Blogger joggen 5

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Doing a bit more research into the running thing, I found the Cooper test. This involves posing as a wealthy buyer from out of town, take the money and the stuff and run from the dealers for 12 minutes. The nice thing is that my target 4 kilometers is about twice of what I can run in the Cooper test. According to Google Earth I manage to do just over 1900 meters in those 12 minutes, and then continue running for another 15 minutes to complete 4000, as I did today running along the AIDA Aura upstream and along the Saigon Express downstream.

by Roland van Ipenburg http://www.xs4all.nl/~ipenburg/blog/posts/dull/2009/06/06/blogger–joggen–5/