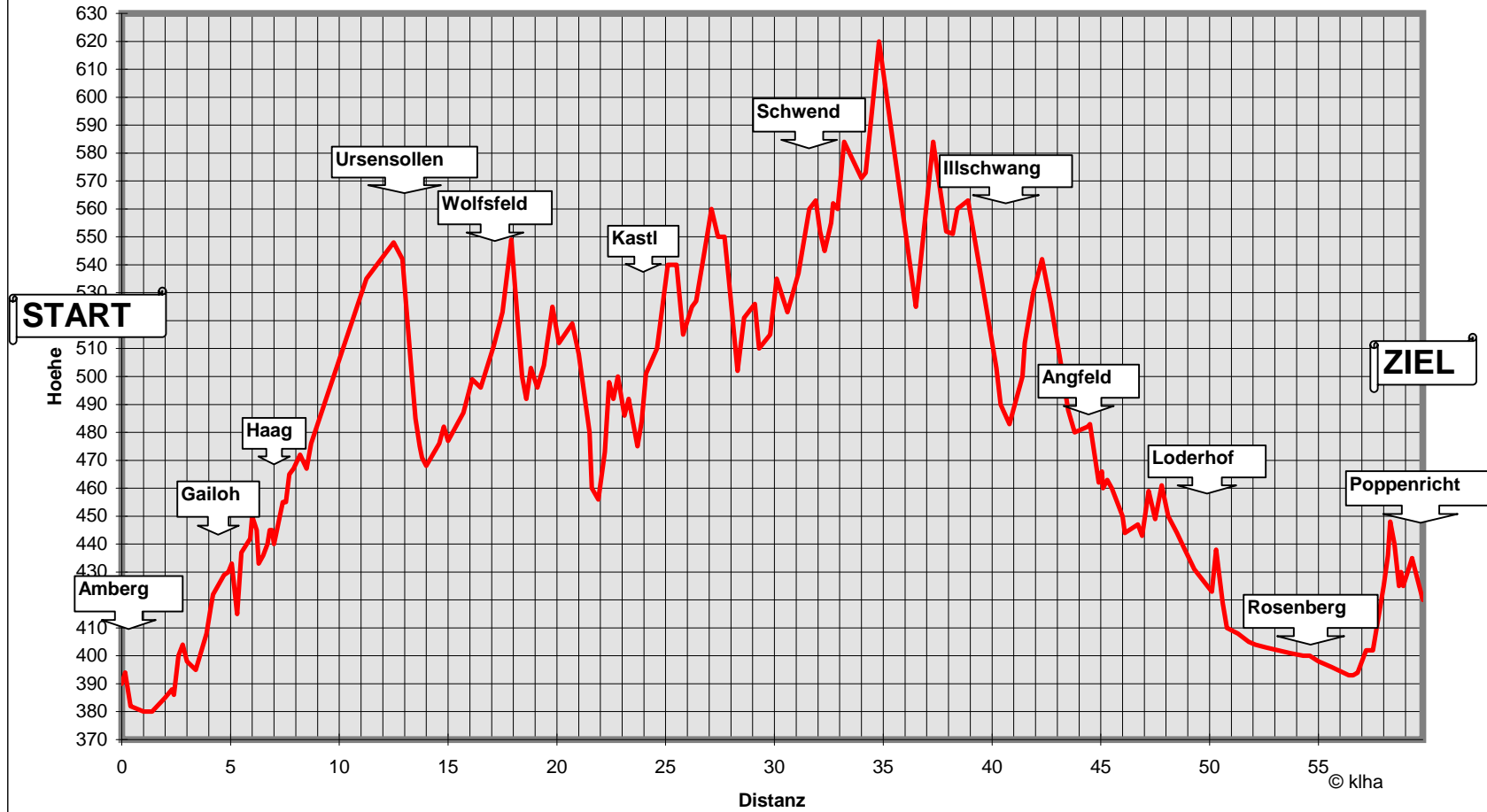
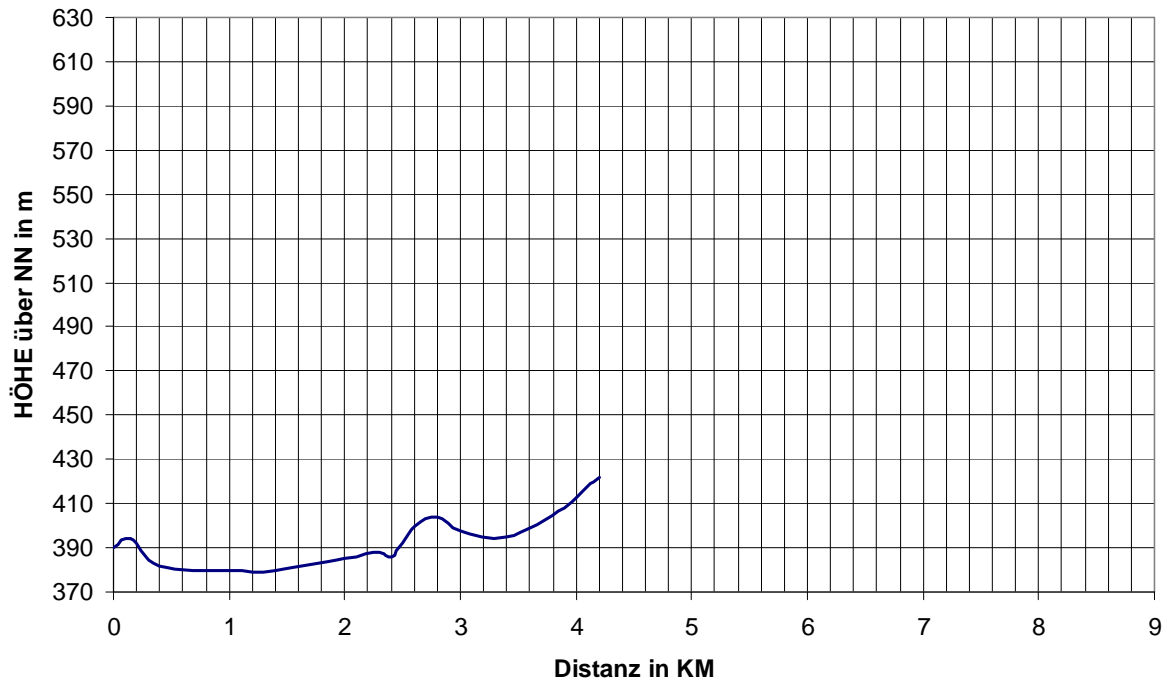


Höhenprofil LKL 2013



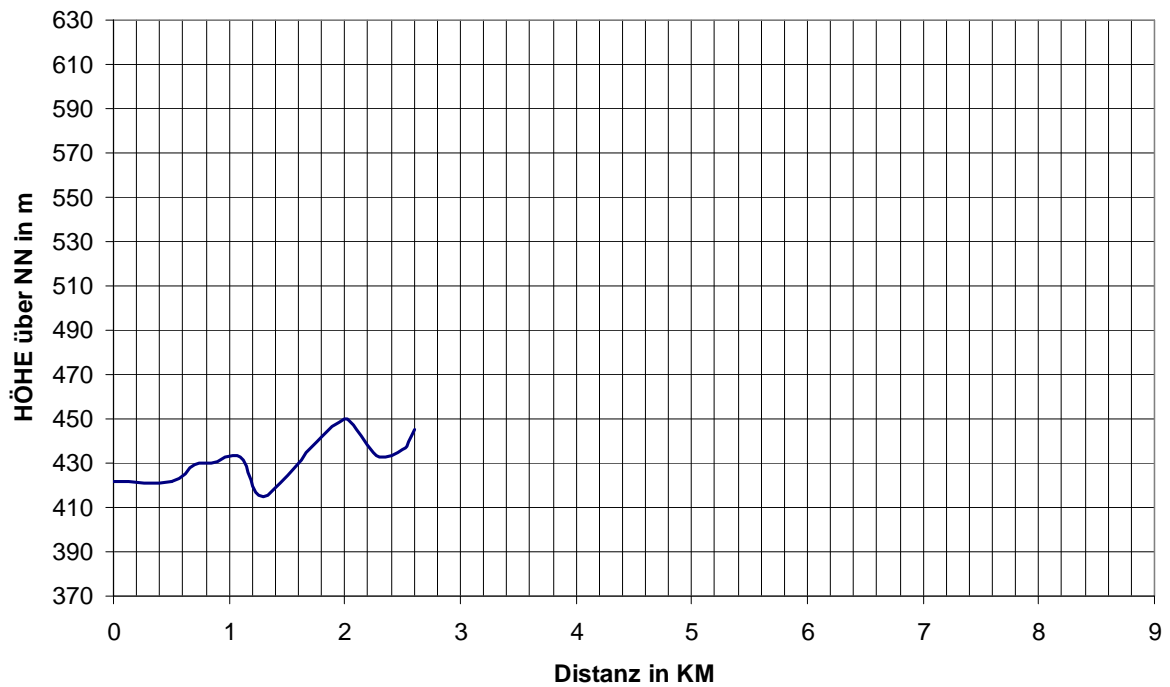
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Strecke 1: Amberg -> Gailoh

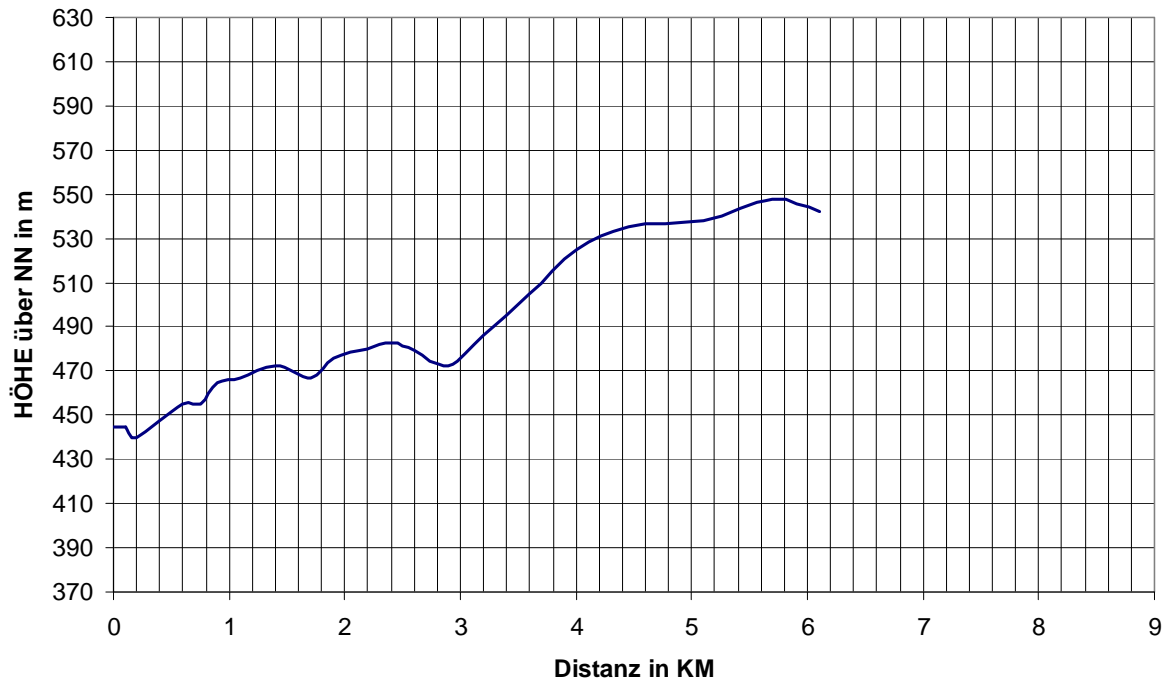


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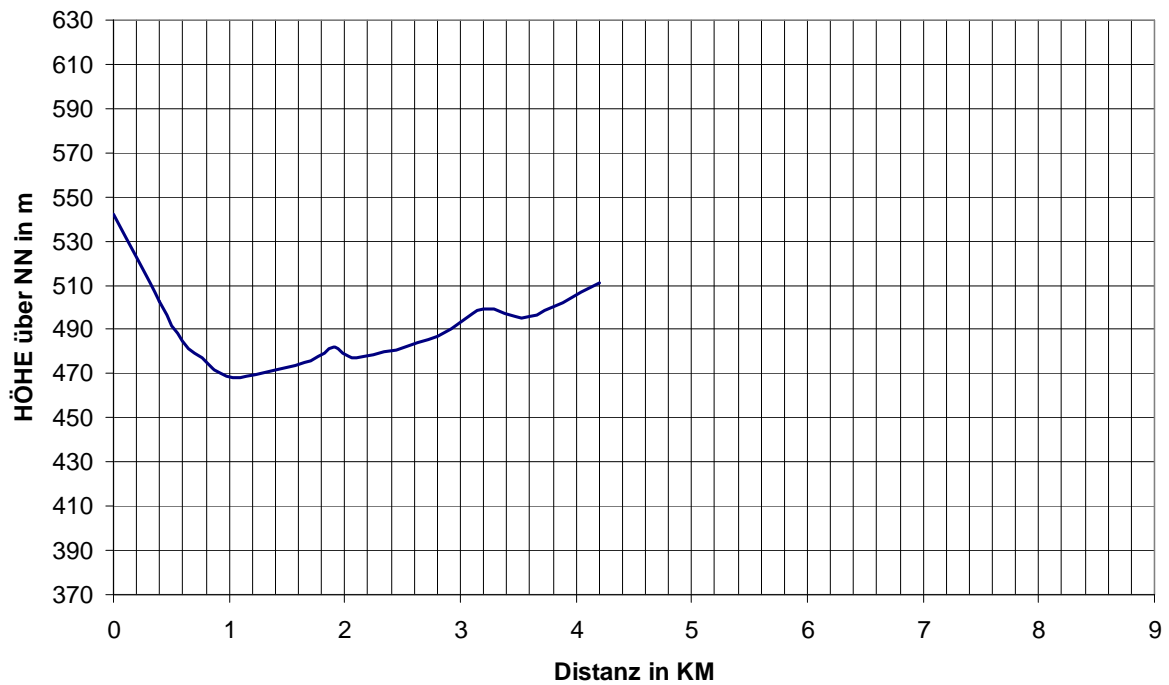
Strecke 2: Gailoh -> Haag



Strecke 3: Haag -> Ursensollen

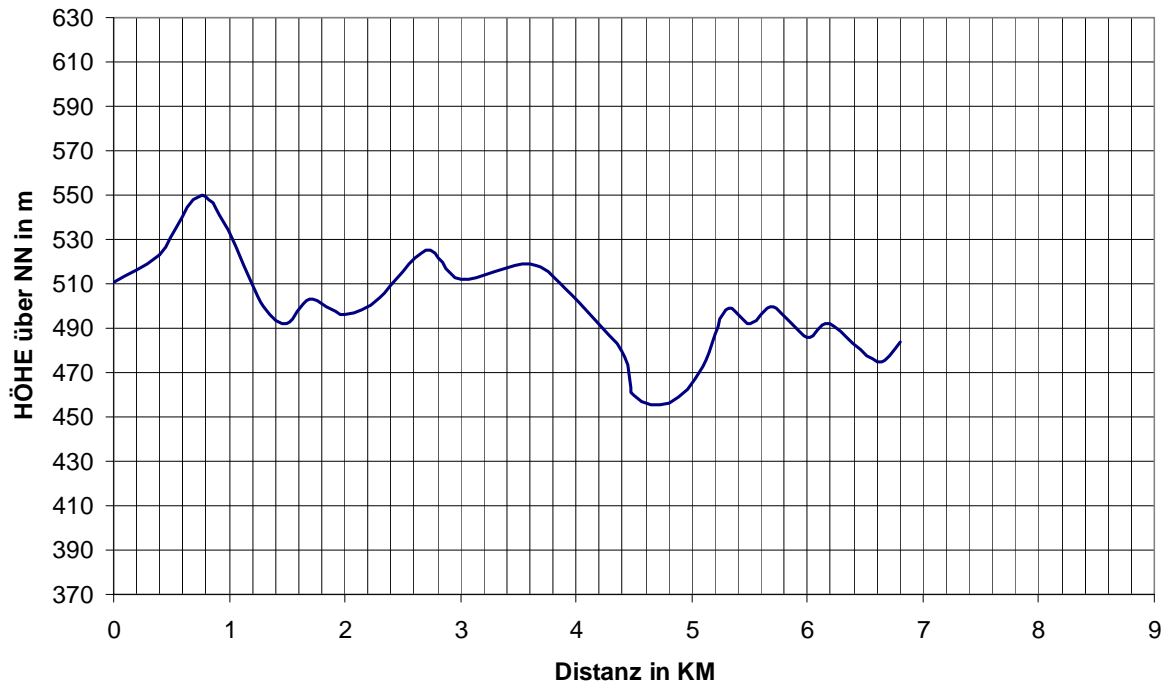


Strecke 4: Ursensollen -> Wolfsfeld



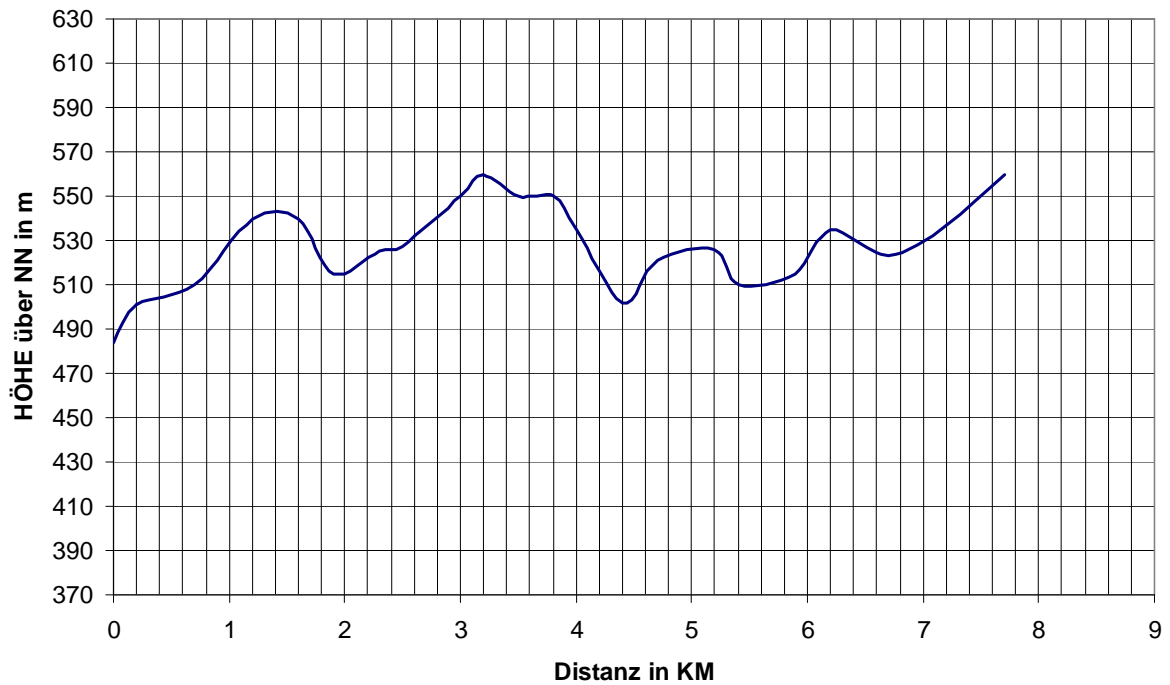
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Strecke 5: Wolfsfeld -> Kastl



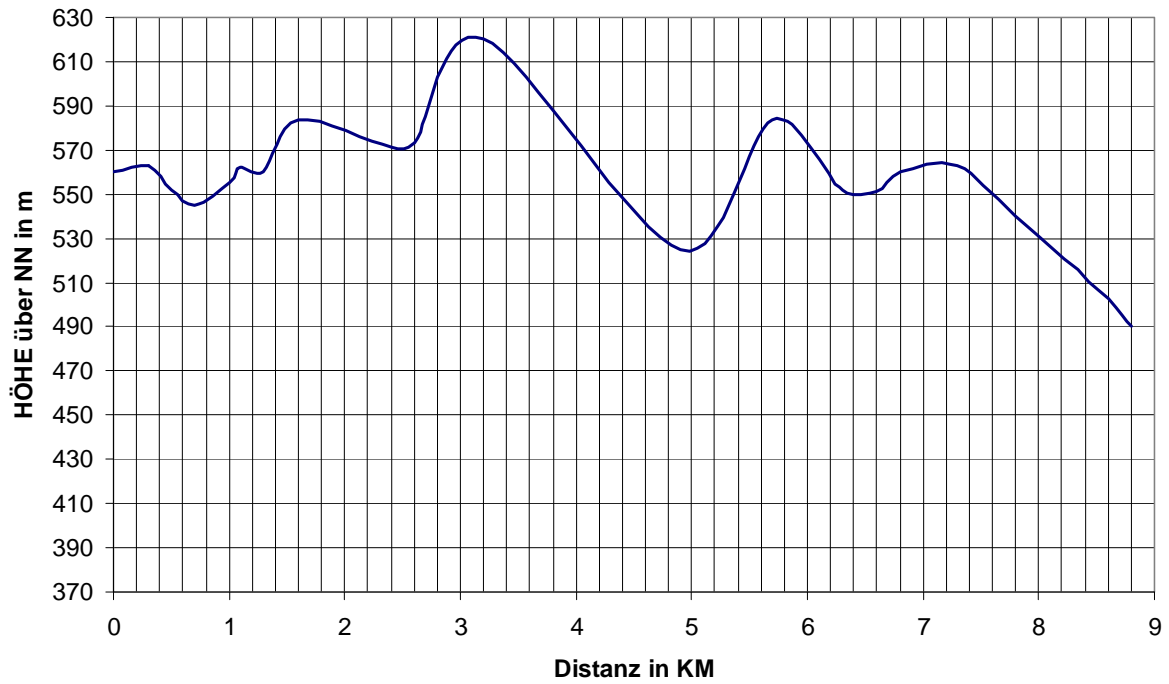
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Strecke 6: Kastl -> Schwend



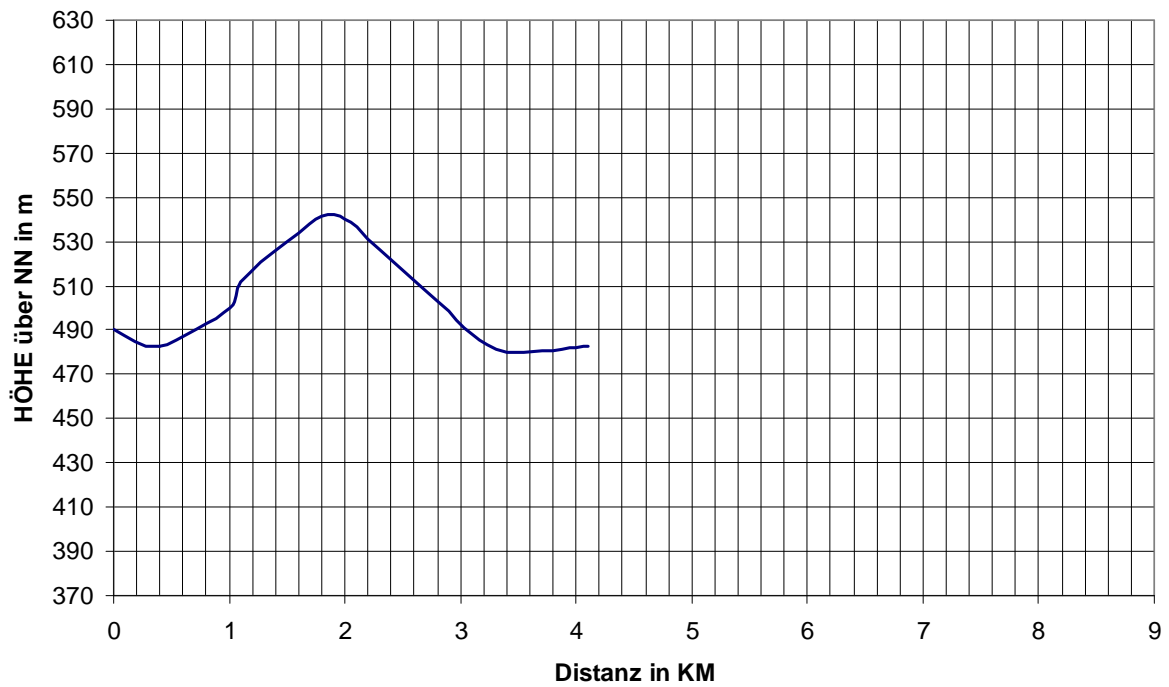
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Strecke 7: Schwend -> Illschwang



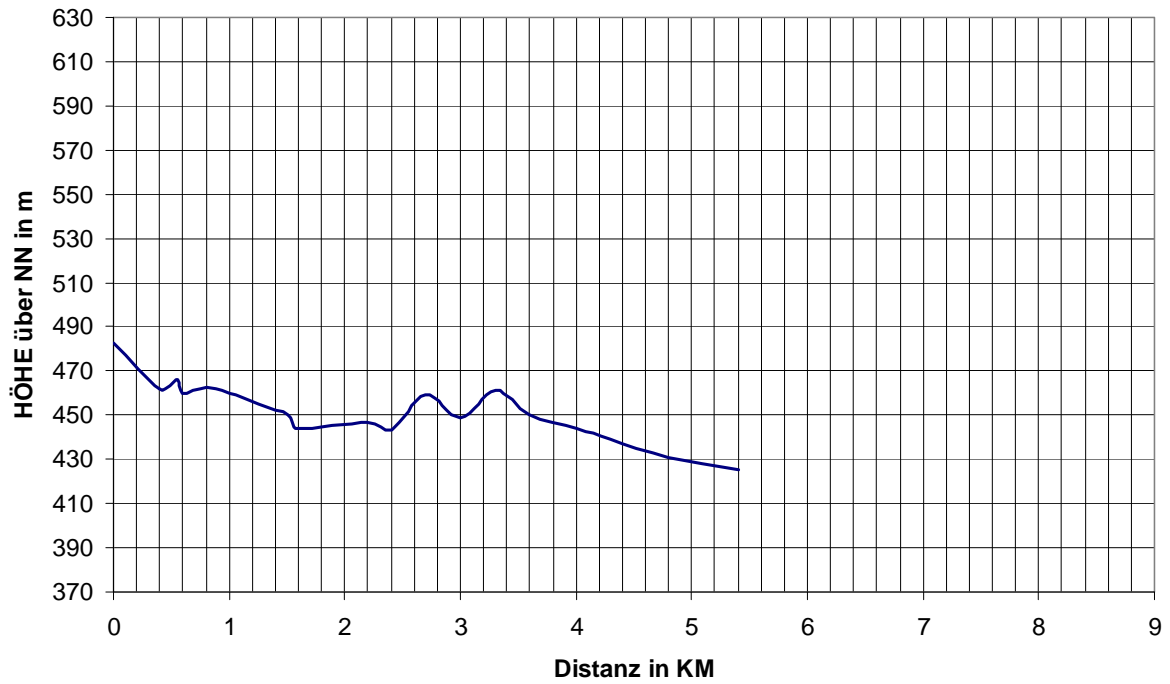
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Strecke 8: Illschwang -> Angfeld



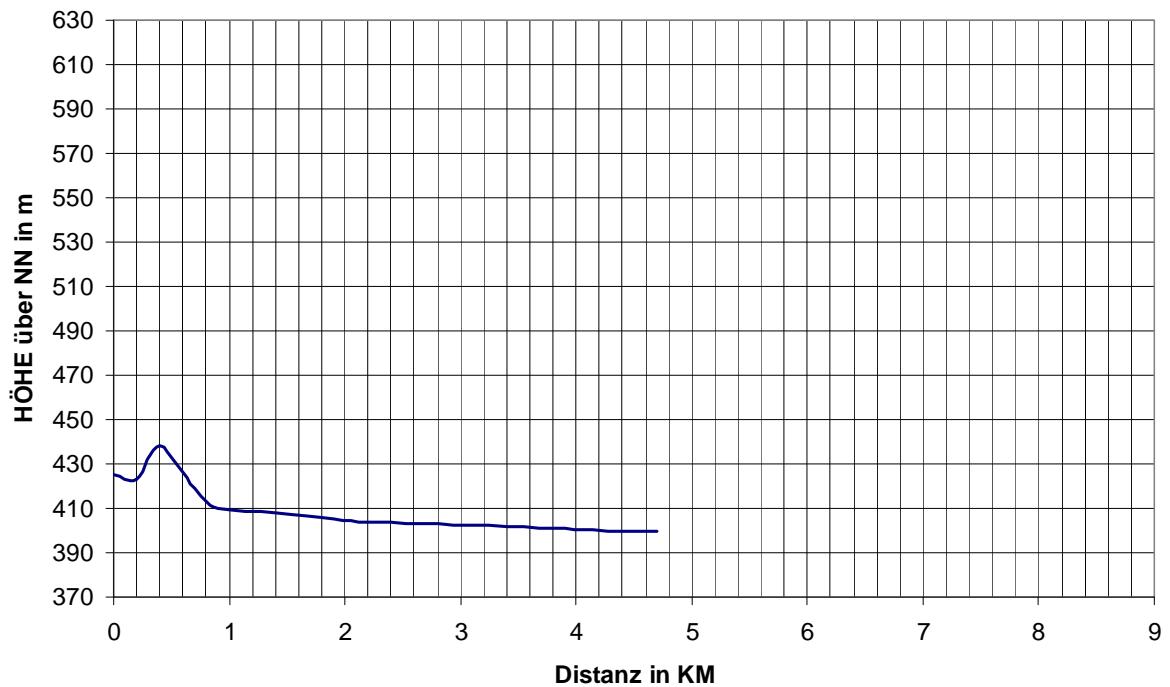
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Strecke 9: Angfeld -> Loderhof

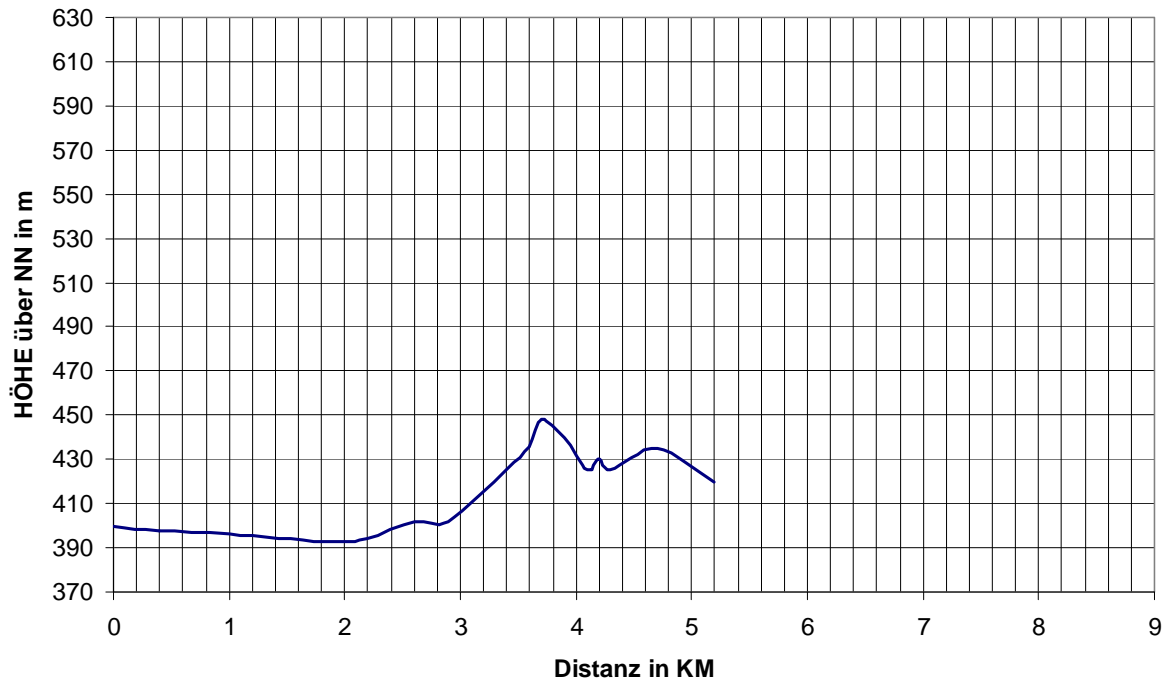


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Strecke 10: Loderhof -> Rosenberg



Strecke 11: Rosenberg -> Poppenricht



Streckenstatistik:

	Strecke		Länge in km	Höhenmeter	
	von	nach		ansteigend	abfallend
1	Amberg	Gailoh	4,2	57	25
2	Gailoh	Haag	2,6	58	35
3	Haag	Ursensollen	6,1	124	27
4	Ursensollen	Wolfsfeld	4,2	51	82
5	Wolfsfeld	Kastl	6,8	150	177
6	Kastl	Schwend	7,7	187	111
7	Schwend	Illschwang	8,8	164	234
8	Illschwang	Angfeld	4,1	62	69
9	Angfeld	Loderhof	5,4	38	96
10	Loderhof	Rosenberg	4,7	15	40
11	Rosenberg	Poppenricht	5,2	70	50
Gesamt:			59,8	976	946

390m: Start in Amberg

420m: Ziel in Poppenricht

620m: Höchster Punkt – Strecke 7 – Schwend -> Illschwang

380m: Tiefster Punkt – Strecke 1 – 1,4 km nach Start in Amberg