

**Verpflegungsposten Swissalpine 2026**  
**Aid Station**

Posten/post	Stilles Wasser Still water	Coca Cola	Competition Isotonic	Ice Tea	Kaffee Coffee	Gemüse Bouillon Vegetable bouillon	Finisher Isotonic	Bananen Banana	Wassermelonen Watermelon	Orangen Oranges	Biberli Cake	Energy Bars	Energy Liquid	Energy Gels	Salznüsse	Tuc	Trockenfleisch Dried meat	Kartoffeln Potatos	Risotto	Pasta
<b>K78</b>																				
Au																				
Trin Digg																				
Tegia Sut																				
Bargis																				
Tegia Gronda																				
Segneshütte																				
Plaun Cumin																				
Plaun Station																				
Stenna Center																				
Flims PLS																				
<b>K42</b>																				
Foppa																				
Segneshütte																				
Plaun Cumin																				
Plaun Station																				
Stenna Center																				
Flims PLS																				
<b>K/H23</b>																				
Au																				
Conn																				
Flims PLS																				
<b>K/H12</b>																				
Conn																				
Flims PLS																				