

Verpflegungsposten 2024



Posten/pc	km to go		Stilles Wasser Still water	Coca Cola	Sponsor Competition Orange	Tee Tea	Kaffee Coffee	Gemüse Bouillon Vegetable bouillon	Finisher Getränk Sponsor Isotonic Orange	Wheycaution Recovery Shake	Finisher Getränk Erdinger alkoholfrei	Bananen Banana	Wassermelonen Watermelon	Sponsor High Energy Bars Salty Nuts	Sponsor High Energy Bars Berry	Sponsor High Energy Bars Apricot-Vanilla	Sponsor Liquid Energy Gels	Cracker	Käse Cheese	Power Beef	Brot Bread	Schokolade Chocolate	Pasta	Tomaten Sauce	
	Finish	Next Post																							
T102 T53																									
Elahütte	13	12																							
Naz	25	11																							
Val d'Err	36	8																							
Alp Flix	44	9																							
Bivio	53	13																							
T102 T49																									
Bivio	73 20	8																							
Sur	81 28	11																							
T102 T49 T20																									
Rona	92 39 10	10																							
Savognin (Ziel)	102 49 20	0																							

1) Für Finisher T53
 Getränke
 Verpflegung

