



100 MILES (100M)

	Aid station snacks*	Water	Coca Cola	Red Bull	Tea**	Näak Drink Mix	Näak Waffles	Näak Bar	Näak Gel	Soup (instant, vegan)	Pasta (instant, veggie)	Bread, cheese & landjäger	Life point ***
1 Wildseeloder	x	x	x			x	x						
2 Hochfilzen	x	x	x			x							
3 St. Ulrich am Pillersee	x	x	x			x							
4 Waidring	x	x	x	x	x	x	x	x	x	x		x	x
5 Kalkalmen		x											
6 St. Johann in Tirol	x	x	x	x		x	x						
7 Kitzbüheler Horn	x	x	x	x		x	x			x			
8 Kitzbühel	x	x	x	x	x	x	x	x	x	x	x	x	x
9 Pengelstein	x	x	x			x	x						
10 Jochberg	x	x	x	x	x	x	x	x		x		x	
11 Jochberger Wildalm	x	x	x	x		x		x					
12 Oberaurach	x	x	x	x	x	x	x	x	x	x	x	x	x
13 Hochwildalm	x	x	x	x		x	x	x	x				
14 Lärchfilzhochalm	x	x	x	x		x	x						
15 Fieberbrunn	x	x	x	x	x	x	x						

* Aid station snacks include the following:

Fruits such as bananas, water melons, etc., nuts, dried fruits, cucumbers, salt, pretzels (soletti), cake, fruit gums (vegan) & fruit puree

** tea will be available when temperatures are below 10°C

*** Life Points offer athletes the opportunity to rest or sleep on camping loungers. Personal assistance is permitted at Life Points & athletes have access to their drop bags.