



Heyerode Uhey

□□: 10.67 km/h
□□: 18

□: 42.20 km

|                   | km    |         | min/km | - | -     |    |       | km    |         | min/km | - | -       |    |         |
|-------------------|-------|---------|--------|---|-------|----|-------|-------|---------|--------|---|---------|----|---------|
| Ifta              | 11.70 | 56:22   | 4:49   | 5 | 11:40 | 8  | 11:40 | 11.70 | 56:22   | 4:49   | 5 | 11:40   | 8  | 11:40   |
| Buchenau          | 11.80 | 1:01:27 | 5:12   | 7 | 17:47 | 9  | 17:47 | 23.50 | 1:57:49 | 5:00   | 6 | 29:27   | 9  | 29:27   |
| Frankenroda       | 9.40  | 1:00:10 | 6:24   | 9 | 25:43 | 13 | 25:43 | 32.90 | 2:57:59 | 5:24   | 8 | 51:30   | 11 | 51:30   |
| Uferstraße in Tre | 9.30  | 58:09   | 6:15   | 9 | 27:20 | 13 | 27:20 | 42.20 | 3:56:08 | 5:35   | 8 | 1:18:50 | 12 | 1:18:50 |