

ENDURANCE TRAIL (100K)

	Aid station snacks*	Water	Coca Cola	Red Bull	Tea**	Näak Drink Mix	Näak Waffles	Näak Bars	Näak Gel	Soup (instant, vegan)	Pasta (instant, veggie)	Bread, cheese & landjäger	Life point ***
1 Pengelstein	x	x	x			x	x						
2 Jochberg	x	x	x	x	x	x	x	x		x		x	
3 Jochberger Wildalm	x	x	x	x		x		x					
4 Oberaurach	x	x	x	x	x	x	x	x	x	x	x	x	x
5 Hochwildalm	x	x	x	x		x	x	x	x				
6 Lärchfilzhochalm	x	x	x	x		x	x						
7 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.