

MARATHON TRAIL

	Aid station snacks *	Water	Coca Cola	Red Bull	Näak Drink Mix	Näak Waffles	Näak Bars	Soup (instant, vegan)
1 Wildseeloder	x	x	x		x			
2 Lauchsee	x	x	x		x			
3 Hergottbrücke	x	x	x	x	x	x	x	
4 Grubalmbach / Kar-scher		x						
5 Lärchfilzhochalm	x	x	x	x	x	x	x	
6 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