Blogger joggen 3

Thursday 4 June 2009 07:53

In the early morning – around 7 – the jogging training lap went much better than in the blazing sun, managing the full 4 kilometers in about 28 minutes. Nice temperature, bit of wind along the Elbe and the shade of the hang. Next time I'll try to run a bit slower so I don't end completely wasted, and target 30 minutes.

Around the Dockenhudener StraÃˇe things are currently mixed up. The Dockenhudener StraÃˇe is closed for traffic, upstream traffic is redirected through the temporarily one way Ole Hoop and GodeffroystraÃˇe to the Elbchaussee and the downstream traffic goes up the HasenhÃ¶he, into the AvenariusstraÃˇe and the beginning of the Witts Allee that's also temporarily one way. So if you want to go by car from the Blankeneser LandstraÃˇe to where I live you have to go through Ole Hoop – GodeffroystraÃˇe – Elbchaussee – HasenhÃ¶he – AvenariusstraÃˇe – Witts Allee.

by Roland van Ipenburg http://www.xs4all.nl/~ipenburg/blog/posts/play/2009/06/04/blogger–joggen–3/