

Registration documents

City-Fit Roding | Josef - Mühlbauer - Platz 1 | 93426 Roding, Bayern - Germany

www.muehlbauer.de/lauf

Deadline online is May 20th 2016 at: www.trackmyrace.com
after that under lauf@muehlbauer.de to June 3th

General-Information

Event offers trails, refreshments, accommodations, changing rooms / showers, starting numbers, timing, online certificates, T-shirts, liability, an awards ceremony, and much more! For more details and information, please go to

www.muehlbauer.de/lauf



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**Papier
LIEBL**

ENWO



1st European and 2nd International German Nordic Walking Championship

10 km individuell walk and Mix-Team-ranking

Mühlbauer
High Tech International

Ihr persönliches Fitnessstudio
CITY FIT
RODING

12th MÜHLBAUER DONATION RUN

We help by running and walking

Europacup German | Slovenia | Poland | Austria

June 4th 2016 Roding / Bayern

www.muehlbauer.de/lauf

Ihr persönliches Fitnessstudio
CITY FIT
RODING



1st European and 2nd Int. German Nordic Walking Championship

“License-free participation for everyone”

Championships Opening-Ceremony, June 3th 2016

at 6 pm at the churchplace Roding
Lasagna Party at 7 pm - City Hotel Roding

1. EM/2. DM-Informatione

for ages 16 years and older

10 km individuell and Mix-Team-ranking (only German Championship)

June 4th 2016 Start: 11.00 am

Starter Package / Registration Fee

10 km Walk 32,- €

includes: T-shirt, 2 x food voucher, medal, online certificate, refreshments during and after the run, chip-based timing

Collect points for the european cup

**Award Ceremony at the Festival Tent
Saturday 6:00 pm**

Panasonic

12th Mühlbauer Donation Run

Run- and Walk-Information

Disciplines & schedule

3 km Youth Run	1:00 pm	11,- Euro p. person
1,3 km Pupils-Run	1:30 pm	11,- Euro p. person
300 m Bambini-Lauf	1:50 pm	free
HALF-MARATHON	2:00 pm	21,- Euro p. person
12,5 km Run	2:03 pm	18,- Euro p. person
6,25 km Run	4:30 pm	16,- Euro p. person
6,25 km Nordic Walking	4:35 pm	16,- Euro p. person

1 x food voucher, medal, online certificate, refreshments during and after the run, chip-based timing. For registrations at June 4th 2016, a late fee of 5,- € will be charged.

Awards

The first 3 runners of every run will receive an award and prize.

Running-Shirt

T-shirt may be purchased without registering only for 15,- € until May 15th 2016

We help by running and walking

Thanks to your support, the Mühlbauer Group has so far been able to provide more than 900000 € for regional and international charitable projects. Everyone counts! The more runners and Nordic walkers who attend this event, the higher the donations!
Do something good for your fitness and for a good cause at the same time!



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Beschriftungen

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