

route: Hejnice - Hradek nad Nisou

coordinator: Ondra Mocny - tel: +420 732 884 512

arrival	start	place:	km to:	km total:	notes to:	pace min/km
	10:00	Hejnice - monastery	0	0		
	10:20	Hejnice - Netik	2,2	2,2	no cars; easy run	6
	11:10	Oldrichovske sedlo	5	7,2	no cars; slow pace	10
12:15	12:35	Albrechtice - chapel sv. Nepomuk	7	14,2	no cars; faster pace; lunch	9
	13:10	Horni Vitkov - bus stop	4,5	18,7	together; no LF	7
	13:35	Vaclavice - bus stop	4,4	23,1	no cars	6
14:05	14:50	Grabstejn - castle	5,3	28,4	CEREMONY 45 min.	6
15:00	15:05	Hradek nad Nisou - water station	1,3	29,7	meeting local runners; police	6
15:15	16:00	Hradek nad Nisou - square	1,5	31,2	CEREMONY 45 min	7
16:20	16:30	Trojmezi	3,4	34,6	CEREMONY 10 min	7