



SPEED TRAIL (20K)

	Aid station snacks*	Water	Coca Cola	Red Bull	Tea**	Näak Drink Mix	Näak Waffles
1 Streuböden		x					
2 Wildseeloder	x	x	x			x	x
3 Lärchfilzhochalm	x	x	x	x		x	x
4 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