

# BLOG O METER

This issues blog of the month is a website hosted by Marek Lange who started a page for him and his twin Henrik. Check them out at <http://blog.marek-lange.de>

Where are you from ?  
Berlin in Germany.

You and your brother share the same hobby - do you know any other twins running ?  
Unfortunately not :-)

Do you both try to always start together at the same competitions ?

We try to do so. At least two times a year - once in Berlin HM in Spring and then the Müggelsee HM in Autumn. It is getting more difficult since Henrik moved to Munich in summer.

What was your greatest



running experience ?

The greatest running experience I ever had was to finish the "BIG 25" of Berlin in less than 2h. It was the first competition where we ran next to each other for the whole race.

I had severe problems during the last part of the race and Henrik kicked my ass to reach

our common goal.  
We crossed the line 24 seconds  
before the clock switched to 2h.

**What do you hate most about competitions or events that you are going to be part of?**  
Realizing that the training was not sufficient to reach all the goals set.

**Tell us some facts about your running equipment !**

Besides standard running shoes/clothes we both use: Garmin Forerunner 405 GPS, iPod with Nike+ sensor for music.

**How often do you update the [marek-lange.de](http://marek-lange.de) blog or the website you share with your brother at [running-twins.de](http://running-twins.de) ?**

The blog is updated regularly depending on the time we have besides our profession.

**What's the next competition you are going to run ?**

Next race will be the "Mercedes

