



1	2	3	4	5	6	7	8
1	98	2	3	4	69	5	6

Idealbordkarte 1 Sportlich

33	34	35	36	37	38			
32					39			
31	<table border="1"> <tr> <td>51</td> <td>52</td> </tr> </table>		51	52			40	
51	52							
30	<table border="1"> <tr> <td>50</td> <td></td> </tr> </table>		50				41	
50								
29	<table border="1"> <tr> <td>49</td> <td></td> </tr> </table>		49				42	
49								
28	<table border="1"> <tr> <td>48</td> <td></td> </tr> </table>		48				43	
48								
27	<table border="1"> <tr> <td>47</td> <td>46</td> <td>45</td> <td>44</td> </tr> </table>		47	46	45	44		
47	46	45	44					

GLP1 Zw. Zeit 2,03km = 4min3sec
GLP1 Ziel 4,70km = 9min24sec

25	24	23	22	21	20	19	18
			18	69	17	98	16

9	8
10	G
11	8
12	9
13	10
14	12
15	14
16	15
17	16



1	2	3	4	5	6	7	8
3	5	6	7	8	9	20	19

Idealbordkarte 2 Sportlich

33	34	35	36	37	38	9	
						21	
32					39	10	
						22	
31		51	52		40	11	
						87	
30		50			41	12	
						23	
29		49			42	13	
						25	
28		48			43	14	
						26	
27		47	46	45	44	15	
						75	
26						16	
						27	
						17	
						29	
25	24	23	22	21	20	19	18
							H

GLP2 Zw. Zeit 2,48km = 4min8sec
GLP2 Ziel 4,09km = 6min49sec