



[geertpaelinck](#)



And here we are!

2 hours before my start at the [#Chiemgauer100](#)

Blazing temperatures of 35° and a 100 miles to run through the beautiful Chiemgau Alps is what is on the agenda.

Time to show some grit!

If you want to follow my journey, you can do that on <http://chiemgauer100.legendstracking.com>

After 160km, 7200hm and 32hours I finally reached the finish at 9pm yesterday. Only 9 of about 50 reached the finish in tough conditions. Hottest day of the year ☀️ The extreme heat, no sleep and overall fatigue were not so bad for me really but huge blisters slowed me down a lot in the last third of the race.

Huge thanks to my amazing support crew [@aufgehtslu](#) I couldn't have done it without you 😊

How about third place!

Friday 3 pm...after 8 months of training, finally the start of the Chiemgauer100 [#100miles](#) .

Before me stood 2 days of running with 35°C 😬 not the temperatures I had hoped for.

As I started in my time slot with 4 other runners, we run like a well oiled machine. Running at a very decent pace, but not something I could keep up continuously. So I let them go and take it easy, we still have a long way to go!

As the sun was setting, it blazed at full force and for 2-3 hours had a massive headache due to the sun. Legs felt like spaghetti and every step was hard.

Only 30k into the race and I'm already completely beat up?

At this point I started thinking of just giving up. I already encountered 2 others on my way who did exactly that, which had a negative impact on my moral.

At kilometer 40 I took a longer break, evaluating how my body is reacting and my what I was going to do...quit or proceed?

The temperatures cooled down and the night was about to kick in.

Took out my headtorch, ready to face the night.

"I will run until the morning and then give up, not another day in these blazing temperatures"

A line I kept repeating throughout the night.

But there is something about night running that really intrigues me. The solitude, the silence, the beautiful night sky. I stopped at regular times, turned off my headtorch, looked up and be in awe of all the stars I could see. 🌌

Arriving at Ruhpolding again, kilometer 91. This is where I call it a day!

But, that idea didn't count on some other runners I met at the aid stations along the way. Convincing me to move on as they would and see how far we can go.

And as I saw the audience applauding when someone left for the 2nd loop, it struck me...how could I refuse that!

Freshened up, gathered my strenght and off I went to fight another day.

Simultaneously my biggest nemesis woke up, the sun! Ready to add some more difficulty to the already big task.

"It is what it is!" A phrase that stuck to me like glue.

Running, cursing, laughing, more cursing, hallucinating and drinking loads and loads of water defines the latter part of the race.

Met a lot of new people in this part and as we had the same pace, we motivated each other to move forward.

At the aid station Maria Eck, I left them behind to finally end this struggle. I knew I was going to miss the cut off time for the last mountain. Forcing me to go the shortened version of 146k.

And so I finished, in the mids of a thunderstorm, clocking sub 30 hours for 146k!

To my surprise, I came in third for this distance 😊

