

100 Meilen Strecke

Verpflegungs-und Kontrollstellen / aid stations and checkpoints					Uhrzeit / time of day					
aid V	check K	km	Wegpunkt / waypoint	type Typ	aid station		Spitze / leaders		Letzter / last	
					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	36	Stoißer Alm	K,B,*	18:15	23:30	19:06	22:30	19:34	23:39
-	4	47	Steiner Alm	K,B	20:00	01:00	20:41	23:38	21:23	01:07
2	5	52	Adlgaß	SV,(V),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,(V),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	Bischofsfellalm	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	Hoherb 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	154	Brand	K	15:04	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

red: cutoff times

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: eigene Verpflegungsbeutel / drop bags

B: Brunnen / spring

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

(): nicht garantiert, wird bis zum briefing bekannt gegeben / not guaranteed, will be announced the latest at the briefing

Empfohlene Startzeit / recommended 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

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

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