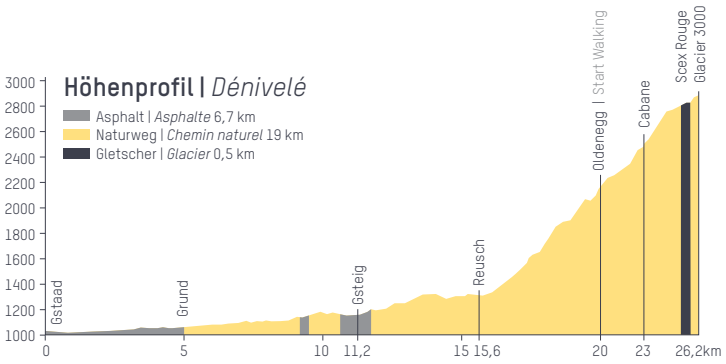
GLACIER 3000 RUN

RUN + ALPINE NORDIC WALKING



	Start / *Départ*	Ziel / *Arrivée*	Distanz / *Distance*	Höhendifferenz / *Dénivelé*
RUN	1050 m.ü.M.	2950 m.ü.M.	26,2 km	+2015 m / -115 m
ALPINE NORDIC WALKING	1919 m.ü.M.	2950 m.ü.M.	6,2 km	+1041 m / -10 m

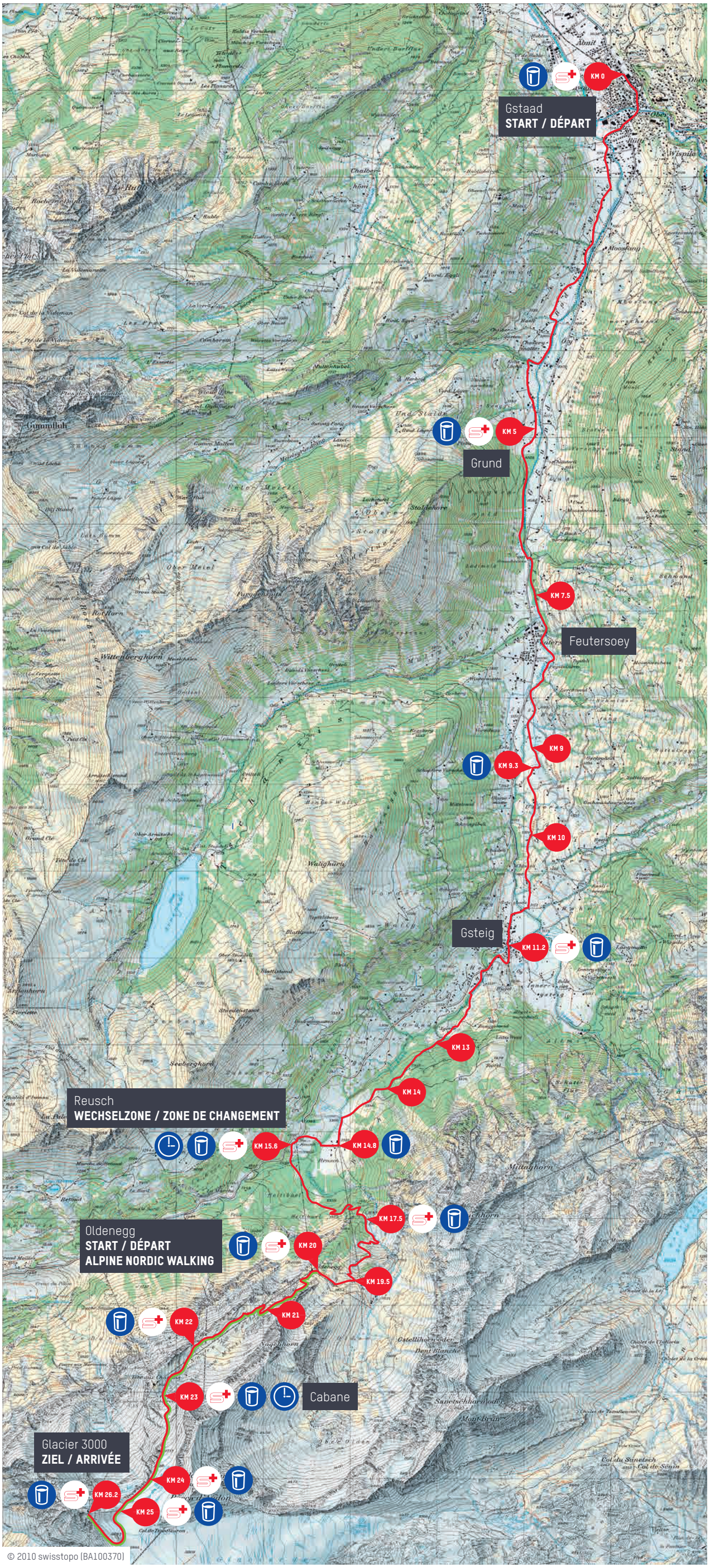
VERPFLEGUNG / *Revitaillement*

SPONSER SPORT FOOD

Ort / *Location*	Run km	Run m	Kontrollschluss	Wasser	Iso	Cola	Bouillon (<10°C)	Gel	Riegel	Bananen
Start: Gstaad	0	1'050		■						
Grund	5	1'080		■	■					
Saali	9.3	1'097		■						
Gsteig	11.2	1'184		■	■			■	■	■
Rüschbode	14.8	1'318	12:15 h	■						
Reusch	15.6	1'332		■	■	■	■	■	■	■
Büdemli	17.5	1'548		■	■					
Oldenegg	20	1'919		■	■	■		■	■	■
Martisberg	22	2'300	14:15 h	■	■					
Cabane	23	2'485		■	■	■	■	■	■	■
Moräne	24	2'729		■	■	■				
Gletscher	25	2'840		■		■				
Ziel: Glacier 3000	26.2	2'950	15:15 h	■	■	■	■		■	■

LEGENDE / *Légende*

- Glacier Run (26.2 km)
- Nordic Walking (6 km)
- km 16 — Kilometer / *Kilomètre*
- Sanitätsposten / *Poste sanitaire*
- Verpflegung / *Revitaillement*
- Zeitmessung / *Chronométrage*



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Stand / Date 07.2021

Bauwerk AG Hoch- und Tiefbau
SAANEN GSTAAD'S BANK PRIVATE BANK
ADDOR GSTAAD