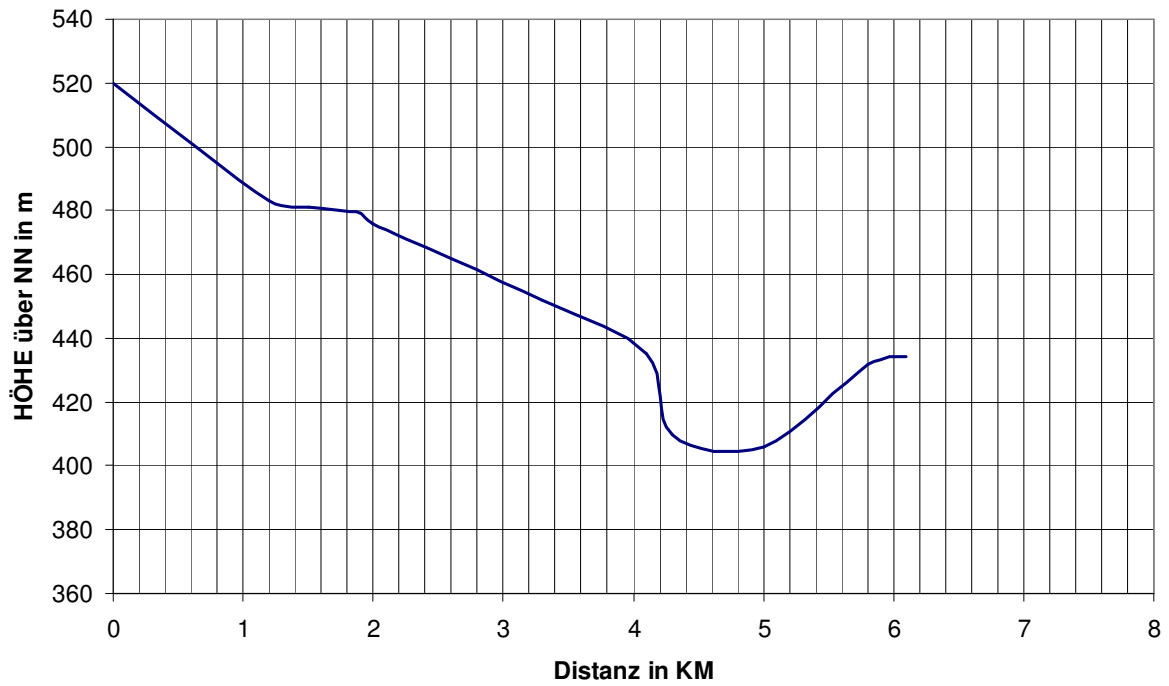


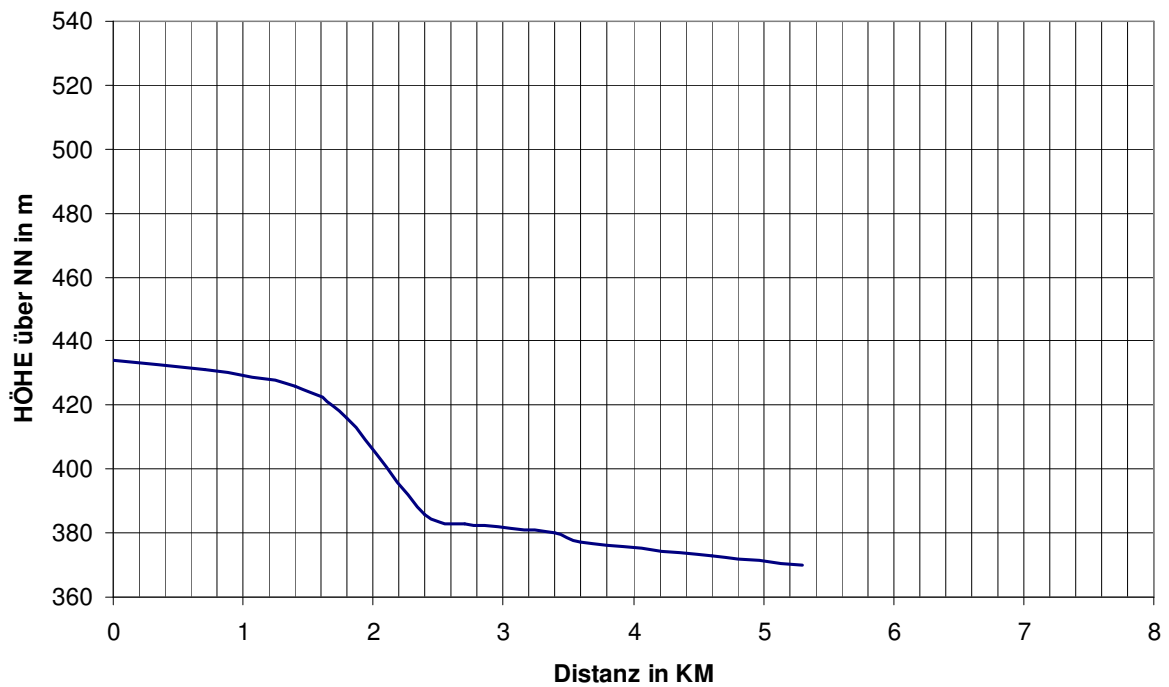
© Klaus Hahn

### Strecke 1: Hohenkemmath -> Köfering



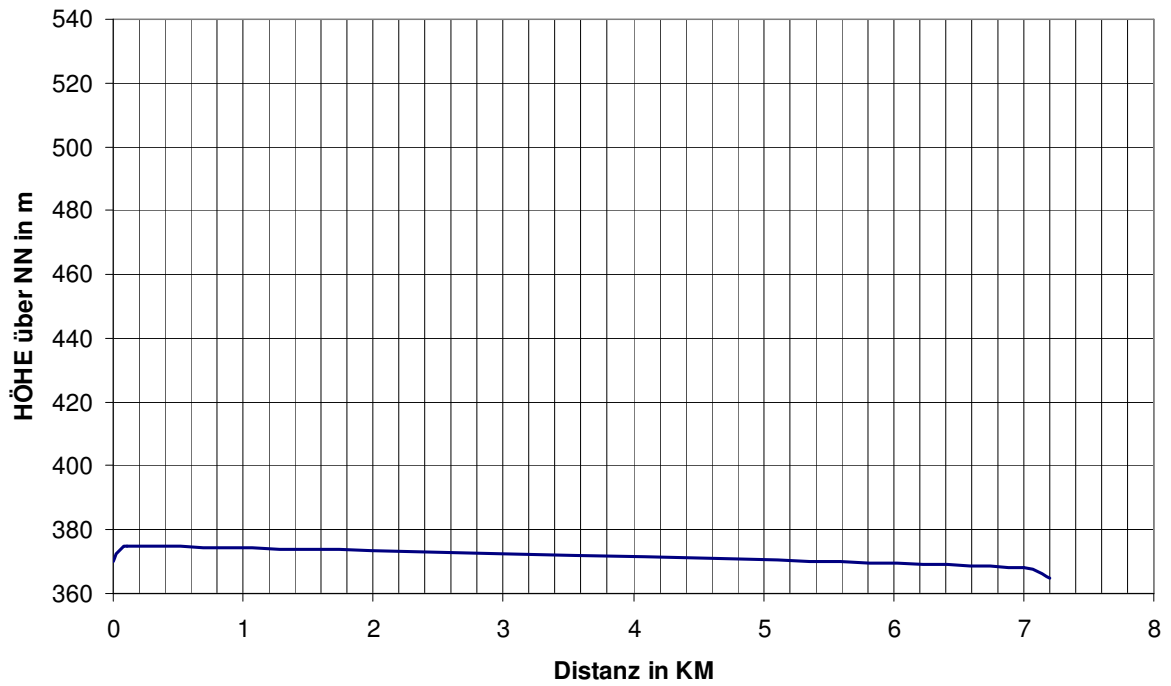
© Klaus Hahn

### Strecke 2: Köfering -> Theuern



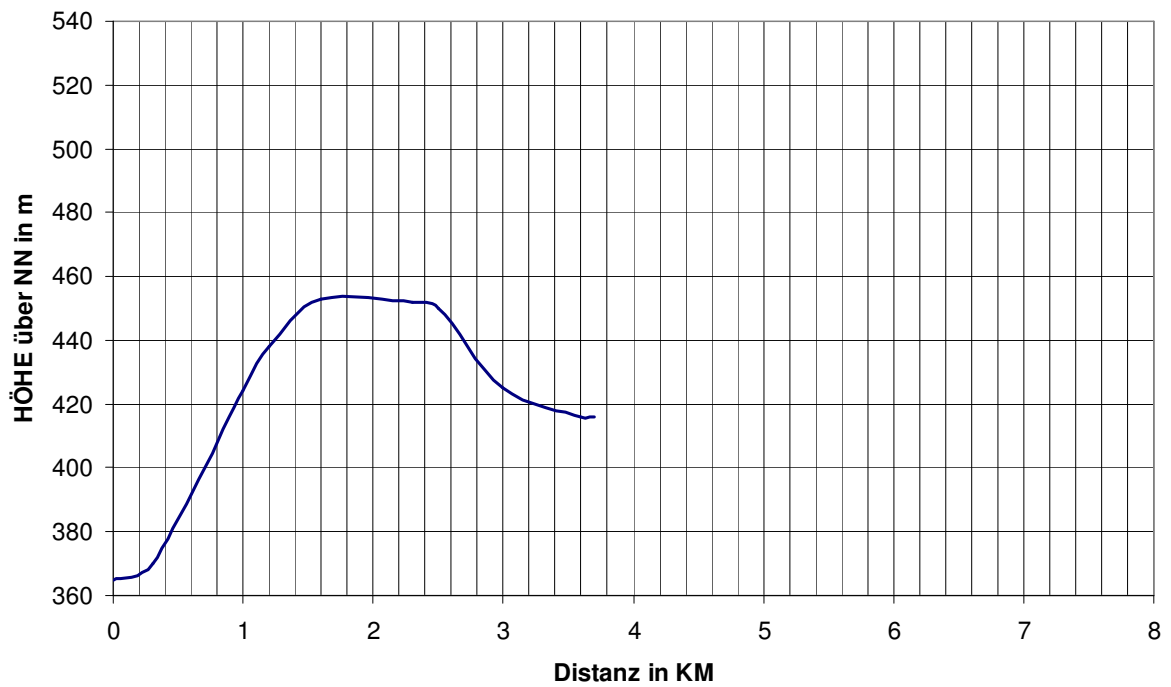
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### Strecke 3: Theuern -> Ensdorf



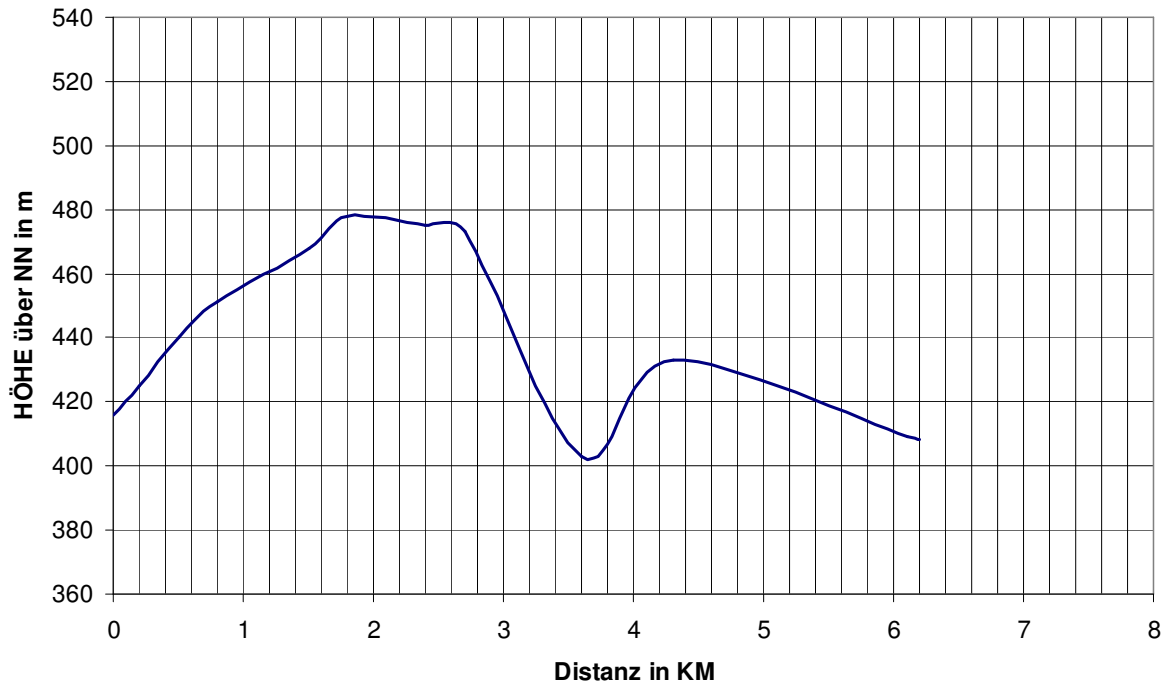
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### Strecke 4: Ensdorf -> Thanheim



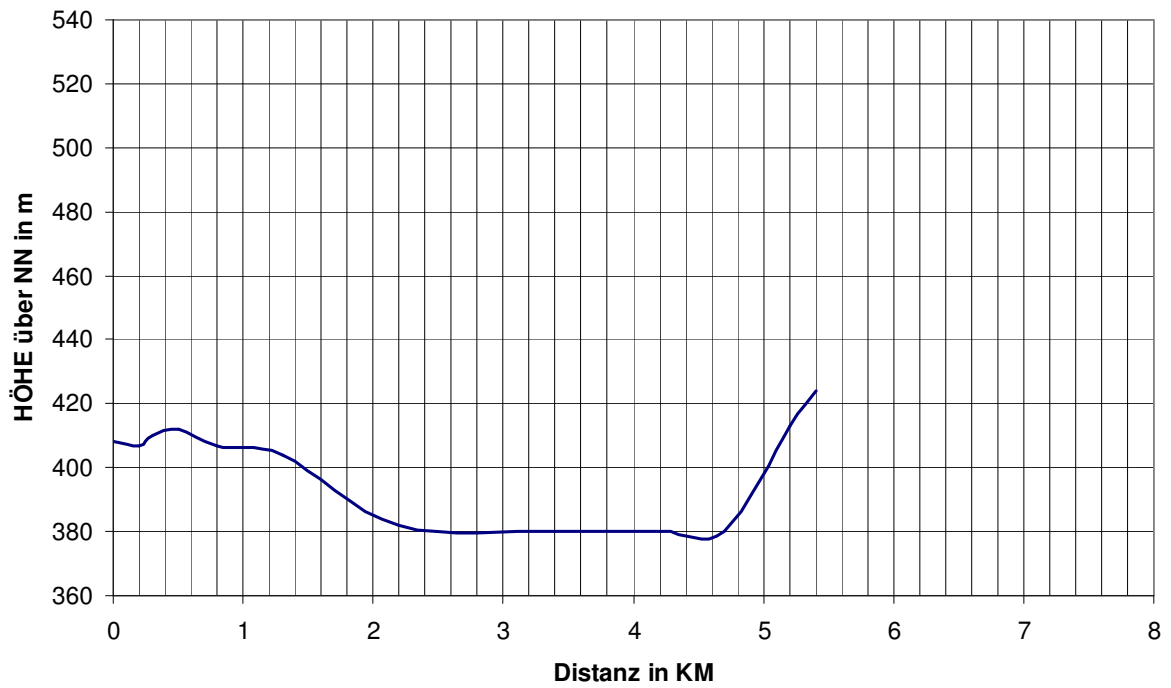
© Klaus Hahn

### Strecke 5: Thanheim -> Diebis

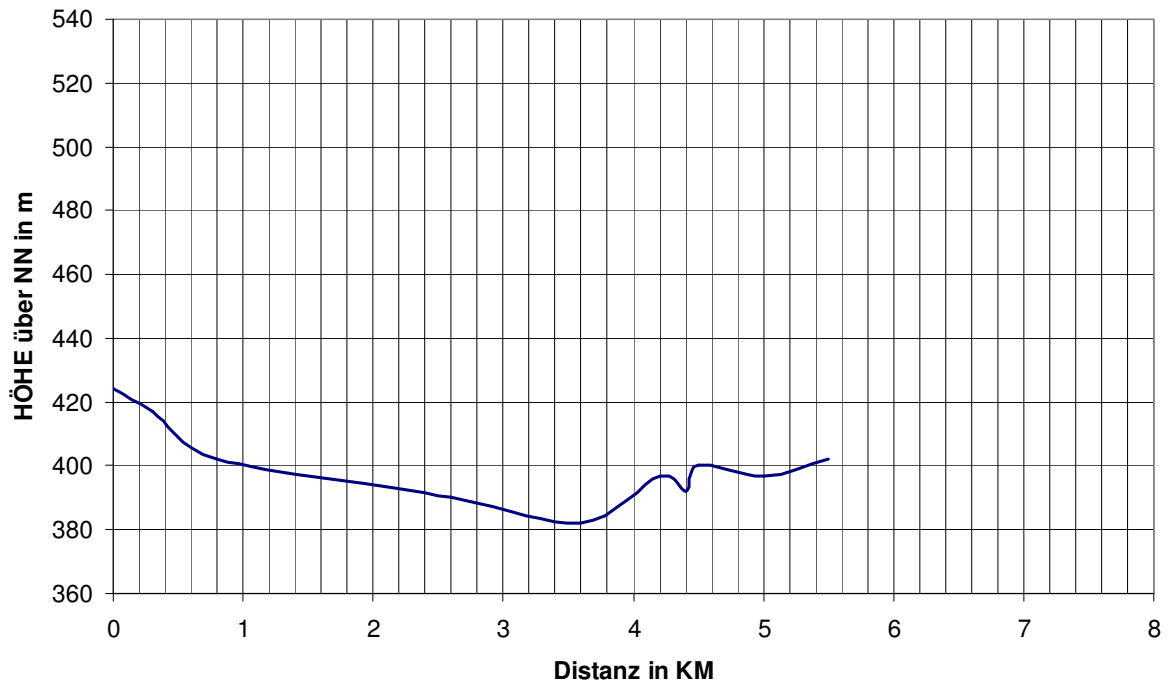


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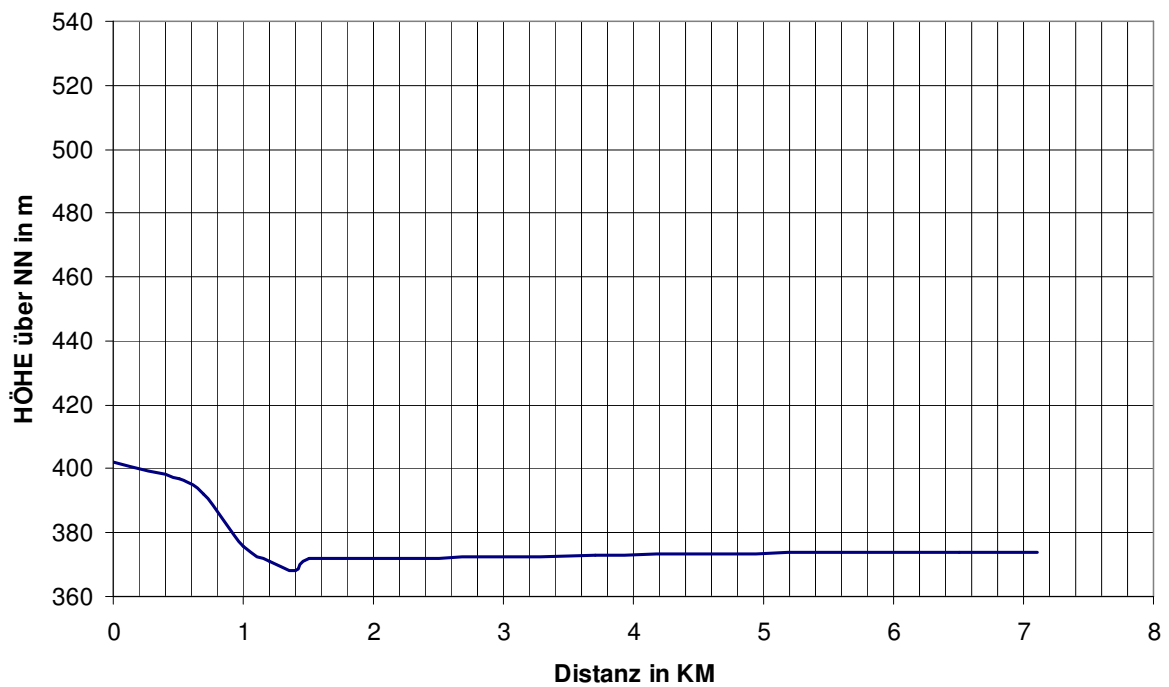
### Strecke 6: Diebis -> Ebermannsdorf



### Strecke 7: Ebermannsdorf -> Kümmersbruck

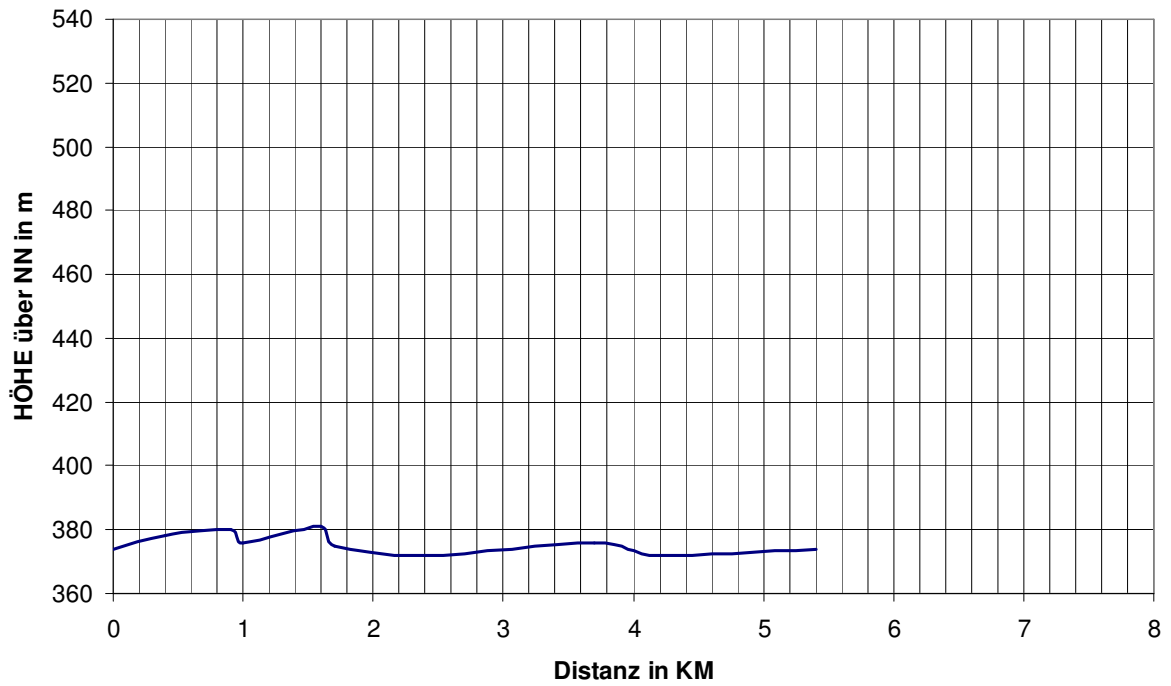


### Strecke 8: Kümmersbruck -> Amberg



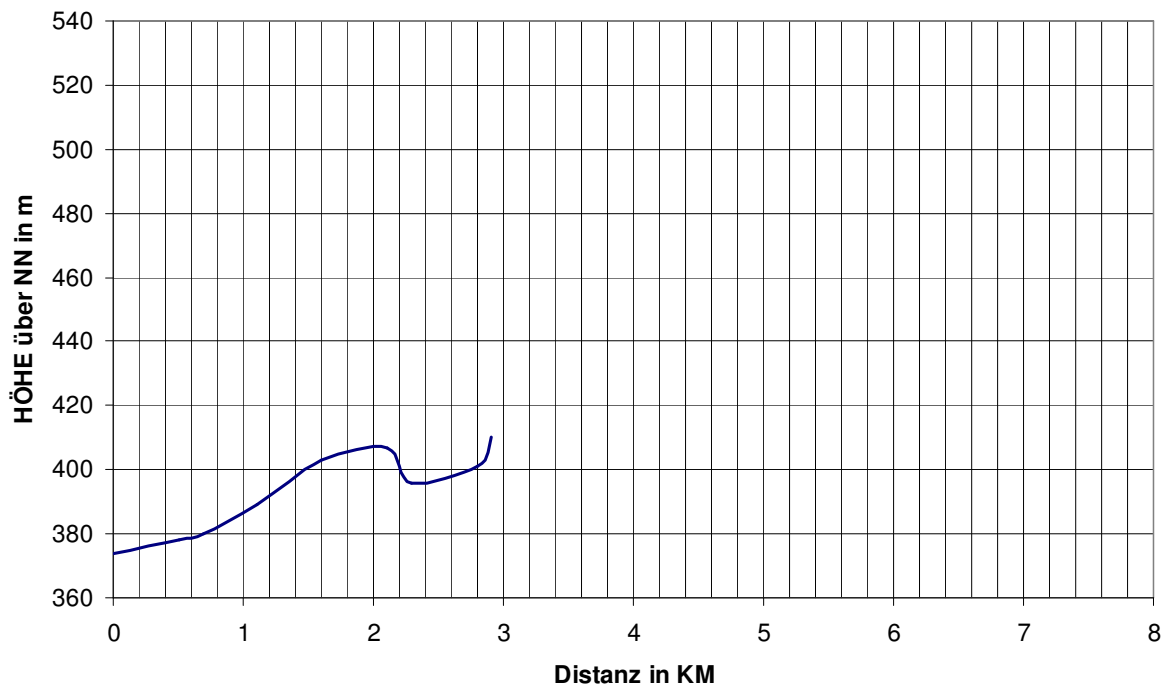
© Klaus Hahn

### Strecke 9: Amberg -> Traßlberg

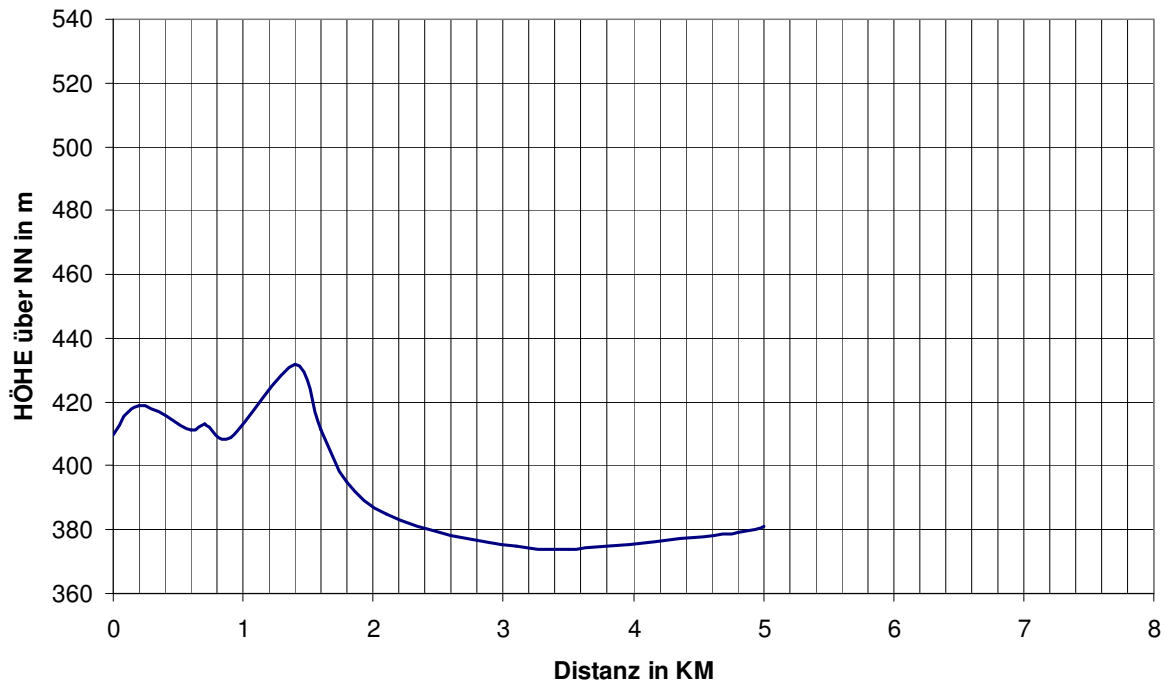


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### Strecke 10: Traßlberg -> Poppenricht



## Strecke 11: Poppenricht -> Sulzbach-Rosenberg



### Streckenstatistik:

	Strecke		Länge in km	Höhenmeter	
	von	nach		ansteigend	abfallend
1	Hohenkernath	Köfering	6,1	28	114
2	Köfering	Theuern	5,3	0	64
3	Theuern	Ensdorf	7,2	5	10
4	Ensdorf	Thanheim	3,7	88	37
5	Thanheim	Diebis	6,2	92	100
6	Diebis	Ebermannsdorf	5,4	49	33
7	Ebermannsdorf	Kümmersbruck	5,5	28	50
8	Kümmersbruck	Amberg	7,1	6	34
9	Amberg	Traßberg	5,4	17	17
10	Traßberg	Poppenricht	2,9	47	11
11	Poppenricht	Sulzbach-Rosenberg	5,0	41	70
Gesamt:			<b>59,8</b>	<b>401</b>	<b>540</b>

520m: Start in Hohenkernath

381m: Ziel in Rosenberg

520m: Höchster Punkt – Start in Hohenkernath

365m: Tiefster Punkt – Wechsel in Ensdorf