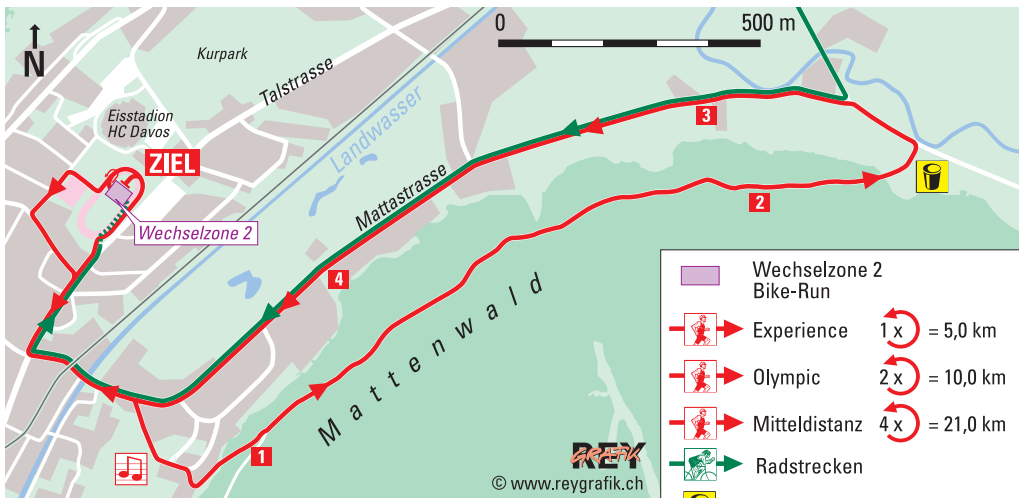







# Laufstrecken



-  Wechselzone 2  
Bike-Run
-  Experience  $1 \times = 5,0 \text{ km}$
-  Olympic  $2 \times = 10,0 \text{ km}$
-  Mitteldistanz  $4 \times = 21,0 \text{ km}$
-  Radstrecken
-  Verpflegung
-  Animation

## Höhenprofil Lauf

