-1,4	
06.03.2017			174,0	-4,1	
07.03.2017			174,0	-6,8	
08.03.2017			174,0	-9,6	
09.03.2017	5,9	3,7	177,6	-8,7	late night walk, after all the rain - what a muddy evening
10.03.2017			177,6	-11,4	
11.03.2017	6,4	4,0	181,6	-10,2	<a href="#">brief Saturday afternoon stroll, sun out - finally</a>
12.03.2017	6,2	3,9	185,5	-9,0	<a href="#">afternoon in Travemuende, Baltic Sea, sunshine</a>
13.03.2017			185,5	-11,8	
14.03.2017	13,2	8,2	193,7	-6,3	<a href="#">long evening walk - in the rain; oh well...</a>
15.03.2017	3,0	1,9	195,5	-7,2	slow and relaxed lunchtime walk
16.03.2017			195,5	-9,9	
17.03.2017	5,1	3,2	198,7	-9,5	<a href="#">at night, in the rain, no comment</a>
18.03.2017			198,7	-12,2	
19.03.2017	5,5	3,4	202,1	-11,6	<a href="#">200 miles completed - yes! Only 4/5 left...</a>
20.03.2017	14,9	9,3	211,4	-5,0	long walk after work, nice one despite some rain
21.03.2017			211,4	-7,8	
22.03.2017	3,5	2,2	213,6	-8,4	very relaxed lunchtime stroll
23.03.2017	10,7	6,6	220,2	-4,4	late afternoon walk with daughter, plus night walk alone
24.03.2017	8,9	5,5	225,7	-1,7	roaming around in Hamburg (Schanze, Landungsbrücken)
25.03.2017	4,9	3,0	228,8	-1,3	<a href="#">Travemuende (again), with kids; beach, sun, fun</a>
26.03.2017	10,4	6,5	235,3	2,4	round Aussenalster, plus some more km with family
27.03.2017	7,7	4,8	240,0	4,4	very long lunchtime walk; spring arrived
28.03.2017	4,8	3,0	243,0	4,7	<a href="#">late night walk, testing new gps watch - great stuff!</a>
29.03.2017	5,2	3,2	246,2	5,2	<a href="#">first run with (almost) no pains for ages; brief but good</a>
30.03.2017	7,1	4,4	250,7	6,8	<a href="#">late night walk to make it past the 250 ;-)</a>
31.03.2017			250,7	4,1	
01.04.2017			250,7	1,3	
02.04.2017	4,0	2,5	253,1	1,1	Sunday walk(s) with friends and daughter
03.04.2017			253,1	-1,6	
04.04.2017			253,1	-4,4	
05.04.2017	8,9	5,5	258,7	-1,6	<a href="#">storm, a bit of rain - why not? It's been too sunny lately...</a>
06.04.2017			258,7	-4,3	
07.04.2017			258,7	-7,1	
08.04.2017	5,9	3,7	262,3	-6,2	in Hamburg with kids
09.04.2017	11,1	6,9	269,2	-2,0	<a href="#">early morning walk, morning sun</a>
10.04.2017			269,2	-4,7	
11.04.2017	5,5	3,4	272,7	-4,1	<a href="#">another morning walk - am getting used it this ;-)</a>
12.04.2017	3,2	2,0	274,6	-4,8	brief lunchtime stroll
13.04.2017			274,6	-7,5	
14.04.2017	5,8	3,6	278,2	-6,7	<a href="#">one hour in sunshine and rain</a>
15.04.2017	4,3	2,7	280,9	-6,7	<a href="#">first couple of km on Fehmarn (and stormy it was again)</a>
16.04.2017	10,6	6,6	287,5	-2,9	<a href="#">walking around Burg in the afternoon</a>
17.04.2017	15,5	9,6	297,1	4,0	<a href="#">on Fehmarn, along the water/Baltic Sea, simply great</a>
18.04.2017	6,7	4,2	301,3	5,4	<a href="#">slightly longer run than last time - tendons still fine :-)</a>
19.04.2017	12,4	7,7	309,0	10,4	<a href="#">nice relaxed afternoon walk to Burg and back</a>
20.04.2017	7,9	4,9	313,9	12,5	short walks: morning at the beach, evening on the dyke
21.04.2017			313,9	9,8	
22.04.2017			313,9	7,1	
23.04.2017	9,1	5,7	319,6	10,0	<a href="#">evening walk, back in Ahrensburg</a>
24.04.2017	3,6	2,2	321,8	9,5	some lunchtime walking

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25.04.2017			321,8	6,7	
26.04.2017	3,9	2,4	324,2	6,4	short lunchtime stroll
27.04.2017			324,2	3,7	
28.04.2017			324,2	0,9	
29.04.2017			324,2	-1,8	
30.04.2017	7,8	4,8	329,1	0,3	<a href="#">touring around Jarplund in Northern Germany</a>
01.05.2017			329,1	-2,4	
02.05.2017	5,0	3,1	332,2	-2,1	<a href="#">morning walk in boring industrial area</a>
03.05.2017			332,2	-4,8	
04.05.2017			332,2	-7,5	
05.05.2017			332,2	-10,3	
06.05.2017			332,2	-13,0	
07.05.2017	14,4	8,9	341,1	-6,8	<a href="#">finally, some kind of spring</a>
08.05.2017	4,0	2,5	343,6	-7,1	brief walk during kids' swimming lessons
09.05.2017			343,6	-9,8	
10.05.2017	5,5	3,4	347,0	-9,1	longer lunchtime walk in wonderful sunshine
11.05.2017			347,0	-11,9	
12.05.2017			347,0	-14,6	
13.05.2017	8,7	5,4	352,4	-11,9	<a href="#">Saturday night walk, starry night, getting warmer</a>
14.05.2017	5,7	3,5	356,0	-11,1	bad one: abandoned run, lower leg and tendons hurt :-)
15.05.2017	5,5	3,4	359,4	-10,5	<a href="#">evening walk, nice and warm - finally</a>
16.05.2017	6,8	4,2	363,6	-9,0	<a href="#">and now a morning walk, great despite some rain</a>
17.05.2017			363,6	-11,7	
18.05.2017	6,2	3,9	367,5	-10,6	<a href="#">midnight walk, why not...</a>
19.05.2017	4,0	2,5	370,0	-10,8	brief lunchtime walk, Pflanzen & Blumen
20.05.2017			370,0	-13,6	
21.05.2017	12,4	7,7	377,7	-8,6	<a href="#">t-shirt only - wow, what a change</a>
22.05.2017			377,7	-11,4	
23.05.2017	8,1	5,0	382,7	-9,1	<a href="#">lunchtime plus evening walks; two short ones combined</a>
24.05.2017			382,7	-11,8	
25.05.2017	18,7	11,6	394,3	-2,9	<a href="#">father's day afternoon walk, wonderful</a>
26.05.2017			394,3	-5,7	
27.05.2017	8,0	5,0	399,3	-3,4	<a href="#">various beach walks in Sank Peter-Ording/-Bad</a>
28.05.2017	4,5	2,8	402,1	-3,4	some more walking on the beach
29.05.2017	5,5	3,4	405,5	-2,7	<a href="#">had to abandon run again; Good Bye Running! :-)</a>
30.05.2017			405,5	-5,4	
31.05.2017			405,5	-8,2	
01.06.2017			405,5	-10,9	
02.06.2017			405,5	-13,7	
03.06.2017	6,0	3,7	409,2	-12,7	<a href="#">some walking with the kids (summer cottage, DK)</a>
04.06.2017	15,3	9,5	418,8	-5,9	<a href="#">from Mommark to summer cottage, plus 2km with kids</a>
05.06.2017			418,8	-8,6	
06.06.2017	6,8	4,2	423,0	-7,2	<a href="#">exactly the same as on 16.May - great morning walk</a>
07.06.2017			423,0	-9,9	
08.06.2017	4,5	2,8	425,8	-9,8	lunchtime walk in Pflanzen & Blumen
09.06.2017			425,8	-12,6	
10.06.2017	9,4	5,8	431,6	-9,5	<a href="#">wonderful walk in the woods</a>
11.06.2017	12,5	7,8	439,4	-4,5	<a href="#">great Sunday afternoon walk near Ahrensburg</a>

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