

VERPFLEGUNGSPLAN / MEAL PLAN



Verpflegungsplan / Meal plan 2024 Verteilerliste



| Posten | Finish | EUT 102 | EUT 53 | ET 23 | ET 16 | Next Post | Durchlaufzeit | Stilles Wasser / Still water | Isotonisches Getränk Kalt Lemon <i>Isotonic Drink Lemon Cold</i> | Coca Cola à 1.5 liter | Bouillon | Kaffee / Schwarztee <i>Coffee / Tea</i> | Bananen / Bananas | Orangen / Oranges | Äpfel / Apples | Dörrfrüchte / Dried fruit | Energy Bars | Liquid Gels | Halbweissbrot / Half white bread | Birnenbrot / Pear bread | Käse / Cheese | Mandeln <i>Almonds</i> | Salzcracker/Salt cracker | Salznüsse/ Salt nuts | Trockenfleisch / Dried meat | Schokolade / chocolate | Capuns | Kartoffeln / Potatoes | Pasta mit Tomatensauce <i>Pasta with tomato sauce</i> | Plain in Pinia | Gerstensuppe / Barley soup | Erdiner Alkoholfrei <i>Non-alcoholic Erdinger beer</i> | | | | |
|--------------------|--------|---------|--------|-------|-------|-----------|---------------|------------------------------|---------------------------------------------------------------------|-----------------------|----------|--------------------------------------------|-------------------|-------------------|----------------|---------------------------|-------------|-------------|----------------------------------|-------------------------|---------------|---------------------------|--------------------------|----------------------|-----------------------------|------------------------|--------|-----------------------|----------------------------------------------------------|----------------|----------------------------|-----------------------------------------------------------|--|--|--|--|
| Samedan / Arena | 102 | x | | | | 15 | 23:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Celerina | 87 | x | | | | 10 | 00:45-01:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Punt Muragl | 77 | x | | | | 6 | 01:15-03:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Muottas Muragl | 71 | x | | | | 10 | 02:30-04:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Gravatscha | 61 | x | | | | 9 | 03:00-08:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| La Punt | 53 | x | | | | 15 | 05:00-10:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Zuoz Start EUT 53 | 53 | | x | | | 15 | 08:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Zuoz | 38 | x | x | | | 7 | 07:00-14:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Es-cha | 31 | x | x | | | 14 | 08:30-15:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| La Punt Start ET23 | 23 | | | x | | 5 | 11:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bever | 17 | x | x | x | | 5 | 10:00-19:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Samedan Start ET16 | 16 | | | | x | 4 | 13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alp Muntatsch | 12 | x | x | x | x | 12 | 12:30-21:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Samedan / Ziel | 0 | x | x | x | x | | 13:30-24:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Verpflegungsstellen: Es werden keine Trinkbecher zur Verfügung gestellt. Der Athlet*in hat seinen eigenen Becher/Flasche im Laufgepäck

Aid stations: No drinking cups will be provided. The athlete has his/her own cup/bottle in the running pack

