

100 km Strecke

| Verpflegungs-und Kontrollstellen / aid stations and checkpoints | | | | | Uhrzeit / time of day | | | |
|--|------------|-----|------------------------|----------|-----------------------|----------------------|---------------------|-------------------|
| aid V | check K | km | Wegpunkt / waypoint | type Typ | aid station | | runners | |
| | | | | | öffnet / opens | schließt / closes | Spitze / leaders | Letzter / last |
| 0 | 0 | 0 | Stadion | K | 04:20 | - | 5:00 | 05:00 |
| - | - | 10 | Schmelz | - | - | - | 5:41 | 06:10 |
| - | - | 12 | Zwing | - | - | - | 5:52 | 06:30 |
| - | 8 | 17 | Kaitlalm | K,B | 06:15 | 8:00 | 6:24 | 07:25 |
| 4 | 9 | 26 | Stadion | V,K,D,B | 04:20 | 9:00 | 7:09 | 08:41 |
| - | 10 | 30 | Unternberg/R | k | 07:15 | 10:00 | 7:30 | 09:18 |
| - | - | 35 | Brander Alm | B,* | - | - | 8:08 | 10:22 |
| - | 11 | 37 | Hörndlwand | K | 06:45 | 12:30 | 8:33 | 11:06 |
| 5 | 12 | 42 | Röthelmoos | V,K,D,* | 07:15 | 13:30 | 9:05 | 12:01 |
| - | 13 | 47 | Jochbergalm | K,B,* | 08:15 | 14:30 | 9:33 | 12:49 |
| - | - | 50 | Bischofsfellna | B,* | - | - | - | - |
| - | - | 51 | Eschelmoos c | - | - | 15:30 | 10:15 | 14:00 |
| 9 | 19 | 52 | Eschelmoos 1 | - | 14:30 | 21:45 | 0:00 | 14:00 |
| 6 | 14 | 55 | Kohlstatt | V,K,D, | 09:30 | 16:15 | 10:33 | 14:30 |
| - | - | 57 | Gleichenberg | B | - | - | - | - |
| - | - | 58 | Mittelstation | - | - | - | 11:00 | 15:17 |
| - | 15 | 59 | Hoherb Alm | K | 10:15 | 18:00 | 11:07 | 15:30 |
| - | - | 65 | Maria Eck | * | - | - | - | - |
| 7 | 16 | 67 | Maria Eck | V,K,D | 11:00 | 19:15 | 11:51 | 16:45 |
| 8 | 17 | 74 | Egg 100km,m | V,K,D,B | 12:15 | 18:15 | 12:44 | 18:15 |
| 8 | 17 | 74 | Egg 80,141kn | V,K,D,B | - | 21:00 | - | 18:15 |
| - | 18 | 81 | Hochfelln | K,D,* | 13:30 | 20:45 | 13:45 | 20:00 |
| 9 | 19 | 85 | Eschelmoos | V,K,D | 14:00 | 21:45 | 14:15 | 20:51 |
| - | 20 | 60 | Brand 129km | K | 15:30 | 22:30 | - | 00:00 |
| - | 20 | 93 | Brand | K | 15:04 | 22:30 | 15:00 | 22:10 |
| 10 | 21 | 100 | Stadion | D,B,* | 14:30 | 23:00 | 15:30 | 23:00 |

V: Verpflegungsstation / aid station

(V1-V3 sind nur für 100 Meilen Läufer / are for 100 mile runners only)

K: Kontrolle mit Getränken / check point with liquids

k: nur Kontrolle / check point only

(K1-K8 sind nur für 100 Meilen Läufer / are for 100 mile runners only)

D: Drop bags

B: Brunnen / spring

*: Speisen- u. Getränkeverkauf / Food & drink for sale

red: cutoff times

Zeitkorridore für 100 km Strecke / time corridors for 100km course

| V / aid station name - cutoff time → | ←Uhrzeit / time of day | | | | | | | | | | | ←Uhrzeit / time of day | | | | | |
|--|------------------------|--------------|----|-----|-----|-----|-----|----|-----|-----|-----|------------------------|-----|-----|------------|-------------------|-------|
| | Start 100 km | | | | | | | | | | | | | | | | |
| km | 0 | 17 | 26 | 30 | 37 | 42 | 47 | 52 | 55 | 59 | 67 | 74 | 81 | 85 | 92 | 100 Ziel / Finish | |
| Verpflegung/ aid station | | | V4 | | | V5 | | | V6 | | V7 | V8 | | V9 | | V10 | |
| drop bag | | | D | | | D | | | D | | D | D | D* | D | | D | |
| Kontrolle/ check point | K0 | K8 | K9 | K10 | K11 | K12 | K13 | | K14 | K15 | K16 | K17 | K18 | K19 | K20 | K21 | |
| | 05:00 | | | | | | | | | | | | | | | | 05:00 |
| | 06:00 | | 17 | | | | | | | | | | | | | | 06:00 |
| | 07:00 | | 26 | | | | | | | | | | | | | | 07:00 |
| | 08:00 | | | 30 | | | | | | | | | | | | | 08:00 |
| | 09:00 | | | | 37 | | | | | | | | | | | | 09:00 |
| | 10:00 | | | | | 42 | | | | | | | | | | | 10:00 |
| | 11:00 | | | | | | 47 | | | | | | | | | | 11:00 |
| | 12:00 | | | | | | | 52 | | | | | | | | | 12:00 |
| | 12:30 | | | | | | | | 55 | | | | | | | | 12:30 |
| | 13:00 | | | | | | | | | 59 | | | | | | | 13:00 |
| | 13:30 | | | | | | | | | | 67 | | | | | | 13:30 |
| | 14:00 | | | | | | | | | | | 74 | | | | | 14:00 |
| | 15:00 | | | | | | | | | | | | 81 | | | | 15:00 |
| | 15:30 | | | | | | | | | | | | | 85 | | | 15:30 |
| | 16:00 | | | | | | | | | | | | | | 92 | | 16:00 |
| | 17:00 | | | | | | | | | | | | | | | 100 | 17:00 |
| | 18:00 | | | | | | | | | | | | | | | | 18:00 |
| | 18:30 | 80 km Hoherb | | | | | | | | 80 | | 100 | | | 100 km Egg | | 18:15 |
| | 19:00 | | | | | | | | | | | | | | | | 19:00 |
| | 20:00 | | | | | | | | | | | | | | | | 20:00 |
| | 21:00 | 80 km Egg | | | | | | | | | | 80 | | | | | 21:00 |
| | 22:00 | | | | | | | | | | | | | | | | 22:00 |
| | 23:00 | | | | | | | | | | | | | | | | 23:00 |

*: drop bag < 3 l Volumen / volume

 : Zeitlimits / cut-off times

 : 100 mile runners

V1-V3, K1-K7 betreffen nur die 100 Meilen Läufer / for 100 mile runners only