



Zwei Stunden: Vom Traum, den Marathon zu laufen (German Edition)

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Zwei Stunden: Vom Traum, den Marathon zu laufen (German Edition)

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Zwei Stunden – davon träumt die Marathonwelt. Wer diesen Rekord aufstellt, trägt sich in die Liste der großen Legenden des Sports ein. Mit dem derzeitigen Weltrekord von 2 Stunden, 2 Minuten und 57 Sekunden liegt das Ziel scheinbar in greifbarer Nähe. Doch wer wird so schnell, so lange laufen können? Der Marathon ist jedoch viel mehr. Seit dem 5. Jahrhundert v. Chr. lässt er die Menschen träumen und hat seitdem nichts von seiner Faszination verloren. Denn jeder kann am Marathon teilhaben, wenn er bereit ist, sich dieser Herausforderung zu stellen. Aber nur die besten Läufer der Welt werden in der Lage sein, den unmöglichen Marathon zu laufen.

Caesar lässt uns teilhaben an der Leidenschaft und an der Leidensbereitschaft dieser Ausnahmesportler und führt uns die vielen unterschiedlichen Faktoren vor Augen, die nötig sind, um dem bislang unerreichten Traum so nah wie möglich zu kommen: von der Physiognomie und Psyche bis zur Ausru?stung und der Zuhilfenahme von erlaubten wie nicht erlaubten Mitteln. Ein Buch, das jeden, der sich fu?rs Laufen interessiert, mitreißen wird.

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