

Verpflegungsplan / Supply plan

	KM		
Standort/Position	CT43	CT25	CT14
Start	0.0	0.0	0.0
Oberdorf			5.2
Gamsalp	10.2		
Illtios		10.2	10.2
Chäserrugg	14.4		
Hinterlücheren	19.5	15.0	
Wildmannli 1	24.9		
Wildmannli 2	32.1		
Sellamatt	37.1	19.4	
Ziel	43.3	24.2	13.4

	Wasser / Water
	Iso
	Sponser Red Orange
	Coca Cola
	Gemüsebouillon / Vegetable bouillon
	Riegel / Bars
	Sponser High Energy Salty-Nuts
	Gel with Koffein
	Sponser Liquid Energy Plus neutral
	Gel without Koffein
	Sponser Liquid Energy salty
	Orangen / Oranges
	Bananen / Bananas
	Biberli / Cake
	Salzstängeli / Salt sticks
	Käse / Cheese
	Datteln / Dates

