

MARATHON TRAIL (50K)

	Aid station snacks*	Water	Coca Cola	Red Bull	Tea**	Näak Drink Mix	Näak Waffles	Näak Bars	Näak Gels
1 Wildseeloder	x	x	x			x	x		
2 Lärchfilzhochalm	x	x	x			x	x		
3 Hergottbrücke	x	x	x	x		x		x	x
4 Karscherm	x	x	x			x	x	x	x
5 Lärchfilzhochalm	x	x	x	x		x	x		
6 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