



FOOD STATIONS

FOOD STATIONS Z101

	GAMSHÜTTE	FRIESENBERGHAUS	OLPERER HÜTTE	ZAMSGATTERL	FURTSCHAGLHAUS	BERLINER HÜTTE	GREIZER HÜTTE	KASSELER HÜTTE	EDELHÜTTE
SOLID									
MNSTRY Bar / Riegel	X	X	X	X	X	X	X	X	X
Orange / Orangen				X	X	X	X	X	
Bananas / Bananen	X			X	X	X	X	X	
Watermelon / Wassermelone						X	X	X	
Cucumber / Gurke	X			X	X	X	X	X	
Chocolate / Schokolade	X	X	X	X	X	X	X	X	X
Cake / Kuchen		X		X	X	X	X	X	X
TUC biscuit / TUC Kekse	X	X	X	X	X	X	X	X	X
Dried fruits / Trockenfrüchte	X	X	X	X	X	X	X	X	X
Nuts / Nüsse	X	X	X	X	X	X	X	X	X
Kekse / Cookies		X	X	X			X		X
Gummibärchen / Gums			X		X	X			X
Saure Gurken / Pickles			X		X		X	X	

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LIQUID									
Cola / Coke	X			X	X	X	X	X	X
Apfelschorle / Apple Juice					X	X	X	X	
MNSTRY Gel			X		X	X	X	X	X
Soup / Suppe		X		X	X	X			X
Powerbar Isotonic Drink orange	X	X	X	X	X	X	X	X	X
Water / Wasser	X	X	X	X	X	X	X	X	X
Red Bull				X		X	X	X	X

WATER & FOOD OUTSIDE THE FOOD STATIONS

- The natural drinking water from the streams along the route is drinkable. Please use your common sense here.
- If you pass an open hut, you can always order something and pay for it yourself. However, some huts are closed at night and are not open for regular business. At night, you will therefore have to rely solely on your own food and the food at the food stations.
- Special arrangements have been made with the Berliner, Greizer and Kasseler Hütte. They are prepared for runners to come from 05:30 am to order something to eat.

HÜTTEN VOUCHER

- Each athlete will receive a voucher worth 15€ + a drink at the race number distribution, which can be redeemed at the described huts (Berliner, Greizer, Kasseler and Edel Hütte).
- Everything beyond the 15€ and 1 drink has to be paid by yourself, so feel free to take enough cash with you.



**Z101 ATHLETE
VOUCHER
*001***

**15 EUR
+ 1 Drink**

**Gültig / valid at Berliner Hütte /
Greizer Hütte / Kasseler Hütte
/ Edel Hütte**

MUZ

- 001