

## FOFR CUP 2026 - 20.6.2026 - Prysk - timetable

POINT No.	FROM START	TO FINISH	RACE ROUTE	SYMBOL	NOTE	30 KM/H	25 KM/H	20 KM/H	ALT.
<b>1</b>	<b>0,0</b>	<b>28,6</b>	<b>Horní Prysk - START</b>	↑		<b>14:00</b>	<b>14:00</b>	<b>14:00</b>	<b>436</b>
2	1,4	27,2	Horní Prysk - turn to the forest	↑	from asphalt to gravel	14:00	14:01	14:01	500
3	2,3	26,3	Čertovka - top of the climb	→	gravel	14:05	14:07	14:12	543
4	2,6	26,0	Čertovka - entry into the downhill to Mlýny	←	gravel	14:06	14:08	14:13	542
5	5,3	23,4	Mlýny - by the train station	←	asphalt	14:11	14:16	14:26	410
<b>6</b>	<b>5,6</b>	<b>23,1</b>	<b>Mlýny - road crossing</b>	↑	<b>from asphalt to gravel</b>	<b>14:12</b>	<b>14:17</b>	<b>14:27</b>	<b>408</b>
7	6,1	22,5	end of the climb above Mlýny	→	from gravel to asphalt	14:13	14:18	14:30	459
8	7,8	20,8	start of the climb to Křížový Buk	←	asphalt	14:16	14:23	14:37	522
9	8,7	19,9	end of the climb to Křížový Buk - junction	→	asphalt - red tourist trail sign	14:18	14:26	14:42	596
<b>10</b>	<b>10,1</b>	<b>18,5</b>	<b>road crossing Kytlice - Krásné Pole (Pod Malou Tisovou)</b>	↑	<b>from asphalt to gravel</b>	<b>14:21</b>	<b>14:30</b>	<b>14:48</b>	<b>550</b>
11	10,8	17,9	forest junction	→	gravel	14:23	14:31	14:51	572
12	13,2	15,4	Pod Velkou Tisovou - junction	←	gravel	14:28	14:38	15:02	585
13	14,1	14,5	junction by the railway - end of the downhill	→	from gravel to asphalt - end of the red tourist trail sign	14:30	14:41	15:06	548
<b>14</b>	<b>15,1</b>	<b>13,5</b>	<b>Hraniční rybník</b>	↑	<b>asphalt</b>	<b>14:32</b>	<b>14:44</b>	<b>15:11</b>	<b>512</b>
15	15,3	13,3	Hraniční rybník - turn across the railway	→	from asphalt to forest path	14:32	14:44	15:12	514
16	16,0	12,6	entry to Falknovská cesta	→	from forest path to bad asphalt	14:33	14:46	15:15	553
17	16,9	11,7	junction under Velký Buk - start of the climb	←	bad asphalt	14:35	14:49	15:19	563
<b>18</b>	<b>17,6</b>	<b>11,0</b>	<b>top of the climb - pod Zaječím vrchem</b>	↑	<b>asphalt</b>	<b>14:37</b>	<b>14:51</b>	<b>15:23</b>	<b>630</b>
19	18,2	10,4	junction in the downhill	→	asphalt	14:38	14:53	15:25	614
<b>20</b>	<b>19,3</b>	<b>9,3</b>	<b>u Svatého Antonína - start of the climb</b>	→	<b>from asphalt to gravel</b>	<b>14:40</b>	<b>14:56</b>	<b>15:30</b>	<b>539</b>
21	20,2	8,4	junction - entry to Kočárová cesta	↑	from gravel to bad asphalt	14:42	14:58	15:35	576
22	22,3	6,3	Jedličná - entry to road	←	from bad asphalt to good asphalt	14:47	15:04	15:44	575
<b>23</b>	<b>22,5</b>	<b>6,1</b>	<b>Jedličná - entry to the forest</b>	→	<b>from asphalt to forest path</b>	<b>14:47</b>	<b>15:05</b>	<b>15:45</b>	<b>582</b>
24	23,4	5,2	junction under Medvědí Hůrka	↑	from forest path to gravel - yellow tourist trail sign	14:49	15:08	15:49	627
25	23,9	4,7	junction under Stříbrným vrchem	←	gravel	14:50	15:09	15:52	577
26	25,0	3,6	Čertovka - entry into the opposite direction of the route	←	gravel (the route goes both ways here)	14:52	15:12	15:57	542
27	25,3	3,3	Čertovka - entry onto the forest section	→	from gravel to forest path	14:53	15:13	15:58	543
28	26,6	2,0	Turn - climb to Ovčácký vrch	→	forest path - singltrek	14:55	15:17	16:04	506
<b>29</b>	<b>28,6</b>		<b>Horní Prysk - FINISH</b>			<b>15:00</b>	<b>15:22</b>	<b>16:13</b>	<b>436</b>