



[kirschbaummax](#)



Back in competition!

[@chiemgauerhundert](#) hot, long, steep, fast and sometimes technical. 100km /4800hm. I crashed hard on the downhill from Hörndelwand with more than 60km to go. After that my hip hurts so much that I thought I had to quit. But still 30km later there was a chance to catch [@matkrah](#) in the lead but it was impossible for me. Congrats him for the victory! Under this conditions I'm totally happy with the 2nd place in 12:27:10h

Tom Wagner

how to survive a 100 Miles in the heat 🤔?

Drink, eat, cool off, repeat!!!

And don't forget to do the left, right, left, etc. in between 😊

Lucky me for „enjoying“ the 100 Miles but not taking too much time to the finish line...

...22:09hrs was an OK Time for the conditions and was fortunate to be pushed by @florianprobst!

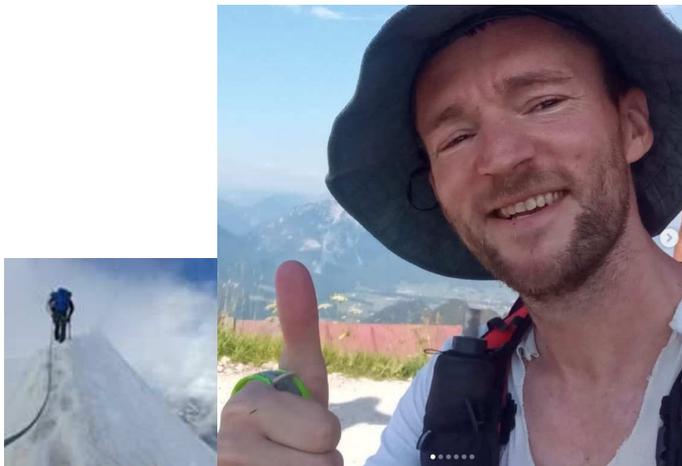
Thanks for the awesome times on the trails!

THnX to my crew (@silke.buzzi) for keeping me going and thanks to all of you, making that race that familiar 😊👏

@chiemgauerhundert turned out to be a valuable @wser training as the heat made it a little tougher than usual! 🤔

...what a privilege to race in 2020 and even more so in such an atmosphere, thanks to the organization around Gi for putting on such an event.

Thanks so much to @summitsforthesoul for capturing the essence of running long 😊 @ Chiemgauer Alpen



peakrunpeak

I got a confirmed spot for the @chiemgau 100 Mile (160km) mountain race next week Friday. Yay 🥳

The top of the mountain in the 2nd pic is at about 100km of the race. Pic 3 shows the highest point of the race course, about 20km before the finish.

The times spent in the mountains this year and connecting with loved ones and nature, has been amazing.

I put in a crazy amount of time over the last months to run over 2000km mostly in the mountains with 50000m of elevation gain.

My goal will be to reach the finish line within the 34hour cut-off time. I'll be posting about some last minute preparations and perhaps about the progress of the race next week Friday

🏃 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 😊