

《双语新闻：法国男子阳台跑7小时马拉松》

One runner didn't let the French government's order to remain indoors prevent him from training for a marathon amid the coronavirus pandemic.

在新冠肺炎疫情期间，一名法国跑步爱好者没有因为法国政府的居家命令而停止马拉松训练。



Last week, Elisha Nochomovitz, a 32-year-old furloughed restaurant worker, ran the length of a marathon -- on his 23-foot long balcony.

上周，暂时休假在家的32岁餐厅员工以利沙·诺科莫维茨在家中23英尺长(约合7米)的阳台上跑完了全程马拉松(42.195公里)。

And he did it in six hours and 48 minutes, a personal record nearly double that of his previous finish time.

他用6小时48分钟的时间完成了这次“阳台马拉松”，是他之前全程马拉松个人记录时长的近两倍。

"My only pleasure is running, no matter what the time," Nochomovitz, who lives in the French city of Balma near Toulouse, told CNN.

“我唯一的乐趣就是跑步，不管什么时候，”住在法国图卢兹附近巴尔马市的诺科莫

维茨告诉美国有线新闻网。

He dedicated his run to medical staff working through this pandemic, who he feels are "doing an extraordinary job."

他把这次“阳台马拉松”献给了在新冠肺炎疫情中工作的医务人员，他觉得他们“所做的工作意义非凡”。

Although Nochomovitz has run 36 marathons, he said his balcony marathon was the most challenging.

尽管诺科莫维茨已经跑了36次马拉松，他说这次“阳台马拉松”最具挑战性。

Due to the short length of the balcony, Nochomovitz was unable to gain any momentum or speed as he had to constantly turn back and forth. He said he ran about 3,000 laps.

由于阳台很短，诺科莫维茨无法增加动力或加快速度，因为他必须不断地来回转圈。他说他跑了大约3000圈。

Luckily, Nochomovitz said his girlfriend was there to support him, feeding him M&M's and Coca Cola to help him refuel as he ran.

幸运的是，诺科莫维茨说他的女朋友在一边支持他，给他M&M's巧克力豆和可口可乐，帮助他在跑步时补充能量。

Though his balcony is nothing like the streets of Barcelona, where he was supposed to run the marathon on March 15 before it got canceled, Nochomovitz said the experience was worthwhile. Some people, he said, even reached out to say they were inspired by him.

虽然他的阳台与巴塞罗那的街道完全不同，但诺科莫维茨说，这次经历很有意义。他原定于3月15日在巴塞罗那参加马拉松比赛，但比赛取消了。他说，有些人甚至主动联系他，说受到了他的鼓舞。

French Prime Minister Édouard Philippe announced on March 14 that the country would be closing all places that are not essential to French living, which includes restaurants, cafes and clubs.

法国总理爱德华·菲利普于3月14日宣布，法国将关闭所有“非必需”公共场所，包括餐馆、咖啡馆和俱乐部。

France banned all gatherings across the country last week, and the country closed its

borders on March 17 in order to contain the coronavirus outbreak.

上周，法国禁止了全国范围内的所有集会，并于3月17日关闭了边境，以抑制新冠肺炎疫情。

