



VERPFLEGUNGSPLAN SUPPLY PLAN

| STANDORT / POSITION | Trail km | | | |
|---------------------|----------|------|------|------|
| | 65K | 50K | 25K | 16K |
| Töpfer | 8.6 | 8.6 | 8.6 | |
| Hungerbrunnen | 13.5 | 13.5 | 13.5 | |
| Stern | 17.5 | 17.5 | 17.5 | |
| Hohlsteinweg | 23.9 | 23.9 | | |
| Auf der Heide | 27.9 | 27.9 | | |
| Hubertusbaude | 37.3 | 37.3 | | |
| Stern | 42.6 | 42.6 | | |
| Hochwald | 45.7 | 45.7 | 20.6 | |
| Steiniger Weg | 54.1 | | | 5.4 |
| Thomasweg | 60.8 | | | 12.1 |
| Ziel / Finish | 65.3 | 50.7 | 25.6 | 16.6 |

| Getränke / Drinks | | | | | | | |
|-------------------|----------------------------------|------|-------------------|------------------------------|-----------------------|---------------|--|
| WASSER / WATER | TAILWIND ENDURANCE FUEL MANDARIN | COLA | EISTEE / ICED TEA | APFELSCHORLE / APPLE SCHORLE | WARMER TEE / WARM TEA | BOUILLON WARM | ALKOHOLFREIES BIER / ALCOHOL-FREE BEER |
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| Essen / Food | | | | | | | | | | | | |
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| GEKOCHTE KARTOFFELN / COOKED POTATOES | MINI SALAMI | GEWÜRZGURKEN / PICKLES | BANANEN / BANANAS | MÜSLIRIEGEL / GRANOLA BARS | FRUCHTRIEGEL / FRUIT BARS | SCHOKO-BONS | GUMMIBÄRCHEN / GUMMY BEARS | SCHOKOLADE / CHOCOLATE | AEROBEE ENERGY GEL | BLECHKUCHEN / SLAB CAKE LANDBÄCKEREI HAHMANN | BLECHKUCHEN / SLAB CAKE BÄCKEREI HÄNTSCH | SELF-CATERING (65K/50K) * |
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* Auf Wunsch bringen wir deine Eigenverpflegung an die Verpflegungsstelle „Auf der Heide“. Hierfür muss dein mit Namen und Startnummer markiertes Behältnis (kein Glas) am Freitag bis spätestens 21:00 Uhr beim „Refreshment Desk“ (Sporthalle Oybin) abgegeben werden. Runners may have their own food and beverages deposited at the refreshment point "Auf der Heide". Please hand in any such items in a container (no glass) marked with your name and race number to the refreshment desk (Gym building Oybin) by 9 pm on Friday at the latest.

Mit Unterstützung von

