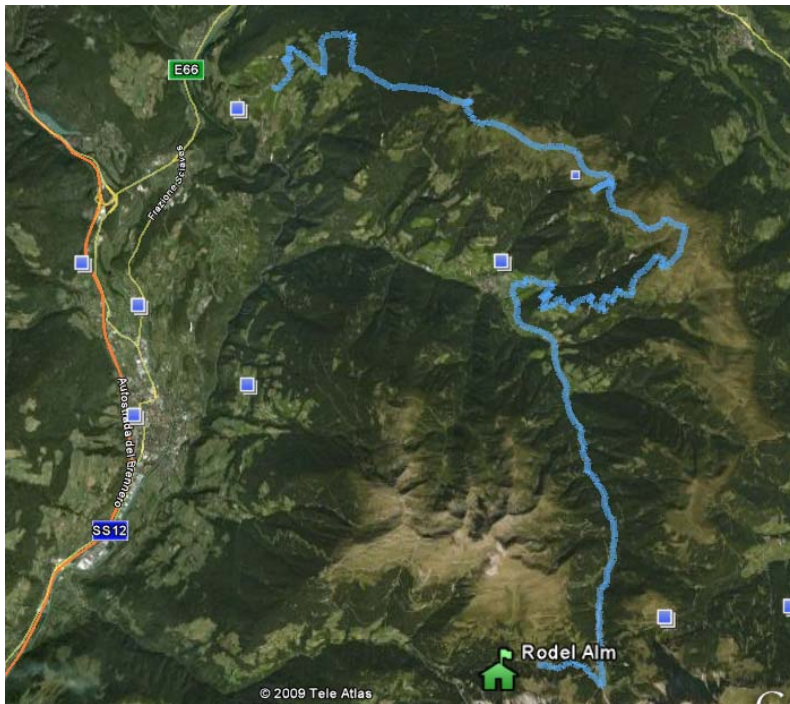


Würmbiker Sommertour 2009

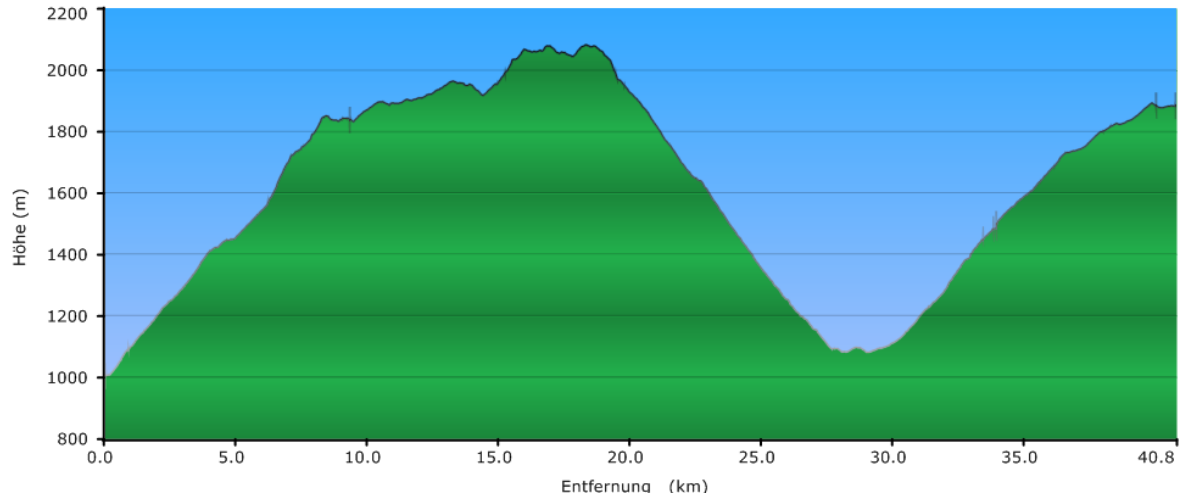


1. Tag (6.7.2009)

Rodeneck (Südtirol) – Rastnerhütte – Astjoch – Rodel Alm (am Wurzjoch)

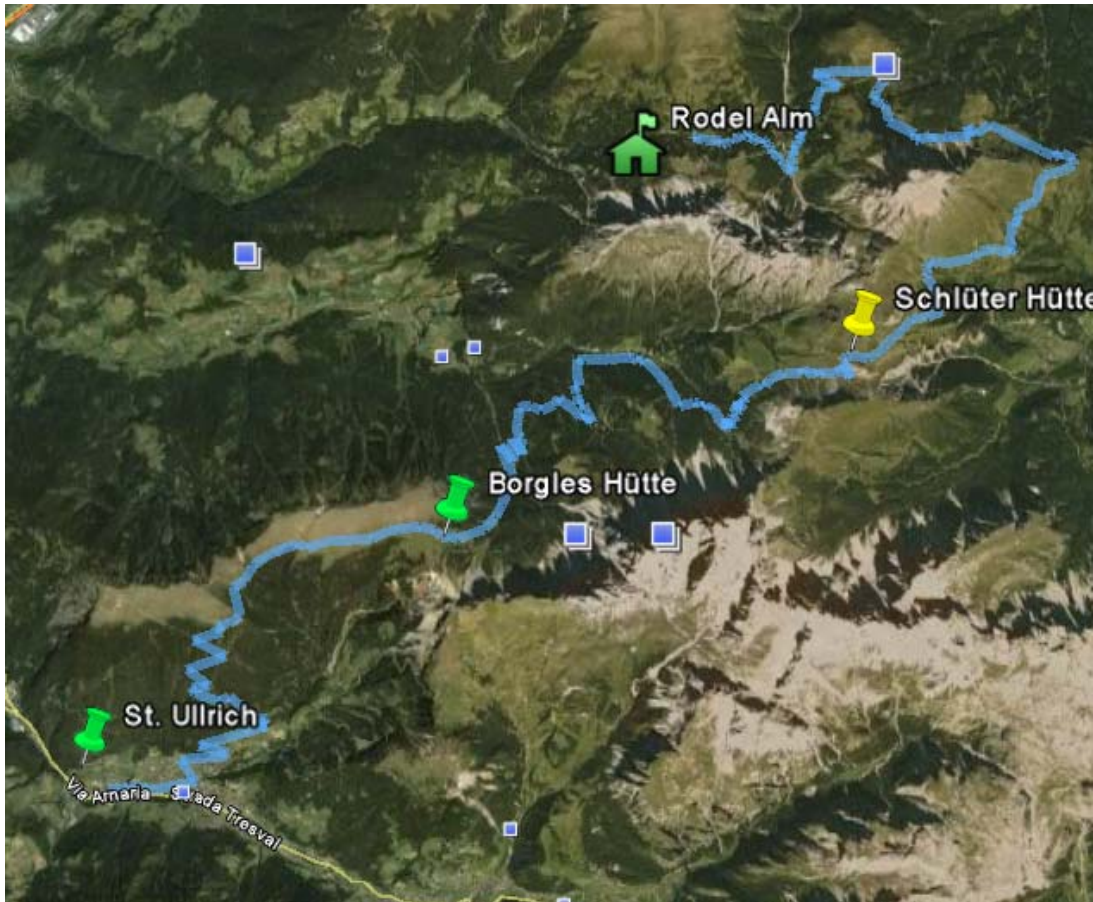


Profil

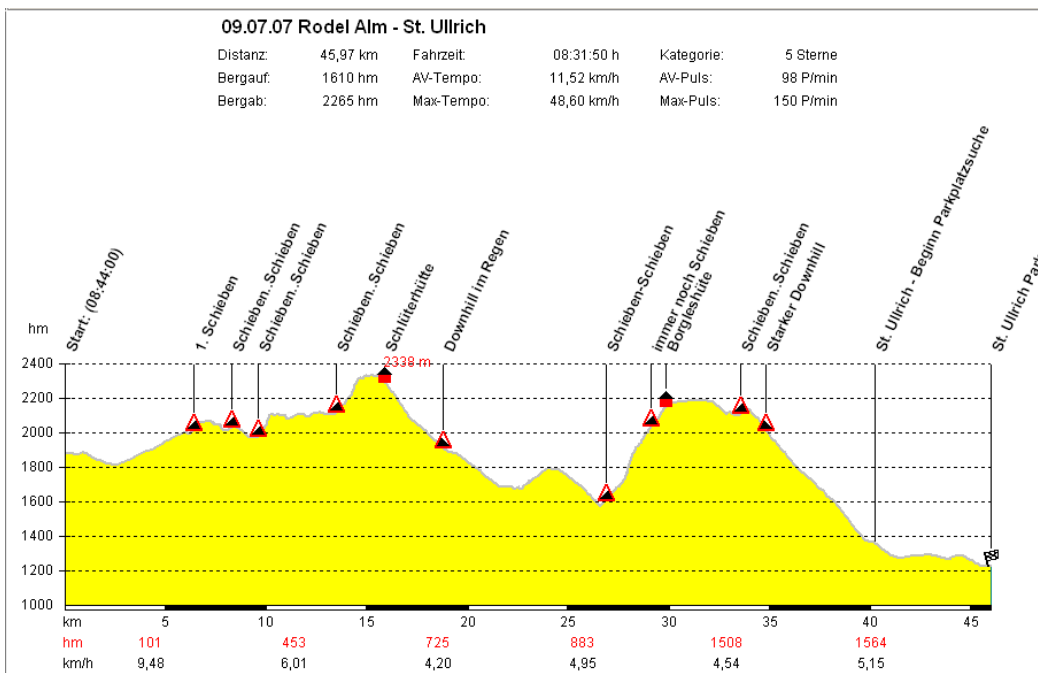


2. Tag (7.7.2009)

Rodel Alm – Wurzjoch – um den Peitlerkofel – Schlüterhütte – Borgleshütte – St. Ullrich.

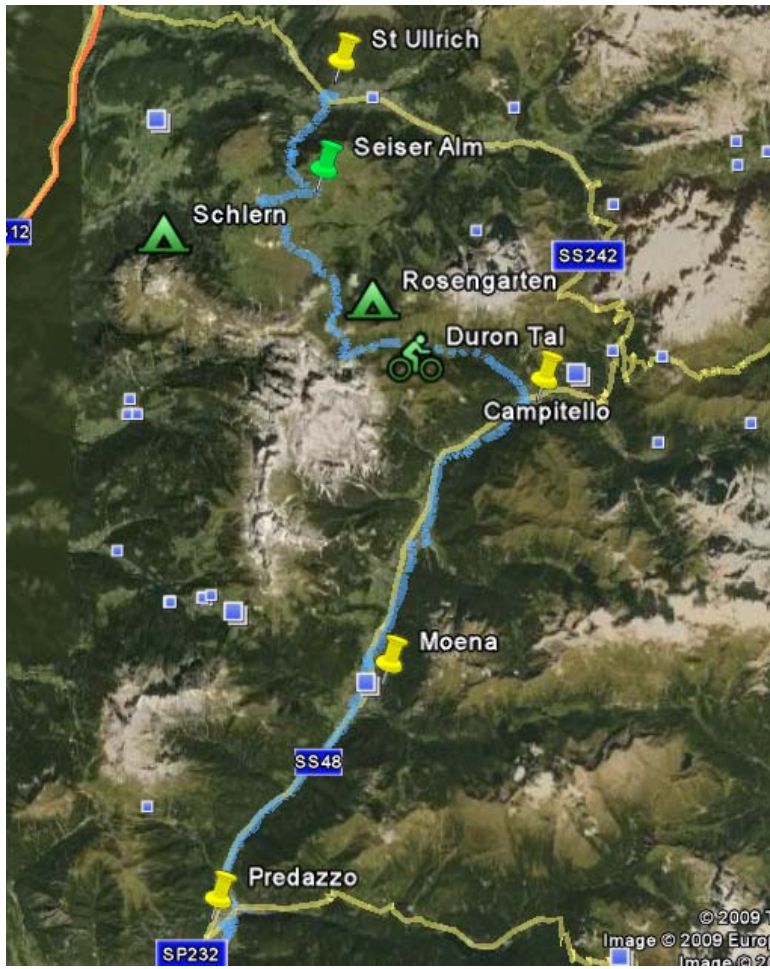


Profil



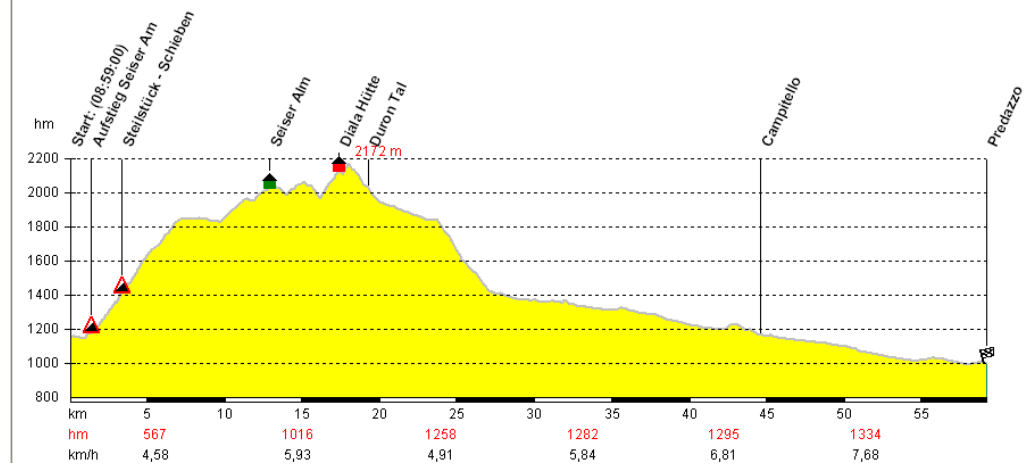
3. Tag (8.7.2009)

St. Ullrich – Seiser Alm – Duron Tal – Canazei – Predazzo



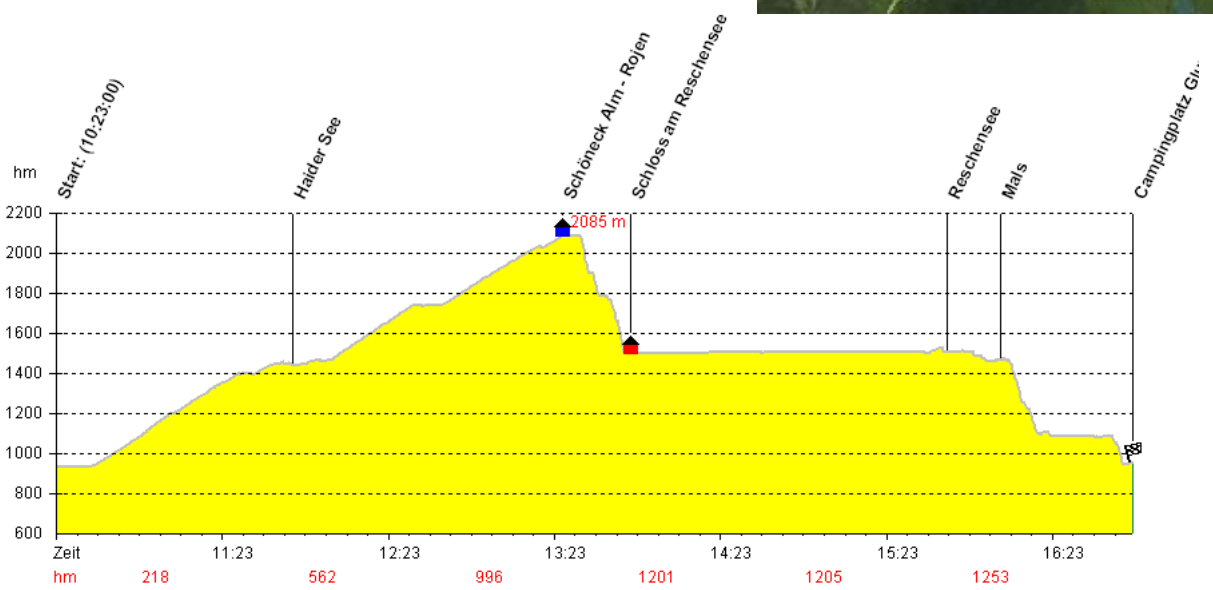
09.07.08 St. Ullrich - Seiser Alm - Predazzo

Distanz:	59,20 km	Fahrzeit:	07:58:27 h	Kategorie:	4 Sterne
Bergauf:	1403 hm	AV-Tempo:	12,87 km/h	AV-Puls:	116 P/min
Bergab:	1557 hm	Max-Tempo:	50,40 km/h	Max-Puls:	150 P/min



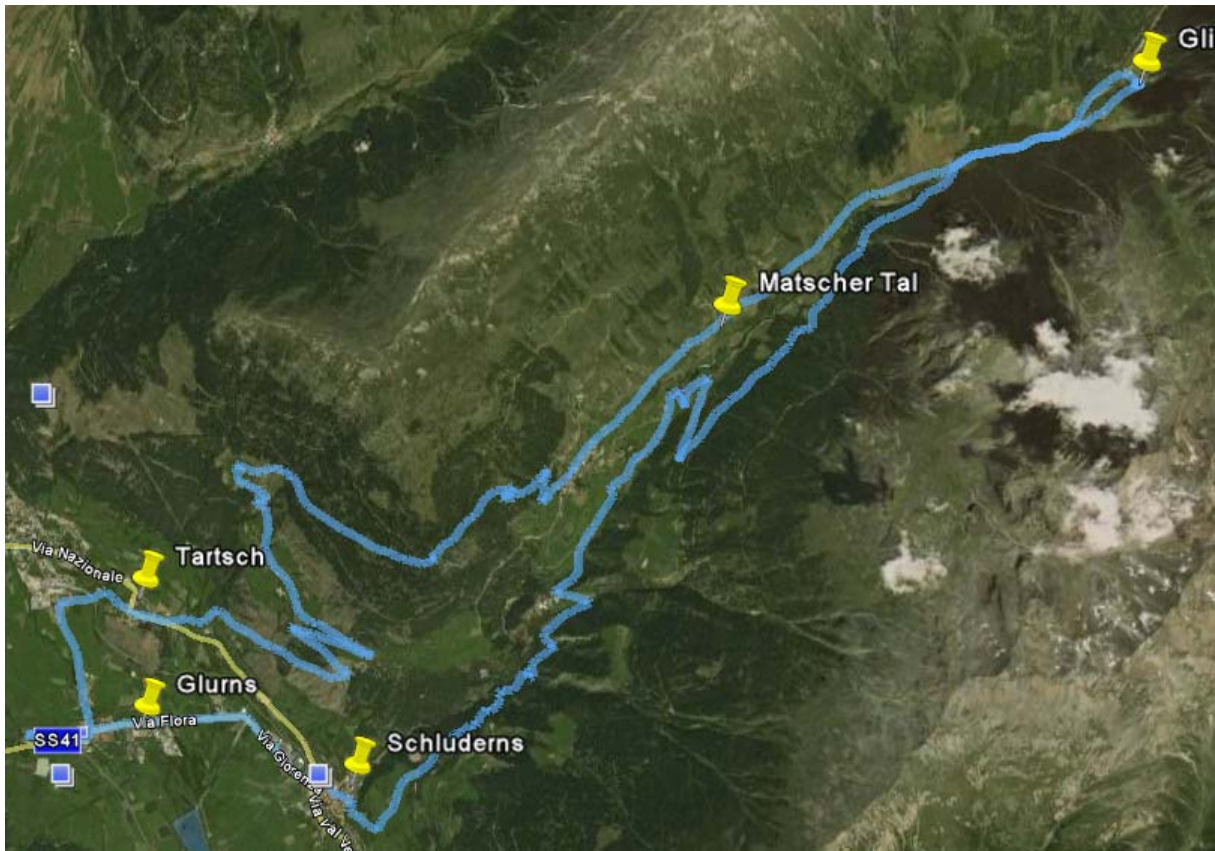
4. Tag (9.7.2009)

Campingplatz Glurns – Haider See – Rojen – Reschensee
– Mals - Glurns

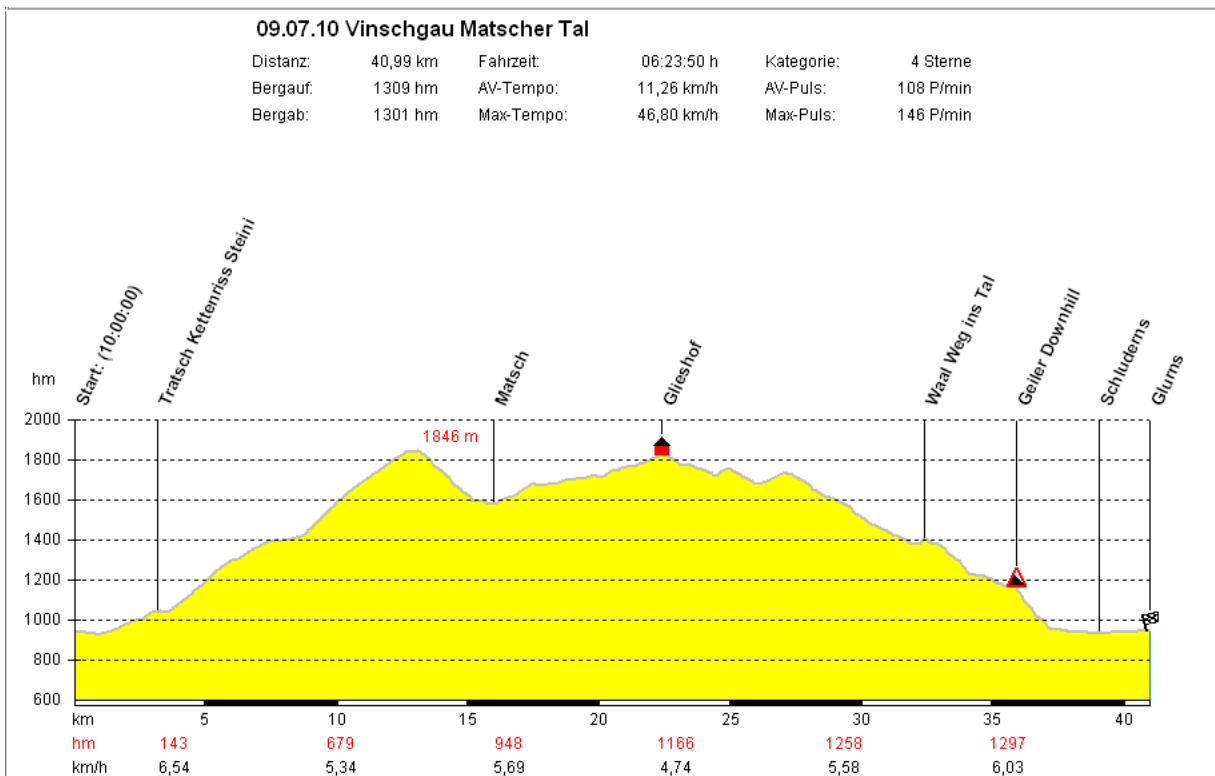


5. Tag (10.7.2009)

Glurns – Mals – Matsch – Gliers Alm- Schluderns - Glurns



Wegprofil



6. Tag (11.7.2009)

Glurns-Brauerei Forst – Meran – Glurns



Profil

