

## Karfreitagstraining 10.April 2020

	Startort				
Abfahrt in Lohn	an in Bätterkinden	in Schalunen	in Büren z.Hof	in Fraubrunnen	in Jegenstorf
08:56					09:12
09:26					09:42
09:56			10:03	10:06	10:12
10:26	10:30	10:32		10:36	
10:56	11:00		11:03	11:06	
Laufdistanz	6,5 km	8,6 km	11 km	13,8 km	19,5 km
<b>Startzeiten</b>	<b>Jogger</b>			<b>Walker</b>	
	<b>für schnelle Jogger</b>				

Link zur Karte der Laufstrecke	<a href="https://map.wanderland.ch/?lang=de&amp;route=all&amp;photos=yes&amp;bgLayer=pk&amp;logo=yes&amp;season=summer&amp;resolution=10&amp;E=2606479&amp;N=1221618&amp;layers=Wanderland&amp;trackId=6349393">https://map.wanderland.ch/?lang=de&amp;route=all&amp;photos=yes&amp;bgLayer=pk&amp;logo=yes&amp;season=summer&amp;resolution=10&amp;E=2606479&amp;N=1221618&amp;layers=Wanderland&amp;trackId=6349393</a>	<a href="https://map.wanderland.ch/?lang=de&amp;route=all&amp;photos=yes&amp;bgLayer=pk&amp;logo=yes&amp;season=summer&amp;resolution=10&amp;E=2606389&amp;N=1220579&amp;layers=Wanderland&amp;trackId=6451158">https://map.wanderland.ch/?lang=de&amp;route=all&amp;photos=yes&amp;bgLayer=pk&amp;logo=yes&amp;season=summer&amp;resolution=10&amp;E=2606389&amp;N=1220579&amp;layers=Wanderland&amp;trackId=6451158</a>	<a href="https://map.wanderland.ch/?lang=de&amp;route=all&amp;photos=yes&amp;bgLayer=pk&amp;logo=yes&amp;season=summer&amp;resolution=20&amp;E=2606389&amp;N=1219784&amp;layers=Wanderland&amp;trackId=6451189">https://map.wanderland.ch/?lang=de&amp;route=all&amp;photos=yes&amp;bgLayer=pk&amp;logo=yes&amp;season=summer&amp;resolution=20&amp;E=2606389&amp;N=1219784&amp;layers=Wanderland&amp;trackId=6451189</a>	<a href="https://map.wanderland.ch/?lang=de&amp;route=all&amp;photos=yes&amp;bgLayer=pk&amp;logo=yes&amp;season=summer&amp;resolution=20&amp;E=2606091&amp;N=1219189&amp;layers=Wanderland&amp;trackId=6349367">https://map.wanderland.ch/?lang=de&amp;route=all&amp;photos=yes&amp;bgLayer=pk&amp;logo=yes&amp;season=summer&amp;resolution=20&amp;E=2606091&amp;N=1219189&amp;layers=Wanderland&amp;trackId=6349367</a>	<a href="https://map.wanderland.ch/?lang=de&amp;route=all&amp;photos=yes&amp;bgLayer=pk&amp;logo=yes&amp;season=summer&amp;resolution=20&amp;E=2605540&amp;N=1215344&amp;layers=Wanderland&amp;trackId=6349365">https://map.wanderland.ch/?lang=de&amp;route=all&amp;photos=yes&amp;bgLayer=pk&amp;logo=yes&amp;season=summer&amp;resolution=20&amp;E=2605540&amp;N=1215344&amp;layers=Wanderland&amp;trackId=6349365</a>
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**Bitte bis am 6. April mit unten stehendem Link anmelden**

**Link zur Umfrage**

<https://speakneon.com/u6a1N6K1C>