

100 km Strecke

| Verpflegungs-und Kontrollstellen / aid stations and checkpoints | | | | | Uhrzeit / time of day | | | |
|--|------------|-----|----------------------|----------|----------------------------------|---------------------------------|---------------------|-------------------|
| aid V | check K | km | Wegpunkt / waypoint | type Typ | aid station öffnet / opens | runners schließt / closes | Spitze / leaders | Letzter / last |
| 0 | 0 | 0 | Eishalle | K | 04:20 | - | 5:00 | 05:00 |
| - | - | 12 | Schmelz | - | - | - | 6:00 | 06:45 |
| - | - | 15 | Zwing | - | - | - | 6:15 | 07:00 |
| - | 8 | 20 | Kaitl Alm | K,B | 23:45 | 8:30 | 6:45 | 08:00 |
| 4 | 9 | 31 | Eishalle | V,K,D,B | 04:20 | 9:30 | 7:30 | 09:15 |
| - | 10 | 38 | Unternberg | K | 05:45 | 10:30 | 8:15 | 10:45 |
| - | - | 40 | Brander Alm | B,* | | - | 8:30 | 11:15 |
| - | 11 | 43 | Hörndlwand | K | 06:45 | 13:30 | 9:00 | 12:30 |
| 5 | 12 | 47 | Röthelmoos | V,K,D,* | 07:30 | 14:30 | 9:20 | 13:00 |
| - | 13 | 52 | Jochbergalm | K,B,* | 08:30 | 15:30 | 10:00 | 14:15 |
| - | - | 55 | Bischofsfeltnalm | B,* | | | 10:30 | 15:00 |
| 6 | 14 | 61 | Kohlstatt | V,K,D, | 09:30 | 16:30 | 11:00 | 15:45 |
| - | - | 62 | Gleichenbergalm | B,* | | | 11:15 | 16:15 |
| - | - | 64 | Mittelstation | * | | | 11:25 | 16:35 |
| - | 15 | 65 | Hocherb Alm | K | 10:30 | 18:30 | 11:30 | 16:45 |
| - | - | 71 | Maria Eck | * | | | 12:15 | 17:50 |
| 7 | 16 | 72 | Maria Eck | V,K,D | 11:15 | 19:30 | 12:15 | 18:00 |
| 8 | 17 | 80 | Egg 100km,mi Strecke | V,K,D,B | 12:15 | 19:15 | 13:00 | 19:15 |
| 8 | 17 | 80 | Egg 84,145km Strecke | V,K,D,B | | 21:00 | - | 21:00 |
| - | 18 | 86 | Hochfölln | K,D,* | 13:45 | 21:30 | 14:15 | 21:15 |
| 9 | 19 | 89 | Thorau | V,K,D,* | 14:00 | 22:00 | 14:30 | 21:30 |
| - | 20 | 82 | entfällt / cancelled | K | | 22:30 | - | 22:00 |
| - | 20 | 98 | entfällt / cancelled | K | 15:11 | 22:30 | 15:30 | 23:30 |
| 10 | 21 | 100 | Eishalle | D,B | 14:40 | 00:00 | 15:40 | 23:59 |

rot / red: Zeitlimits / cutoff times

V: Verpflegungsstation / aid station

(V1-V3 sind nur für 100 Meilen Läufer / are for 100 mile runners only)

K: Kontrolle mit Getränken / check point with liquids

(K1-K8 sind nur für 100 Meilen Läufer / are for 100 mile runners only)

D: Drop bags

B: Brunnen / spring

*: Speisen- u. Getränkeverkauf / Food & drink for sale

Zeitkorridore für 100 km Strecke / time corridors for 100km course

| V / aid statio name - cutoff time ↓ | ←Uhrzeit / time of day | Start 100 km | Kaitl Alm | Eishalle - 9:30 | Unternberg | Hörndlwand - 13:30 | Röthelmoos - 14:30 | Jochberg Alm | Kohlstatt | Hoherb Alm - /18:30 | Maria Eck | Egg - 19:15 / 21:30 | Hochfeltn | Thorau | entfällt / cancelled | ### Ziel / Finish | ←Uhrzeit / time of day |
|---|---------------------------------------|--------------|-----------|-----------------|------------|--------------------|--------------------|--------------|-----------|---------------------|-----------|---------------------|-----------|--------|----------------------|-------------------|------------------------|
| km | | 0 | 20 | 31 | 38 | 43 | 47 | 52 | 61 | 65 | 72 | 80 | 86 | 89 | 98 | ### | |
| Verpflegung/ aid station | | | | V4 | | | V5 | | V6 | | V7 | V8 | | V9 | | V10 | |
| drop bag | | | | D | | | D | | D | | D | D | D* | D | | D | |
| Kontrolle/ check point | | K0 | K8 | K9 | K10 | K11 | K12 | K13 | K14 | K15 | K16 | K17 | K18 | K19 | K20 | K21 | |
| | 05:00 | | | | | | | | | | | | | | | | 05:00 |
| | 06:00 | | 20 | | | | | | | | | | | | | | 06:00 |
| | 07:00 | | | 31 | | | | | | | | | | | | | 07:00 |
| | 08:00 | | | | 38 | | | | | | | | | | | | 08:00 |
| | 09:00 | | | | | 43 | | | | | | | | | | | 09:00 |
| | 09:30 | | | | | | 47 | | | | | | | | | | 09:30 |
| | 10:00 | | | | | | | 52 | | | | | | | | | 10:00 |
| | 11:00 | | | | | | | | 61 | | | | | | | | 11:00 |
| | 12:00 | | | | | | | | | 65 | | | | | | | 12:00 |
| | 13:00 | | | | | | | | | | 72 | | | | | | 13:00 |
| | 13:30 | | | | | | | | | | | 80 | | | | | 13:30 |
| | 14:00 | | | | | | | | | | | | 86 | | | | 14:00 |
| | 14:30 | | | | | | | | | | | | | 89 | | | 14:30 |
| | 15:00 | | | | | | | | | | | | | | 98 | | 15:00 |
| | 16:00 | | | | | | | | | | | | | | | 100 | 16:00 |
| | 17:00 | | | | | | | | | | | | | | | | 17:00 |
| | 18:00 | | | | | | | | | 85/100 | | | | | | | 18:00 |
| | 19:00 | | | | | | | | | | | | | | | | 19:00 |
| | 19:15 | | | | | | | | | | | 100 km | | | | | 19:15 |
| | 20:00 | | | | | | | | | | | | | | | | 20:00 |
| | 21:00 | | | | | | | | | | | | | | | | 21:00 |
| | 21:30 | 85 km Egg | | | | | | | | | | 85 km | | | | | 21:30 |
| | 22:00 | | | | | | | | | | | | | | | | 22:00 |
| | 23:00 | | | | | | | | | | | | | | | | 23:00 |
| | rot / red : Zeitlimits / cutoff times | | | | | | | | | | | | | | | | |
| | 00:00 | | | | | | | | | | | | | | | | 00:00 |

*: drop bag < 3 l Volumen / volume

 : Zeitlimits / cut-off times

 : 100 mile runners

V1-V3, K1-K7 betreffen nur die 100 Meilen Läufer / for 100 mile runners only