

Miami Marathon:

Third win in a row for Kerstin Abele The anticipation of the Miami Marathon with the unique route over Biscayne Boulevard, Ocean Drive and Coconut Groove was again huge, these streets are well-known through many films and television series. As with the Marathon in Orlando, the athletes from Achilles Local Club Ulm Kerstin Abele and Werner Rieger were the only German starters in the Handbike competition. Unfortunately, the weather forecast was alright, as the athletes and helpers met at 3 o'clock in the morning on the morning of January 27 in the hotel lobby, it poured like rain and it stormed violently. Escorted by police drove a convoy with about 25 cars across the city in the starting area. There, Abele and Rieger left the handbikes ready to go unprotected against the cooling wind and rain. "It's always very uncomfortable to sit in the bike in wet sportswear and wait." The wait then took another 45 minutes until the starting shot was fired. At Kerstin after 5 km the speedometer completely failed and she no longer had an orientation, how much distance was covered and how fast she drove. Luckily the heart rate monitor worked and it always showed around 170p, so she knew there was not much air left. Only at dusk, she could see the signs every 5 kilometers along the road and thus knew when they could raushauen the last grains. The clock stopped at 1:47:27 in the finish and this was the third consecutive victory in this prestigious women's marathon. Werner Rieger had set the target time of 1.35 hours for himself, he had very good training results at the training camp in Fort Myers Beach (both spent the time between the Orlando and Miami Marathon there for training). It was not possible for him to reach that time on the demanding circuit with several steep climbs across different bridges and the adverse conditions. He finished in 1:44:56, which was the 10th place of 50 participants - he was very satisfied with the renewed top ten placing, even if it did not work out with the targeted time.