

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 (Di,Fr)	07:30:20	00:00
	Oberstdorf - Nebelhorn (Mi,Sa)	07:30:20	00:46
2	Oberstdorf - Fellhorn (Mo,Do,So)	07:31:06	00:00
	Riezlern - Kanzelwand (Di,Fr)	07:31:06	00:00
	Oberstaufen - Hochgrat (Mi,Sa)	07:31:06	00:46
3	Oberstaufen - Hündle (Mo,Mi,Fr,So)	07:31:52	00:00
	Oberstaufen (Di,Do,Sa)	07:31:52	00:46
4	Füssen - Schwangau - Tegelberg	07:32:38	00:46
5	Ehrwald	07:33:24	00:46
6	Berwang	07:34:10	00:46
7	Laterns	07:34:56	00:47
8	Lech / Zürs	07:35:43	00:47
9	St. Anton am Arlberg	07:36:30	00:47
10	Galtür	07:37:17	00:47
11	Kappl	07:38:04	00:47
12	Ischgl / Samnaun	07:38:51	00:47
13	Fiss	07:39:38	00:47
14	Serfaus	07:40:25	00:47
15	Kaunertal	07:41:12	00:47
16	Jerzens	07:41:59	00:47
17	Oetz - Hochoetz	07:42:46	00:47
18	Steinach am Brenner	07:43:33	00:47
19	Schnals	07:44:20	00:47
20	Ratschings	07:45:07	00:47
	Region Val Gardena		
21	Wolkenstein - Dantercepies (Mo,So)	07:45:54	00:00
	Wolkenstein - Ciampinoi (Di)	07:45:54	00:00
	Wolkenstein - Piz Sella (Mi)	07:45:54	00:00
	St. Ulrich - Raschötz (Do)	07:45:54	00:00
	St. Christina - Seceda (Fr)	07:45:54	00:00
	St. Christina - Col Raiser (Sa)	07:45:54	00:47
	Region Alta Badia		
22	Corvara - Piz Arlara (Mo)	07:46:41	00:00
	Corvara - Piz Boé (Di)	07:46:41	00:00
	Colfosco - Passo Gardena (Mi)	07:46:41	00:00
	La Villa - Piz La Ila (Do)	07:46:41	00:00
	St. Kassian - Piz Sorega (Fr)	07:46:41	00:00
	La Val - Coz (Sa)	07:46:41	00:00
	Badia - La Crusc (So)	07:46:41	00:47
23	Hintertux	07:47:28	00:47
24	Pertisau	07:48:15	00:47
25	Waidring	07:49:02	00:47



26	Kössen	07:49:49	00:47
27	Ellmau	07:50:36	00:47
28	Neukirchen - Bramberg	07:51:23	00:47
29	Rauris	07:52:10	00:47
30	Flachau / Wagrain / St.Johann im Pongau	07:52:57	00:47
31	Zauchensee	07:53:44	00:47
32	Eben im Pongau	07:54:31	00:47
33	Filzmoos	07:55:18	00:47
34	Obertauern	07:56:05	00:47
35	Mauterndorf (Di,Fr)	07:56:52	00:00
	Rennweg / St. Margarethen (Mi,Sa)	07:56:52	00:00
	Mariapfarr (Mo,Do,So)	07:56:52	00:47
36	Murau - Kreischberg / Schönberg-Lachtal	07:57:39	00:47
37	Savognin	07:58:26	00:47
38	Saas Fee	07:59:13	00:47
	Programminformation "3sat B"	08:00:00	

Nr.:	Ort:	Beginn:	Dauer:
	Vorspann	08:00:00	00:20
	Region Oberallgäu		
1	Bad Hindelang (Do)	08:00:20	00:00
	Oberstdorf - Schanze (Mo,Fr)	08:00:20	00:00
	Oberstdorf - Nebelhorn (Di,Sa)	08:00:20	00:00
	Oberstdorf - Fellhorn (Mi,So)	08:00:20	00:46
2	Riezlern - Kanzelwand (Do)	08:01:06	00:00
	Oberstaufen - Hochgrat (Mo,Fr)	08:01:06	00:00
	Oberstaufen - Hündle (Di,Sa)	08:01:06	00:00
	Oberstaufen (Mi,So)	08:01:06	00:46
3	Füssen - Schwangau - Tegelberg	08:01:52	00:46
4	Ehrwald	08:02:38	00:46
5	Berwang	08:03:24	00:46
6	Laterns	08:04:10	00:46
7	Lech / Zürs	08:04:56	00:46
8	St. Anton am Arlberg	08:05:42	00:46
9	Galtür	08:06:28	00:46
10	Kappl	08:07:14	00:46
11	Ischgl / Samnaun	08:08:00	00:46
12	Fiss	08:08:46	00:46
13	Serfaus	08:09:32	00:46
14	Kaunertal	08:10:18	00:46
15	Jerzens	08:11:04	00:46
16	Oetz - Hochoetz	08:11:50	00:46
17	Steinach am Brenner	08:12:36	00:46
18	Schnals	08:13:22	00:46
19	Ratschings	08:14:08	00:46
	Region Val Gardena		
20	Wolkenstein - Dantercepies (Fr)	08:14:54	00:00
	Wolkenstein - Ciampinoi (Sa)	08:14:54	00:00
	Wolkenstein - Piz Sella (Mo,So)	08:14:54	00:00
	St. Ulrich - Raschötz (Di)	08:14:54	00:00
	St. Christina - Seceda (Mi)	08:14:54	00:00
	St. Christina - Col Raiser (Do)	08:14:54	00:46
	Region Alta Badia		
21	Corvara - Piz Arlara (Sa)	08:15:40	00:00
	Corvara - Piz Boé (So)	08:15:40	00:00
	Colfosco - Passo Gardena (Mo)	08:15:40	00:00
	La Villa - Piz La Ila (Di)	08:15:40	00:00
	St. Kassian - Piz Sorega (Mi)	08:15:40	00:00
	La Val - Coz (Do)	08:15:40	00:00
	Badia - La Crusc (Fr)	08:15:40	00:46
22	Hintertux	08:16:26	00:46
23	Achenkirch	08:17:12	00:46
24	Waidring	08:17:58	00:46

25	Kössen	08:18:44	00:46
26	Ellmau	08:19:30	00:45
27	Neukirchen - Bramberg	08:20:15	00:45
28	Rauris	08:21:00	00:45
29	Flachau / Wagrain / St.Johann im Pongau	08:21:45	00:45
30	Zauchensee	08:22:30	00:45
31	Eben im Pongau	08:23:15	00:45
32	Filzmoos	08:24:00	00:45
33	Obertauern	08:24:45	00:45
34	Mauterndorf (Mo,Do,So)	08:25:30	00:00
	Rennweg / St. Margarethen (Di,Fr)	08:25:30	00:00
	Mariapfarr (Mi,Sa)	08:25:30	00:45
35	Murau - Kreischberg / Schönberg-Lachtal	08:26:15	00:45
36	Savognin	08:27:00	00:45
37	Saas Fee	08:27:45	00:45
	Vorspann FlyingCam	08:28:30	00:11
1	Oberstdorf - Nebelhorn	08:28:41	00:39
2	Oberstaufen	08:29:20	00:40
	Programminformation "3sat C"	08:30:00	

Nr.:	Ort:	Beginn:	Dauer:
	Vorspann	08:30:00	00:20
	Region Oberallgäu		
1	Bad Hindelang (Mi,So)	08:30:20	00:00
	Oberstdorf - Schanze (Do)	08:30:20	00:00
	Oberstdorf - Nebelhorn (Mo,Fr)	08:30:20	00:00
	Oberstdorf - Fellhorn (Di,Sa)	08:30:20	00:43
2	Riezlern - Kanzelwand (Mi,Fr)	08:31:03	00:00
	Oberstaufen - Hochgrat (Do,So)	08:31:03	00:00
	Oberstaufen - Hündle (Mo)	08:31:03	00:00
	Oberstaufen (Di,Sa)	08:31:03	00:43
3	Füssen - Schwangau - Tegelberg	08:31:46	00:43
4	Ehrwald	08:32:29	00:43
5	Berwang	08:33:12	00:43
6	Laterns	08:33:55	00:43
7	Lech / Zürs	08:34:38	00:43
8	St. Anton am Arlberg	08:35:21	00:43
9	Galtür	08:36:04	00:43
10	Kappl	08:36:47	00:43
11	Ischgl / Samnaun	08:37:30	00:43
12	Fiss	08:38:13	00:43
13	Serfaus	08:38:56	00:43
14	Kaunertal	08:39:39	00:43
15	Jerzens	08:40:22	00:43
16	Oetz - Hochoetz	08:41:05	00:43
17	Steinach am Brenner	08:41:48	00:43
18	Schnals	08:42:31	00:43
19	Ratschings	08:43:14	00:43
	Region Val Gardena		
20	Wolkenstein - Dantercepies (Mi)	08:43:57	00:00
	Wolkenstein - Ciampinoi (Do)	08:43:57	00:00
	Wolkenstein - Piz Sella (Fr)	08:43:57	00:00
	St. Ulrich - Raschötz (Sa)	08:43:57	00:00
	St. Christina - Seceda (Mo,So)	08:43:57	00:00
	St. Christina - Col Raiser (Di)	08:43:57	00:44
	Region Alta Badia		
21	Corvara - Piz Arlara (Do)	08:44:41	00:00
	Corvara - Piz Boé (Fr)	08:44:41	00:00
	Colfosco - Passo Gardena (Sa)	08:44:41	00:00
	La Villa - Piz La Ila (So)	08:44:41	00:00
	St. Kassian - Piz Sorega (Mo)	08:44:41	00:00
	La Val - Coz (Di)	08:44:41	00:00
	Badia - La Crusc (Mi)	08:44:41	00:44
22	Hintertux	08:45:25	00:44
23	Maurach	08:46:09	00:44
24	Waidring	08:46:53	00:44



25	Kössen	08:47:37	00:44
26	Ellmau	08:48:21	00:44
27	Neukirchen - Bramberg	08:49:05	00:44
28	Rauris	08:49:49	00:44
29	Flachau / Wagrain / St.Johann im Pongau	08:50:33	00:44
30	Zauchensee	08:51:17	00:44
31	Eben im Pongau	08:52:01	00:44
32	Filzmoos	08:52:45	00:44
33	Obertauern	08:53:29	00:44
34	Mauterndorf (Mi,Sa)	08:54:13	00:00
35	Rennweg / St. Margarethen (Mo,Do,So)	08:54:13	00:00
36	Mariapfarr (Di,Fr)	08:54:13	00:44
37	Murau - Kreischberg / Schönberg-Lachtal	08:54:57	00:44
38	Savognin	08:55:41	00:44
39	Saas Fee	08:56:25	00:44
	Vorspann FlyingCam	08:57:09	00:11
1	Lech / Zürs	08:57:20	00:38
2	St. Anton am Arlberg	08:57:58	00:39
	Nachspann	08:58:37	00:13
	Ende	08:58:50	