Stand / *as of* 19.03.2017

100 Meilen Strecke

Verpflegungs-und Kontrollstellen / aid stations and checkpoints					Uhrzeit / time of day					
					aid station		Spitze / leaders		Letzter / last	
aid V	check K	km	Wegpunkt / waypoint	type Typ	öffnet / opens	schließt / closes	Startzeit 14:00	**Startzeit 19:00**	**Startzeit 14:00**	Startzeit 19:00
0	0	**0**	**Stadion**	-	14:00	**21:00**	14:00	**19:00**	**14:00**	19:00
1	1	**18**	**Hörgering**	SV,K,D	16:00	**21:00**	16:07	**20:33**	**16:24**	21:01
-	2	**23**	**Lechner Hütte**	K,B	16:30	**21:30**	16:53	**20:59**	**17:07**	21:35
-	3	**37**	**Stoißer Alm**	K,B,*	18:15	**23:30**	19:06	**22:30**	**19:34**	23:39
-	4	**48**	**Steiner Alm**	K,B	20:00	**01:00**	20:41	**23:38**	**21:23**	01:07
2	5	**53**	**Adlgaß**	SV,K,D,B,(*)	20:45	**02:00**	21:25	**0:06**	**22:09**	01:44
-	6	**58**	**Kohler Alm**	K,B	22:00	**03:00**	22:53	**1:10**	**23:34**	03:02
-	-	63	Jochberg	-						
3	7	**68**	**Mauthäusl**	SV,K,D	00:00	**05:30**	0:40	**2:16**	**01:38**	04:28
-	-	73	Zwing	-			-			
-	8	**78**	**Kaitlalm**	K,B	(3:00) 6:15	**08:00**	2:47	**3:43**	**04:04**	06:22
4	9	**87**	**Stadion**	V,K,D,B	04:30	**09:00**	4:06	**4:38**	**05:39**	07:34
-	10	**90**	**Unternberg/Raffneralm**	k	(5:00) 7:15	**10:00**	5:08	**5:09**	**06:33**	08:14
-	-	96	Brander Alm	B,*			-			
-	11	**98**	**Hörndlwand**	K	06:45	**12:30**	7:17	**6:45**	**09:07**	10:19
5	12	**103**	**Röthelmoos**	V,K,D,*	07:15	**13:30**	8:15	**7:22**	**10:17**	11:08
-	13	**108**	**Jochbergalm**	K,B,*	08:15	**14:30**	9:06	**8:15**	**11:18**	12:17
-	-	111	Bischofsfellnalm	B,*			-			
-	-	113	Eschelmoos cut-off	-		**15:30**	-			
9	19	**113**	**Eschelmoos129 km**	-	14:30	**21:45**	-		**16:30**	17:00
6	14	**116**	**Kohlstatt**	V,K,D,	09:30	**16:15**	10:26	**9:35**	**13:11**	14:01
-	-	118	Gleichenbergalm	B			-			
-	-	119	Mittelstation	-			-			
-	15	**120**	**Hocherb Alm**	K	10:15	**18:00**	11:33	**10:21**	**14:12**	15:01
-	-	127	Maria Eck	*			-			
7	16	**128**	**Maria Eck**	V,K,D	11:00	**19:15**	12:33	**11:10**	**15:27**	16:05
8	17	**135**	**Egg 100km,mi Strecke**	V,K,D,B	12:15	**18:15**	14:10	**12:26**	**16:45**	17:44
8	17	**135**	**Egg 80,141km Strecke**	V,K,D,B		**21:00**	-		**21:00**	21:00
-	18	**141**	**Hochfelln**	K,D,*	13:30	**20:45**	15:48	**14:00**	**19:01**	19:47
9	19	**145**	**Eschelmoos**	V,K,D	14:00	**21:45**	16:45	**14:40**	**20:23**	20:39
-	20	**153**	**Brand**	K	14:45	**22:30**	18:02	**15:35**	**21:41**	21:51
10	21	**161**	**Stadion**	D,B,*	14:30	**23:00**	19:03	**16:28**	**23:00**	23:00

SV: Selbstbedienung oder mitgebrachte Betreuer / self service or runner's crews
V: Verpflegungsstation / aid station
K: Kontrolle mit Getränken / check point with liquids
k: nur Kontrolle / check point only
D: Drop bags
B: Brunnen / spring
*: Speisen- u. Getränkeverkauf / Food & drink for sale
red: cutoff times

Empfohlene Startzeit / recomended start hour	Laufzeit/ run time
14:00	>31 h
15:00	29-31 h
16:00	27-29 h
17:00	25-27 h
18:00	23-25 h
19:00	21-23 h
20:00	<21 h

Stand / *as of* 19.03.2017

Zeitkorridore für 100 Meilen Läufer / *time corridors for 100 mile runners*

	Uhrzeit / *time of day*	Start 100 Meilen	Hörgering	Lechner Hütte	Stoißer Alm	Steiner Alm	Adlgass	Kohler Alm	Mauthäusl	Kaitl Alm	Stadion - 9:00	Unternberg	Hörndlwand - 12:30	Röthelmoos - 13:30	Jochberg Alm	bei Eschelmoos - 15:30	Kohlstatt	Hocherb Alm - /18:30	Maria Eck	Egg - 18:15 / 21:00	Hochfelln	Eschelmoos	Brand	Ziel / *Finish*	Uhrzeit / *time of day*
km		0	18	23	37	48	53	58	68	78	87	90	98	103	108	113	116	120	128	135	141	145	153	161	
Verpflegung/ *aid station*			V1**				V2**		V3**		V4			V5			V6		V7	V8		V9		V10	
drop bag			D1				D2		D3		D4			D5		D10*	D6		D7	D8	D9*	D10		D11	
Kontrolle/ *check point*		K0	K1	K2	K3	K4	K5	K6	K7	K8	K9	K10	K11	K12	K13	K19*	K14	K15	K16	K17	K18	K19	K20	K21	
Freitag / *Friday*	14:00																								14:00
	15:00																								15:00
	16:00		18																						16:00
	17:00			23																					17:00
	18:00																								18:00
	19:00				36																				19:00
	20:00					47																			20:00
	21:00						52																		21:00
	22:00							58																	22:00
	23:00																								23:00
Samstag / *Saturday*	00:00								68																00:00
	01:00																								01:00
	02:00									78															02:00
	03:00																								03:00
	04:00										87														04:00
	05:00											90													05:00
	06:00												98												06:00
	08:00														108										08:00
	09:00															113									09:00
	10:00																116								10:00
	11:00																	120							11:00
	12:00																		128						12:00
	12:30																			135					12:30
	13:00																								13:00
	13:30																				141				13:30
	14:00																					145			14:00
	15:00																								15:00
	15:30																						153		15:30
	16:00																							161	16:00
	17:00																								17:00
	18:00																								18:00
	18:30	Hocherb																141		161				Egg	18:15
	19:00																								19:00
	20:00																								20:00
	21:00	141 km																		141					21:00
	22:00																								22:00
	23:00																								23:00

: drop bags < 3 l volume* *: staffed and supplied by runners crews only!* *: 129 k runners only*

: Zeitlimits / *cut-off times*