

# der erste TAG, 2016

|               | Distanz in km | Höhe        | total Distanz |
|---------------|---------------|-------------|---------------|
| Basel         | 0             | 260 m ü.M.  |               |
| Rheinfelden   | 16            | 278 m ü.M.  | 16 km         |
| Wallbach      | 8             | 285 m ü.M.  | 24 km         |
| Mumpf         | 1             | 290 m ü.M.  | 25 km         |
| Stein         | 3             | 293 m ü.M.  | 28 km         |
| Sisseln       | 4             | 300 m ü.M.  | 32 km         |
| Laufenburg    | 6             | 311 m ü.M.  | 38 km         |
| Koblenz       | 16            | 314 m ü.M.  | 54 km         |
| Gurtweil      | 5             | 370 m ü.M.  | 59 km         |
| Witznau       | 5             | 440 m ü.M.  | 64 km         |
| Riedern       | 8             | 690 m ü.M.  | 72 km         |
| Hürlingen     | 1             | 725 m ü.M.  | 73 km         |
| Buggenried    | 4             | 900 m ü.M.  | 77 km         |
| Grafenhausen  | 5             | 900 m ü.M.  | 82 km         |
| Schluchsee    | 10            | 960 m ü.M.  | 92 km         |
| Oberaha       | 3             | 930 m ü.M.  | 95 km         |
| Passhöhe      | 6             | 1136 m ü.M. | 101 km        |
| Menzenschwand | 4             | 880 m ü.M.  | 105 km        |

## Tag 1, 3-Tagestour 2016

