



Kerstin Lingemann

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Kerstin Lingemann

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Lauf einfach! Kerstin Lingemann, 2015-04-20 Seit einigen Jahren läuft die Autorin regelmäßig und nimmt an Laufveranstaltungen und Wettbewerben teil. Das Training spielt eine wichtige Rolle in ihrem Leben. Motivation und Ziele sind erforderlich, um am Ball zu bleiben, doch muss auch der Sport in den Alltag integriert werden. Das ist nicht leicht, vor allem dann, wenn Beruf und Familienarbeit kaum Zeit für ein aufwendiges Hobby lassen. Wie sie es dennoch schafft, ein monatelanges Marathontraining zu absolvieren, schildert Kerstin Lingemann in diesem Tagebuch, das sie während eines Laufjahres geführt hat.

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