

	km	m ü. M.	Wasser	ISO	Coca Cola	Tee	Bouillon	Banane	Gel	Riegel	Schwamm	Sanität	Top20Run
St. Niklaus	Start	1116	●			●						●	
Herbriggen	5.0	1235	●	●							●	●	
Randa	10.0	1410	●	●					●	●	●	●	
Täsch	14.3	1439	●	●				●	●	●	●	●	
Zermatt 1	20.3	1604	●	●		●	●	●	●	●	●	●	
Zermatt 2	24.5	1603	●	●	●				●	●	●		
Patrullarve	28.6	2000	●	●	●			●	●	●	●		4.8
Sunnegga	32.0	2262	●	●	●	●	●	●	●	●	●	●	8.2
Grünsee	36.7	2300	●	●	●		●	●	●	●	●	●	12.9
Riffelalp	39.0	2222	●	●	●	●	●	●	●	●	●	●	15.2
Riffelboden	40.4	2355	●	●	●				●	●		●	16.6
Riffelberg	42.2	2585	●	●	●	●	●	●		●		●	
Abzw. Ultra	42.0	2606	●	●	●			●	●	●	●	●	18.2
Rotenboden	44.0	2815	●	●	●		●		●	●		●	20.2
Gornergrat	45.7	3089	●	●	●	●	●	●		●		●	21.9