

Challenge 2017: walk1000miles

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

total miles 2017: 749,0		3.464,44		EUR total donations so far for children's cancer ward	
km: 1.205,3					
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	short hike@night
10.01.2017	7,6	4,7	29,6	2,2	another hike@night (waiting for spring...)
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	let it snow, let it snow, let it snow...
14.01.2017			37,8	-0,5	
15.01.2017	9,5	5,9	43,7	2,6	Sunday afternoon - Bye Bye weekend
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	great brief morning hike
21.01.2017	16,1	10,0	64,2	6,7	wonderful Saturday afternoon hike
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	late evening hike, nice one
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	sunny afternoon, enjoying the sunshine
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	late evening tour
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	no surprise - an evening walk...
04.02.2017			97,1	1,2	
05.02.2017	9,7	6,0	103,1	4,5	Sunday late afternoon hike (gps going crazy end of tour)
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	another evening walk...
09.02.2017	4,8	3,0	113,2	3,6	what a change: morning instead of evening walk!
10.02.2017			113,2	0,8	
11.02.2017	8,6	5,3	118,5	3,4	Saturday night - what else is there to do but walk? ;-)
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	after work round Aussen- and Binnenalster, Hamburg
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	late evening, once again, and still smiling
23.02.2017			140,4	-7,5	
24.02.2017	5,8	3,6	144,0	-6,7	a not too early Good Morning walk
25.02.2017	15,2	9,4	153,5	0,1	sunshine at the start, turned into rain
26.02.2017	11,5	7,1	160,6	4,5	let it rain down on me

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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	sunshine, rain, hail - what an extended lunchbreak
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	midnight walk - no ghosts near Schloss Ahrensburg...
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	brief Saturday afternoon stroll, sun out - finally
12.03.2017	6,2	3,9	185,5	-9,0	afternoon in Travemuende, Baltic Sea, sunshine
13.03.2017			185,5	-11,8	
14.03.2017	13,2	8,2	193,7	-6,3	long evening walk - in the rain; oh well...
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	at night, in the rain, no comment
18.03.2017			198,7	-12,2	
19.03.2017	5,5	3,4	202,1	-11,6	200 miles completed - yes! Only 4/5 left...
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	Travemuende (again), with kids; beach, sun, fun
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	late night walk, testing new gps watch - great stuff!
29.03.2017	5,2	3,2	246,2	5,2	first run with (almost) no pains for ages; brief but good
30.03.2017	7,1	4,4	250,7	6,8	late night walk to make it past the 250 ;-)
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	storm, a bit of rain - why not? It's been too sunny lately...
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	early morning walk, morning sun
10.04.2017			269,2	-4,7	
11.04.2017	5,5	3,4	272,7	-4,1	another morning walk - am getting used it this ;-)
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	one hour in sunshine and rain
15.04.2017	4,3	2,7	280,9	-6,7	first couple of km on Fehmarn (and stormy it was again)
16.04.2017	10,6	6,6	287,5	-2,9	walking around Burg in the afternoon
17.04.2017	15,5	9,6	297,1	4,0	on Fehmarn, along the water/Baltic Sea, simply great
18.04.2017	6,7	4,2	301,3	5,4	slightly longer run than last time - tendons still fine :-)
19.04.2017	12,4	7,7	309,0	10,4	nice relaxed afternoon walk to Burg and back
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	evening walk, back in Ahrensburg
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	touring around Jarplund in Northern Germany
01.05.2017			329,1	-2,4	
02.05.2017	5,0	3,1	332,2	-2,1	morning walk in boring industrial area
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	finally, some kind of spring
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	Saturday night walk, starry night, getting warmer
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	evening walk, nice and warm - finally
16.05.2017	6,8	4,2	363,6	-9,0	and now a morning walk, great despite some rain
17.05.2017			363,6	-11,7	
18.05.2017	6,2	3,9	367,5	-10,6	midnight walk, why not...
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	t-shirt only - wow, what a change
22.05.2017			377,7	-11,4	
23.05.2017	8,1	5,0	382,7	-9,1	lunchtime plus evening walks; two short ones combined
24.05.2017			382,7	-11,8	
25.05.2017	18,7	11,6	394,3	-2,9	father's day afternoon walk, wonderful
26.05.2017			394,3	-5,7	
27.05.2017	8,0	5,0	399,3	-3,4	various beach walks in Sank Peter-Ording/-Bad
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	had to abandon run again; Good Bye Running! :-)
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	some walking with the kids (summer cottage, DK)
04.06.2017	15,3	9,5	418,8	-5,9	from Mommark to summer cottage, plus 2km with kids
05.06.2017			418,8	-8,6	
06.06.2017	6,8	4,2	423,0	-7,2	exactly the same as on 16.May - great morning walk
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	wonderful walk in the woods
11.06.2017	12,5	7,8	439,4	-4,5	great Sunday afternoon walk near Ahrensburg
12.06.2017			439,4	-7,2	
13.06.2017	5,1	3,2	442,6	-6,8	a bit of morning walking...
14.06.2017	4,5	2,8	445,3	-6,7	another lunchtime spent at Pflanzen & Blumen
15.06.2017			445,3	-9,4	
16.06.2017			445,3	-12,2	
17.06.2017			445,3	-14,9	
18.06.2017			445,3	-17,7	
19.06.2017	6,5	4,0	449,4	-16,4	22° at 22:30h - wow, what a joy!
20.06.2017	6,0	3,7	453,1	-15,4	my Tuesday morning walk, great stuff in summer

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21.06.2017	5,0	3,1	456,2	-15,0	Planten & Blomen lunchtime walk
22.06.2017	4,5	2,8	459,0	-15,0	another lunchtime spent at Planten & Blomen
23.06.2017			459,0	-17,7	
24.06.2017			459,0	-20,4	
25.06.2017	10,8	6,7	465,7	-16,5	Sunday afternoon, wet and humid
26.06.2017			465,7	-19,2	
27.06.2017	6,0	3,7	469,5	-18,2	usual Tuesday morning 1h-tour
28.06.2017	10,0	6,2	475,7	-14,7	humid after the rain, plus lots of unnerving biting midges
29.06.2017			475,7	-17,5	
30.06.2017			475,7	-20,2	
01.07.2017	6,8	4,2	479,9	-18,7	brief walk with daughter (she cycled...)
02.07.2017	11,4	7,1	487,0	-14,4	Sunday afternoon, after the rain
03.07.2017	7,1	4,4	491,4	-12,7	a Monday evening rush
04.07.2017	5,5	3,4	494,8	-12,0	usual Tuesday morning walk, a tiny bit shorter this time
05.07.2017	10,5	6,5	501,3	-8,3	late evening walk past the 500 - YES!
06.07.2017			501,3	-11,0	
07.07.2017			501,3	-13,7	
08.07.2017	29,6	18,4	519,7	1,9	round the Ratzeburger See, great stuff
09.07.2017			519,7	-0,8	
10.07.2017			519,7	-3,6	
11.07.2017	6,0	3,7	523,5	-2,6	Tuesday morning walk, great routine before work ;-)
12.07.2017	6,6	4,1	527,6	-1,2	ooh, getting dark earlier... second half of the year...
13.07.2017	7,0	4,3	531,9	0,4	late evening walk, wonderful summer eve
14.07.2017			531,9	-2,3	
15.07.2017			531,9	-5,1	
16.07.2017			531,9	-7,8	
17.07.2017	18,6	11,6	543,5	1,0	unexpected long Monday afternoon hike - fantastic
18.07.2017	6,0	3,7	547,2	2,0	my Tuesday walk, love the brief break outside
19.07.2017	4,5	2,8	550,0	2,0	lunchtime walk in Planten & Blomen
20.07.2017			550,0	-0,7	
21.07.2017			550,0	-3,4	
22.07.2017			550,0	-6,2	
23.07.2017			550,0	-8,9	
24.07.2017			550,0	-11,7	
25.07.2017	16,3	10,1	560,1	-4,3	afternoon walk with youngest, evening in the rain...
26.07.2017	4,5	2,8	562,9	-4,2	Planten & Blomen lunchtime walk
27.07.2017			562,9	-7,0	
28.07.2017			562,9	-9,7	
29.07.2017	5,8	3,6	566,5	-8,8	long stroll along Baltic Sea coast/beach
30.07.2017			566,5	-11,6	
31.07.2017	5,3	3,3	569,8	-11,0	evening walk with youngest (she cycling)
01.08.2017			569,8	-13,8	
02.08.2017	7,0	4,3	574,2	-12,1	late night rush, partly running - oh well, not good...
03.08.2017			574,2	-14,9	
04.08.2017			574,2	-17,6	
05.08.2017	4,4	2,7	576,9	-17,6	short walk, getting to know camping site surroundings
06.08.2017	4,8	3,0	579,9	-17,4	another brief one, too hot ;-)
07.08.2017	7,9	4,9	584,8	-15,2	afternoon hike along Schweriner See
08.08.2017			584,8	-18,0	
09.08.2017	7,3	4,5	589,3	-16,2	along Schweriner See - in parts like a jungle ;-)
10.08.2017	4,6	2,9	592,2	-16,0	some more walking, covering required daily distance
11.08.2017	6,9	4,3	596,5	-14,5	another walk along Schweriner See
12.08.2017			596,5	-17,2	
13.08.2017			596,5	-20,0	
14.08.2017	6,7	4,2	600,6	-18,5	another bit of walking along the Schweriner See
15.08.2017	35,7	22,2	622,8	0,9	round Schweriner Aussensee (hot, exhausting...)
16.08.2017			622,8	-1,8	

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17.08.2017	5,0	3,1	625,9	-1,5	tried running again - kind of ok...
18.08.2017	5,2	3,2	629,2	-1,0	brief walk along Schweriner See
19.08.2017	5,9	3,7	632,8	-0,1	another run - still ok; great, no pains, no trouble
20.08.2017			632,8	-2,8	
21.08.2017	9,3	5,8	638,6	0,2	walk from Schwerin to Camping Site
22.08.2017	6,3	3,9	642,5	1,4	run no. three and still ok, no pain - great!
23.08.2017	4,7	2,9	645,4	1,6	it's getting boring - another walk along the lake
24.08.2017	5,6	3,5	648,9	2,3	some more walking along the lake
25.08.2017	8,4	5,2	654,1	4,8	run - abandoned, oh no! Slow walk back to camping site
26.08.2017			654,1	2,1	
27.08.2017			654,1	-0,7	
28.08.2017			654,1	-3,4	
29.08.2017			654,1	-6,1	
30.08.2017	5,0	3,1	657,2	-5,8	after hols, finally, Planten & Blomen again ;-)
31.08.2017	5,5	3,4	660,7	-5,1	evening walk in Ahrensburg - in the dark
01.09.2017			660,7	-7,8	
02.09.2017			660,7	-10,6	
03.09.2017	10,3	6,4	667,1	-6,9	Sunday evening tour in Ahrensburg
04.09.2017			667,1	-9,7	
05.09.2017			667,1	-12,4	
06.09.2017			667,1	-15,1	
07.09.2017			667,1	-17,9	
08.09.2017			667,1	-20,6	
09.09.2017			667,1	-23,4	
10.09.2017			667,1	-26,1	
11.09.2017	13,2	8,2	675,3	-20,6	morning and late afternoon tours - rain and sunshine...
12.09.2017	16,4	10,2	685,4	-13,2	what a day - morning, lunchtime and late afternoon walk
13.09.2017			685,4	-15,9	
14.09.2017			685,4	-18,7	
15.09.2017	6,6	4,1	689,5	-17,3	late evening walk in dark and deserted Ahrensburg
16.09.2017	9,7	6,0	695,6	-14,0	walk to Wulfsdorf, potatoe festival, and back home
17.09.2017	16,6	10,3	705,9	-6,4	nice sunny Sunday afternoon walk
18.09.2017			705,9	-9,2	
19.09.2017			705,9	-11,9	
20.09.2017			705,9	-14,7	
21.09.2017			705,9	-17,4	
22.09.2017	4,6	2,9	708,7	-17,3	lunchtime rush in Planten & Blomen
23.09.2017	6,3	3,9	712,7	-16,1	relaxed Saturday afternoon walk with a friend
24.09.2017	9,2	5,7	718,4	-13,1	Sunday afternoon - autumn sunshine walk
25.09.2017			718,4	-15,9	
26.09.2017	6,2	3,9	722,2	-14,8	fast one hour morning walk (rush)
27.09.2017	7,9	4,9	727,1	-12,6	late evening tour - all dark again...
28.09.2017	4,2	2,6	729,8	-12,7	45mins in Planten & Blomen, leaves falling
29.09.2017	7,4	4,6	734,3	-10,9	La Rochelle - first evening walk in city centre
30.09.2017	12,3	7,6	742,0	-6,0	La Rochelle - some more walking and checking out city
01.10.2017	11,2	7,0	749,0	-1,7	La Rochelle - city and harbour walks, start of Mini Transat

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