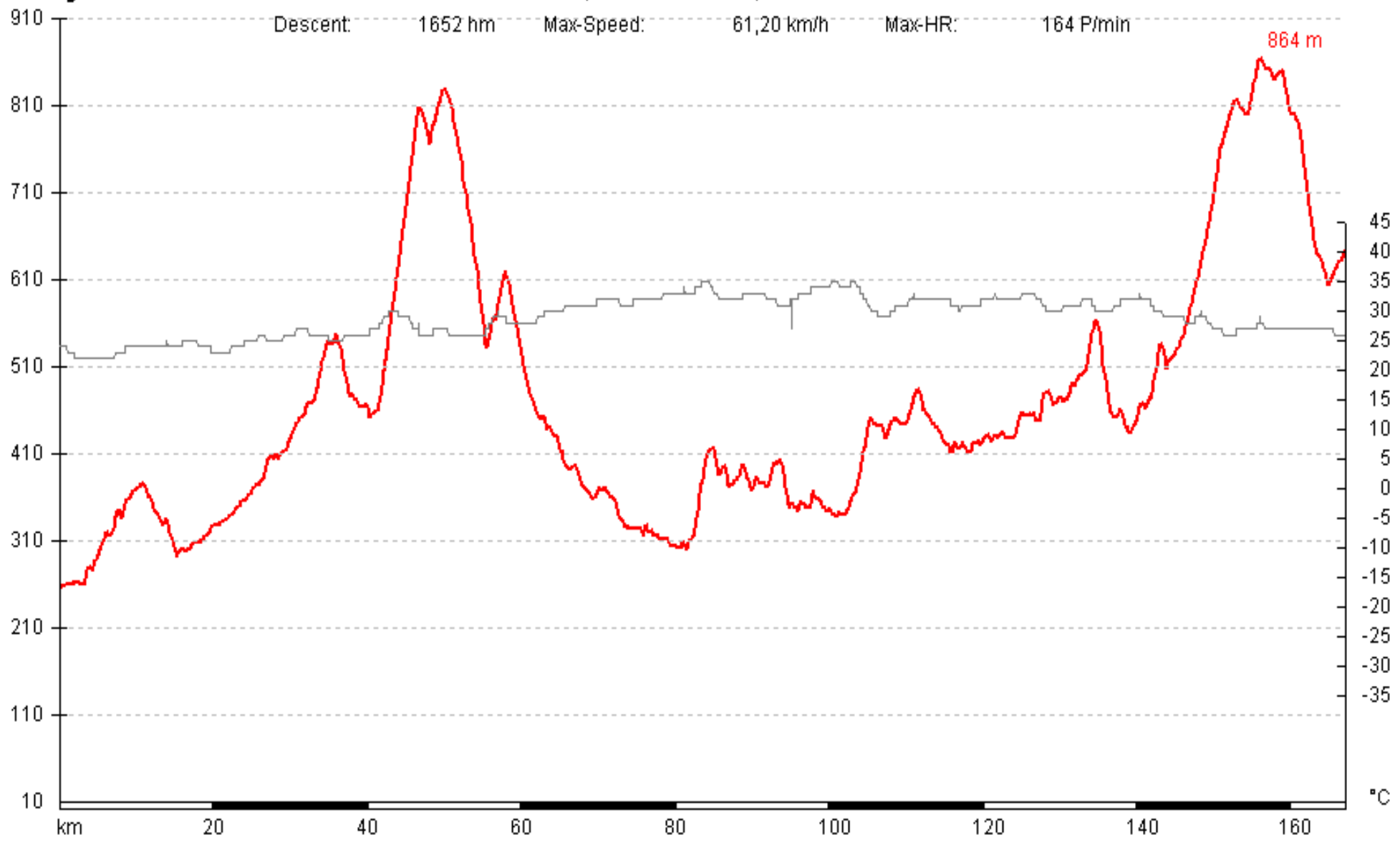


Start: (08:27:

### RIT 4 : PFORDT - LICHTE

Distance:	167,13 km	Time:	07:03:40 h	Category:	5 Star
Ascent:	2039 hm	AV-Speed:	23,67 km/h	AV-HR:	110 P/min
Descent:	1652 hm	Max-Speed:	61,20 km/h	Max-HR:	164 P/min



Restaurant	Object of Interest	steep Ascent	Checkpoint
SnackBar	Danger	steep Descent	Finish