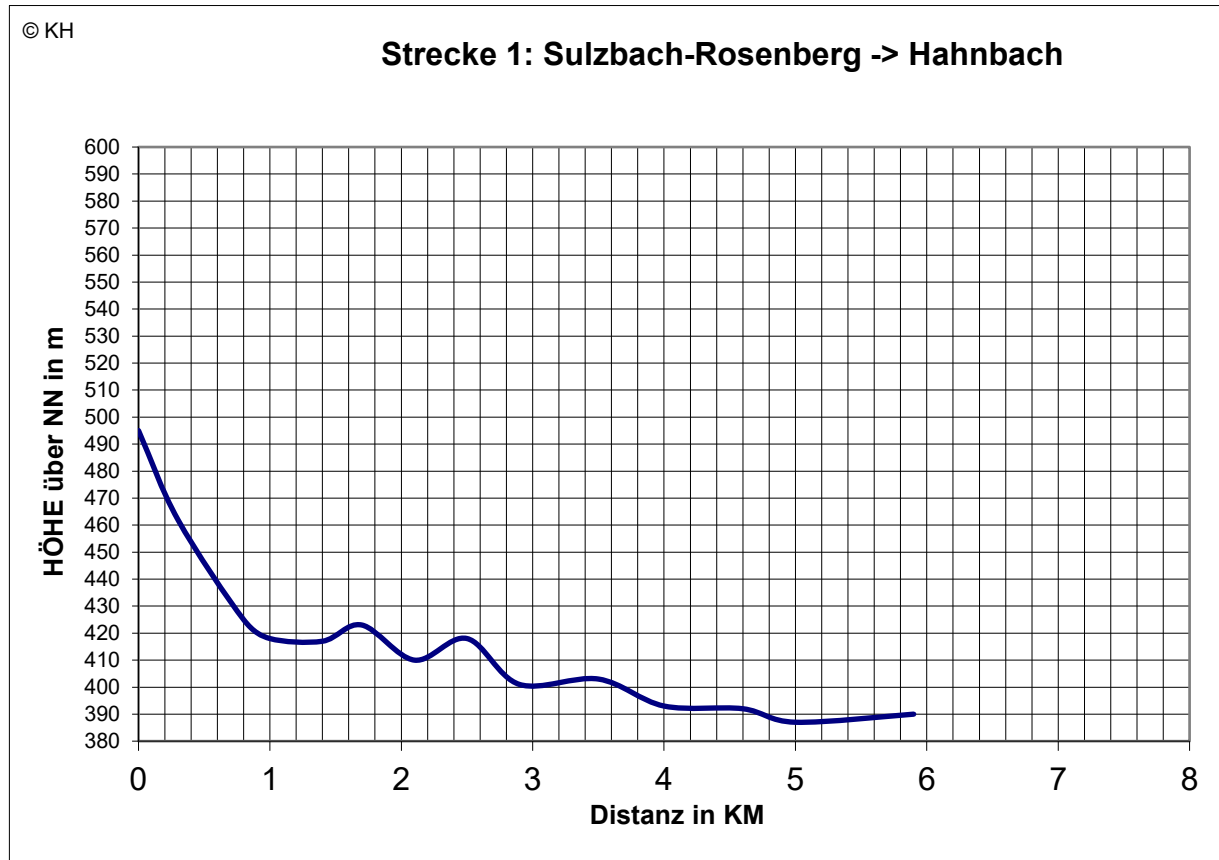


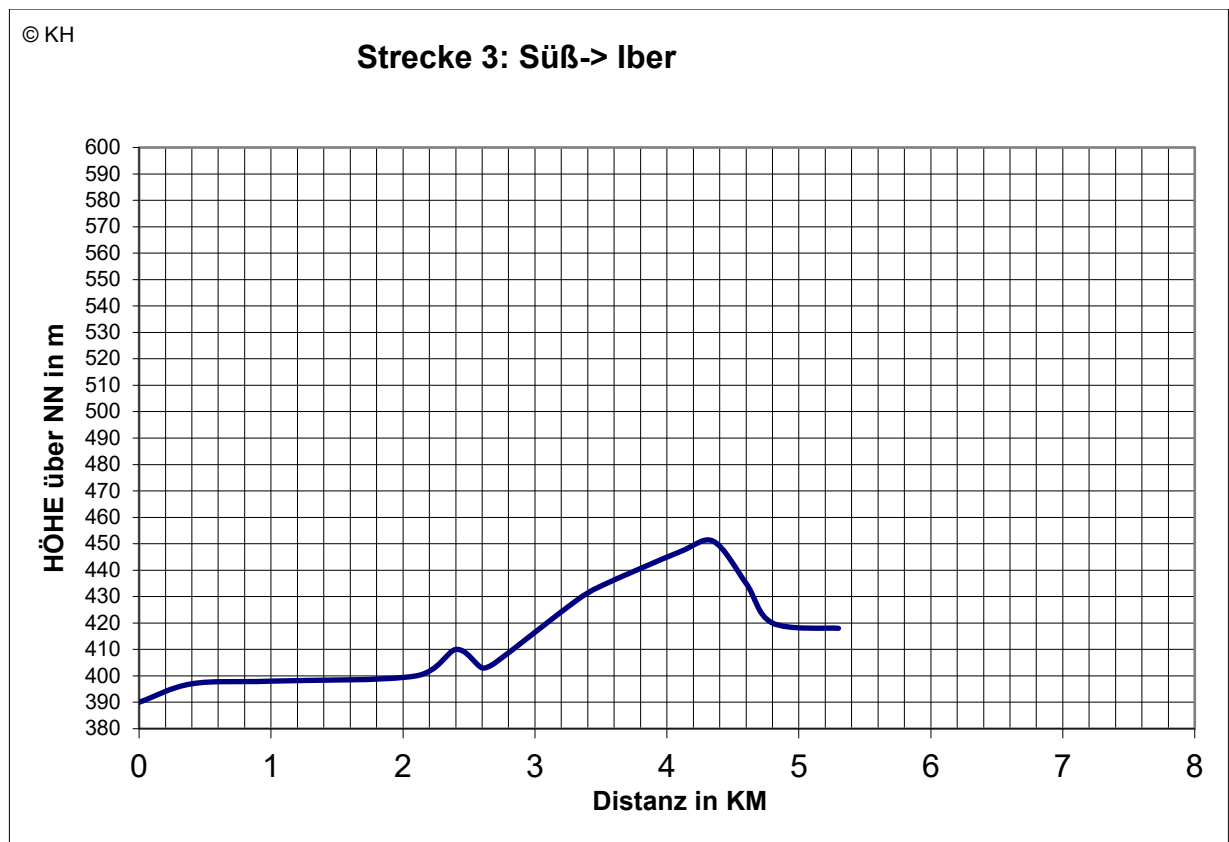
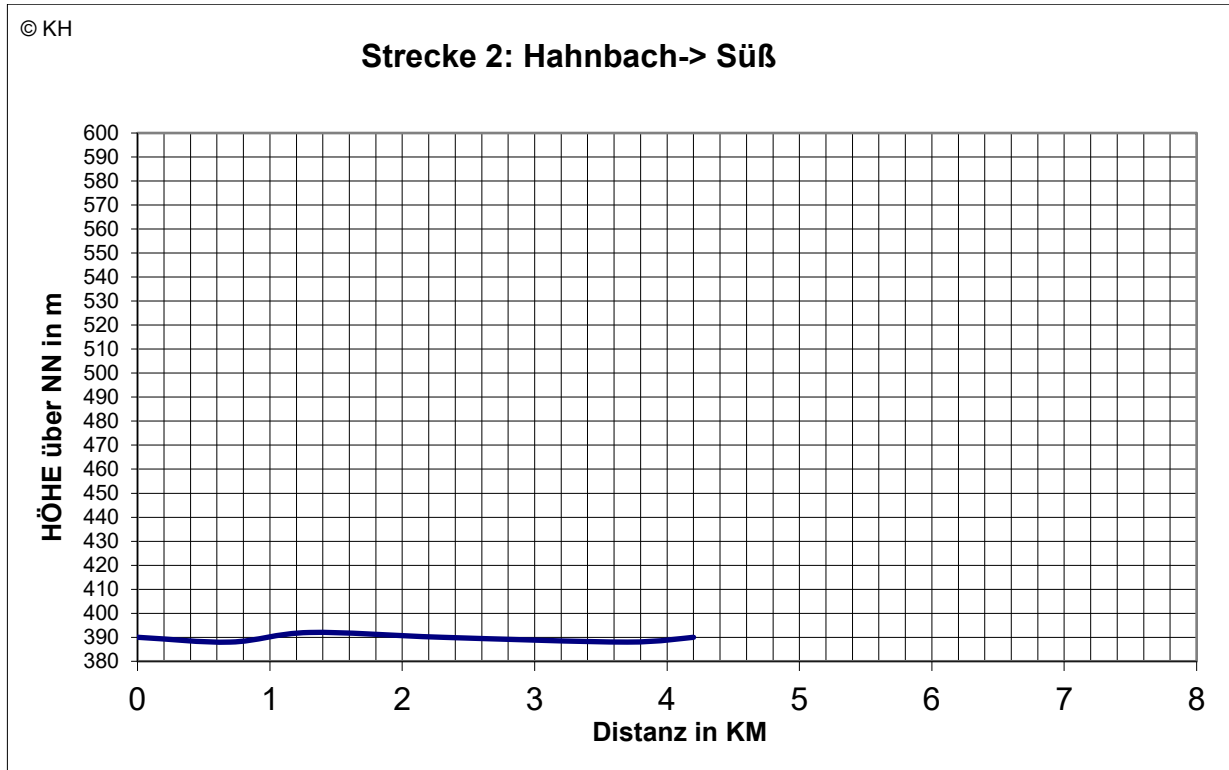
40. Landkreislaf 2026

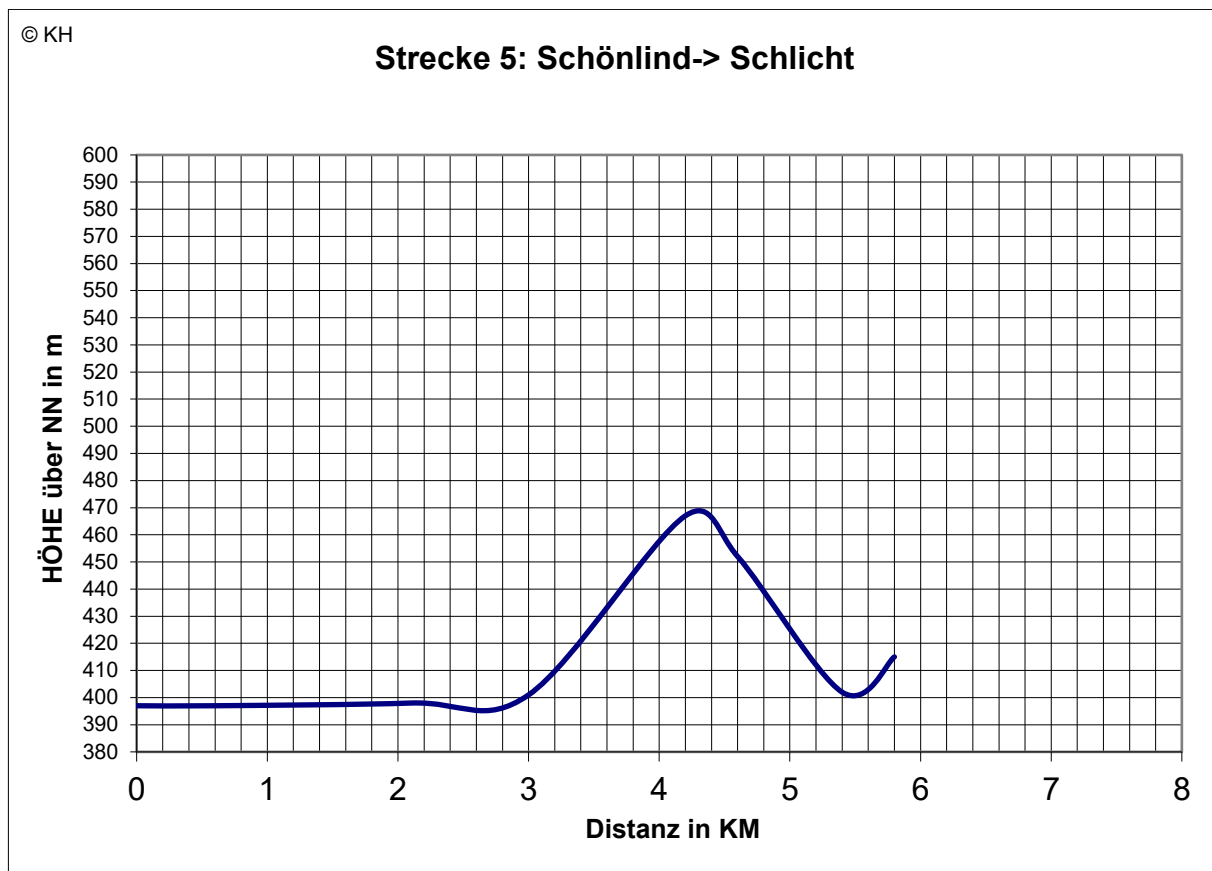
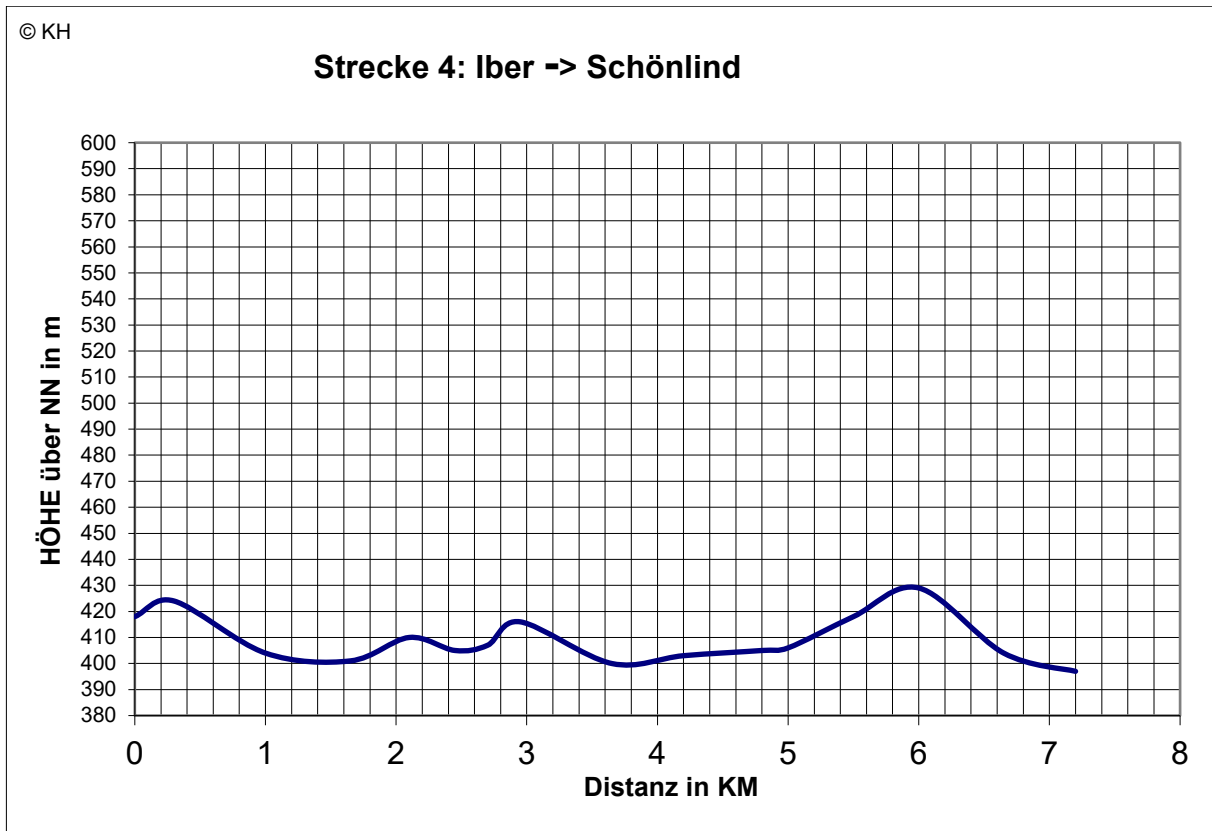
Sulzbach Rosenberg - Holnstein

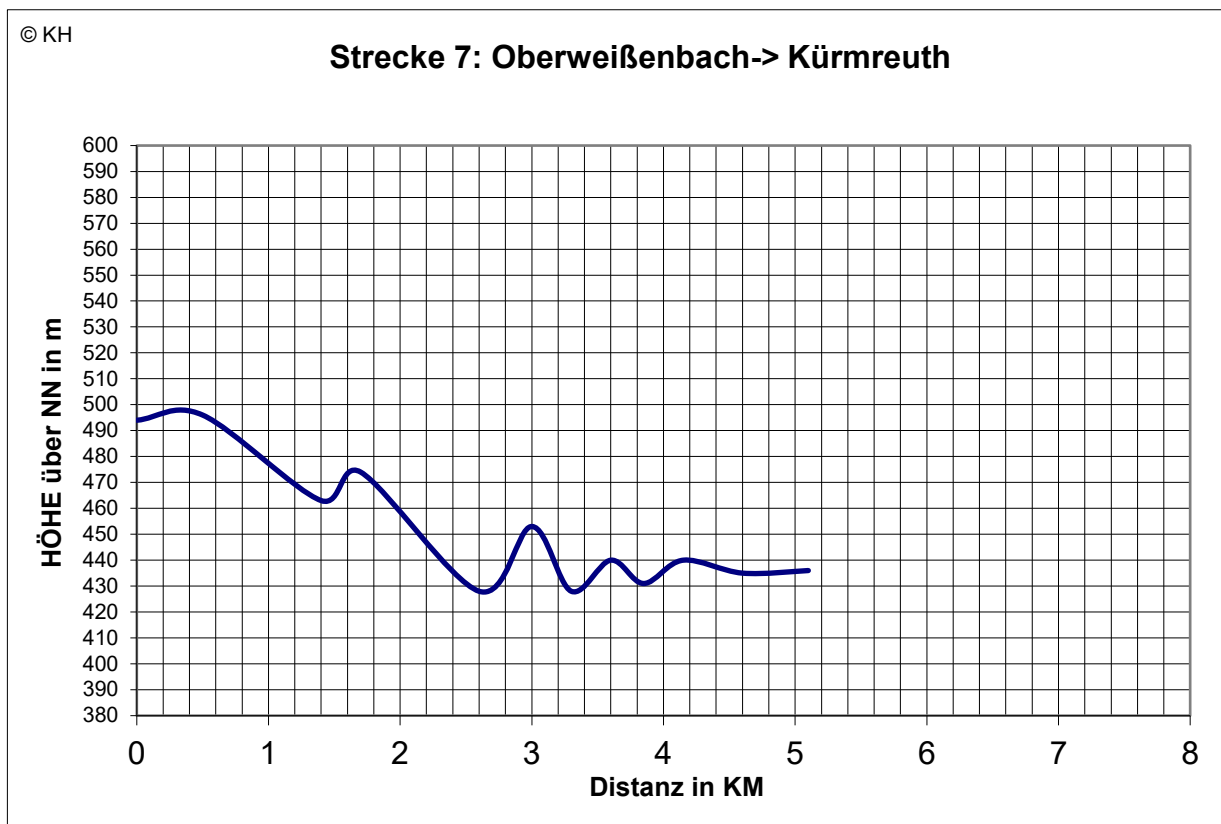
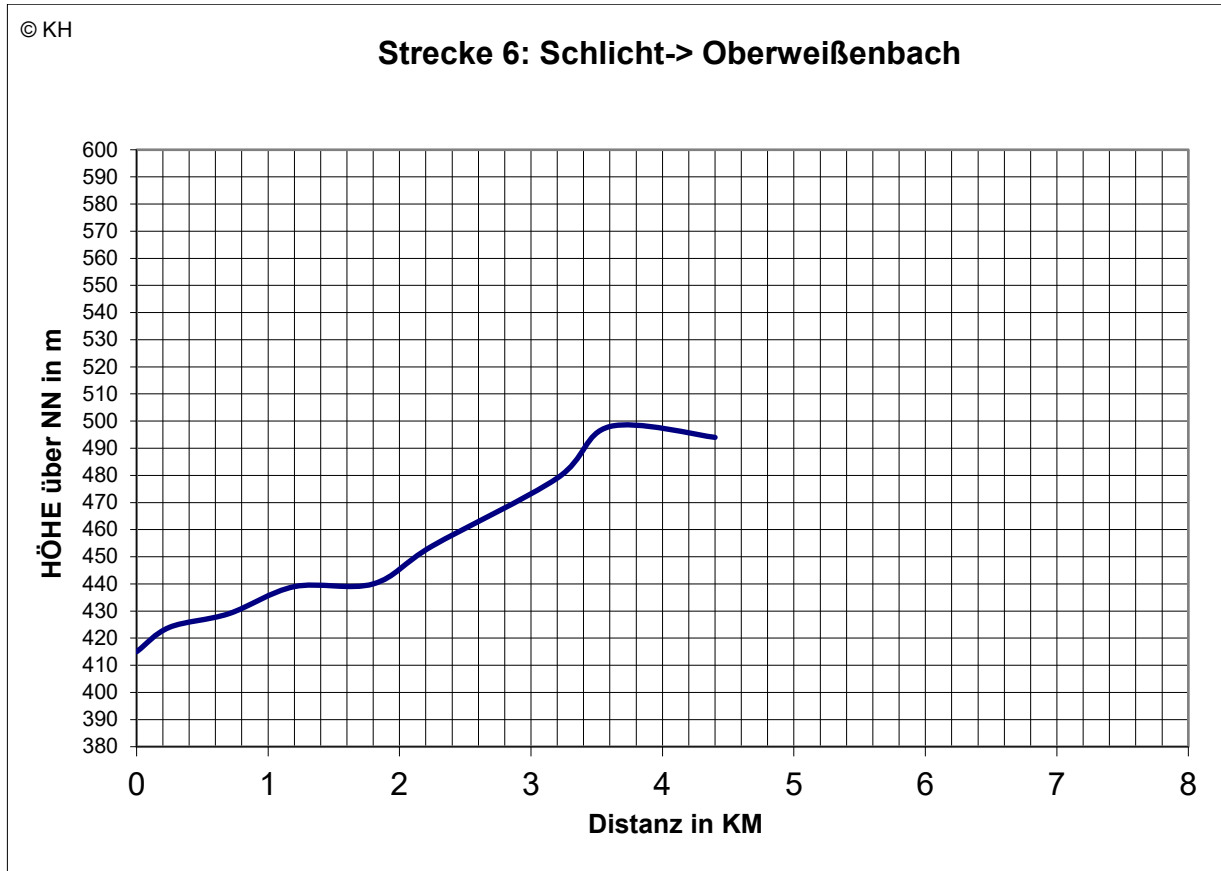
am 9. Mai 2026

Höhenprofile der einzelnen Etappen



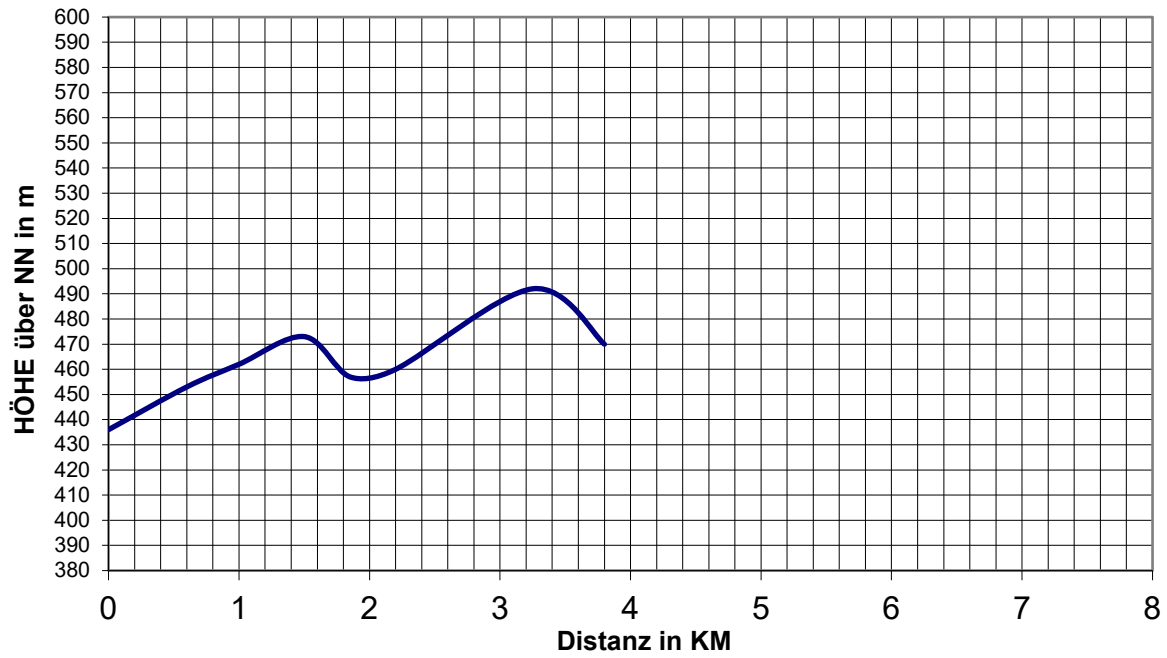






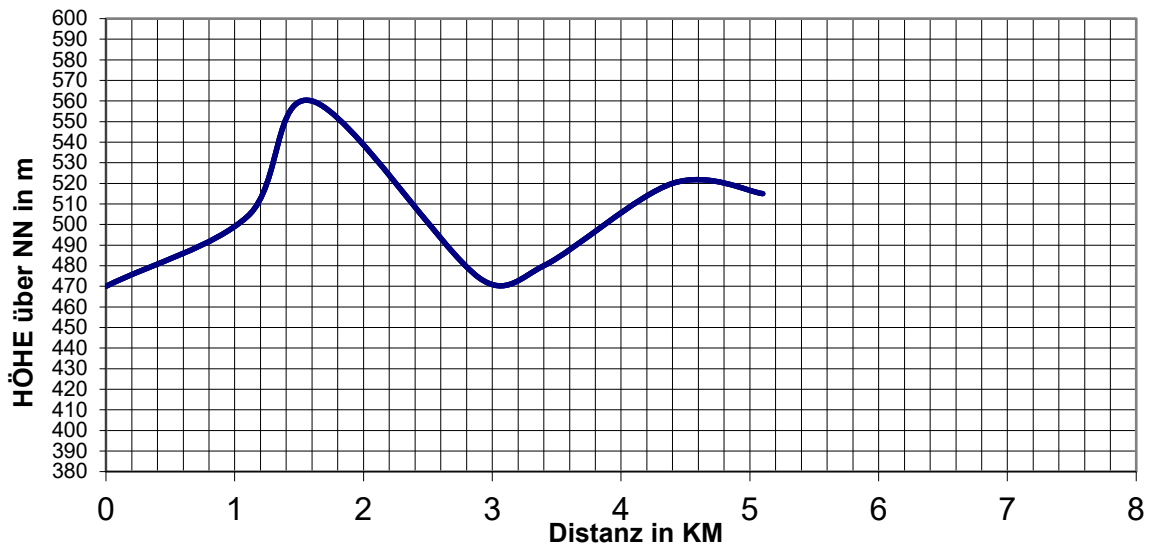
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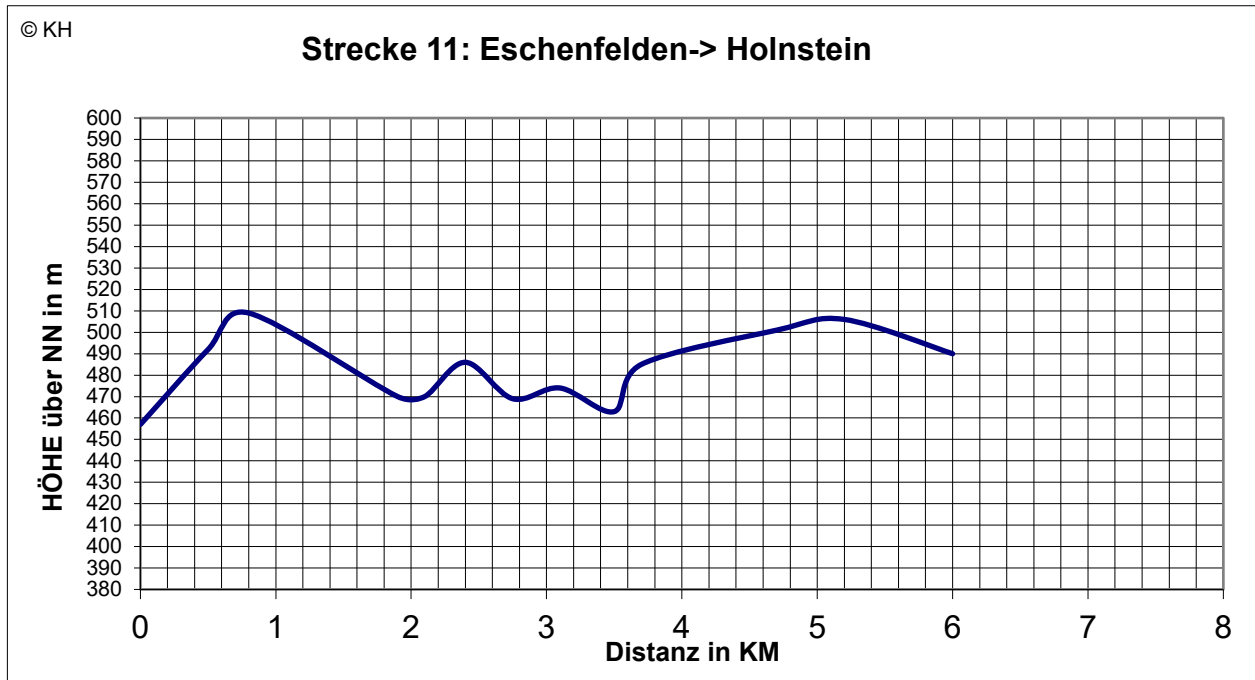
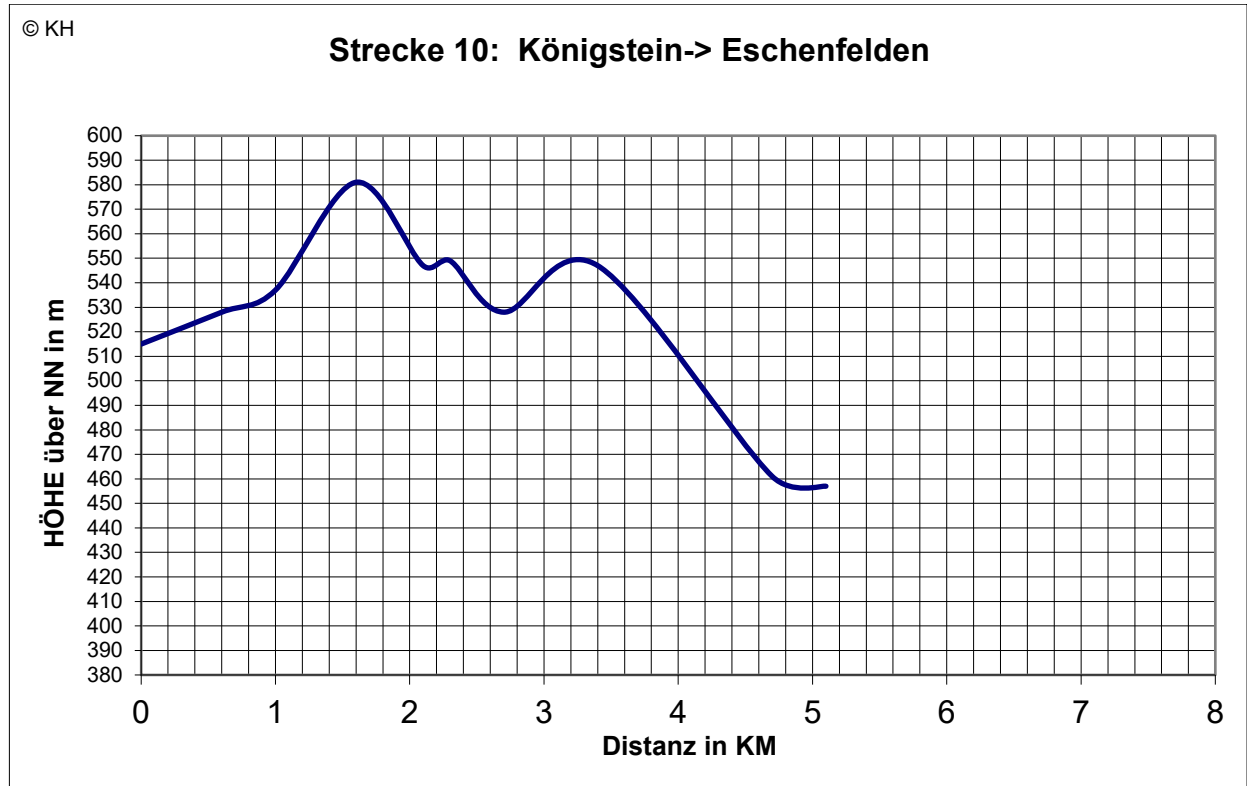
Strecke 8: Kürmreuth-> Pruihausen



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Strecke 9: Pruihausen-> Königstein





Streckenstatistik:

	Strecke		Länge in km	Höhenmeter	
	von	nach		ansteigend	abfallend
1	Sulzbach-Rosenberg	Hahnbach	5,9	19	124
2	Hahnbach	Süß	4,2	6	6
3	Süß	Iber	5,3	68	40
4	Iber	Schönlind	7,2	55	76
5	Schönlind	Schlicht	5,8	83	65
6	Schlicht	Oberweißenbach	4,4	83	4
7	Oberweißenbach	Kürmreuth	5,1	60	118
8	Kürmreuth	Pruihausen	3,8	72	38
9	Pruihausen	Königstein	5,1	136	91
10	Königstein	Eschenfelden	5,1	87	145
11	Eschenfelden	Holstein	6,0	116	83
Gesamt:			57,9	785	790

495 m: Start in Sulzbach-Rosenberg

490 m: Ziel in Holstein

581m: Höchster Punkt – Strecke 10

387m: Tiefster Punkt – Strecke 2