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| Blattbez.: 17IKAL06.7WA Staat : ITALIEN Region : KALABRIEN/CATANZARO Wanderweg: SPAZIERGANG NACH SYRAKUS Strecke : SIMBARIO/STR. - TRE PONTICELLI Ziel : TRE PONTICELLI Ausg./Euro: 0.00 | Blatt-Nr.: 04 Seite-Nr.: 01 | * W A N D E R B L A T T * | | Reisetag : 08-08 | |
| | | Wochentag von SAMSTAG bis SAMSTAG | | Wandertag : 04 | |
| | | Datum von 30.06.2007 bis 30.06.2007 | | Ruhetag : 00 | |
| | | Höch. Pkt.: 1277 m Höhend. +: 646 m v Gehen : 4.5 km/h | Nied. Pkt.: 790 m Höhend. -: 312 m v Steigen: 400 m/h | Entfernung : 14.1 km Wanderzeit : 373 Min. Pausenzeit : 90 Min. Anz.d.Übern. : 01 | |

| HÖHENDIAGRAMM IN METERN 1500 1350 1200 1050 900 750 | km | Ort | Orts höhe | Bemerkungen | Pau- sen | Wan- zeit | Uhr- zeit |
|--|------|-----------------|--------------|--|-------------|--------------|--------------|
| | 0 | Simbario/Str. | 801 | Auf Straße nach Südwesten parall.z.Freil | 0 | 0 | 09:00 |
| | 1.0 | Doppelkurve | 865 | weit.a.Str. | 0 | 23 | 09:23 |
| | 1.4 | Str. verlassen | 920 | geradeaus weit.a.Weg parall.z.Freiltg. | 0 | 37 | 09:37 |
| | 2.0 | Colle Morrone | 950 | Fahrweg - links weit.a.Fahrweg n.Südost. | 0 | 50 | 09:50 |
| | 2.6 | Fahrweg verlass | 960 | geradeaus weit.a.Weg n.Südost./Freiltg.v | 0 | 60 | 10:00 |
| | 3.5 | Wasserbehälter | 902 | Freiltg.- geradeaus weit.a.Str. | 0 | 72 | 10:12 |
| | 4.1 | Gebetsstock | 860 | Str. verlassen - rechts ab/Freiltg. | 0 | 80 | 10:20 |
| | 4.8 | Serra S.Bruno | 815 | Umgehungsstr.- weit.z.Stadtmitte | 0 | 89 | 10:29 |
| | 5.2 | Serra S.Bruno | 790 | Kirche - alle tour.Einricht.- weit.n.SO | 60 | 154 | 11:34 |
| | 5.7 | Ancinale-Brücke | 790 | weit.a.Weg parall.z.Str.d.Wald&Felder | 0 | 161 | 11:41 |
| | 6.2 | Doppelkurve | 802 | weit.a.Weg n.Südost. | 0 | 169 | 11:49 |
| | 6.8 | Höhe 870 | 870 | geradeaus weit.a.Weg | 0 | 187 | 12:07 |
| | 7.9 | Str./Kurve | 998 | geradeaus weit.a.Str.n.Südost. | 0 | 221 | 12:41 |
| | 8.8 | Gebetsstock | 1069 | Quelle i.d.N.- weit.a.Str.i.südöstl.Rich | 0 | 244 | 13:04 |
| | 10.0 | Bachlauf | 1175 | weit.a.Fahrweg | 0 | 276 | 13:36 |
| | 10.4 | Höhe 1245 | 1245 | weit.a.Fahrweg d.Wald n.Südost. | 0 | 292 | 13:52 |

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| Blattbez.: 04IKAL06.7WA | | Staat: ITALIEN | | Region: KALABRIEN/CATANZARO | | Blatt: 04 | | Seite: 02 | | | | |
| HÖHENDIAGRAMM IN METERN 1500 1350 1200 1050 900 750 | | | | | | km | Ort | Orts höhe | Bemerkungen | Pau- sen | Wan- zeit | Uhr- zeit |
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