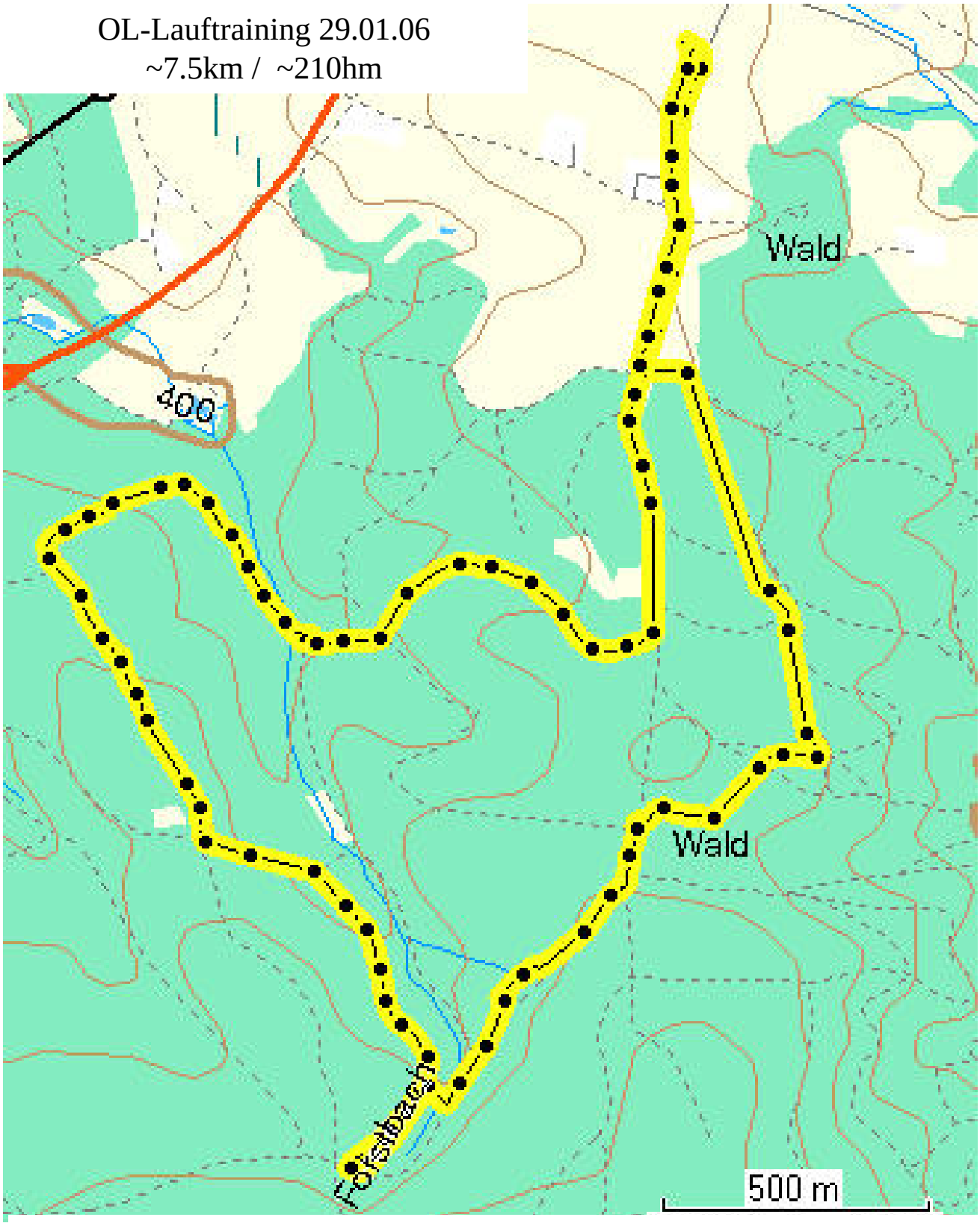OL-Lauftraining 29.01.06
~7.5km / ~210hm