

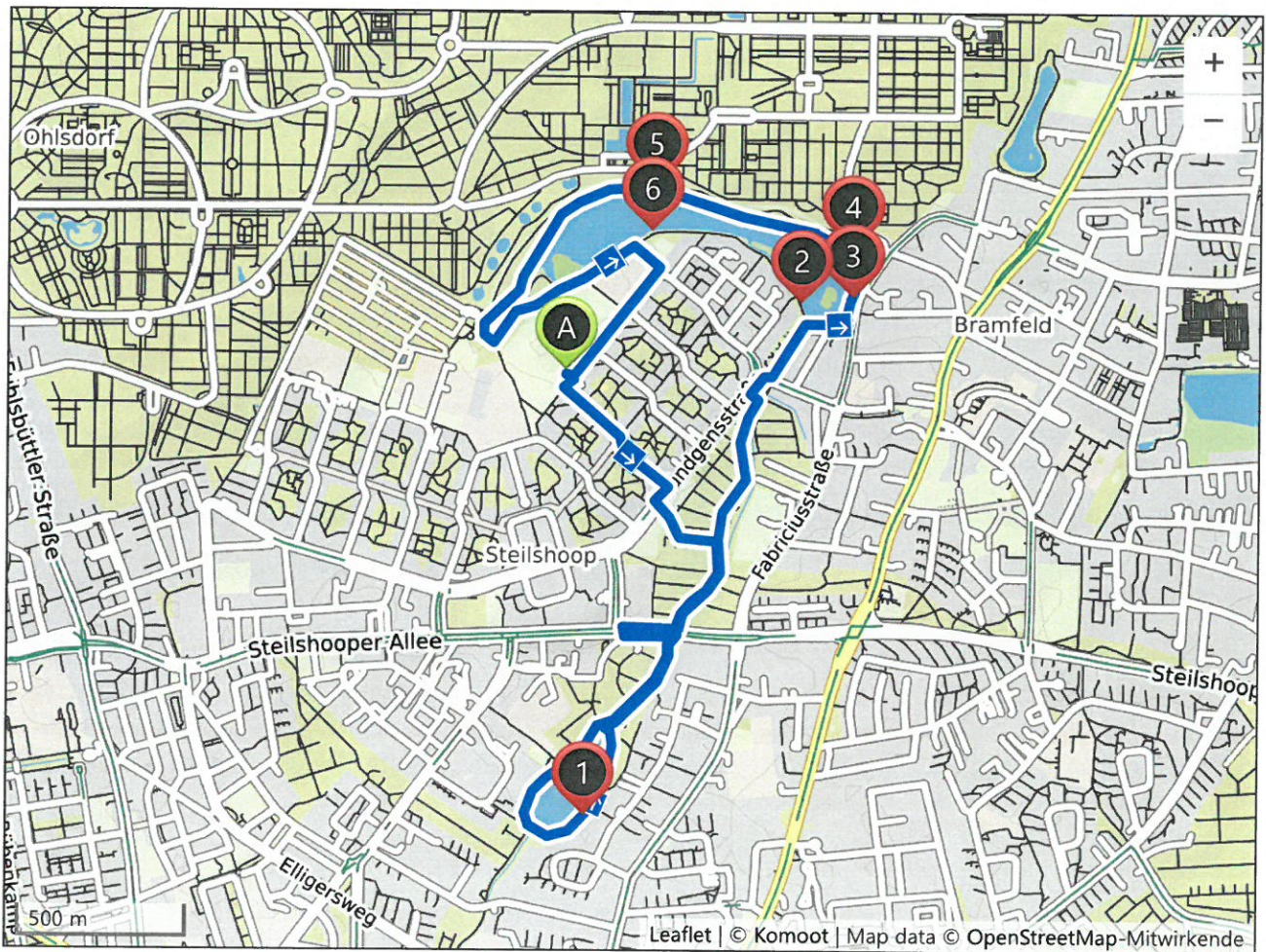
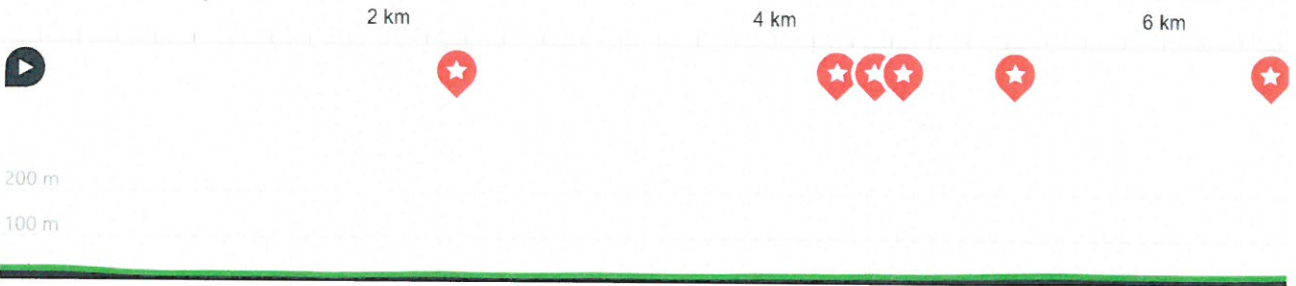


www.komoot.de/tour/308970602



Gesund und Fit über Appelhoffweiher und Bramfelder See

↔ 7,06 km ∅ -- km/h ↗ 20 m ↘ 20 m





www.komoot.de/tour/308970376



Gesund und Fit über Appelhoffweiher

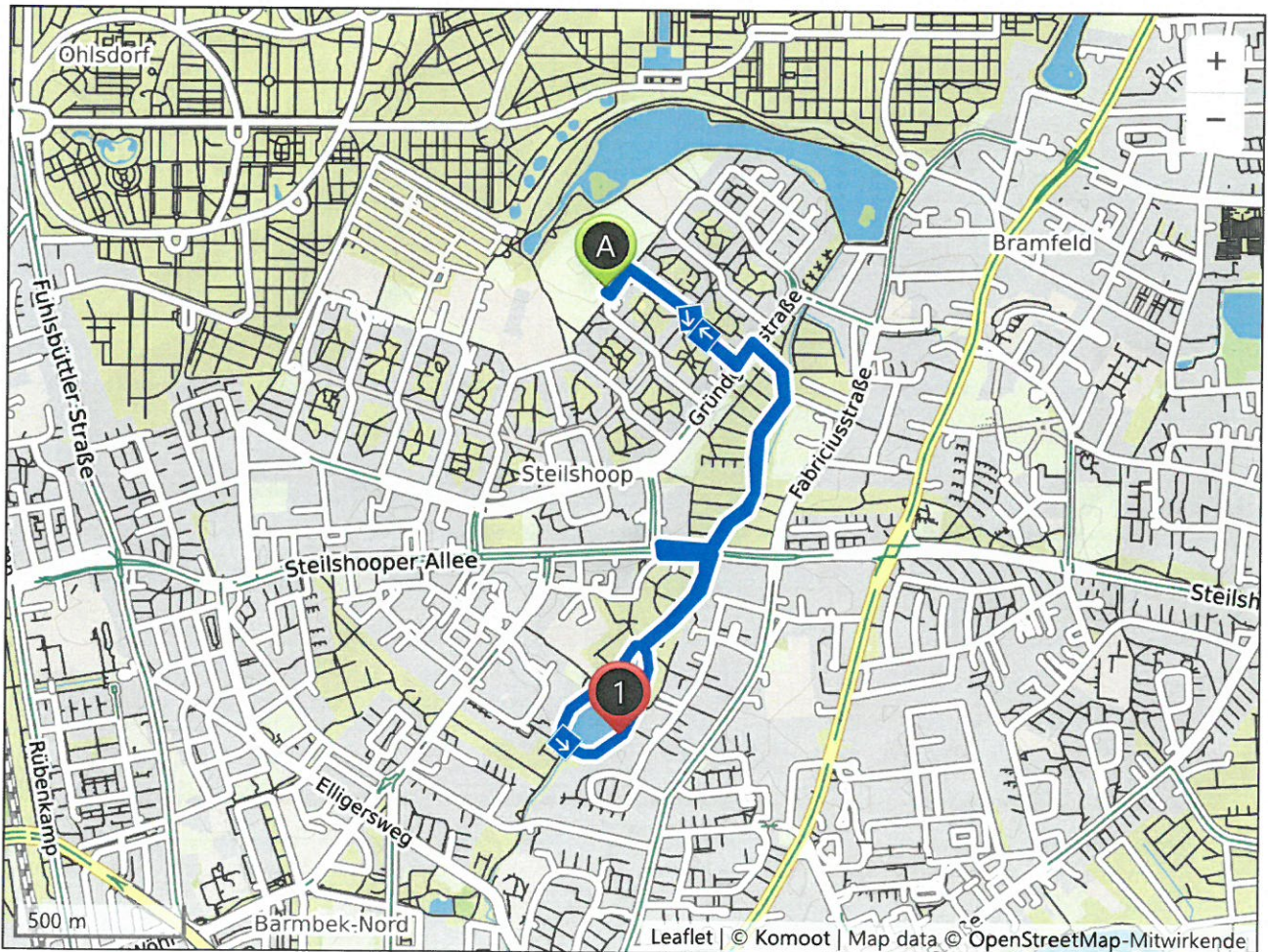
↔ 4,84 km ∅ -- km/h ↗ 20 m ↘ 20 m

1 km 2 km 3 km 4 km



200 m

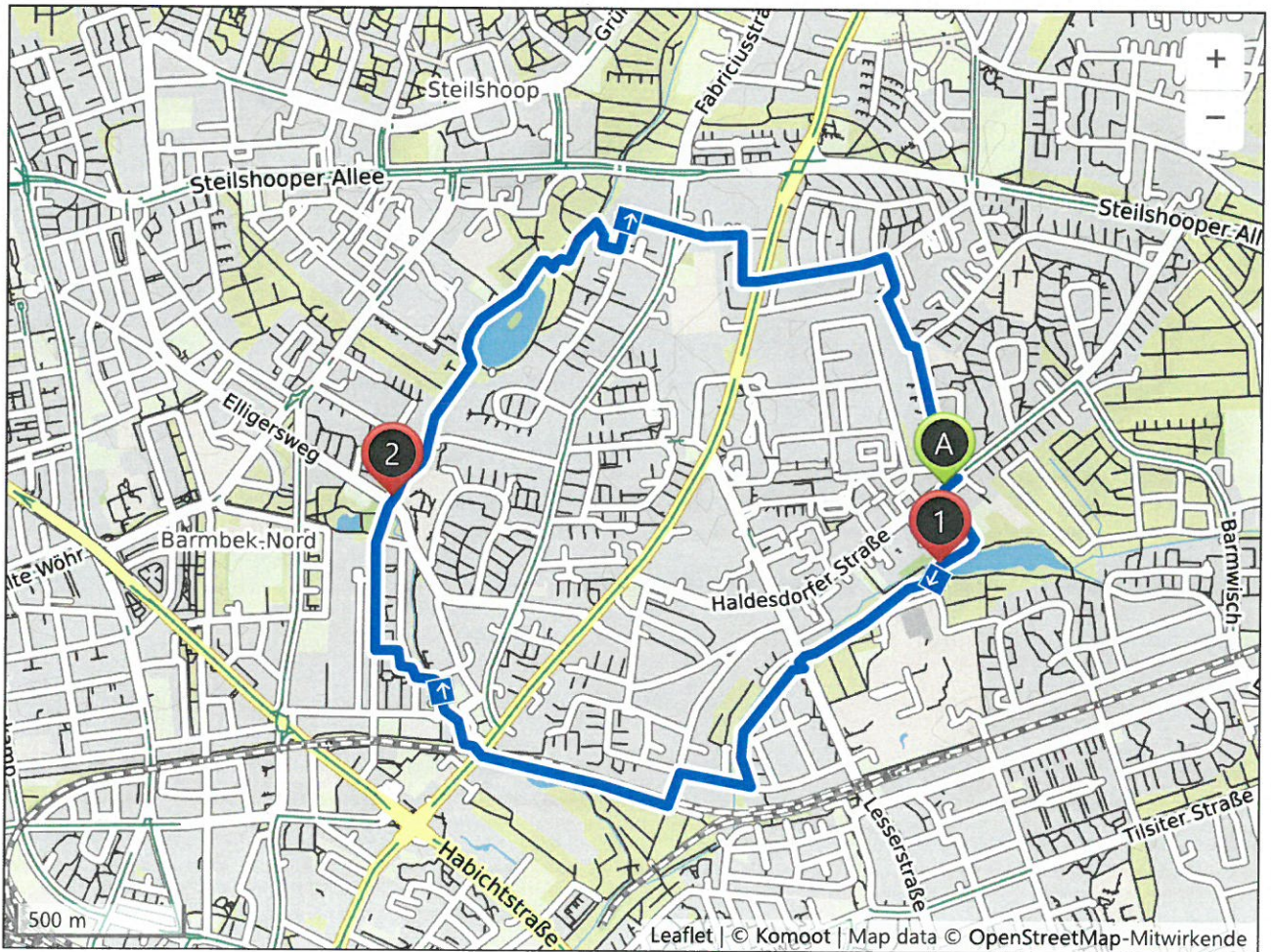
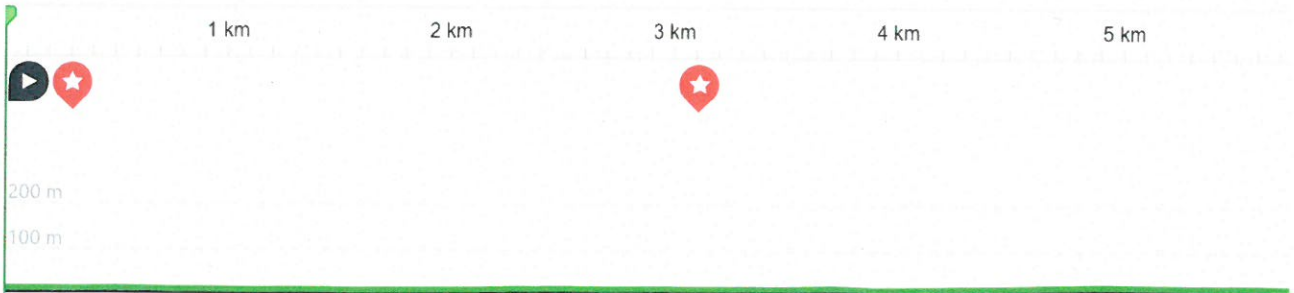
100 m





Beachpark über Appelhoffweiher

↔ 6,11 km ∅ -- km/h ↗ 20 m ↘ 20 m





www.komoot.de/tour/291156722



Sportplatz Bramfelder Chaussee über Grootmoor

↔ 5,39 km ∅ -- km/h ↗ 20 m ↘ 20 m

1 km

2 km

3 km

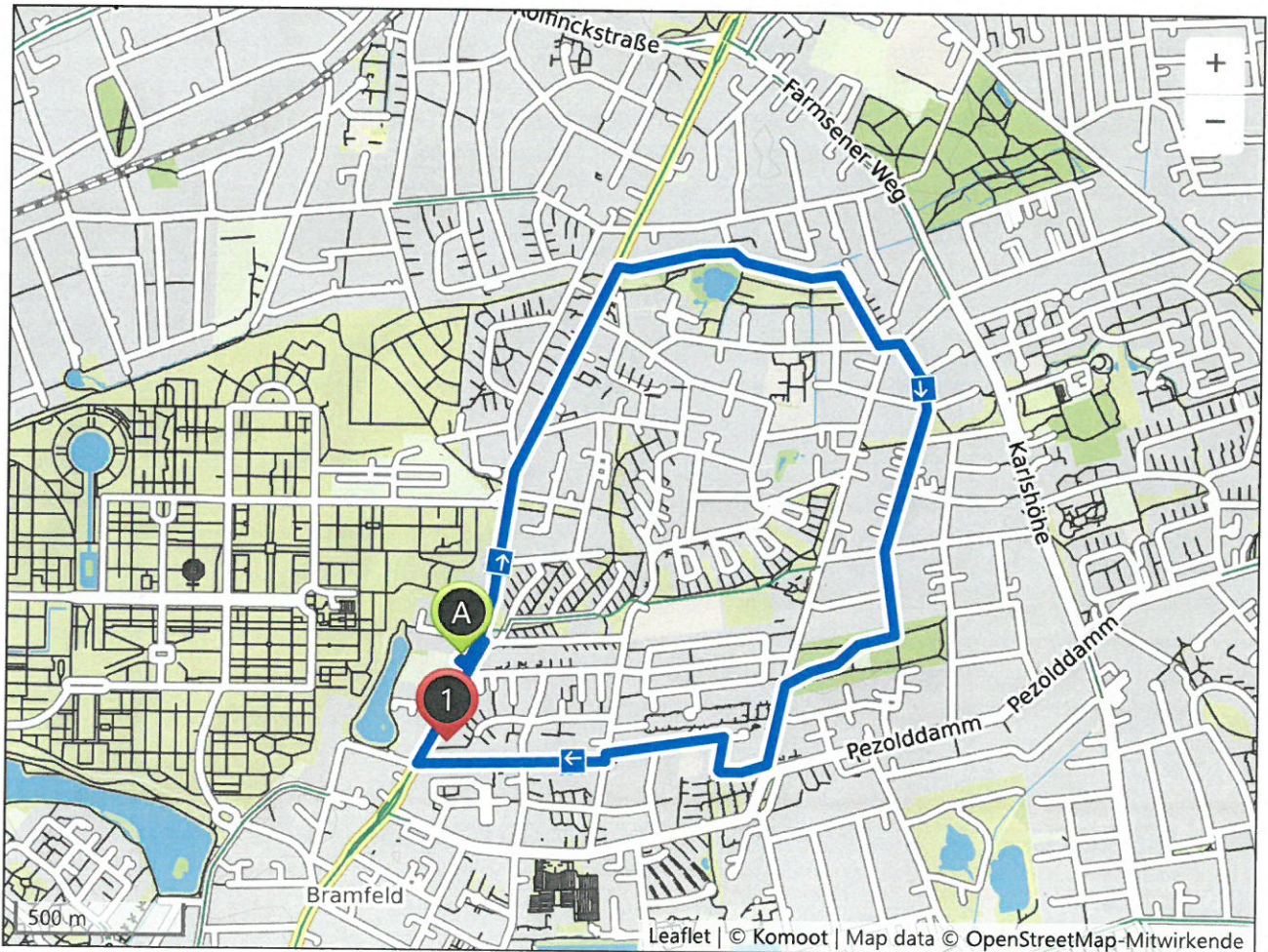
4 km

5 km



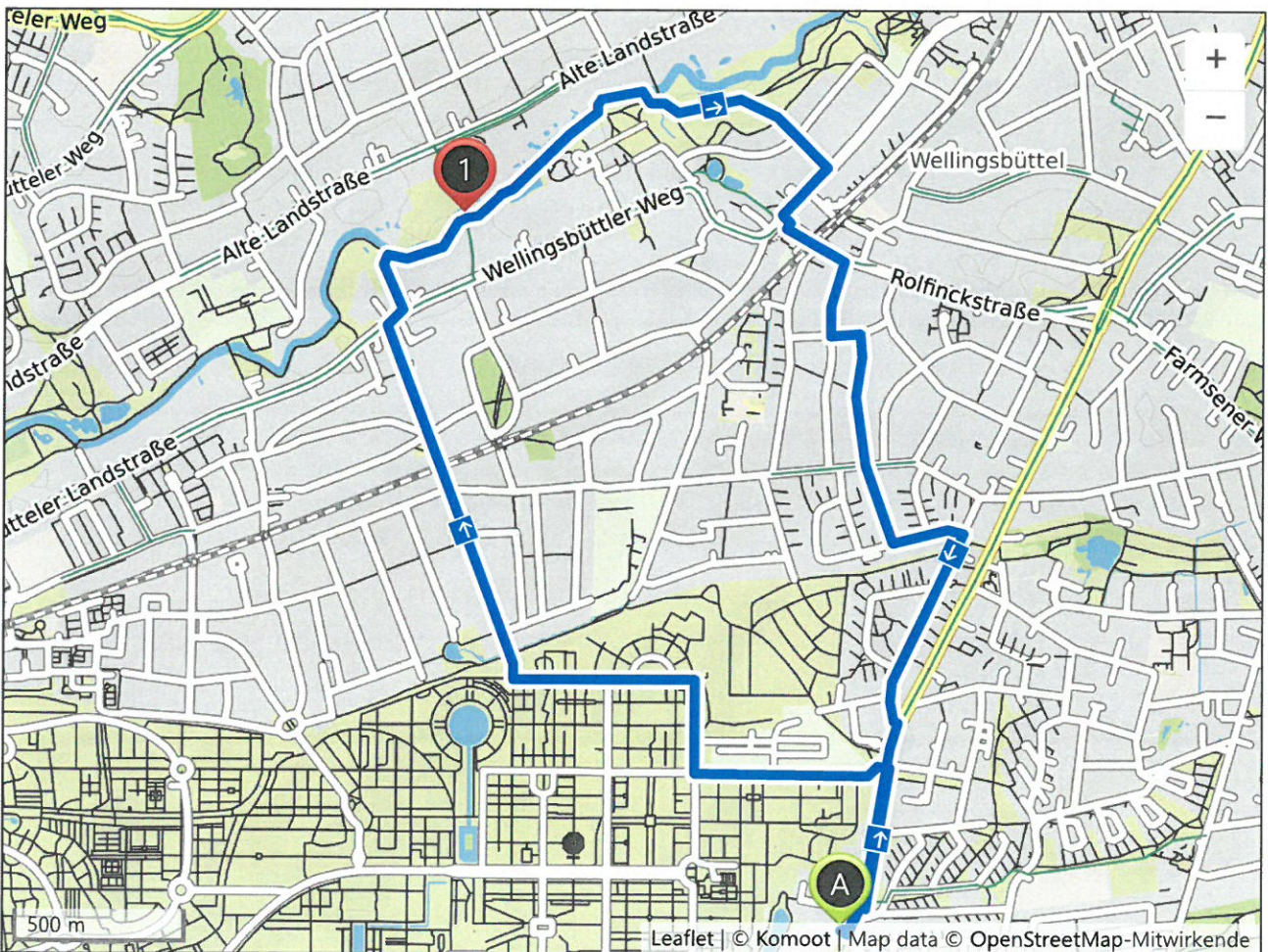
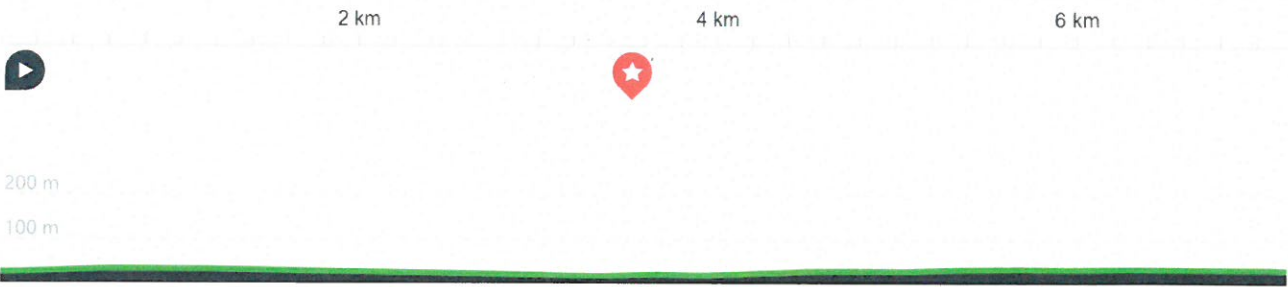
200 m

100 m



Sportplatz Bramfelder Chaussee Friedhof Wellingsbüttel groß

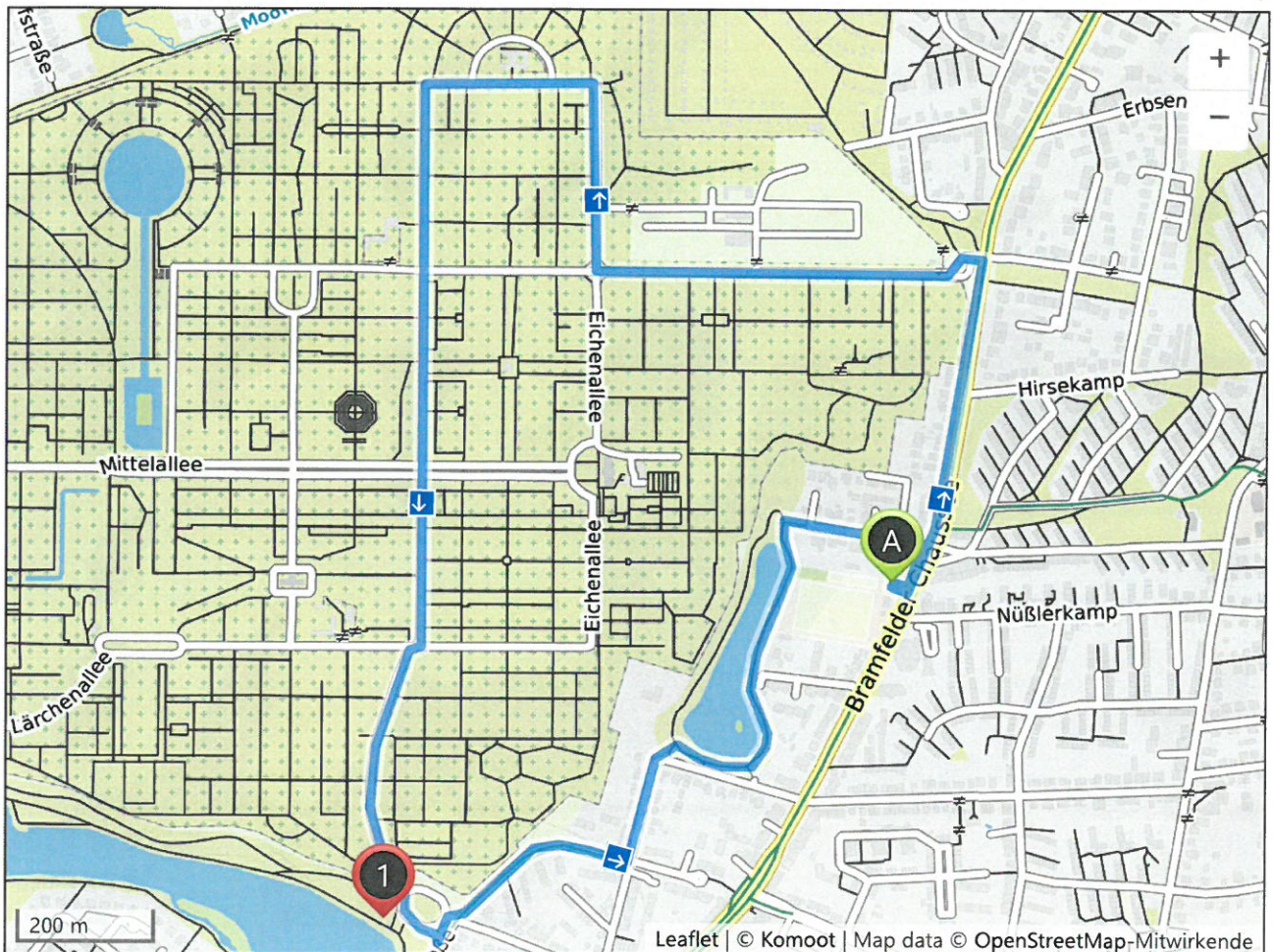
↔ 7,63 km ∅ -- km/h ↗ 30 m ↘ 30 m





Sportplatz Bramfelder Chaussee über Friedhof

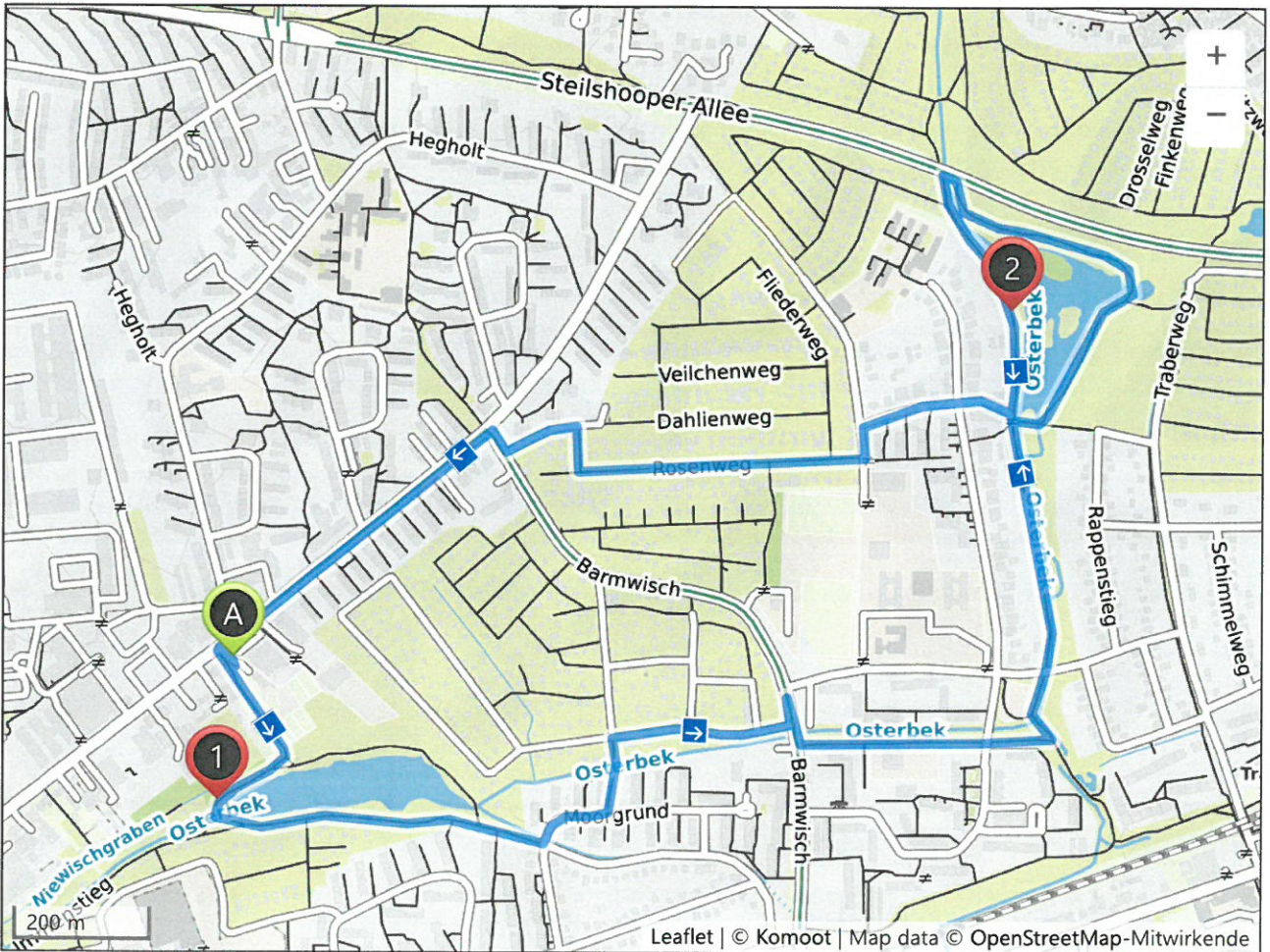
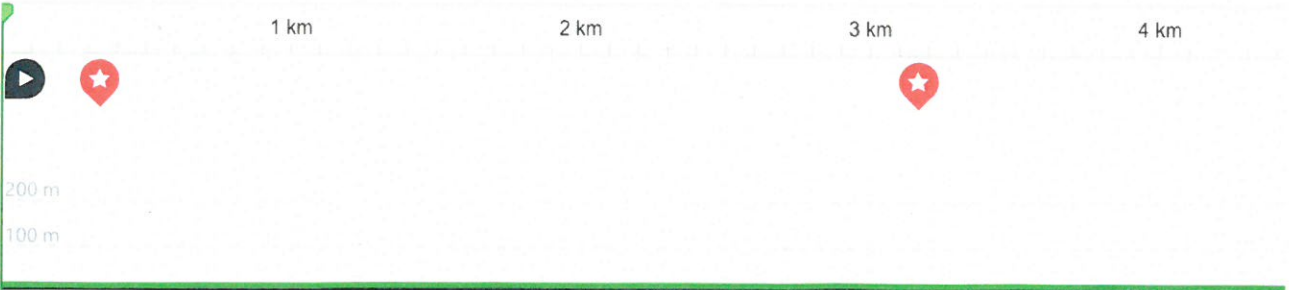
↔ 4,22 km ⌀ -- km/h ↗ 10 m ↘ 20 m





Beachpark Schrebergärten groß

↔ 4,72 km ∅ -- km/h ↗ 10 m ↘ 10 m



Leaflet | © Komoot | Map data © OpenStreetMap-Mitwirkende



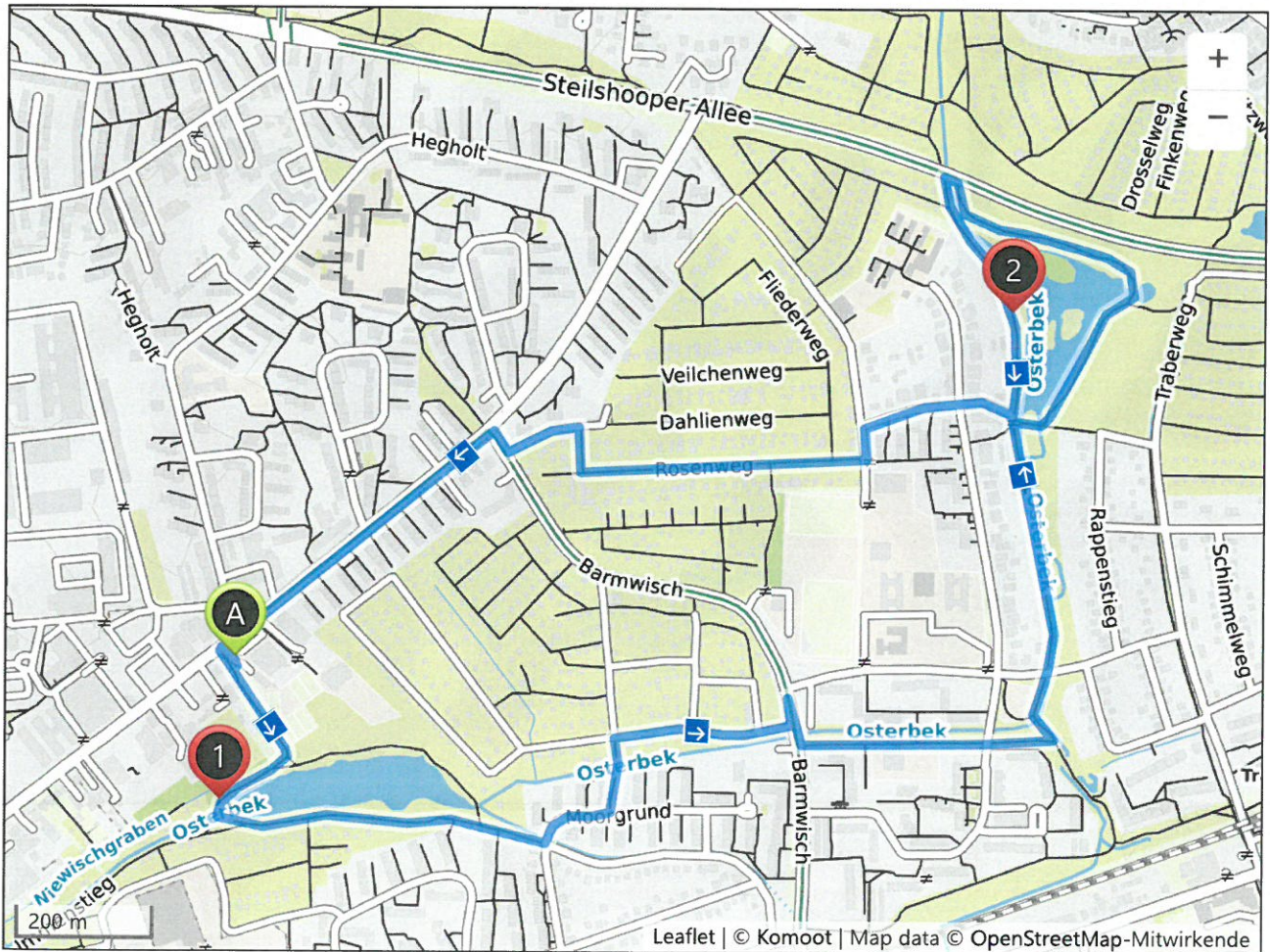
Beachpark Schrebergärten groß

↔ 4,72 km ∅ -- km/h ↗ 10 m ↘ 10 m

1 km 2 km 3 km 4 km



200 m
100 m



Leaflet | © Komoot | Map data © OpenStreetMap-Mitwirkende



Beachpark Schrebergärten klein

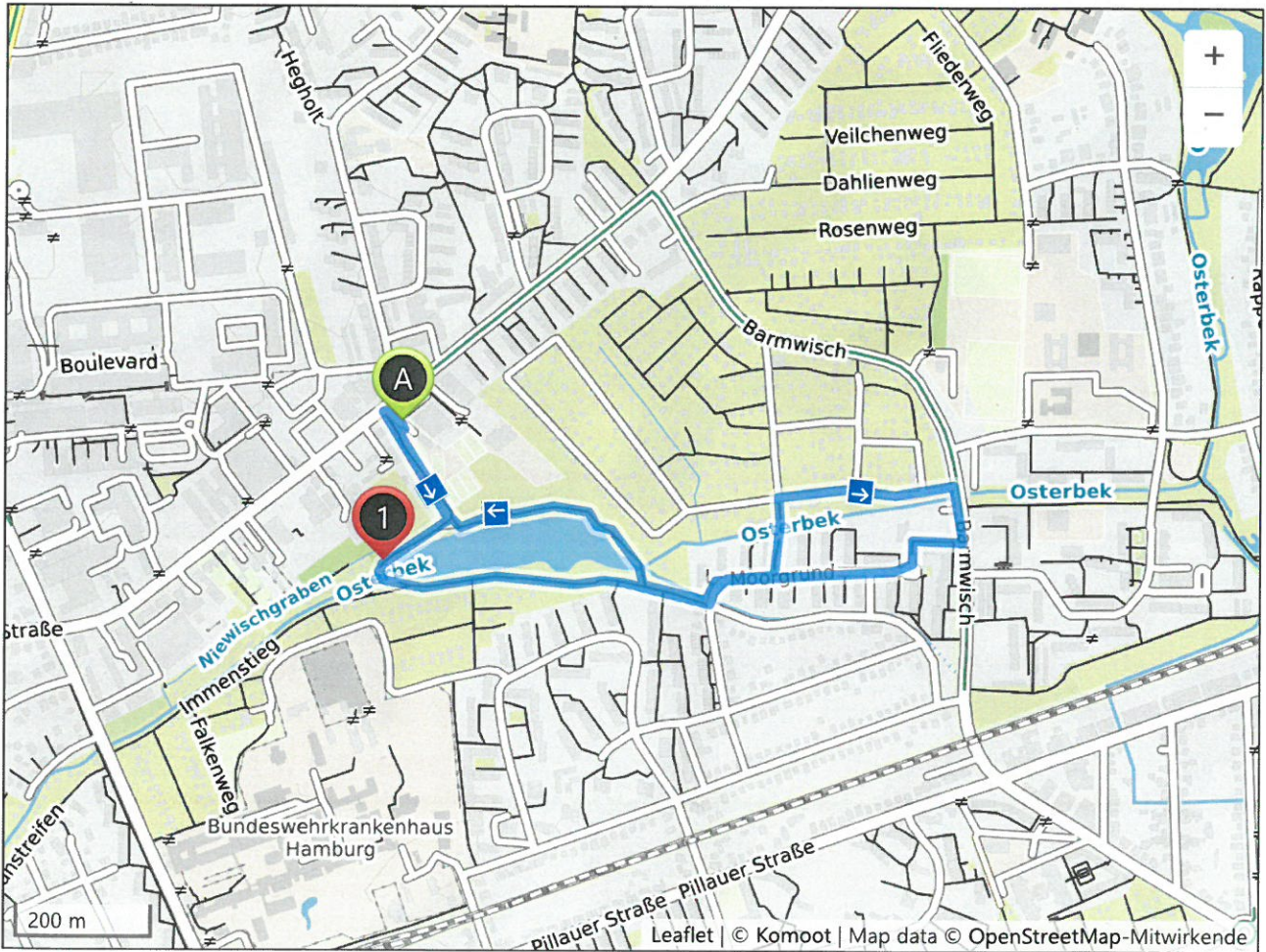
↔ 2,49 km ∅ -- km/h ↗ 0 m ↘ 10 m

500 m 1 km 1,50 km 2 km



200 m

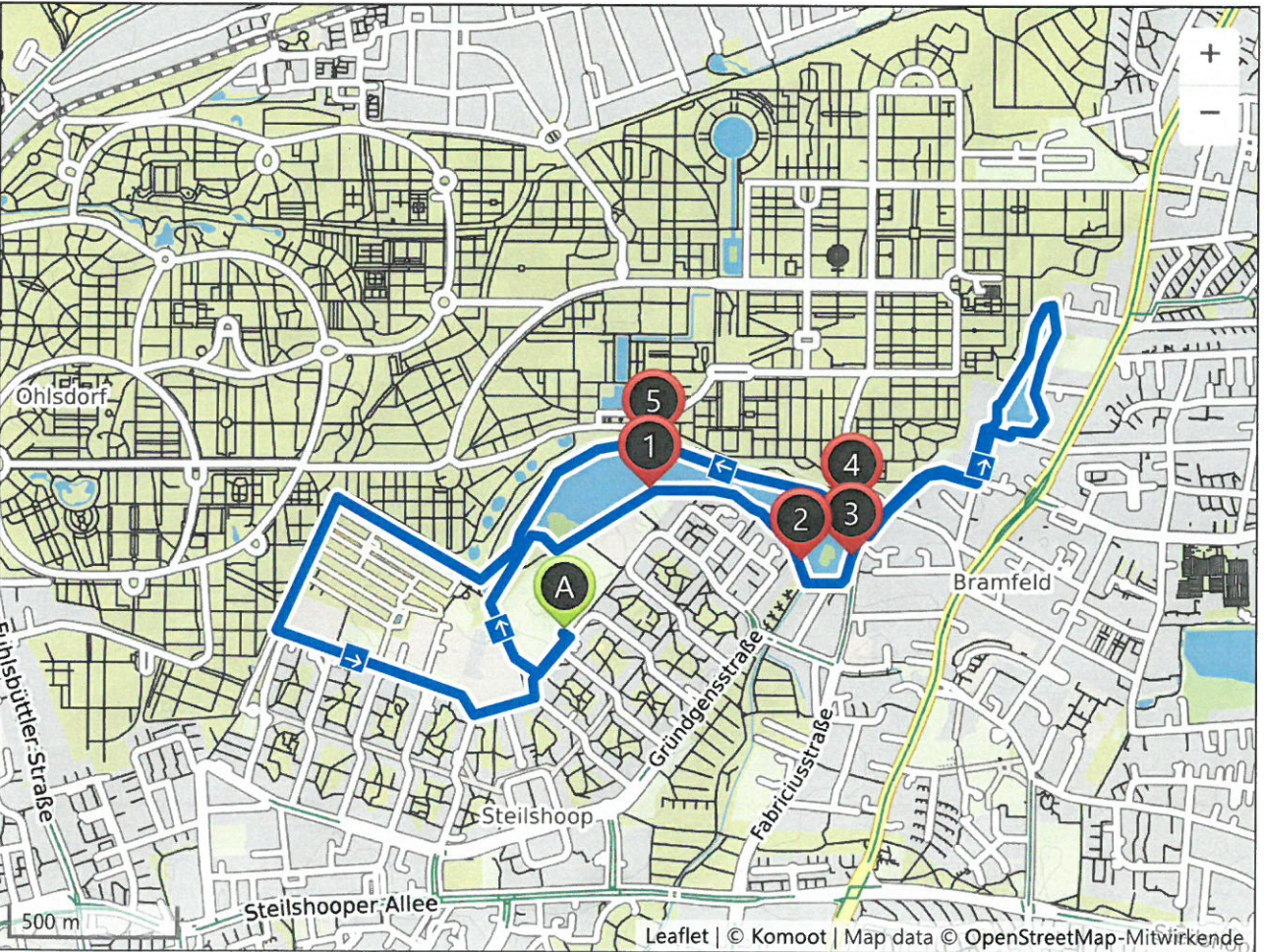
100 m





Gesund und Fit alter Teich groß

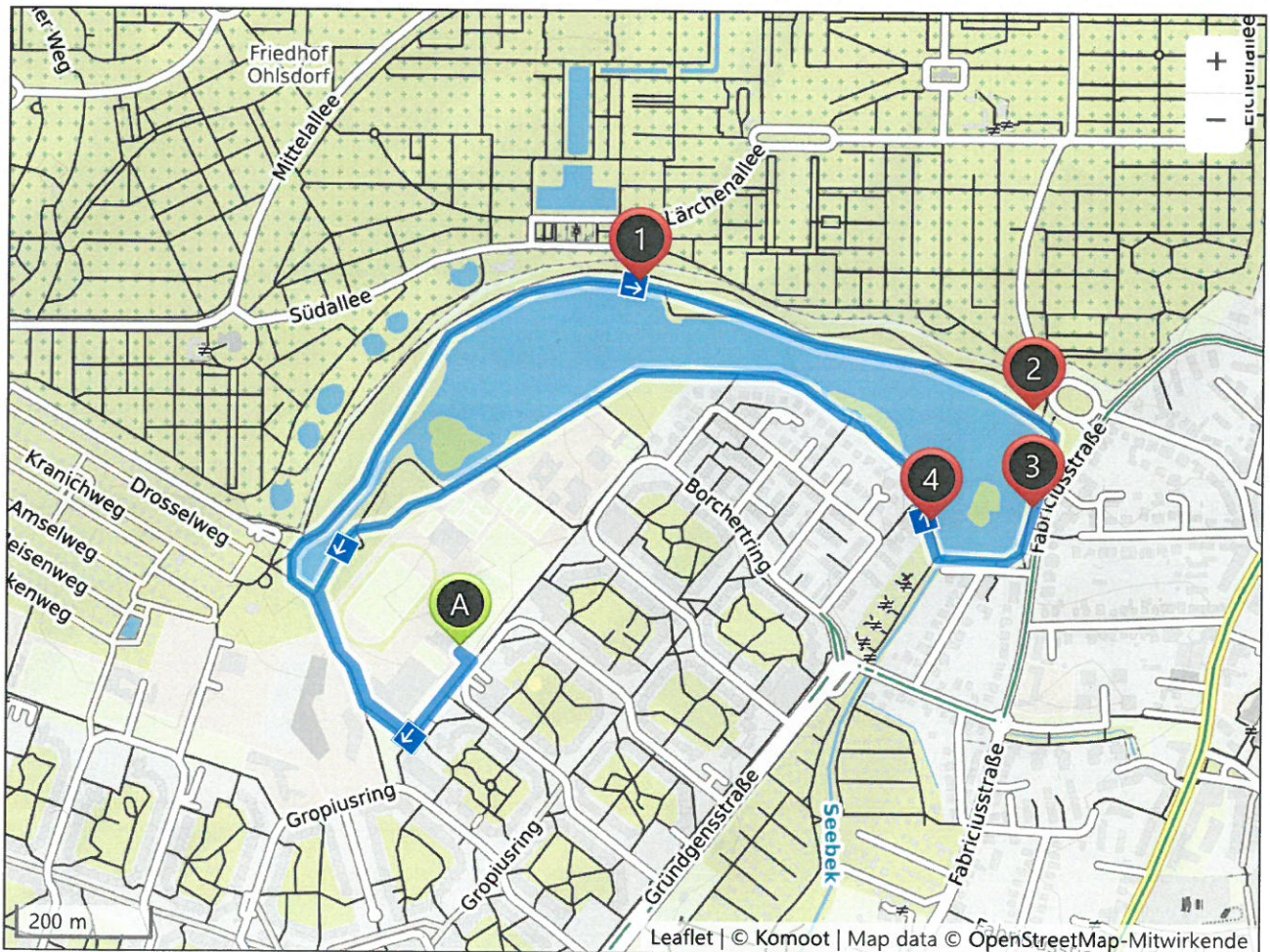
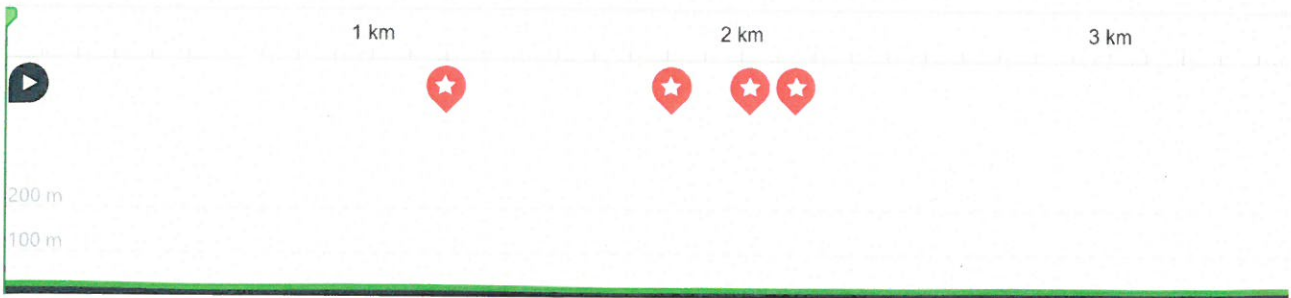
↔ 7,26 km ∅ -- km/h ↗ 20 m ↘ 20 m





Gesund und Fit Bramfelder See klein

↔ 3,71 km ∅ -- km/h ↗ 10 m ↘ 10 m



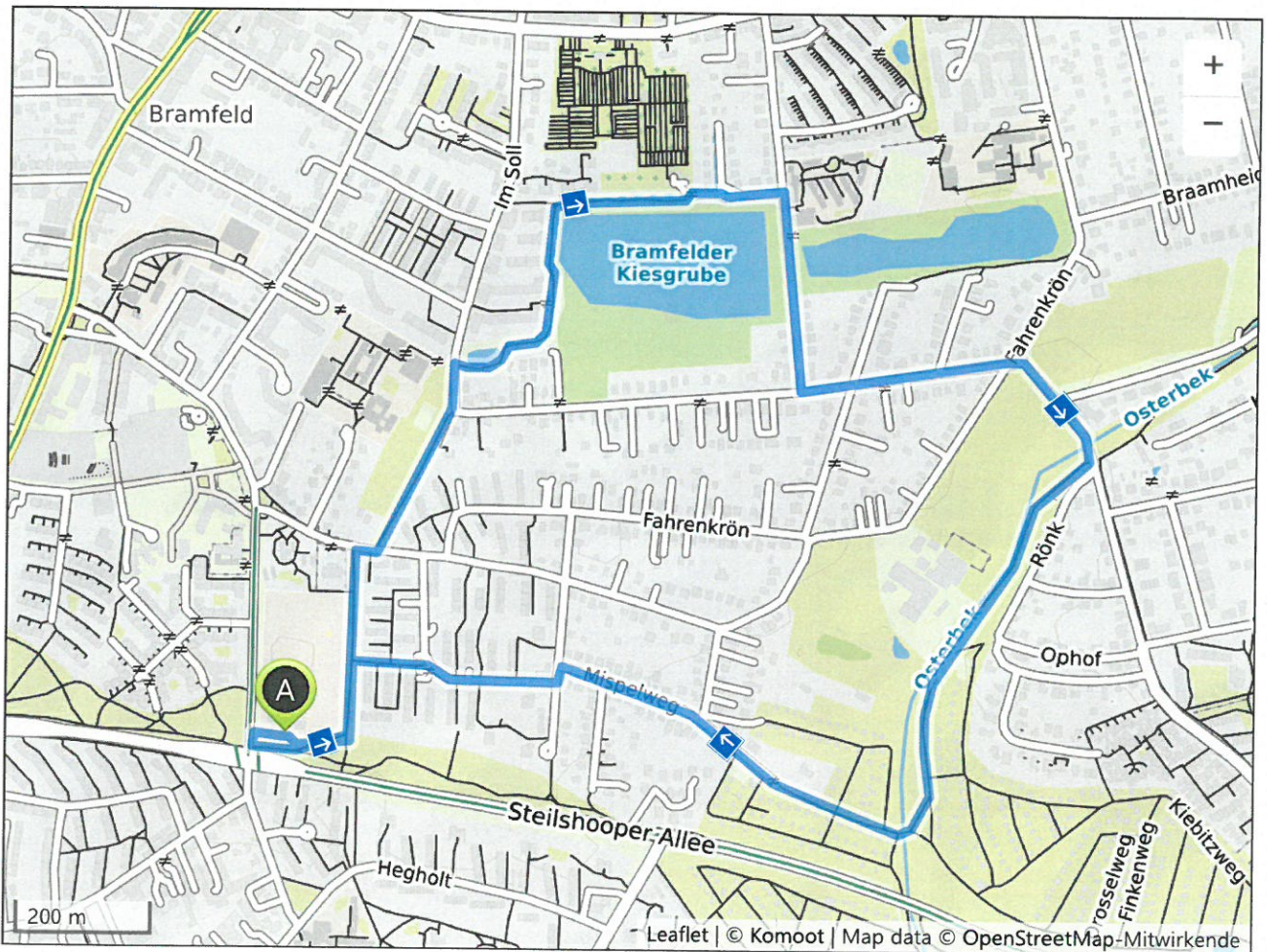
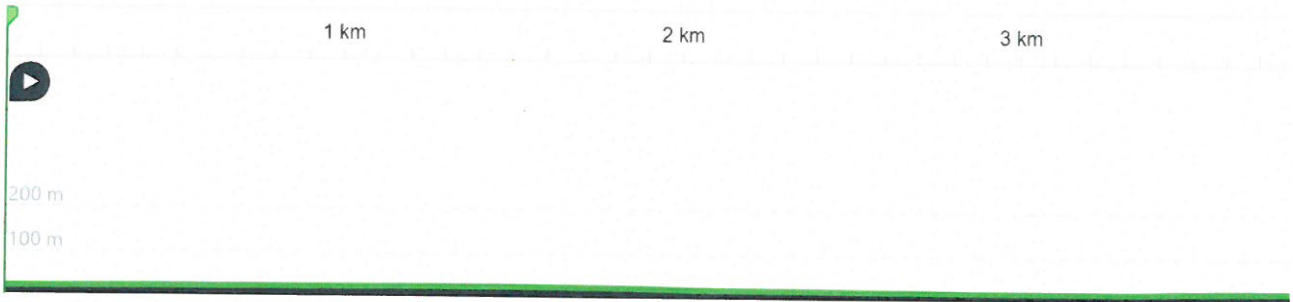


www.komoot.de/tour/291155048



BSV Zentrum über Bauer Kruse klein

↔ 4,04 km ∅ -- km/h ↗ 10 m ↘ 10 m





BSV Zentrum über Osterbek See

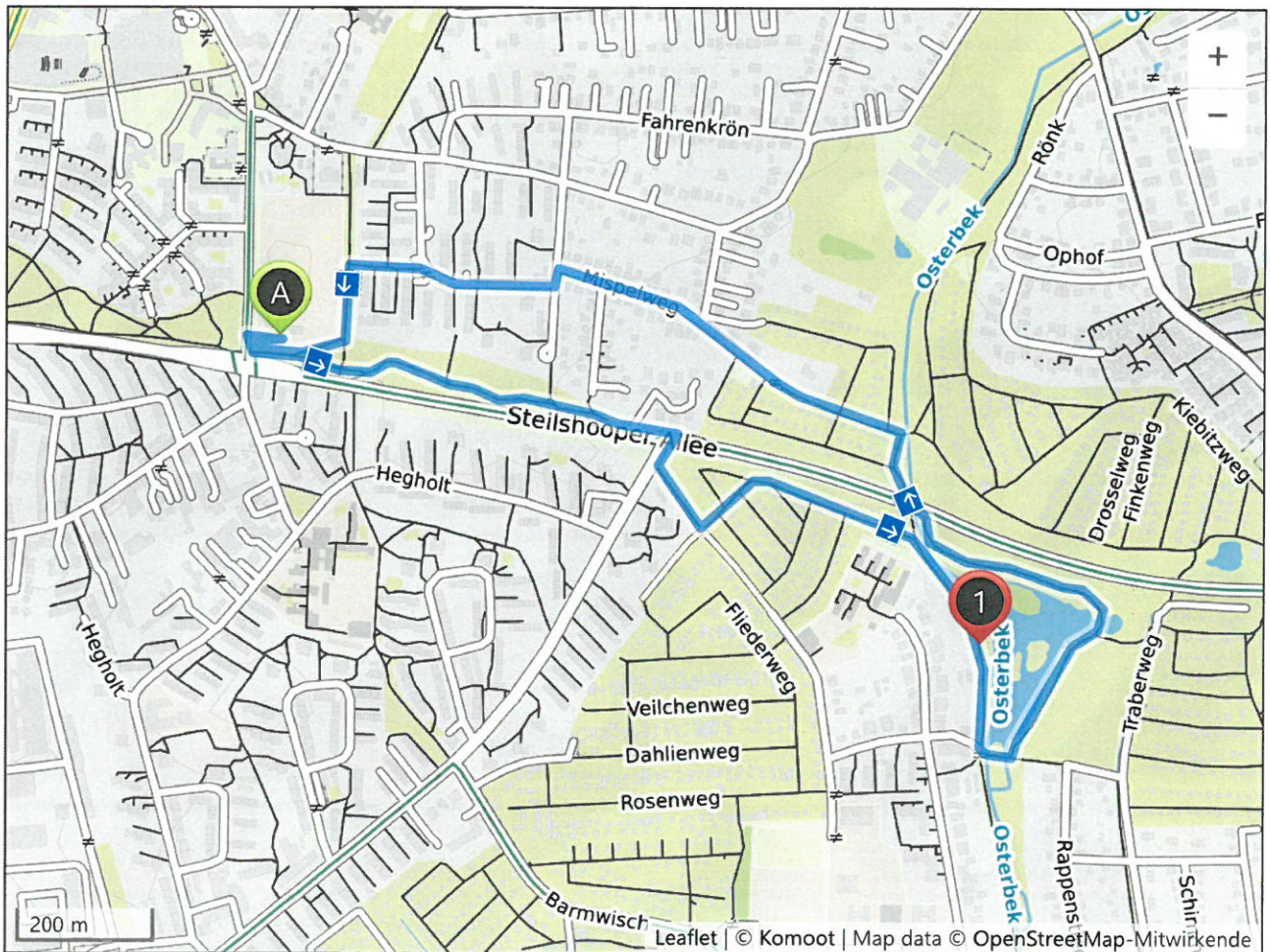
↔ 3,49 km ∅ -- km/h ↗ 10 m ↘ 10 m

500 m 1 km 1,50 km 2 km 2,50 km 3 km



200 m

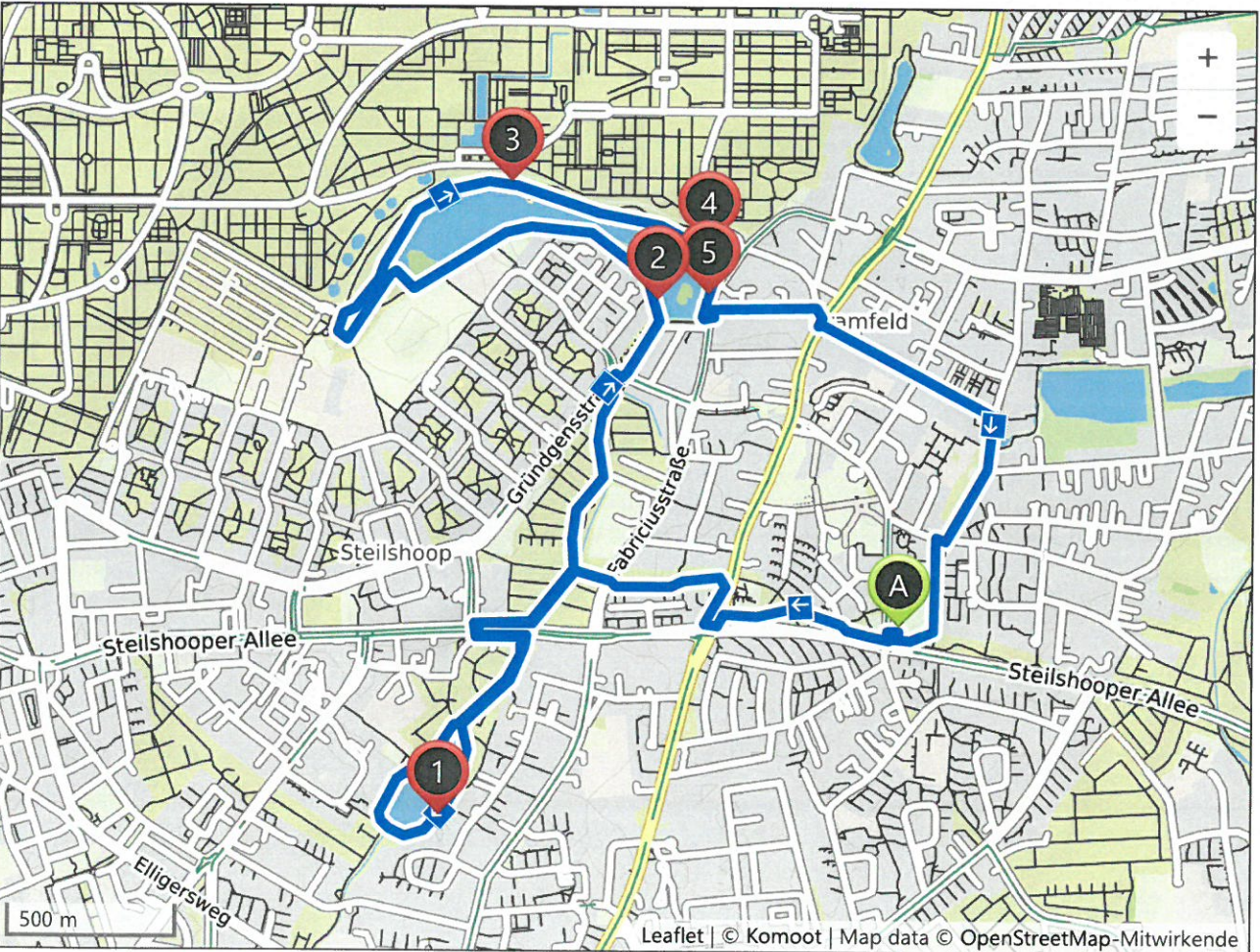
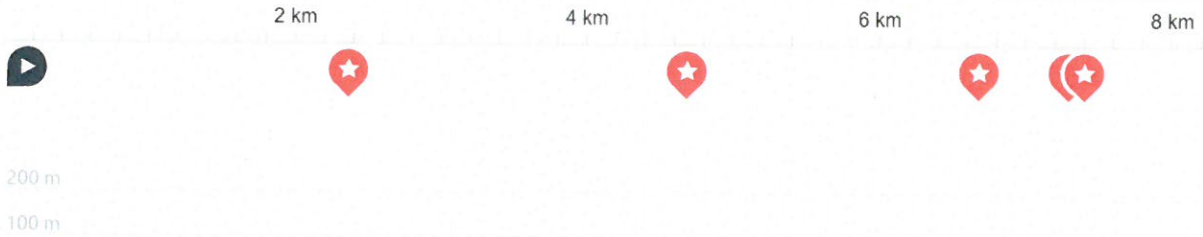
100 m





BSV Zentrum über Appelhoff und Bramfelder See

↔ 9,33 km ∅ -- km/h ↗ 30 m ↘ 20 m



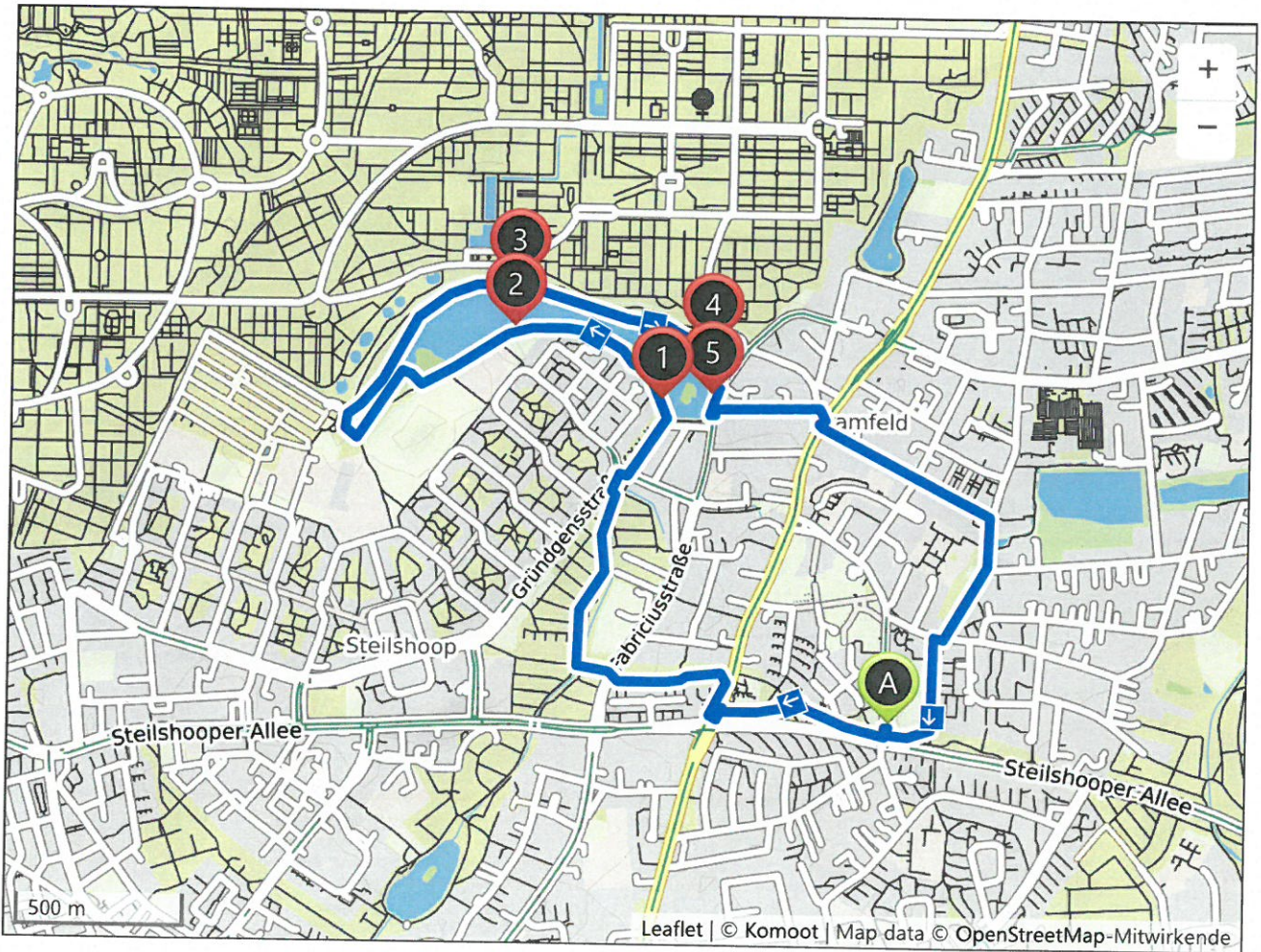
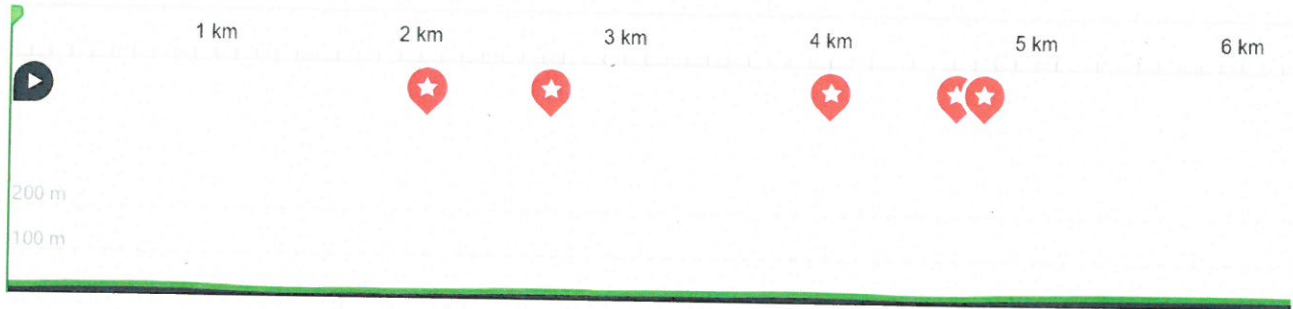


www.komoot.de/tour/291145660



BSV Zentrum über Bramfelder See groß

↔ 6,65 km ∅ -- km/h ↗ 20 m ↘ 20 m

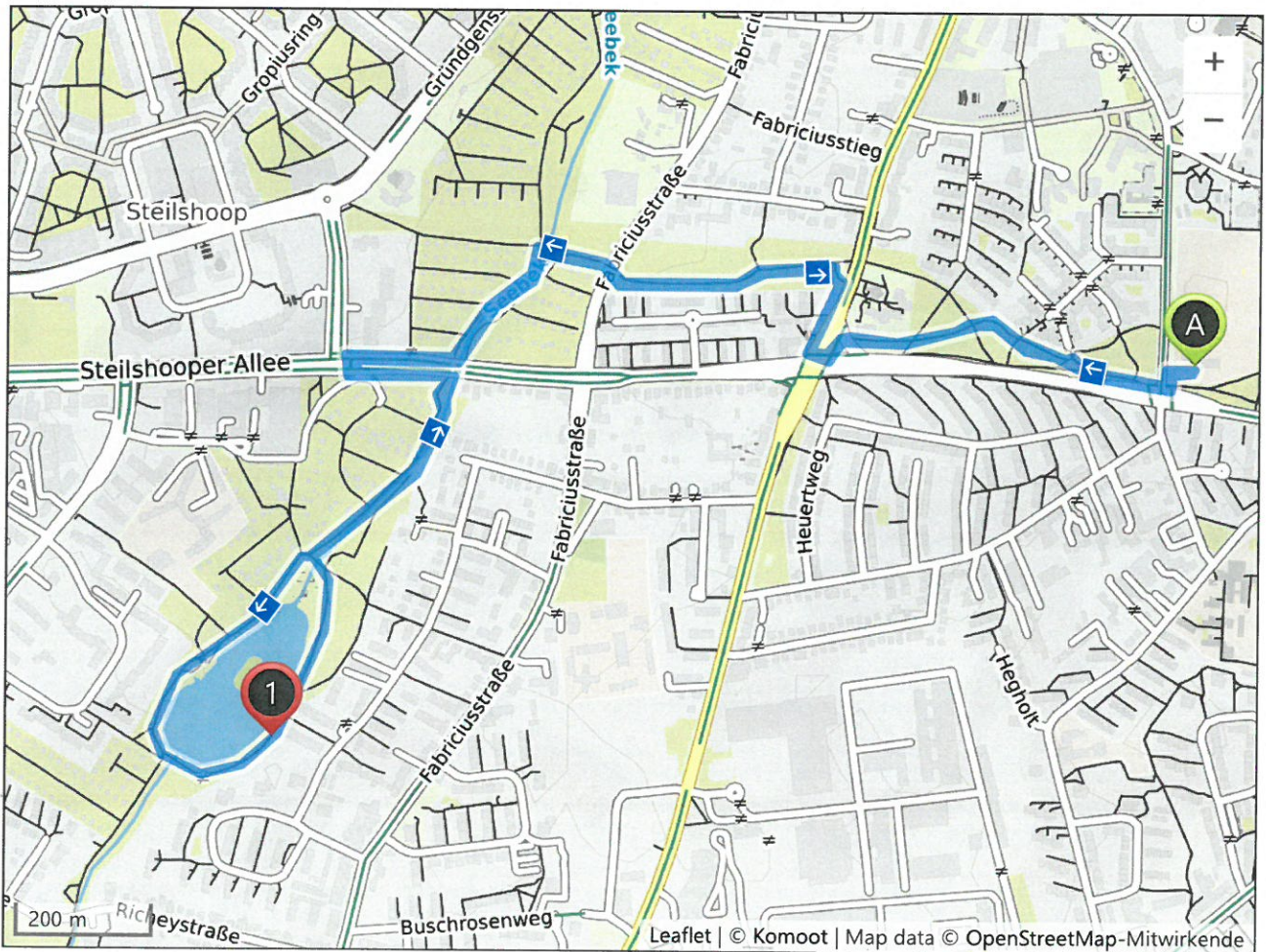
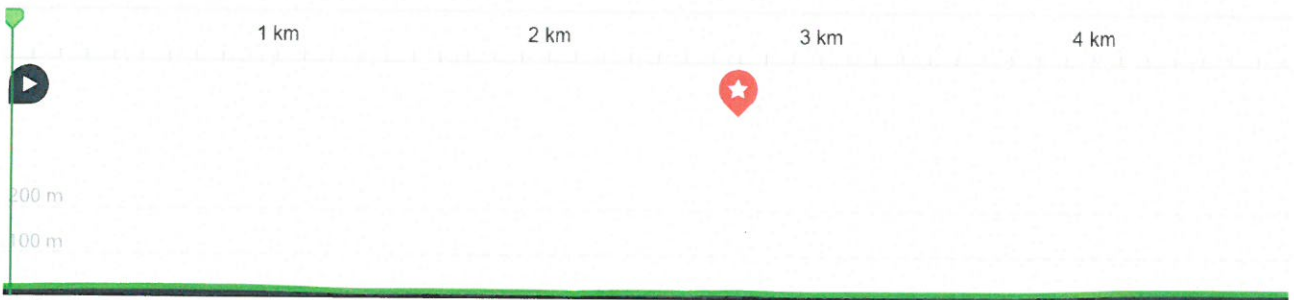




www.komoot.de/tour/291145102

BSV Zentrum über Appelhoff klein

↔ 5,02 km ∅ -- km/h ↗ 20 m ↘ 20 m





Ellernreihe über Appelhoff klein

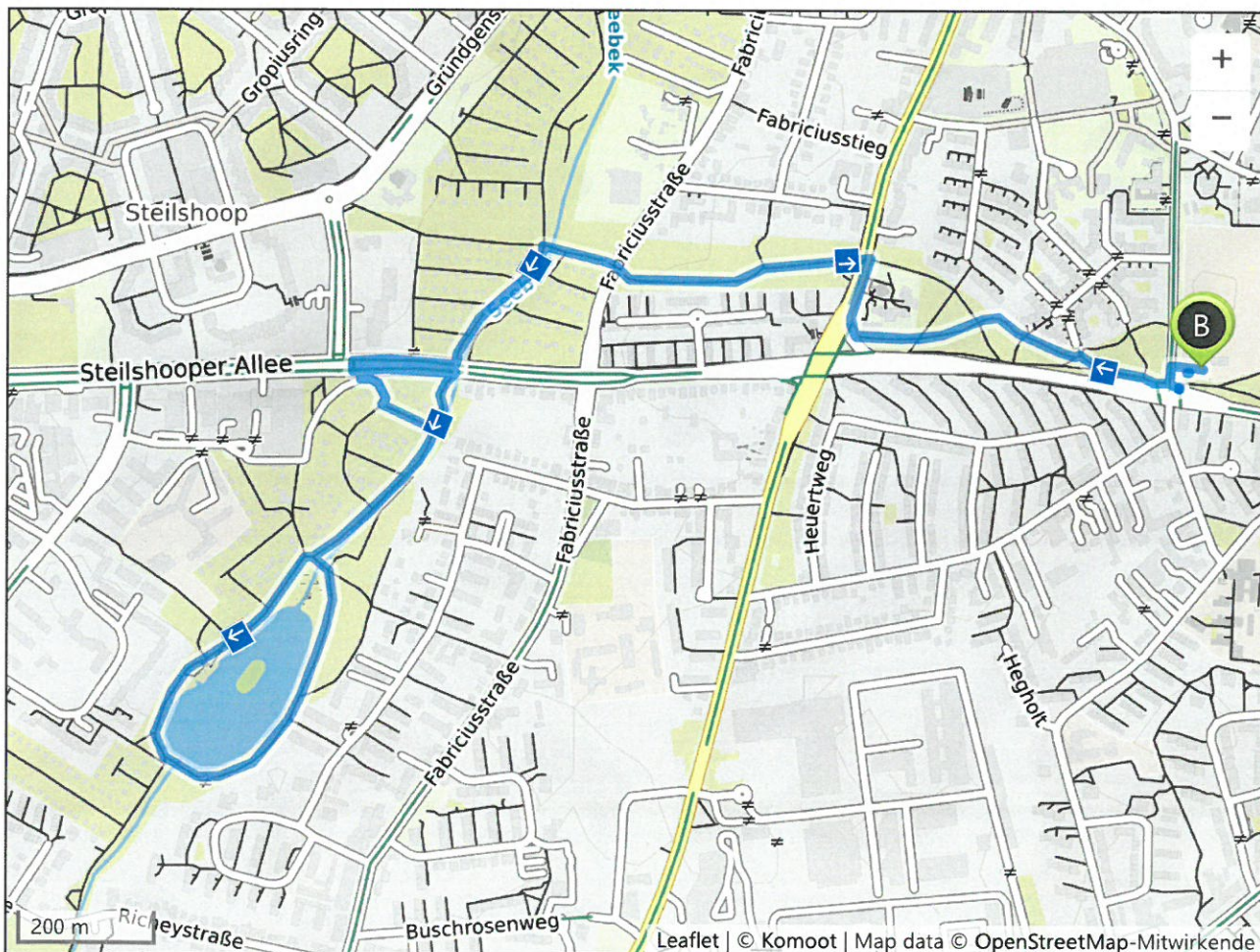
🕒 01:16 ↔ 4,96 km ⌀ 3,9 km/h ↗ 20 m ↘ 20 m

1 km 2 km 3 km 4 km



200 m

100 m



1. Am Startpunkt in Richtung Westen
für 46 m – gesamt 46 m



2. Links auf Ellernreihe.
für 24 m – gesamt 70 m