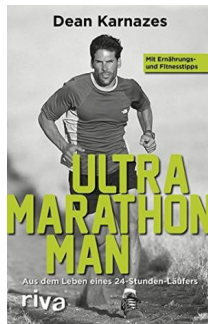


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## ULTRAMARATHON MAN



Riva Verlag Dez 2017, 2017. Taschenbuch. Condition: Neu. Neuware - Warum läuft Dean Karnazes 24 Stunden am Stück, ohne Rast und Schlaf Warum treibt er seinen Körper bis an die Grenze der Belastbarkeit und setzt sich Strapazen und Schmerzen aus, denen sich wohl kaum jemand sonst freiwillig stellen würde Wovor läuft er davon Für wen läuft er Und: wohin Dean Karnazes nähert sich in seiner persönlichen Lauf-Geschichte der Antwort auf diese Fragen. Er weiß, warum er 1600 km in 10...

### Download PDF Ultramarathon Man

- Authored by Dean Karnazes
- Released at 2017



Filesize: 3.69 MB

### Reviews

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