

Nr.	Ort	Beginn	Dauer
1	Kampen	08:15:00	00:27
2	St. Peter-Ording	08:15:27	00:27
3	Norden-Norddeich	08:15:54	00:27
4	Langeoog	08:16:21	00:27
5	Schillig	08:16:48	00:27
6	Butjadingen	08:17:15	00:27
7	Bad Salzuflen	08:17:42	00:27
8	Wernigerode (Mo,Mi,Fr)	08:18:09	00:00
	Wernigerode - Brocken (Di,Do,Sa)	08:18:09	00:27
9	Willingen	08:18:36	00:27
10	Winterberg	08:19:03	00:27
11	Koblenz	08:19:30	00:27
12	Bad Staffelstein	08:19:57	00:27
13	Fichtelberg	08:20:24	00:28
14	Nürnberg	08:20:52	00:28
15	Ingolstadt	08:21:20	00:28
16	Bad Herrenalb - Schwarzwald	08:21:48	00:28
17	Beuren (Mo,Mi,Fr)	08:22:16	00:00
	St. Johann (Di,Do,Sa)	08:22:16	00:28
18	Münsingen (Mo,Mi,Fr)	08:22:44	00:00
	Hayingen (Di,Do,Sa)	08:22:44	00:28
	Region Oberallgäu		
19	Bad Hindelang (Mo,Fr)	08:23:12	00:00
	Oberstdorf (Di,Sa)	08:23:12	00:00
	Oberstdorf - Nebelhorn (Mi)	08:23:12	00:00
	Oberstdorf - Fellhorn (Do)	08:23:12	00:28
20	Riezlern - Kanzelwand (Mo,Fr)	08:23:40	00:00
	Oberstaufen - Hochgrat (Di,Sa)	08:23:40	00:00
	Oberstaufen - Hündle (Mi)	08:23:40	00:00
	Oberstaufen (Do)	08:23:40	00:28
21	Füssen - Schwangau - Tegelberg (Mo,Do)	08:24:08	00:00
	Schwangau - Schloss Hohenschwangau (Di,Fr)	08:24:08	00:00
	Füssen - Ludwigs Festspielhaus (Mi,Sa)	08:24:08	00:28
22	Grainau	08:24:36	00:28
	Tölzer Land		
23	Kochel am See (Mo,Mi,Fr)	08:25:04	00:00
	Lenggries (Di,Do,Sa)	08:25:04	00:28
24	Bad Tölz (Mo,Mi,Fr)	08:25:32	00:00
	Münsing (Di,Do,Sa)	08:25:32	00:28
25	München	08:26:00	00:28
26	Tegernsee (Mo,Mi,Fr)	08:26:28	00:00
	Schliersee (Di,Do,Sa)	08:26:28	00:28
27	Bayrischzell - Wendelstein (Mo,Mi,Fr)	08:26:56	00:00
	Bayrischzell - Sudelfeld (Di,Do,Sa)	08:26:56	00:28
28	Prien am Chiemsee	08:27:24	00:28

29	Bad Endorf	08:27:52	00:28
30	Berchtesgaden	08:28:20	00:28
31	Bad Reichenhall - RupertusTherme	08:28:48	00:28
32	Bad Reichenhall	08:29:16	00:28
33	Bad Birnbach	08:29:44	00:28
34	Bodenmais	08:30:12	00:28
35	Lipno - Lipensko	08:30:40	00:28
36	Spindleruv Mlýn - Medvedín	08:31:08	00:28
37	Dolní Morava	08:31:36	00:28
38	Graz	08:32:04	00:28
39	Murau - Kreischberg / Schönberg-Lachtal	08:32:32	00:28
40	Zauchensee	08:33:00	00:28
41	Großarl (Mo,Mi,Fr)	08:33:28	00:00
	Dorfgastein (Di,Do,Sa)	08:33:28	00:28
42	Zell am See	08:33:56	00:28
43	Achenkirch	08:34:24	00:28
44	Neustift - Stubaier Gletscher	08:34:52	00:28
45	Serfaus (Mo,Mi,Fr)	08:35:20	00:00
	Fiss (Di,Do,Sa)	08:35:20	00:28
46	Sexten - Helm Plateau	08:35:48	00:28
47	Brixen - Domplatz	08:36:16	00:28
48	Silvaplana - Corvatsch	08:36:44	00:28
49	Minusio - Cimetta	08:37:12	00:28
50	Adelboden	08:37:40	00:28
51	Zermatt - Gornergrat	08:38:08	00:28
52	De Haan	08:38:36	00:28
53	Vallnord - Pal Arinsal	08:39:04	00:28
54	Panticosa - Zona Petrosos	08:39:32	00:28
	Programminformation "ARD-alpha B Mo-Sa"	08:40:00	

Nr.	Ort	Beginn	Dauer
1	Kampen	08:15:00	00:33
2	St. Peter-Ording	08:15:33	00:33
3	Norden-Norddeich	08:16:06	00:33
4	Langeoog	08:16:39	00:33
5	Schillig	08:17:12	00:33
6	Butjadingen	08:17:45	00:33
7	Bad Salzuflen	08:18:18	00:33
8	Wernigerode (So)	08:18:51	00:00
	Wernigerode - Brocken ()	08:18:51	00:33
9	Willingen	08:19:24	00:33
10	Winterberg	08:19:57	00:33
11	Koblenz	08:20:30	00:33
12	Bad Staffelstein	08:21:03	00:33
13	Fichtelberg	08:21:36	00:33
14	Nürnberg	08:22:09	00:33
15	Ingolstadt	08:22:42	00:33
16	Bad Herrenalb - Schwarzwald	08:23:15	00:33
17	Beuren (So)	08:23:48	00:00
	St. Johann ()	08:23:48	00:33
18	Münsingen (So)	08:24:21	00:00
	Hayingen ()	08:24:21	00:33
	Region Oberallgäu		
19	Bad Hindelang ()	08:24:54	00:00
	Oberstdorf ()	08:24:54	00:00
	Oberstdorf - Nebelhorn (So)	08:24:54	00:00
	Oberstdorf - Fellhorn ()	08:24:54	00:33
20	Riezlern - Kanzelwand ()	08:25:27	00:00
	Oberstaufen - Hochgrat ()	08:25:27	00:00
	Oberstaufen - Hündle (So)	08:25:27	00:00
	Oberstaufen ()	08:25:27	00:33
21	Füssen - Schwangau - Tegelberg (So)	08:26:00	00:00
	Schwangau - Schloss Hohenschwangau ()	08:26:00	00:00
	Füssen - Ludwigs Festspielhaus ()	08:26:00	00:33
22	Grainau	08:26:33	00:33
	Tölzer Land		
23	Kochel am See (So)	08:27:06	00:00
	Lenggries ()	08:27:06	00:33
24	Bad Tölz (So)	08:27:39	00:00
	Münsing ()	08:27:39	00:33
25	München	08:28:12	00:33
26	Tegernsee (So)	08:28:45	00:00
	Schliersee ()	08:28:45	00:33
27	Bayrischzell - Wendelstein (So)	08:29:18	00:00
	Bayrischzell - Sudelfeld ()	08:29:18	00:33
28	Prien am Chiemsee	08:29:51	00:33

29	Bad Endorf	08:30:24	00:33
30	Berchtesgaden	08:30:57	00:33
31	Bad Reichenhall - RupertusTherme	08:31:30	00:33
32	Bad Reichenhall	08:32:03	00:33
33	Bad Birnbach	08:32:36	00:33
34	Bodenmais	08:33:09	00:33
35	Lipno - Lipensko	08:33:42	00:33
36	Spindleruv Mlýn - Medvedín	08:34:15	00:33
37	Dolní Morava	08:34:48	00:34
38	Graz	08:35:22	00:34
39	Murau - Kreischberg / Schönberg-Lachtal	08:35:56	00:34
40	Zauchensee	08:36:30	00:34
41	Großarl (So)	08:37:04	00:00
	Dorfgastein ()	08:37:04	00:34
42	Zell am See	08:37:38	00:34
43	Achenkirch	08:38:12	00:34
44	Neustift - Stubaier Gletscher	08:38:46	00:34
45	Serfaus (So)	08:39:20	00:00
	Fiss ()	08:39:20	00:34
46	Sexten - Helm Plateau	08:39:54	00:34
47	Brixen - Domplatz	08:40:28	00:34
48	Silvaplana - Corvatsch	08:41:02	00:34
49	Minusio - Cimetta	08:41:36	00:34
50	Adelboden	08:42:10	00:34
51	Zermatt - Gornergrat	08:42:44	00:34
52	De Haan	08:43:18	00:34
53	Vallnord - Pal Arinsal	08:43:52	00:34
54	Panticosa - Zona Petrosos	08:44:26	00:34
	Programminformation "ARD-alpha B So"	08:45:00	

Nr.	Ort	Beginn	Dauer
1	Kampen	08:40:00	00:28
2	St. Peter-Ording	08:40:28	00:28
3	Norden-Norddeich	08:40:56	00:28
4	Langeoog	08:41:24	00:28
5	Hooksiel	08:41:52	00:28
6	Butjadingen	08:42:20	00:28
7	Bad Salzuflen	08:42:48	00:28
8	Wernigerode (Di,Do,Sa)	08:43:16	00:00
	Wernigerode - Brocken (Mo,Mi,Fr)	08:43:16	00:28
9	Willingen	08:43:44	00:28
10	Winterberg	08:44:12	00:28
11	Koblenz	08:44:40	00:28
12	Bad Staffelstein	08:45:08	00:28
13	Fichtelberg	08:45:36	00:28
14	Nürnberg	08:46:04	00:28
15	Ingolstadt	08:46:32	00:28
16	Calw	08:47:00	00:28
17	Beuren (Di,Do,Sa)	08:47:28	00:00
	St. Johann (Mo,Mi,Fr)	08:47:28	00:28
18	Münsingen (Di,Do,Sa)	08:47:56	00:00
	Hayingen (Mo,Mi,Fr)	08:47:56	00:28
	Region Oberallgäu		
19	Bad Hindelang (Do)	08:48:24	00:00
	Oberstdorf (Mo,Fr)	08:48:24	00:00
	Oberstdorf - Nebelhorn (Di,Sa)	08:48:24	00:00
	Oberstdorf - Fellhorn (Mi)	08:48:24	00:28
20	Riezlern - Kanzelwand (Do)	08:48:52	00:00
	Oberstaufen - Hochgrat (Mo,Fr)	08:48:52	00:00
	Oberstaufen - Hündle (Di,Sa)	08:48:52	00:00
	Oberstaufen (Mi)	08:48:52	00:28
21	Füssen - Schwangau - Tegelberg (Di,Fr)	08:49:20	00:00
	Schwangau - Schloss Hohenschwangau (Mi,Sa)	08:49:20	00:00
	Füssen - Ludwigs Festspielhaus (Mo,Do)	08:49:20	00:28
22	Grainau	08:49:48	00:28
	Region Tölzer Land		
23	Kochel am See (Di,Do,Sa)	08:50:16	00:00
	Lenggries (Mo,Mi,Fr)	08:50:16	00:28
24	Bad Tölz (Di,Do,Sa)	08:50:44	00:00
	Münsing (Mo,Mi,Fr)	08:50:44	00:28
25	München	08:51:12	00:28
26	Tegernsee (Di,Do,Sa)	08:51:40	00:00
	Schliersee (Mo,Mi,Fr)	08:51:40	00:28
27	Bayrischzell - Wendelstein (Di,Do,Sa)	08:52:08	00:00
	Bayrischzell - Sudelfeld (Mo,Mi,Fr)	08:52:08	00:28
28	Prien am Chiemsee	08:52:36	00:28

29	Bad Endorf	08:53:04	00:28
30	Berchtesgaden	08:53:32	00:28
31	Bad Reichenhall - RupertusTherme	08:54:00	00:28
32	Bad Reichenhall	08:54:28	00:28
33	Bad Birnbach	08:54:56	00:28
34	Bodenmais	08:55:24	00:28
35	Klínovec	08:55:52	00:28
36	Pec pod Snezkou	08:56:20	00:28
37	Wien	08:56:48	00:28
38	Wolfsberg	08:57:16	00:28
39	Flachau / Wagrain / St. Johann im Pongau	08:57:44	00:28
40	Rauris	08:58:12	00:28
41	Hermagor - Nassfeld	08:58:40	00:28
42	Waidring - Steinplatte	08:59:08	00:28
43	Ehrwald	08:59:36	00:27
44	Tannheim (Do)	09:00:03	00:00
	Zöblen (Fr)	09:00:03	00:00
	Grän (Mo,Sa)	09:00:03	00:00
	Jungholz (Di)	09:00:03	00:00
	Nesselwängle (Mi)	09:00:03	00:27
45	Ischgl	09:00:30	00:27
46	Ahrntal - Klausberg	09:00:57	00:27
47	Ratschings	09:01:24	00:27
48	Riva del Garda	09:01:51	00:27
49	St. Moritz - Corviglia	09:02:18	00:27
50	Adelboden	09:02:45	00:27
51	Zermatt	09:03:12	00:27
52	Alden Biesen	09:03:39	00:27
53	Drimmelen	09:04:06	00:27
54	Vall de Boí	09:04:33	00:27
	Programminformation "ARD-Alpha C Mo-Sa"	09:05:00	

Nr.	Ort	Beginn	Dauer
1	Kampen	08:45:00	00:34
2	St. Peter-Ording	08:45:34	00:34
3	Norden-Norddeich	08:46:08	00:34
4	Langeoog	08:46:42	00:34
5	Hooksiel	08:47:16	00:34
6	Butjadingen	08:47:50	00:34
7	Bad Salzuflen	08:48:24	00:34
8	Wernigerode ()	08:48:58	00:00
	Wernigerode - Brocken (So)	08:48:58	00:34
9	Willingen	08:49:32	00:34
10	Winterberg	08:50:06	00:34
11	Koblenz	08:50:40	00:34
12	Bad Staffelstein	08:51:14	00:34
13	Fichtelberg	08:51:48	00:34
14	Nürnberg	08:52:22	00:34
15	Ingolstadt	08:52:56	00:34
16	Calw	08:53:30	00:34
17	Beuren ()	08:54:04	00:00
	St. Johann (So)	08:54:04	00:34
18	Münsingen ()	08:54:38	00:00
	Hayingen (So)	08:54:38	00:34
	Region Oberallgäu		
19	Bad Hindelang ()	08:55:12	00:00
	Oberstdorf ()	08:55:12	00:00
	Oberstdorf - Nebelhorn ()	08:55:12	00:00
	Oberstdorf - Fellhorn (So)	08:55:12	00:33
20	Riezlern - Kanzelwand ()	08:55:45	00:00
	Oberstaufen - Hochgrat ()	08:55:45	00:00
	Oberstaufen - Hündle ()	08:55:45	00:00
	Oberstaufen (So)	08:55:45	00:33
21	Füssen - Schwangau - Tegelberg ()	08:56:18	00:00
	Schwangau - Schloss Hohenschwangau ()	08:56:18	00:00
	Füssen - Ludwigs Festspielhaus (So)	08:56:18	00:33
22	Grainau	08:56:51	00:33
	Region Tölzer Land		
23	Kochel am See ()	08:57:24	00:00
	Lenggries (So)	08:57:24	00:33
24	Bad Tölz ()	08:57:57	00:00
	Münsing (So)	08:57:57	00:33
25	München	08:58:30	00:33
26	Tegernsee ()	08:59:03	00:00
	Schliersee (So)	08:59:03	00:33
27	Bayrischzell - Wendelstein ()	08:59:36	00:00
	Bayrischzell - Sudelfeld (So)	08:59:36	00:33
28	Prien am Chiemsee	09:00:09	00:33

29	Bad Endorf	09:00:42	00:33
30	Berchtesgaden	09:01:15	00:33
31	Bad Reichenhall - RupertusTherme	09:01:48	00:33
32	Bad Reichenhall	09:02:21	00:33
33	Bad Birnbach	09:02:54	00:33
34	Bodenmais	09:03:27	00:33
35	Klínovec	09:04:00	00:33
36	Pec pod Snezkou	09:04:33	00:33
37	Wien	09:05:06	00:33
38	Wolfsberg	09:05:39	00:33
39	Flachau / Wagrain / St. Johann im Pongau	09:06:12	00:33
40	Rauris	09:06:45	00:33
41	Hermagor - Nassfeld	09:07:18	00:33
42	Waidring - Steinplatte	09:07:51	00:33
43	Ehrwald	09:08:24	00:33
44	Tannheim ()	09:08:57	00:00
	Zöblen ()	09:08:57	00:00
	Grän ()	09:08:57	00:00
	Jungholz (So)	09:08:57	00:00
	Nesselwängle ()	09:08:57	00:33
45	Ischgl	09:09:30	00:33
46	Ahrntal - Klausberg	09:10:03	00:33
47	Ratschings	09:10:36	00:33
48	Riva del Garda	09:11:09	00:33
49	St. Moritz - Corviglia	09:11:42	00:33
50	Adelboden	09:12:15	00:33
51	Zermatt	09:12:48	00:33
52	Alden Biesen	09:13:21	00:33
53	Drimmelen	09:13:54	00:33
54	Vall de Boí	09:14:27	00:33
	Programminformation "ARD-alpha C So"	09:15:00	



Nr.	Ort	Beginn	Dauer
1	Kampen	09:05:00	00:28
2	St. Peter-Ording	09:05:28	00:28
3	Norden-Norddeich	09:05:56	00:28
4	Langeoog	09:06:24	00:28
5	Horumersiel	09:06:52	00:28
6	Butjadingen	09:07:20	00:28
7	Bad Salzuflen	09:07:48	00:28
8	Wernigerode (Mo,Mi,Fr)	09:08:16	00:00
	Wernigerode - Brocken (Di,Do,Sa)	09:08:16	00:28
9	Willingen	09:08:44	00:28
10	Winterberg	09:09:12	00:28
11	Koblenz	09:09:40	00:28
12	Bad Staffelstein	09:10:08	00:28
13	Fichtelberg	09:10:36	00:28
14	Nürnberg	09:11:04	00:28
15	Ingolstadt	09:11:32	00:28
16	Bad Teinach-Zavelstein	09:12:00	00:28
17	Beuren (Mo,Mi,Fr)	09:12:28	00:00
	St. Johann (Di,Do,Sa)	09:12:28	00:28
18	Münsingen (Mo,Mi,Fr)	09:12:56	00:00
	Hayingen (Di,Do,Sa)	09:12:56	00:28
	Region Oberallgäu		
19	Bad Hindelang (Mi)	09:13:24	00:00
	Oberstdorf (Do)	09:13:24	00:00
	Oberstdorf - Nebelhorn (Mo,Fr)	09:13:24	00:00
	Oberstdorf - Fellhorn (Di,Sa)	09:13:24	00:28
20	Riezlern - Kanzelwand (Mi)	09:13:52	00:00
	Oberstaufen - Hochgrat (Do)	09:13:52	00:00
	Oberstaufen - Hündle (Mo,Fr)	09:13:52	00:00
	Oberstaufen (Di,Sa)	09:13:52	00:28
21	Füssen - Schwangau - Tegelberg (Mi,Sa)	09:14:20	00:00
	Schwangau - Schloss Hohenschwangau (Mo,Do)	09:14:20	00:00
	Füssen - Ludwigs Festspielhaus (Di,Fr)	09:14:20	00:28
22	Grainau	09:14:48	00:28
	Region Tölzer Land		
23	Kochel am See (Mo,Mi,Fr)	09:15:16	00:00
	Lenggries (Di,Do,Sa)	09:15:16	00:28
24	Bad Tölz (Mo,Mi,Fr)	09:15:44	00:00
	Münsing (Di,Do,Sa)	09:15:44	00:28
25	München	09:16:12	00:28
26	Tegernsee (Mo,Mi,Fr)	09:16:40	00:00
	Schliersee (Di,Do,Sa)	09:16:40	00:28
27	Bayrischzell - Wendelstein (Mo,Mi,Fr)	09:17:08	00:00
	Bayrischzell - Sudelfeld (Di,Do,Sa)	09:17:08	00:28
28	Prien am Chiemsee	09:17:36	00:28

29	Bad Endorf	09:18:04	00:28
30	Berchtesgaden	09:18:32	00:28
31	Bad Reichenhall - RupertusTherme	09:19:00	00:28
32	Bad Reichenhall	09:19:28	00:28
33	Bad Birnbach	09:19:56	00:28
34	Bodenmais	09:20:24	00:28
35	Tanvaldský Spicák	09:20:52	00:28
36	Janské Lázně - Hoffmanky	09:21:20	00:28
37	Podersdorf	09:21:48	00:28
38	Turrach	09:22:16	00:29
39	Schladming	09:22:45	00:29
40	Salzburg	09:23:14	00:29
41	Kaprun	09:23:43	00:29
42	Kitzbühel	09:24:12	00:29
43	Berwang	09:24:41	00:29
44	St. Anton am Arlberg	09:25:10	00:29
45	Bruneck - Kronplatz	09:25:39	00:29
46	Diano Marina	09:26:08	00:29
47	Davos	09:26:37	00:29
48	Sedrun - Oberalp	09:27:06	00:29
49	Lauterbrunnen - Jungfraujoch	09:27:35	00:29
50	Aletsch Arena	09:28:04	00:29
51	Zonhoven - De Wijers	09:28:33	00:29
52	Soldeu - Espiolets	09:29:02	00:29
53	Formigal	09:29:31	00:29
	Ende	09:30:00	

Nr.	Ort	Beginn	Dauer
1	Kampen	09:15:00	00:33
2	St. Peter-Ording	09:15:33	00:33
3	Norden-Norddeich	09:16:06	00:34
4	Langeoog	09:16:40	00:34
5	Horumersiel	09:17:14	00:34
6	Butjadingen	09:17:48	00:34
7	Bad Salzuflen	09:18:22	00:34
8	Wernigerode (So)	09:18:56	00:00
	Wernigerode - Brocken ()	09:18:56	00:34
9	Willingen	09:19:30	00:34
10	Winterberg	09:20:04	00:34
11	Koblenz	09:20:38	00:34
12	Bad Staffelstein	09:21:12	00:34
13	Fichtelberg	09:21:46	00:34
14	Nürnberg	09:22:20	00:34
15	Ingolstadt	09:22:54	00:34
16	Bad Teinach-Zavelstein	09:23:28	00:34
17	Beuren (So)	09:24:02	00:00
	St. Johann ()	09:24:02	00:34
18	Münsingen (So)	09:24:36	00:00
	Hayingen ()	09:24:36	00:34
	Region Oberallgäu		
19	Bad Hindelang (So)	09:25:10	00:00
	Oberstdorf ()	09:25:10	00:00
	Oberstdorf - Nebelhorn ()	09:25:10	00:00
	Oberstdorf - Fellhorn ()	09:25:10	00:34
20	Riezlern - Kanzelwand (So)	09:25:44	00:00
	Oberstaufen - Hochgrat ()	09:25:44	00:00
	Oberstaufen - Hündle ()	09:25:44	00:00
	Oberstaufen ()	09:25:44	00:34
21	Füssen - Schwangau - Tegelberg ()	09:26:18	00:00
	Schwangau - Schloss Hohenschwangau (So)	09:26:18	00:00
	Füssen - Ludwigs Festspielhaus ()	09:26:18	00:34
22	Grainau	09:26:52	00:34
	Region Tölzer Land		
23	Kochel am See (So)	09:27:26	00:00
	Lenggries ()	09:27:26	00:34
24	Bad Tölz (So)	09:28:00	00:00
	Münsing ()	09:28:00	00:34
25	München	09:28:34	00:34
26	Tegernsee (So)	09:29:08	00:00
	Schliersee ()	09:29:08	00:34
27	Bayrischzell - Wendelstein (So)	09:29:42	00:00
	Bayrischzell - Sudelfeld ()	09:29:42	00:34
28	Prien am Chiemsee	09:30:16	00:34

29	Bad Endorf	09:30:50	00:34
30	Berchtesgaden	09:31:24	00:34
31	Bad Reichenhall - RupertusTherme	09:31:58	00:34
32	Bad Reichenhall	09:32:32	00:34
33	Bad Birnbach	09:33:06	00:34
34	Bodenmais	09:33:40	00:34
35	Tanvaldský Spicák	09:34:14	00:34
36	Janské Lázně - Hoffmanky	09:34:48	00:34
37	Podersdorf	09:35:22	00:34
38	Turrach	09:35:56	00:34
39	Schladming	09:36:30	00:34
40	Salzburg	09:37:04	00:34
41	Kaprun	09:37:38	00:34
42	Kitzbühel	09:38:12	00:34
43	Berwang	09:38:46	00:34
44	St. Anton am Arlberg	09:39:20	00:34
45	Bruneck - Kronplatz	09:39:54	00:34
46	Diano Marina	09:40:28	00:34
47	Davos	09:41:02	00:34
48	Sedrun - Oberalp	09:41:36	00:34
49	Lauterbrunnen - Jungfrauoch	09:42:10	00:34
50	Aletsch Arena	09:42:44	00:34
51	Zonhoven - De Wijers	09:43:18	00:34
52	Soldeu - Espiolets	09:43:52	00:34
53	Formigal	09:44:26	00:34
	Ende	09:45:00	