

VERPFLEGUNG

*denkt an euren Softcup!



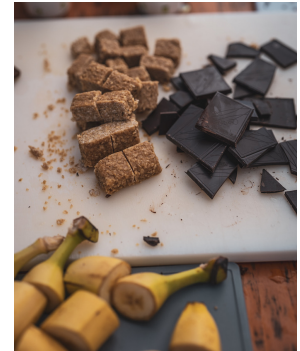
FOOD-STATIONS MUZ14

	OBERKUMBICHL	MAYRHOFEN (FINISH)
SOLID		
Energy Bars (Aerobee)	X	X
Oranges / Orangen	X	X
Bananas / Bananen	X	X
Watermelon / Wassermelone	X	X
Cucumbers / Gurken	X	X
Chocolate / Schokolade	X	X
TUC biscuits / TUC Kekse	X	X
Cake		X
LIQUID		
Isotonic Getränk	X	X
Water / Wasser	X	X
Red Bull and Red Bull Cola	X	X



FOOD-STATIONS MUZ30

	GSCHÖSSWAND	GRANATALM	ALMSTÜBERL	ZIMMEREBEN	MAYRHOFEN (FINISH)
SOLID					
Energy Bars (Aerobee)	X	X	x		
Oranges / Orangen	X		X		X
Bananas / Bananen	X	X	X		X
Watermelon / Wassermelone	X		X		X
Cucumbers / Gurken	X		X		X
Chocolate / Schokolade	X	X	X	X	X
TUC biscuits / TUC Kekse	X		X	X	X
Cake					X
LIQUID					
Vegetables Broth / Gemüsebrühe		X			
Isotonic Getränk	X	X	x	X	X
Water / Wasser	X	X	X	X	X
Red Bull and Red Bull Cola	X	X	X	X	X



FOOD-STATIONS RK50

	GSCHÖSSWAND	GRANATALM	HORGBERGJOCH	RASTKOGELHÜTTE	ROSWITHA	ZIMMEREBEN	MAYRHOFEN (FINISH)
SOLID							
Energy Bars (Foodspring)	X	X	X	X	X		X
Oranges / Orangen	X		X	X	X		X
Bananas / Bananen	X	X	X	X	X		X
Watermelon / Wassermelone	X		X	X	X		X
Cucumbers / Gurken	X		X	X	X		X
Chocolate / Schokolade	X	X	X	X	X	X	X
TUC biscuits / TUC Kekse	X		X	X	X	x	X
Cake							X
LIQUID							
Vegetables Broth / Gemüsebrühe		X					
Isotonic Drink / Isotonisches Getränk	X	X	x	X	X	X	X
Energy Gel (Aerobee)			X	X			
Water / Wasser	X	X	X	X	X	X	X
Red Bull and Red Bull Cola	X	X	X	X	X	X	X

FOOD-STATIONS TUX070

	TUXERJOCH	STOANKASERN	VALLRUCKALM	RASTKOGELHÜTTE	ROSWITHA	GSCHÖSSWAND	MAYRHOFEN (FINISH)
SOLID							
Energy Bars (Aerobee)	X	X	X	X	X	X	X
Oranges / Orangen	X	X	X	X	X	X	X
Bananas / Bananen	X	X	X	X	X	X	X
Watermelon / Wassermelone		X	X	X	X	X	X
Cucumbers / Gurken	X	X	X	X	X	X	X
Chocolate / Schokolade	X	X	X	X	X	X	X
TUC biscuits / TUC Kekse	X	X	X	X	X	X	X
Cake							X
LIQUID							
Vegetables Broth / Gemüsebrühe		X					
Isotonic Drink / Isotonisches Getränk	X	X	X	X	X	X	X
Energy Gel (Aerobee)		X	X	X			
Water / Wasser	X	X	X	X	X	X	X
Red Bull and Red Bull Cola				X	X	X	X