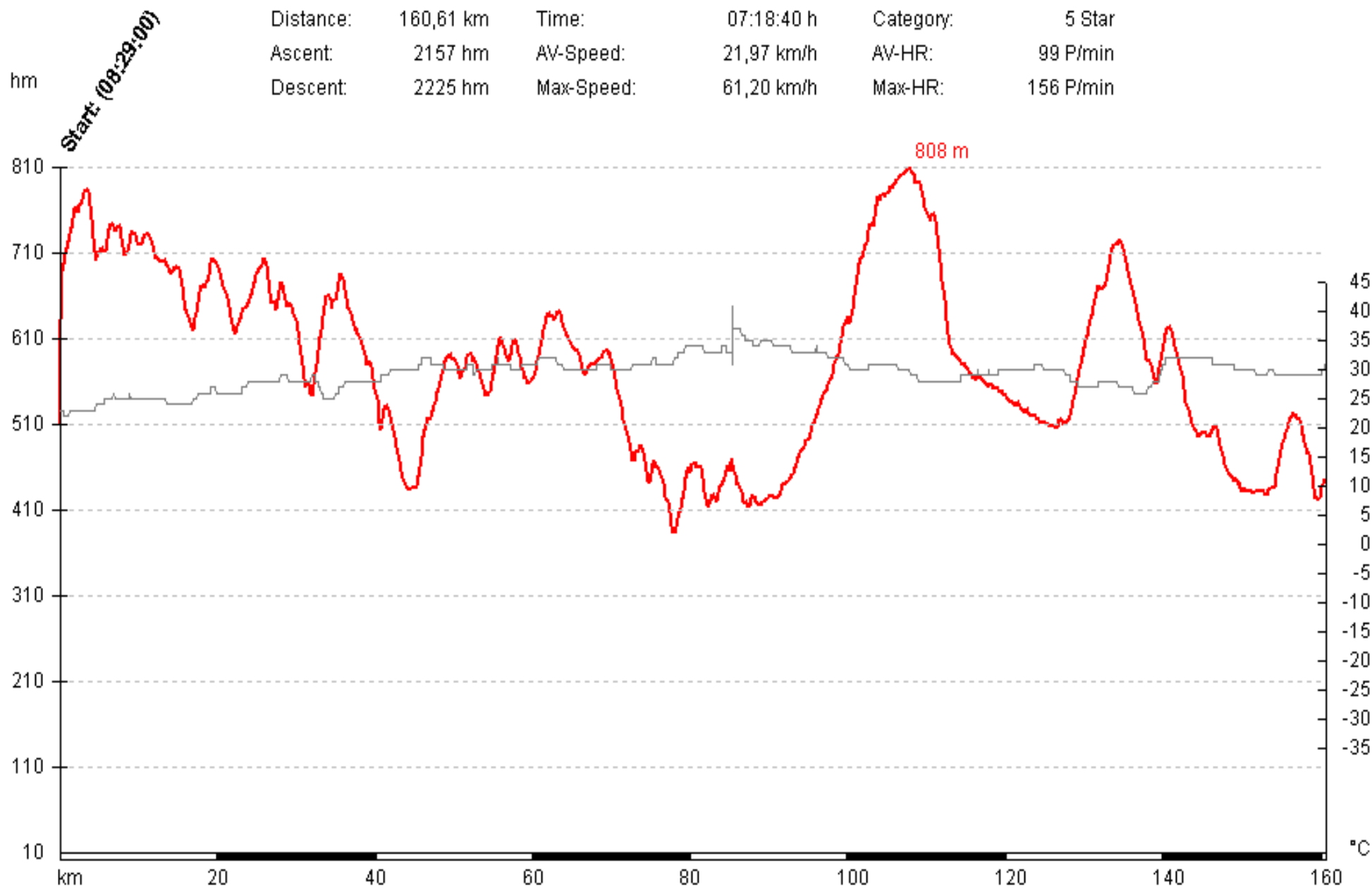


## Rit 5 : Lichte-Loket

Distance:	160,61 km	Time:	07:18:40 h	Category:	5 Star
Ascent:	2157 hm	AV-Speed:	21,97 km/h	AV-HR:	99 P/min
Descent:	2225 hm	Max-Speed:	61,20 km/h	Max-HR:	156 P/min



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