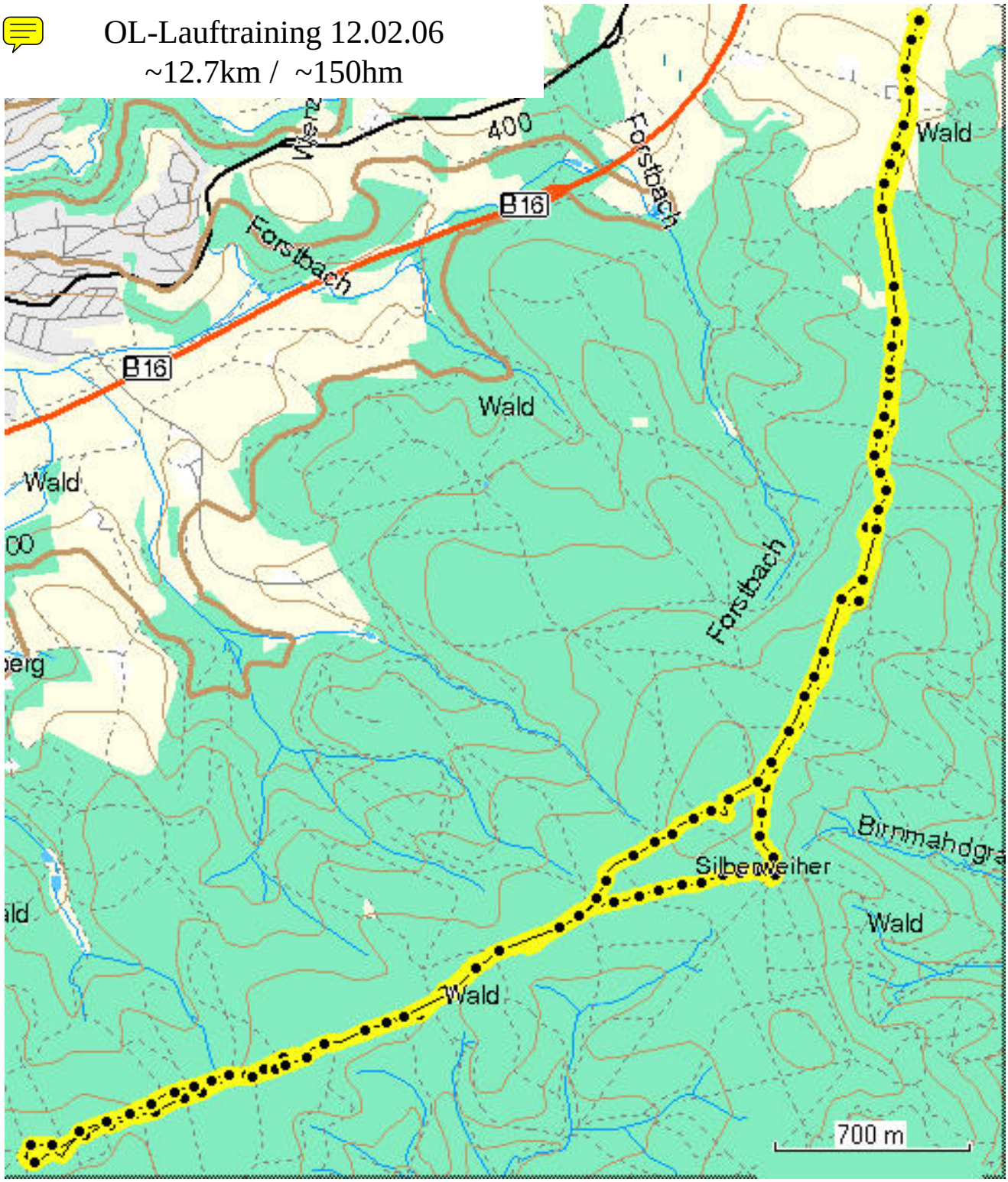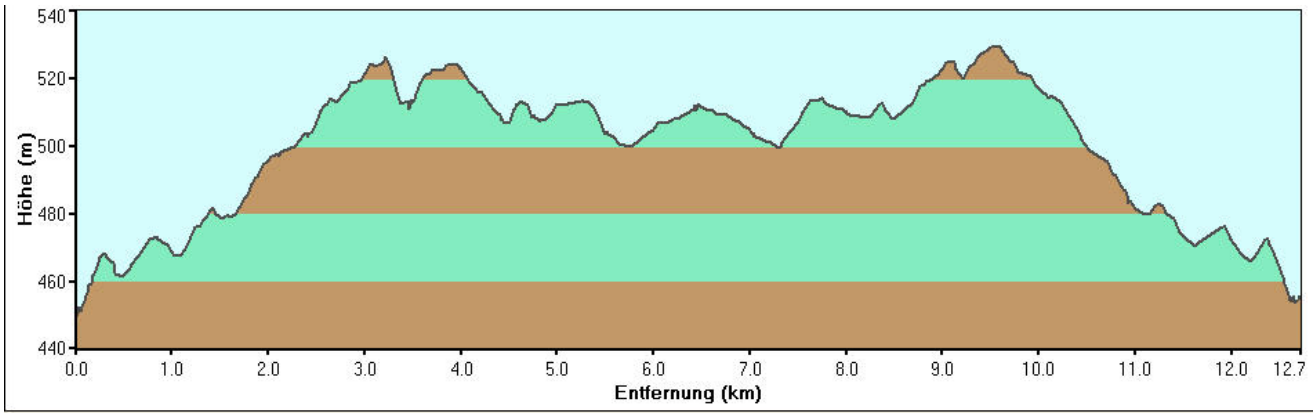OL-Lauftraining 12.02.06
~12.7km / ~150hm