



100 MILES

	Aid station snacks *	Water	Coca Cola	Red Bull	Näak Drink Mix	Näak Waffles	Näak Bars	Soup (instant, vegan)	Pasta (veggie)	Bread, cheese & landjäger
1 Wildseeloder	x	x	x		x					
2 Hochfilzen	x	x	x		x	x				
3 St. Ulrich am Pillersee	x	x	x		x	x				
4 Waidring **	x	x	x	x	x	x	x	x		x
5 Hochbreitaualm / Kapellalm		x								
6 St. Johann in Tirol	x	x	x	x	x	x	x			
7 Kitzbüheler Horn	x	x	x	x	x			x		
8 Kitzbühel **	x	x	x	x	x	x	x	x	x	x
9 Pengelstein	x	x	x		x					
10 Jochberg **	x	x	x	x	x	x	x	x		x
11 Jochberger Wildalm	x	x	x	x	x					
12 Jochberger Wildalm	x	x	x	x	x					
13 Oberaurach **	x	x	x	x	x	x	x	x	x	x
14 Hochwildalm	x	x	x	x	x	x				
15 Lärchfilzhochalm	x	x	x	x	x	x	x			
16 Fieberbrunn	x	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 (if temperatures are below 10 °C)