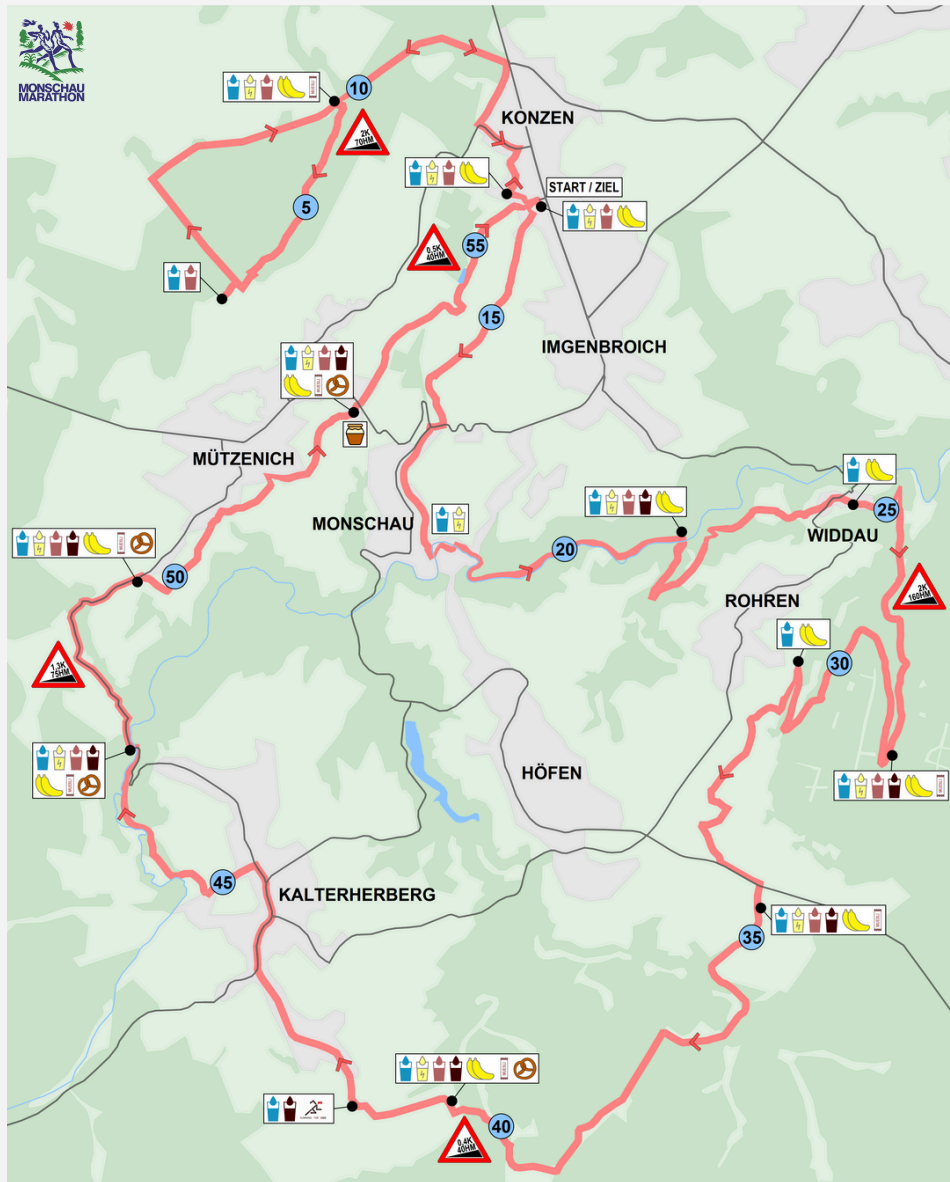


STRECKE ULTRA K56

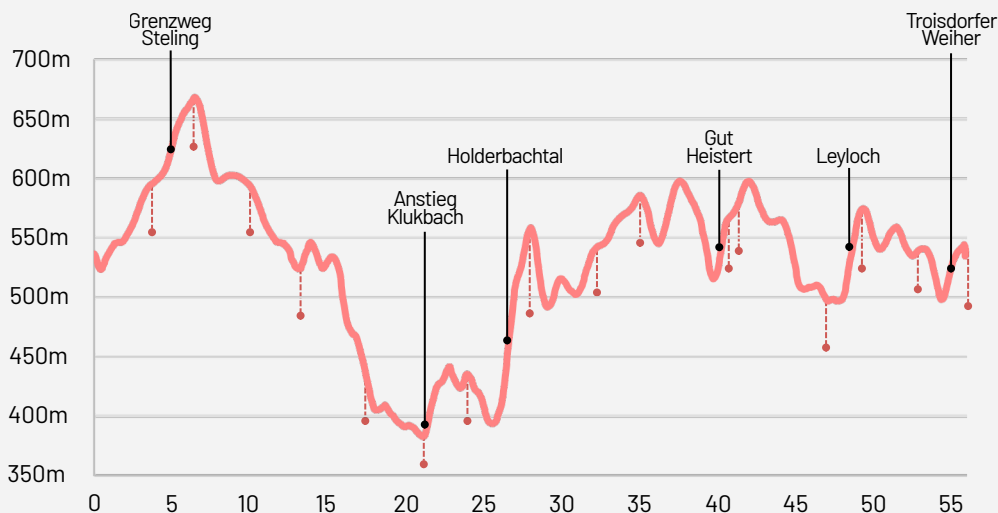
Course K56



-  **Streckenverlauf**
course
-  **KM-Markierung**
KM-marker
-  **Laufrichtung**
running direction
-  **Wechsellpunkt**
transition
-  **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
- 950** **Höhenmeter**
elevation gain
-  **Verpflegungspunkt**
supply station