

Runner's Guide

2025

Three Kings
Ultra Trail



Ultra

January 06, 2025

2025

Three Kings ultra trail



supported by

Mein **Ausrüster**
Der Bergsportexperte



Nittenauer
Echte Oberpfälzer Braukunst



HDSPORTS.de
Home of Distance Runners
duv
DEUTSCHE ULTRAMARATHON VEREINIGUNG e.V.



Little Valley Ranch

Hello!

Dear runners, hikers and walkers.

We are looking forward to welcoming you to the fourth **Three Kings Ultra Trail** here in Reichenbach.

In this Runner's Guide we summarize all the information that is important for the run.

The Runner's Guide is part of the briefing for the run. Please take the time to read through all the important information for your route.

If you still have questions, please send them to us at info@runfellows.com.

We will give you an answer as soon as possible.

We will see you on January 6, 2025 in Reichenbach.

Sporty greetings

Catarina, Christian and the whole Three Kings Ultra Trail Team

Before we start...

As with all our runs, the **Three Kings Ultra Trail** is not only about having fun running, but also about a good cause.

This time, too, we are supporting **Theo**. **Theo** is an initiative of the Association for Physically and Multiple-Disabled People e. V. Regensburg and has set itself the goal of building the Center for Animal-Assisted Therapies in Eastern Bavaria.

We can all imagine that a lot of money is needed for this, and so we would like to do our small part.

For each registered runner, we donate EUR 5 to Theo, and we round up the amount at the end. We are also setting up a donation box and are happy about anyone who is also interested in the topic.

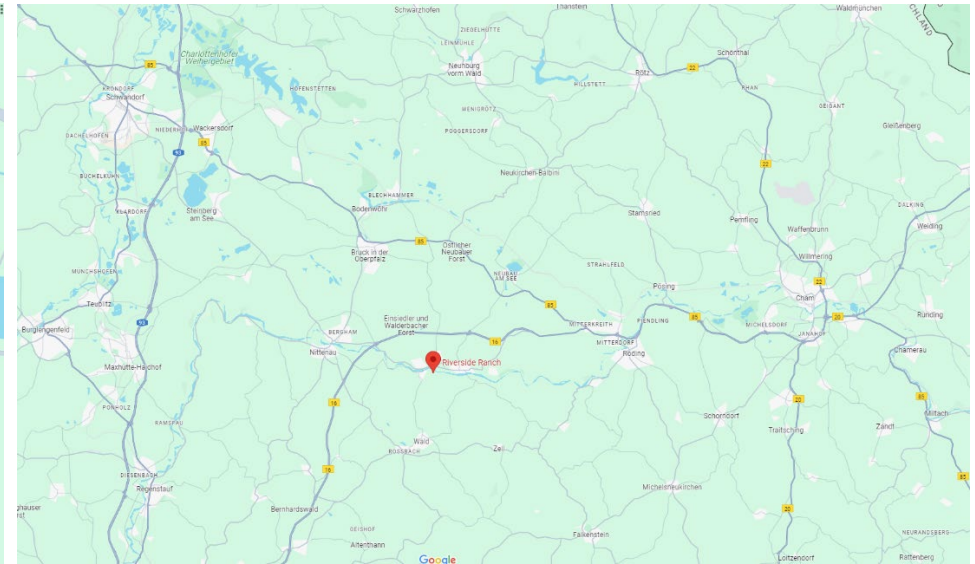


www.theo-ostbayern.de





Start and Finish

Start and finish are at the Riverside Ranch in Reichenbach,
Lindenstraße 3, 93189 Reichenbach



This is also where you will find the start number distribution, supplies, luggage storage, showers, changing rooms and catering.

	Monday, January 06, 2025
	beginning of dusk: 07:28
	sunrise: 08:05
	sundown: 16:28
	end of dusk: 17:04

Parking

Parking is free at the youth campsite, sports field and opposite the start/finish.



Race Bib

You will receive a personalized starting number when you collect your starting number.

Theo
Zentrum für tiergestützte
Therapien Ostbayern

2025
Three Kings
ultra triathlon

Mein Ausrüster
Der Bergsportexperte

GER

FRANK

www.runfellows.com

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6. JANUAR 2025

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B

Route profile showing distance (km) and elevation (m) along the race route.

Bitte ausfüllen please fill in

Name *name* Vorname *first name* Muttersprache *native language*

Im Notfall bitte anrufen In case of an emergency please contact

Name der Kontaktperson *name of contact person*

Telefonnummer der Kontaktperson *phone number of contact person*

Medizinisch relevante Informationen *medically relevant information*

+112 emergency **+49 9464 4549878 race office**

Ort	KM		Höhenmeter		Station			besetzt		
	von letzter Station	bis nächster Station	gesamt	bis Ziel	auf	ab	von	bis	Dauer	
Start	0	9,5	0	56,9	0	0	START	07:45	09:45	02:00
Lobenstein	9,5	12,2	9,5	47,4	350	190	VP1	09:54	10:54	01:00
Zwighof	12,2	16,5	21,7	35,2	290	350	VP2	11:37	12:45	01:07
Ellbogen	16,5	18,7	38,2	18,7	240	300	VP3	13:23	16:15	02:52
Ziel	18,7	0	56,9	0	310	350	ZIEL	15:25	20:19	04:54

Frontside

The QR code on the front is used to record the time at the finish, so make sure you attach your start number in a visible place.

Next to the QR code you will also find your start group and the route profile at the bottom.

Backside

Here you will find the general emergency number for the rescue service and the number of the race office.

The distances and times of the supply points are also listed here.

Time tracking

The time is recorded using the QR code on your start number in the finish area. **So please report to the timekeeper immediately after your arrival.**

Starting groups

It is no longer possible to change the starting group on the day of the race. The division into starting groups and the start times can be found on the list of participants on the race website.

Dropbag

You can hand in a drop bag measuring max. 50x30x30 cm at the start number distribution point. This will be transported to the relevant VP and back to the finish. You can pick up your drop bag from the race office after the finish line has closed.

You must clearly and securely label your drop bag with your name, route, start number and VP. You will receive an identification tag and fastening material together with your start number.

Timeline

Riverside Ranch, Lindenstraße 3, 93189 Reichenbach

Montag, January 06, 2025	
from 07:00	start number distribution
07:45	Briefing starting group A
08:00	Start group A
08:15	Briefing starting group B
08:30	Start group B
09:15	Briefing starting group C
09:30	Start group C
approx. 11:00	Arrival of the first Half Way runner
from approx. 12:00	Runner Pasta & Coffee and Cake Sale by Theo
approx. 15:30	Arrival of first Ultra Runner
21:00	Finish line

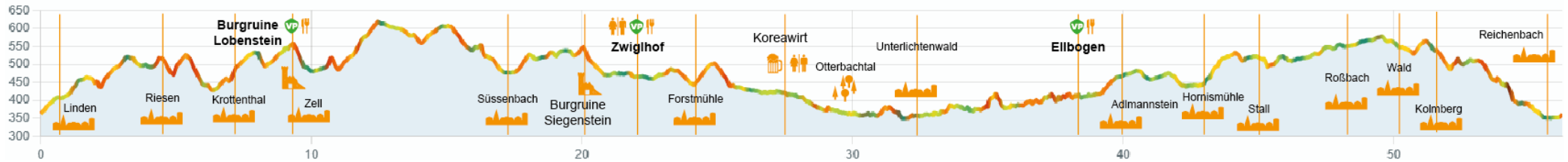
After each run there will be a relaxed get-together. Our friends from Theo will again provide us with coffee and cake on a donation basis.

Legende

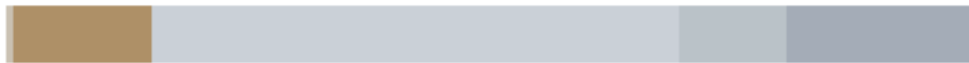
	covered area		shower
	toilets		first aid
	changing rooms		timekeeping
	potable water		hot drinks
	drinks, isotonic drinks		food
	supply point		dropbag
	info		nature reserve
	ATTENTION! Danger		parking
	leave the hiking trail		

TKUT Ultra

distance: 56,9 km 1190 HM  1190 HM  (Komoot)



WEGTYPEN



- **Bergwanderweg:** 476 m
- **Wanderweg:** 7,99 km
- **Weg:** 31,0 km
- **Nebenstraße:** 6,33 km
- **Straße:** 11,1 km
- **Off-Grid (unbekannt):** < 100 m

WEGBESCHAFFENHEIT










































- **Naturbelassen:** 9,81 km
- **Losser Untergrund:** 22,8 km
- **Kies:** 4,68 km
- **Befestigter Weg:** 10,0 km
- **Asphalt:** 8,83 km
- **Unbekannt:** 775 m

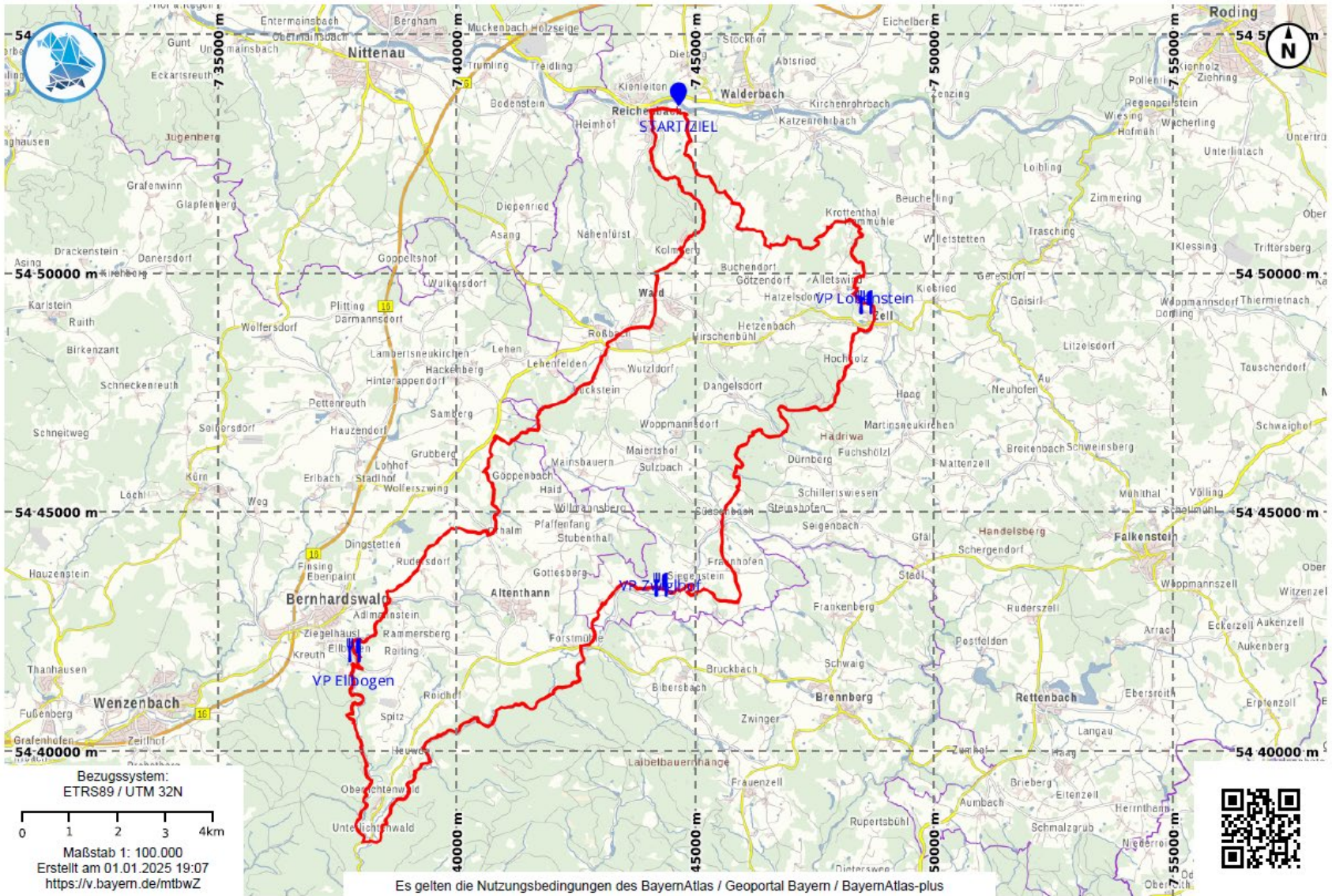
Overview distance and times

TKUT Ultra										
Pace from/to	06:20		12:39							
Location	KM									
	from last aid station	to next aid station	total	to finish	up	down		from	to	duration
Start	0	9,5	0	56,9	0	0	START	07:45	09:45	02:00
Lobenstein	9,5	12,2	9,5	47,4	350	190	VP1	09:40	11:15	01:35
Zwighof	12,2	16,5	21,7	35,2	290	350	VP2	11:30	12:45	01:15
Ellbogen	16,5	18,7	38,2	18,7	240	300	VP3	13:15	16:15	03:00
Finish	18,7	0	56,9	0	310	350	FINISH	10:45	21:00	10:15
					1190	1190				

















Stationen
















START	0 km	time	      
VP Lobenstein	9,5 km	09:40 – 11:15	     
VP Zwighof	21,7 km	11:30 – 12:45	        
VP Ellbogen	38,2 km	13:15 – 16:15	      
FINISH	56,9 km	bis 21:00	         

Route overview



Route and specifics on the route

Kilometer	Note
0,8	 From here follow the white/red hiking trail to the south-west
1,7	 Leave the hiking trail to the southeast
	  This is where the Ultra and Half Way routes separate
2,3	 From here follow Goldsteig to the south-east
	  Here the Ultra and Half Way routes converge again
2,7	 ATTENTION! Road crossing – path slightly shifted to the right
9,1	 Change from Goldsteig to Oberpfalzweg to south-east
9,4	 VP Lobenstein - castle ruins
10,0	 Leave Oberpfalzweg to the south-west
10,1	 ATTENTION! Road crossing – state road in the Zell local area - route slightly shifted to the left into Wiesenweg
10,4	 Private property – please be considerate
10,5	 From here follow the Green Rectangle hiking trail northwards
	  This is where the Ultra and Half Way routes separate

16,7		From here follow the Red Triangle hiking trail northwards
20,4		Siegenstein Castle ruins
21,1		ATTENTION! Road crossing – state road
21,7		VP Zwighof Little Valley Ranch
23,2		Leave the hiking trail to the south
24,3 – 24,4		ATTENTION! Route on state road with road crossing in the Forstmühle local area
24,4		From here follow the Blue Rectangle hiking trail south
24,7		Leave the hiking trail to the south
25,8		From here follow the Green Triangle hiking trail south
27,4		Leave the hiking trail to the west
27,6		guesthouse Koreawirt
30,0		ATTENTION! Short climbing passage
30,2		From here follow the Green Triangle hiking trail south
32,3 – 32,4		ATTENTION! Route on state road with road crossing after Unterlichtenwald
32,4		From here follow the Green Rectangle hiking trail north

38,0		Private property – please be considerate
38,1		VP Ellbogen
42,8 – 42,9		ATTENTION! Route on road with road crossing
48,8 – 49,1		ATTENTION! Route along state road with road crossing in the Roßbach area
49,1		Leave the hiking trail to the north-east
49,5		From here follow the Burgensteig (red Feather)  Falkenstein cycle path to the east
50,1		Leave the Burgensteig (red feather) / Falkenstein cycle path to the north
		 Here the Ultra and Half Way routes intersect
50,9		From here follow the white/red hiking trail north
52,2		From here follow the Green Rectangle hiking trail to the north-east
52,7		From here follow the white/red hiking trail south and then immediately north-east
53,2		From here follow Goldsteig to the north-west
53,7		Großer Pfaffenstein

56,3



Leave Goldsteig to the east on **Lindenstraße**

Route marking



ATTENTION! The route is not marked.

You can find the current GPX files with the version number and date of the last change on the race website.

In addition, every change of route and direction is recorded in the description of the route.

Supply points

VP Lobenstein

The VP Lobenstein is located in front of the ruins of Lobenstein Castle in the municipality of Zell and can only be reached on foot or by bike. Cars must be parked in the town of Zell.

Address: 931 Zell

Coordinates 33U 311034 5447022 (WGS84: 49,14692 12,40871)



VP Zwiglhof

The VP Zwiglhof is located in the Reiterstüberl of Simone Strahl's Little Valley Ranch and is run by her and her horse girls. It can be reached by car. Thank you Simone for supporting us again this time.

Address: Zwiglhof 1, 93192 Wald

Coordinates: 33U 306310, 5441410 (WGS84: 49.09502, 12.34669)

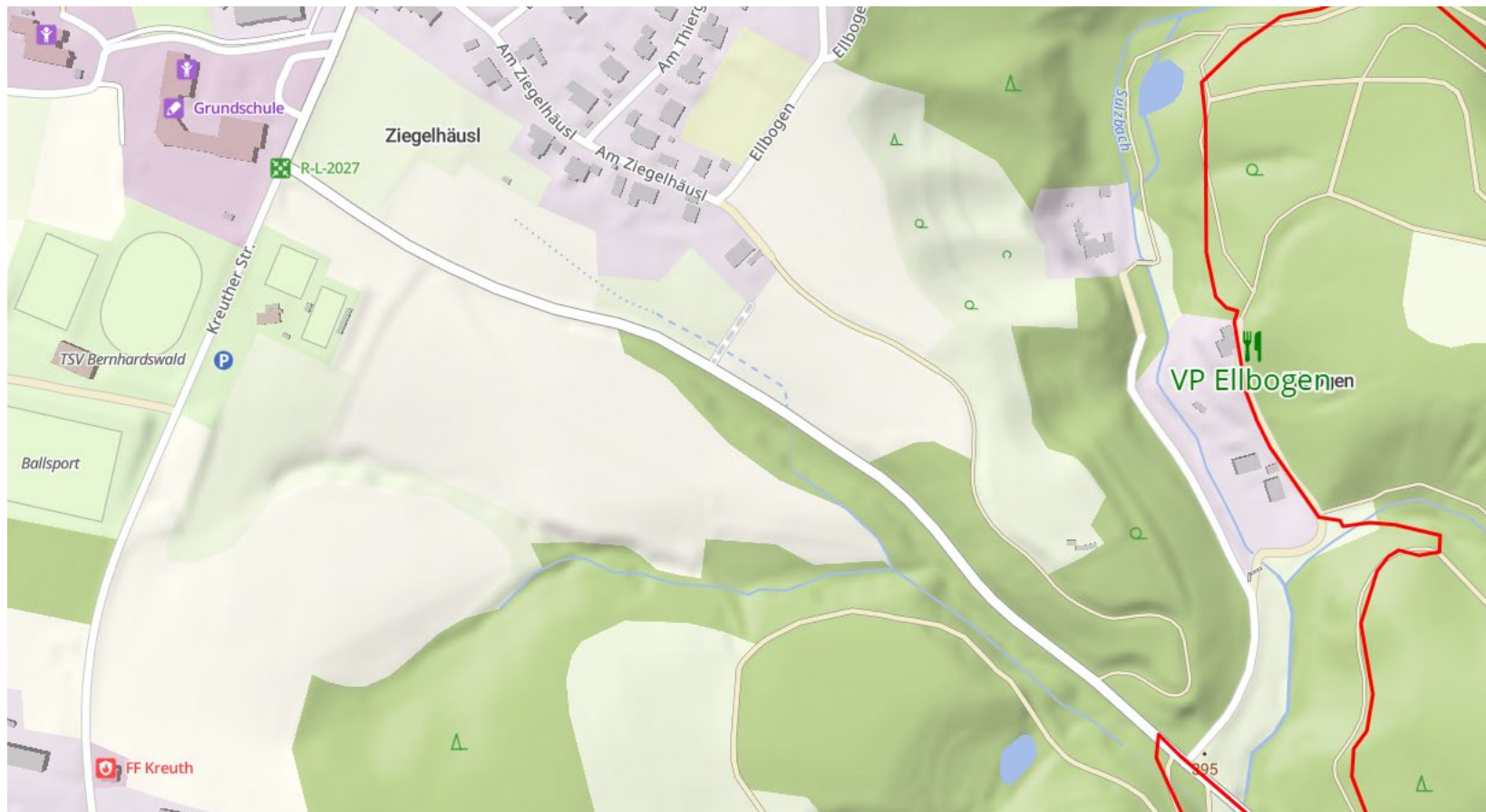


VP Ellbogen

The VP Ellbogen is located at one of our ultra participants and is run by his wife with the help of one of our horse girls. Thank you Peter and your wife. The VP can only be reached by car up to the property boundary.

Address: Ellbogen 37, 93170 Bernhardswald

Coordinates: 33U 299784 5440593 (WGS84: 49,08559 12,25781)



helper team and supporters

Many thanks to our tireless volunteers, without whom this and all our runs would not be possible. Thank you to Simone and her horse girls from the Little Valley Ranch, thank you to the horse girls from the Riverside Ranch Reichenbach, thank you to friends, runners and their families.

Thanks also to the municipality of Zell, which enables us to have the VP Lobenstein.

Thanks to our supporters from Brauhaus Nittenau, Mein Ausrüster, the German Ultramarathon Association, HDSports and Cineathletes.

RunFellows

Christian Bley-Unger

Lindenstraße 3

93189 Reichenbach

Version 1.0

As at January 03, 2025