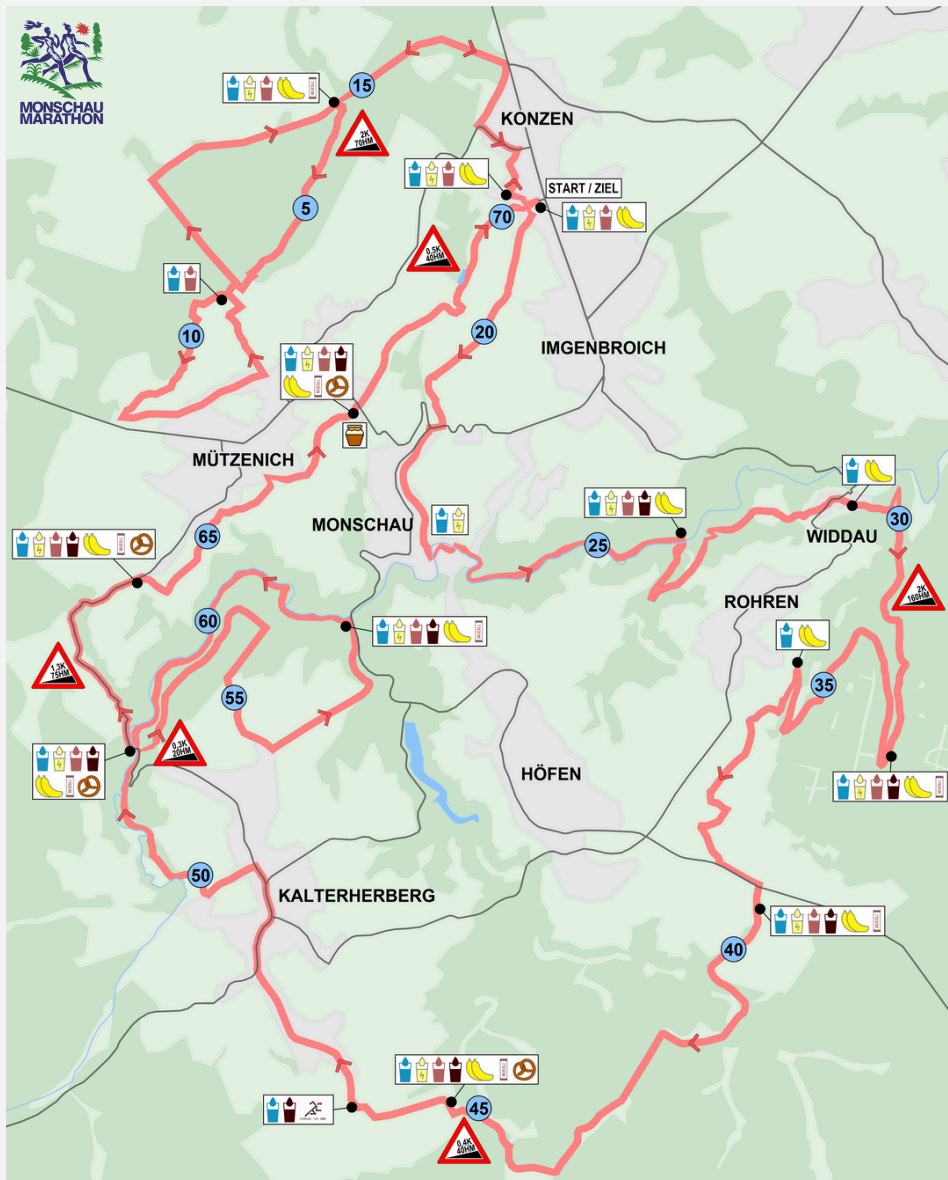


STRECKE ULTRA K70

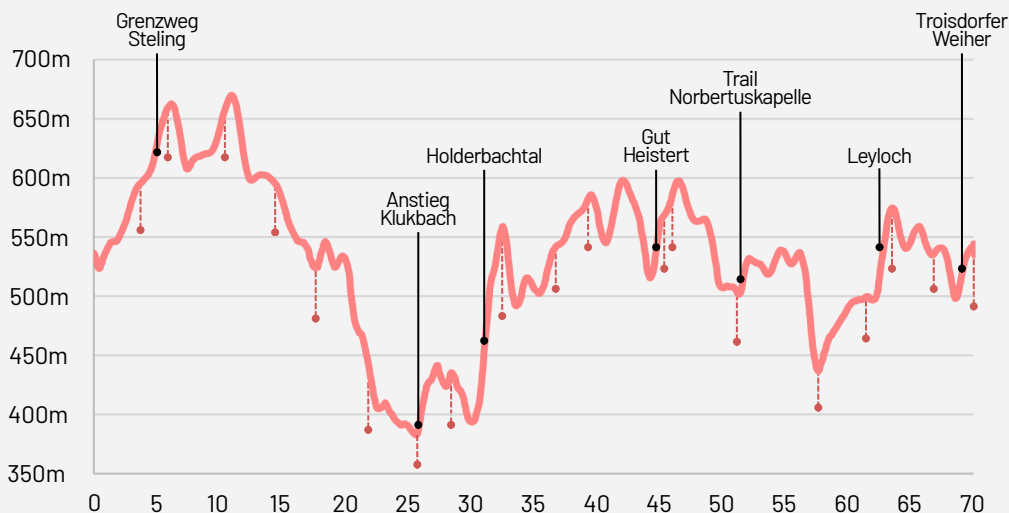
Course K70



- 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
- 1100** **Höhenmeter**
elevation gain
- Verpflegungspunkt**
supply station