



MARATHON

**10 May 2015 h. 09:00
LUBLIN, Poland**

ROUTE MARATHON LUBLIN

The exact route Marathon mile after mile of Lublin prandial photos with Google Street View. Unfortunately, during the race I could not personally perform pics because endomodno minimize application on my smartphone usually ends her suspension. In addition, images taken from the perspective not of illustrated the sidewalk to duly drama some episodes (yes, yes - the gears). In the description of the route, I tried to append a percentage of the individual, hills. However, these are subjective values - not created on the basis of no measurements.

At the beginning a small reminder profile:



START !

This time, start and finish will be located on the Square of Lithuania.

Lithuanian Square was built in the 20s of the nineteenth century (earlier in his place was the straw). Due to its initial purpose was named Drill Square. It is here, in the palace After radziwillowskiego 07.11.1918 on the first meeting of the liberated Polish government.



Lithuanian Square on the left, to the right of the Main Post Office

After take-off and go around the Lithuanian Square Green get onto the street. Narrow street surrounded by historic houses leads us to Royal Street.



Green (Zielona) Street - a narrow, presses, but nicely

A piece of the hill and pass the Square Short. Square area created at the beginning of the seventeenth century by covering the alignment of moats and ramparts Lublin Castle received its name in honor of King Wladyslaw Lokietek, who in 1317 gave Lublin city rights. On the left we see the Cracow Gate forming part of the defense system of the fourteenth century, to the left of the Town Hall.



Cracow Gate

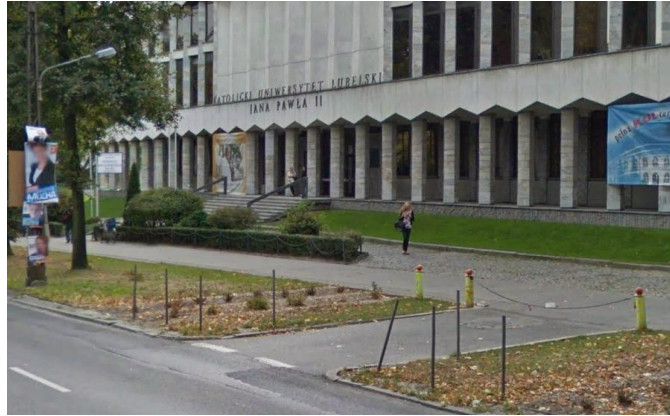
I passed the first kilometer marathon.

Less than 200 meters on the left you can see the Lublin's Cathedral - the pearl of Baroque architecture. This is a place called. Lublin miracle of 1949. In 1987, the Department of Pope John Paul II visited. A good time to pray for the intentions of what awaits us in the next 41 kilometers.



Arch-see

After turning right into the narrow streets get Zmigrod, then Bernardynska that leads uphill (1.5% - 2%) to the Freedom Square. Then we go back to the vicinity of the Lithuanian Square, pass the Post Office and we run straight ahead until the 4th km on the road, passing among others Saxon Garden, rector of the Medical University, rector of the Catholic University of Lublin John Paul II, the historic towers. This whole episode runs slightly uphill.



Rector of the Catholic University of Lublin

After a while, turn left and we are on the street Paratroopers from which we go through the street. Pagi the deep - the next half a kilometer to Krasnicka this ascent (2% -3%).

At an altitude of 6 km (roundabout Krwiodawcow) begins one of the most enjoyable episodes of the marathon - about kilometer downhill run up to 5%. It is at this stage to get some rest because after a while, turn North Street, and then in the street. Irena Kosmowska. Begins about 700 meters ascent (2.5% -5%)



Heavy ascent on Kosmowska

Next four kilometers a flat course through the streets of Czechow. The fact that we run in Lublin recall around the 12th kilometer. First, we have to overcome the short ascent on the street. Dysa, and after a while we come across the street Spoldzielczosci Pracy where after about 300 meters down starts very strong 400 meter ascent (3% -4%).



Short but steep ascent to the Spoldzielczosci Pracy

When you reach the hill for a long time, we have downhill (street Cooperative Work), and then mainly flat with a few minor under the gears (avenue Anders). Before the turn of the road, we pass Anders Decathlon, a good time to make up any deficiencies in the equipment runner.



Anders (Andersa) - slight elevation



Street Melgiewska

Melgiewska reaches the street. It starts with 16 km. From that moment on, we have a slightly uphill. The slope of about 1% over a distance of 3 km, from the middle of the street on the outdoor almost vacant lot (hopefully only that day was not blowing wind).

Now we turn to the right and kilometer number 19. Street Grygowa - most bad part of the route marathon. On the right in the distance we hear the barking of dogs from a nearby shelter, a bit further burial old railway warehouses (plus distinctive stench from the railway - who played as a child on railway embankments know what I mean), and a few little interesting industrial buildings.



Street Grygowa (Grygowej)

From about 20 km it starts to get slightly upward. Over the next 0.5 km we run the course of approximately (1.5% -2%). Half a kilometer later Martyrs Way is coming to Majdanek.

At the 21 kilometer ascent we have a small (1.5%), while earlier passing Majdanek - German concentration camp established in 1941-44, which was converted into a museum. Died here about 78 thousand people, the majority of which were Jews.



Majdanek concentration camp

In the mid-23 mile turn left and through the streets of the marginal and 303 Dywizjony across to Kunickiego. This is a very nice 1.5 km section of the route as a whole running down (seats up to 3% -4%).



303 Squadron (Dywizjonu 303)- so nice to no longer to 42.195 km

From 25 km to 26 km were running down the street Kunickiego. Rather, it is a flat section of the route. Ascent begins by turning right. From now through 2 km Zemborzycka we run down the street, which is almost entirely (small expropriation in the middle) leads uphill (1.5% -2%).

Reaching their 28 km turn onto Diamentowa. We run a mile down slightly after a while to beat about 250 meter ascent (2% -3%).



Diamentowa – ascent

From this moment we run for about a mile down (1% -1.5%), reaching the street John Paul II.



The first ascent on John Paul II (Jana Pawla II)

We are at 31 km. It begins with the heaviest piece of Marathon Lublin. Nearby ascent is 1.5 km (1% -2.5%) to the Church of St. Holy Family. It was here that John Paul II during his visit in 1987, dedicated to the only bell built church.



Holy Family Parish (Parafia Swietej Rodziny) - the end of the first ascent

After a slight expropriation, and even a momentary run down at the height of the intersection of the street. Army Street continuing struggle with Pope John Paul II. Another 2 km are further ascent with a slope of approximately (1.5% -2.5%).



The second ascent on John Paul II

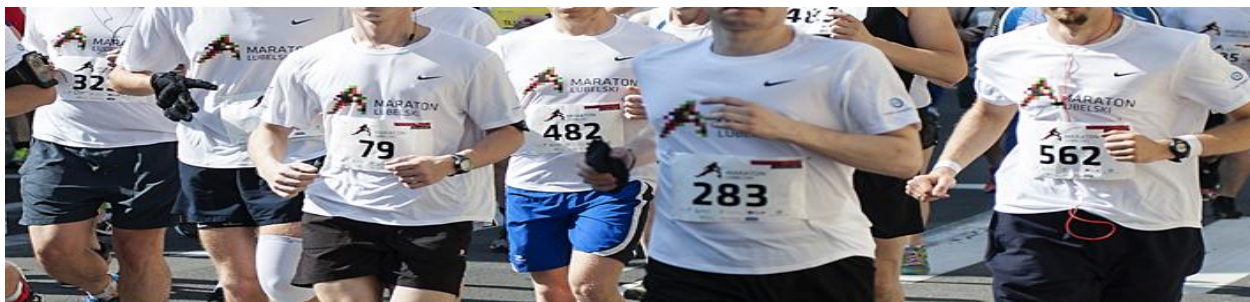
Runs in the alley Krasnicka. In a moment, the 36th kilometer. From this point on will no longer be flat or downhill (not counting a few small hills of). Whoever manages to get here rather finish the marathon.



John Paul II's end, the beginning Krasnicka

After four kilometers across to the roundabout Blood Donor - we see the sign "40 km". I guess at this point, hardly anyone will remember that we've been here for 6 kilometers. This time, however, are not running straight ahead and turn to the alley Raclawickie.

Ahead of us the last two kilometers already known fragment of the route. Again, we pass the historic towers, Rectorats, Garden Saski. Remember when we used to have here. But this time in reverse order and slightly downhill. Before us is only Lithuanian Square and ... META!



WELCOME TO POLAND !