

# Verpflegungsposten



Posten/post	km to go		Brunnenwasser Fountain water	Stilles Wasser Still water	Coca Cola	Sponser Competition Orange	Finisher Getränk Sponser Isotonic Orange	Gemüse Bouillon Vegetable bouillon	Bananen Banana	Wassermelonen Watermelon	Siradis Apricot/Coconut Bar	Sponser High Energy Bars	Sponser Liquid Energy Gels	Salz Cracker (Stück)	Power Beef	Brot Bread	Birnenbrot Special local bread	Schokolade Chocolate	Fideli	Pasta	Tomaten Sauce	Reibkäse Grated cheese	Finisher Getränk Erdinger alkoholfrei	
	Finish	Next Post																						
<b>T105</b>																								
Savognin	0.00	3.7																						
Tussagn	3.7	9.3																						
Pass digls Orgels	10.3	2.7																						
Elahütte	13	7.00																						
Bergün	20	5.2																						
Naz	25.2	11.8																						
Fuorcla Tschitta	30.8	6.2																						
Val d'Err	37	7																						
Alp Flix (Tgalucas)	44.9	5.5																						
Alp Natons	49.5	4.5																						
Bivio	54.5	6.7																						
<b>T105   T50</b>																								
Septimerpass	60.7	12.2																						
Fuorcla la Valletta	65.7	7.2																						
Bivio	72.9	5.4																						
Pra Miez	78.3	8.2																						
Sur	86.5	7.4																						
<b>T105   T50   T20</b>																								
Rona	93.9	5.2																						
Alp Tscharnoz	99.1	5.4																						
Savognin	104.5	0																						

