

Survival Bio Marco

Last Updated Tuesday, 05 August 2008

Marco Rüderich

- 8 Years German Army 2000 - 2008
- Combat Survival 2005
- Static and Free Fall parachute license
- Track and Field 10 years
- North German Champion in Track and Field 1997
- Personal Training License 2007
- 100 km run in 11:22
Std

Marcos fitness and training background includes ten years of participation in track and field, with the later half strongly focused on decathlon events. Over a period of 5 years (2000 to 2005) I participated in what is known as the 'Death March', a 100km ultra-endurance run held annually in Bornem, Belgium. Marco achieved a personal best in 2004, completing the run in 11 hours and 22 minutes. In addition, he twice participated in the 2 x 40km road march hosted in Bern, Switzerland.

During his 8 years as a soldier with the German Military he gained the most vigorous and intense training experience. As a paratrooper with the elite German Forces Marco received extreme, focused, and highly specialized training.

