



Marschtabelle

Aid Station	accumulative							intermediary		
	Altitude	Distance	D+	D-	Time per km	Speed (km/h)	Time Cut-Off	Distance	D+	D-
Start Passhöhe	1.738	0,0	0	0			0:00:00	0,0	0	0
Gschwendthofhütte	1.329	11,3	360	697	0:15:56	3,77	3:00:00	11,3	360	697
Felseralm	1.625	15,1	684	793	0:17:53	3,36	4:30:00	3,8	324	96
Zehnerkarbahn Mittelstation	2.053	21,4	1.274	957	0:19:38	3,06	7:00:00	6,3	590	164
Ziel Passhöhe	1.738	26,0	1.610	1.610	0:28:51	2,08	12:30:00	4,6	336	653