

Nr.:	Ort:	Beginn:	Dauer:
	Vorspann	07:30:00	00:20
	Region Oberallgäu		
1	Bad Hindelang (Mo,Do,So)	07:30:20	00:00
	Oberstdorf - Schanze ()	07:30:20	00:00
	Oberstdorf - Nebelhorn (Di,Mi,Fr,Sa)	07:30:20	00:44
2	Oberstdorf - Fellhorn (Mo,Do,So)	07:31:04	00:00
	Riezlern - Kanzelwand (Di,Fr)	07:31:04	00:00
	Oberstaufen - Hochgrat (Mi,Sa)	07:31:04	00:44
3	Oberstaufen - Hündle (Mo,Mi,Fr,So)	07:31:48	00:00
	Oberstaufen (Di,Do,Sa)	07:31:48	00:44
4	Füssen - Schwangau - Tegelberg	07:32:32	00:44
5	Ehrwald	07:33:16	00:44
6	Berwang	07:34:00	00:44
7	Lech / Zürs	07:34:44	00:44
8	St. Anton am Arlberg	07:35:28	00:44
9	Galtür	07:36:12	00:44
10	Kappl	07:36:56	00:44
11	Ischgl / Samnaun	07:37:40	00:44
12	Fiss	07:38:24	00:44
13	Serfaus	07:39:08	00:44
14	Kaunertal	07:39:52	00:44
15	Jerzens	07:40:36	00:44
16	Oetz - Hochoetz	07:41:20	00:44
17	Schnals	07:42:04	00:44
18	Ratschings	07:42:48	00:44
	Region Val Gardena		
19	Wolkenstein - Dantercepies (Mo,So)	07:43:32	00:00
	Wolkenstein - Ciampinoi (Di)	07:43:32	00:00
	Wolkenstein - Piz Sella (Mi)	07:43:32	00:00
	St. Ulrich - Raschötz (Do)	07:43:32	00:00
	St. Christina - Seceda (Fr)	07:43:32	00:00
	St. Christina - Col Raiser (Sa)	07:43:32	00:44
	Region Alta Badia		
20	Corvara - Piz Arlara (Mo)	07:44:16	00:00
	Corvara - Piz Boé (Di)	07:44:16	00:00
	Colfosco - Passo Gardena (Mi)	07:44:16	00:00
	La Villa - Piz La Ila (Do)	07:44:16	00:00
	St. Kassian - Piz Sorega (Fr)	07:44:16	00:00
	La Val - Coz (Sa)	07:44:16	00:00
	Badia - La Crusc (So)	07:44:16	00:44
21	Hintertux	07:45:00	00:45
22	Pertisau	07:45:45	00:45
23	Waidring	07:46:30	00:45
24	Kössen	07:47:15	00:45
25	Ellmau	07:48:00	00:45



26	Neukirchen - Bramberg	07:48:45	00:45
27	Kaprun	07:49:30	00:45
28	Rauris	07:50:15	00:45
29	Flachau / Wagrain / St. Johann im Pongau	07:51:00	00:45
30	Zauchensee	07:51:45	00:45
31	Eben im Pongau	07:52:30	00:45
32	Filzmoos	07:53:15	00:45
33	Obertauern	07:54:00	00:45
34	Mauterndorf	07:54:45	00:45
35	Rennweg / St. Margarethen	07:55:30	00:45
36	Mariapfarr	07:56:15	00:45
37	Murau - Kreischberg / Schönberg-Lachtal	07:57:00	00:45
38	Podersdorf	07:57:45	00:45
39	Savognin	07:58:30	00:45
40	Saas Fee	07:59:15	00:45
	Es folgt: Mo - Fr: ZIB - Sa, So: Programminformation "3sat B Sa,So"	08:00:00	

Nr.:	Ort:	Beginn:	Dauer:
	Region Oberallgäu		
1	Bad Hindelang (Do)	08:08:00	00:00
	Oberstdorf - Schanze (Mo,Fr)	08:08:00	00:00
	Oberstdorf - Nebelhorn (Di)	08:08:00	00:00
	Oberstdorf - Fellhorn (Mi)	08:08:00	00:34
2	Riezlern - Kanzelwand (Do)	08:08:34	00:00
	Oberstaufen - Hochgrat (Mo,Fr)	08:08:34	00:00
	Oberstaufen - Hündle (Di)	08:08:34	00:00
	Oberstaufen (Mi)	08:08:34	00:34
3	Füssen - Schwangau - Tegelberg	08:09:08	00:34
4	Ehrwald	08:09:42	00:34
5	Berwang	08:10:16	00:34
6	Lech / Zürs	08:10:50	00:34
7	St. Anton am Arlberg	08:11:24	00:34
8	Galtür	08:11:58	00:34
9	Kappl	08:12:32	00:34
10	Ischgl / Samnaun	08:13:06	00:34
11	Fiss	08:13:40	00:34
12	Serfaus	08:14:14	00:34
13	Kaunertal	08:14:48	00:34
14	Jerzens	08:15:22	00:34
15	Oetz - Hochoetz	08:15:56	00:34
16	Schnals	08:16:30	00:34
17	Ratschings	08:17:04	00:34
	Region Val Gardena		
18	Wolkenstein - Dantercepies (Fr)	08:17:38	00:00
	Wolkenstein - Ciampinoi ()	08:17:38	00:00
	Wolkenstein - Piz Sella (Mo)	08:17:38	00:00
	St. Ulrich - Raschötz (Di)	08:17:38	00:00
	St. Christina - Seceda (Mi)	08:17:38	00:00
	St. Christina - Col Raiser (Do)	08:17:38	00:34
	Region Alta Badia		
19	Corvara - Piz Arlara ()	08:18:12	00:00
	Corvara - Piz Boé ()	08:18:12	00:00
	Colfosco - Passo Gardena (Mo)	08:18:12	00:00
	La Villa - Piz La Ila (Di)	08:18:12	00:00
	St. Kassian - Piz Sorega (Mi)	08:18:12	00:00
	La Val - Coz (Do)	08:18:12	00:00
	Badia - La Crusc (Fr)	08:18:12	00:34
20	Hintertux	08:18:46	00:34
21	Achenkirch	08:19:20	00:34
22	Waidring	08:19:54	00:34
23	Kössen	08:20:28	00:34
24	Ellmau	08:21:02	00:34
25	Neukirchen - Bramberg	08:21:36	00:34

26	Kaprun	08:22:10	00:34
27	Rauris	08:22:44	00:34
28	Flachau / Wagrain / St. Johann im Pongau	08:23:18	00:33
29	Zauchensee	08:23:51	00:33
30	Eben im Pongau	08:24:24	00:33
31	Filzmoos	08:24:57	00:33
32	Obertauern	08:25:30	00:33
33	Mauterndorf (Mo,Do)	08:26:03	00:00
	Rennweg / St. Margarethen (Di,Fr)	08:26:03	00:00
	Mariapfarr (Mi)	08:26:03	00:33
34	Murau - Kreischberg / Schönberg-Lachtal	08:26:36	00:33
35	Podersdorf	08:27:09	00:33
36	Savognin	08:27:42	00:33
37	Saas Fee	08:28:15	00:33
	Vorspann FlyingCam	08:28:48	00:06
1	Oberstdorf - Nebelhorn	08:28:54	00:33
2	Oberstaufen	08:29:27	00:33
	Programminformation "3sat C"	08:30:00	

Nr.:	Ort:	Beginn:	Dauer:
	Region Oberallgäu		
1	Bad Hindelang ()	08:00:00	00:00
	Oberstdorf - Schanze ()	08:00:00	00:00
	Oberstdorf - Nebelhorn (Sa)	08:00:00	00:00
	Oberstdorf - Fellhorn (So)	08:00:00	00:44
2	Riezlern - Kanzelwand ()	08:00:44	00:00
	Oberstaufen - Hochgrat ()	08:00:44	00:00
	Oberstaufen - Hündle (Sa)	08:00:44	00:00
	Oberstaufen (So)	08:00:44	00:44
3	Füssen - Schwangau - Tegelberg	08:01:28	00:44
4	Ehrwald	08:02:12	00:44
5	Berwang	08:02:56	00:44
6	Lech / Zürs	08:03:40	00:44
7	St. Anton am Arlberg	08:04:24	00:44
8	Galtür	08:05:08	00:44
9	Kappl	08:05:52	00:44
10	Ischgl / Samnaun	08:06:36	00:44
11	Fiss	08:07:20	00:44
12	Serfaus	08:08:04	00:44
13	Kaunertal	08:08:48	00:44
14	Jerzens	08:09:32	00:44
15	Oetz - Hochoetz	08:10:16	00:44
16	Schnals	08:11:00	00:44
17	Ratschings	08:11:44	00:44
	Region Val Gardena		
18	Wolkenstein - Dantercepies ()	08:12:28	00:00
	Wolkenstein - Ciampinoi (Sa)	08:12:28	00:00
	Wolkenstein - Piz Sella (So)	08:12:28	00:00
	St. Ulrich - Raschötz ()	08:12:28	00:00
	St. Christina - Seceda ()	08:12:28	00:00
	St. Christina - Col Raiser ()	08:12:28	00:44
	Region Alta Badia		
19	Corvara - Piz Arlara (Sa)	08:13:12	00:00
	Corvara - Piz Boé (So)	08:13:12	00:00
	Colfosco - Passo Gardena ()	08:13:12	00:00
	La Villa - Piz La Ila ()	08:13:12	00:00
	St. Kassian - Piz Sorega ()	08:13:12	00:00
	La Val - Coz ()	08:13:12	00:00
	Badia - La Crusc ()	08:13:12	00:44
20	Hintertux	08:13:56	00:44
21	Achenkirch	08:14:40	00:44
22	Waidring	08:15:24	00:44
23	Kössen	08:16:08	00:44
24	Ellmau	08:16:52	00:44
25	Neukirchen - Bramberg	08:17:36	00:44



26	Kaprun	08:18:20	00:44
27	Rauris	08:19:04	00:44
28	Flachau / Wagrain / St. Johann im Pongau	08:19:48	00:44
29	Zauchensee	08:20:32	00:44
30	Eben im Pongau	08:21:16	00:44
31	Filzmoos	08:22:00	00:44
32	Obertauern	08:22:44	00:43
33	Mauterndorf	08:23:27	00:43
34	Rennweg / St. Margarethen	08:24:10	00:43
35	Mariapfarr	08:24:53	00:43
36	Murau - Kreischberg / Schönberg-Lachtal	08:25:36	00:43
37	Podersdorf	08:26:19	00:43
38	Savognin	08:27:02	00:43
39	Saas Fee	08:27:45	00:43
	Vorspann FlyingCam	08:28:28	00:06
1	Flachau / Wagrain / St. Johann im Pongau	08:28:34	00:43
2	Wagrain	08:29:17	00:43
	Programminformation "3sat C"	08:30:00	

Nr.:	Ort:	Beginn:	Dauer:
	Region Oberallgäu		
1	Bad Hindelang (Mi)	08:33:00	00:00
	Oberstdorf - Schanze (Do)	08:33:00	00:00
	Oberstdorf - Nebelhorn (Mo,Fr)	08:33:00	00:00
	Oberstdorf - Fellhorn (Di)	08:33:00	00:37
2	Riezlern - Kanzelwand (Mi,Fr)	08:33:37	00:00
	Oberstaufen - Hochgrat (Do)	08:33:37	00:00
	Oberstaufen - Hündle (Mo)	08:33:37	00:00
	Oberstaufen (Di)	08:33:37	00:37
3	Füssen - Schwangau - Tegelberg	08:34:14	00:37
4	Ehrwald	08:34:51	00:37
5	Berwang	08:35:28	00:37
6	Lech / Zürs	08:36:05	00:37
7	St. Anton am Arlberg	08:36:42	00:37
8	Galtür	08:37:19	00:37
9	Kappl	08:37:56	00:37
10	Ischgl / Samnaun	08:38:33	00:37
11	Fiss	08:39:10	00:37
12	Serfaus	08:39:47	00:37
13	Kaunertal	08:40:24	00:37
14	Jerzens	08:41:01	00:37
15	Oetz - Hochoetz	08:41:38	00:37
16	Schnals	08:42:15	00:37
17	Ratschings	08:42:52	00:37
	Region Val Gardena		
18	Wolkenstein - Dantercepies (Mi)	08:43:29	00:00
	Wolkenstein - Ciampinoi (Do)	08:43:29	00:00
	Wolkenstein - Piz Sella (Fr)	08:43:29	00:00
	St. Ulrich - Raschötz ()	08:43:29	00:00
	St. Christina - Seceda (Mo)	08:43:29	00:00
	St. Christina - Col Raiser (Di)	08:43:29	00:37
	Region Alta Badia		
19	Corvara - Piz Arlara (Do)	08:44:06	00:00
	Corvara - Piz Boé (Fr)	08:44:06	00:00
	Colfosco - Passo Gardena ()	08:44:06	00:00
	La Villa - Piz La Ila ()	08:44:06	00:00
	St. Kassian - Piz Sorega (Mo)	08:44:06	00:00
	La Val - Coz (Di)	08:44:06	00:00
	Badia - La Crusc (Mi)	08:44:06	00:37
20	Hintertux	08:44:43	00:37
21	Maurach	08:45:20	00:37
22	Waidring	08:45:57	00:37
23	Kössen	08:46:34	00:37
24	Ellmau	08:47:11	00:37
25	Neukirchen - Bramberg	08:47:48	00:37

26	Kaprun	08:48:25	00:37
27	Rauris	08:49:02	00:37
28	Flachau / Wagrain / St. Johann im Pongau	08:49:39	00:38
29	Zauchensee	08:50:17	00:38
30	Eben im Pongau	08:50:55	00:38
31	Filzmoos	08:51:33	00:38
32	Obertauern	08:52:11	00:38
33	Mauterndorf	08:52:49	00:38
34	Rennweg / St. Margarethen	08:53:27	00:38
35	Mariapfarr	08:54:05	00:38
36	Murau - Kreischberg / Schönberg-Lachtal	08:54:43	00:38
37	Podersdorf	08:55:21	00:38
38	Savognin	08:55:59	00:38
39	Saas Fee	08:56:37	00:38
	Vorspann FlyingCam	08:57:15	00:06
1	Lech / Zürs	08:57:21	00:38
2	St. Anton am Arlberg	08:57:59	00:38
	Nachspann	08:58:37	00:13
	Ende	08:58:50	

Nr.:	Ort:	Beginn:	Dauer:
	Region Oberallgäu		
1	Bad Hindelang (So)	08:30:00	00:00
	Oberstdorf - Schanze ()	08:30:00	00:00
	Oberstdorf - Nebelhorn ()	08:30:00	00:00
	Oberstdorf - Fellhorn (Sa)	08:30:00	00:41
2	Riezlern - Kanzelwand ()	08:30:41	00:00
	Oberstaufen - Hochgrat (So)	08:30:41	00:00
	Oberstaufen - Hündle ()	08:30:41	00:00
	Oberstaufen (Sa)	08:30:41	00:41
3	Füssen - Schwangau - Tegelberg	08:31:22	00:41
4	Ehrwald	08:32:03	00:41
5	Berwang	08:32:44	00:41
6	Lech / Zürs	08:33:25	00:41
7	St. Anton am Arlberg	08:34:06	00:41
8	Galtür	08:34:47	00:41
9	Kappl	08:35:28	00:41
10	Ischgl / Samnaun	08:36:09	00:41
11	Fiss	08:36:50	00:41
12	Serfaus	08:37:31	00:42
13	Kaunertal	08:38:13	00:42
14	Jerzens	08:38:55	00:42
15	Oetz - Hochoetz	08:39:37	00:42
16	Schnals	08:40:19	00:42
17	Ratschings	08:41:01	00:42
	Region Val Gardena		
18	Wolkenstein - Dantercepies ()	08:41:43	00:00
	Wolkenstein - Ciampinoi ()	08:41:43	00:00
	Wolkenstein - Piz Sella ()	08:41:43	00:00
	St. Ulrich - Raschötz (Sa)	08:41:43	00:00
	St. Christina - Seceda (So)	08:41:43	00:00
	St. Christina - Col Raiser ()	08:41:43	00:42
	Region Alta Badia		
19	Corvara - Piz Arlara ()	08:42:25	00:00
	Corvara - Piz Boé ()	08:42:25	00:00
	Colfosco - Passo Gardena (Sa)	08:42:25	00:00
	La Villa - Piz La Ila (So)	08:42:25	00:00
	St. Kassian - Piz Sorega ()	08:42:25	00:00
	La Val - Coz ()	08:42:25	00:00
	Badia - La Crusc ()	08:42:25	00:42
20	Hintertux	08:43:07	00:42
21	Maurach	08:43:49	00:42
22	Waidring	08:44:31	00:42
23	Kössen	08:45:13	00:42
24	Ellmau	08:45:55	00:42
25	Neukirchen - Bramberg	08:46:37	00:42

26	Kaprun	08:47:19	00:42
27	Rauris	08:48:01	00:42
28	Flachau / Wagrain / St. Johann im Pongau	08:48:43	00:42
29	Zauchensee	08:49:25	00:42
30	Eben im Pongau	08:50:07	00:42
31	Filzmoos	08:50:49	00:42
32	Obertauern	08:51:31	00:42
33	Mauterndorf	08:52:13	00:42
34	Rennweg / St. Margarethen	08:52:55	00:42
35	Mariapfarr	08:53:37	00:42
36	Murau - Kreischberg / Schönberg-Lachtal	08:54:19	00:42
37	Podersdorf	08:55:01	00:42
38	Savognin	08:55:43	00:42
39	Saas Fee	08:56:25	00:42
	Vorspann FlyingCam	08:57:07	00:06
1	Riezlern - Kanzelwand	08:57:13	00:42
2	Bad Hindelang	08:57:55	00:42
	Nachspann	08:58:37	00:13
	Ende	08:58:50	