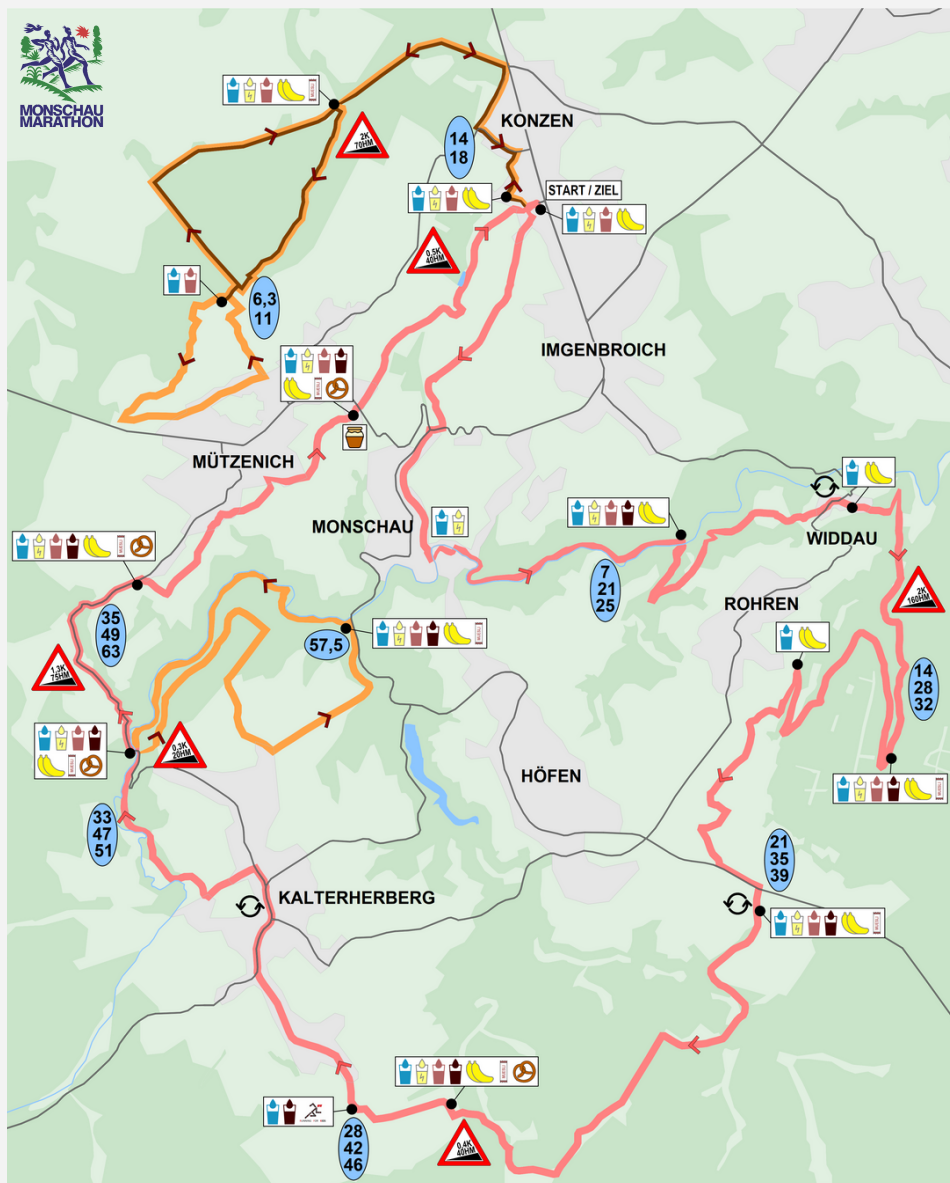
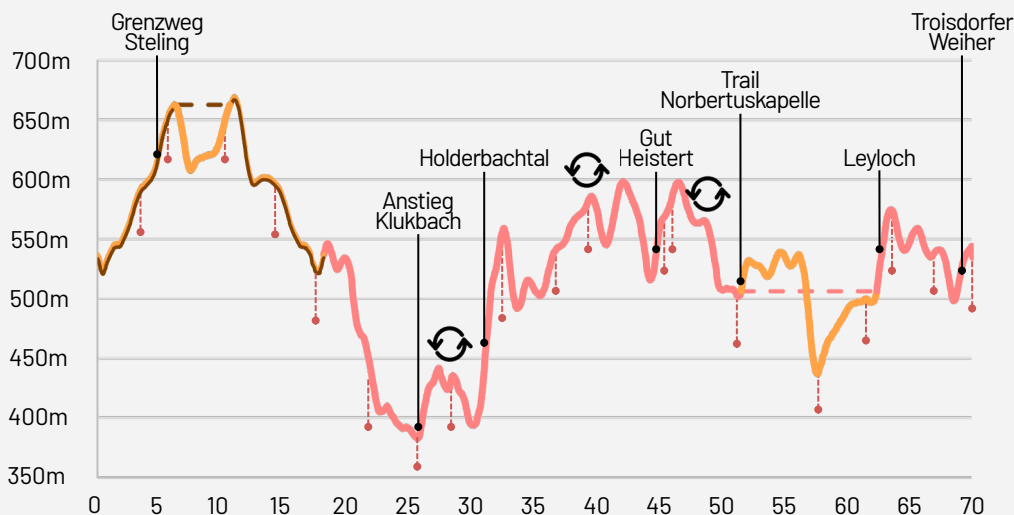


STRECKE M/K56/K70 Course M/K56/K70



- M** Streckenverlauf
course
- K56**
- K70**
- 10** KM-Markierung
KM-marker
- >>** Laufrichtung
running direction
- ↻** Wechsellpunkt
transition
- ⚠ HM** Steil!
steep!
- Verpflegungspunkt
supply station
- 💧** Wasser
water
- 🍹** Sponser Refresher
isotonic sports drink
- 🍵** Tee
tea
- 🍷** Cola
cola
- 🍌** Obst
fruits
- 🥪** Salziges
salty things
- 🍪** Müsliriegel
cereal bar
- 🍯** Honig
honey

Höhenprofil elevation level



- 669** Höchster Punkt
highest point
- 382** Niedrigster Punkt
lowest point
- 767** Höhenmeter
elevation gain
- 950**
- 1100**
- Verpflegungspunkt
supply station