

8 h - RACE NUTRITION (90 g-120 g carbs/h)

TOTAL
900 g CARBS



2 x
for 0,75 l bottle



2 x
for 0,75 l bottle



1 x
for 0,75 l bottle



1 x
for 0,75 l bottle



1 x
for 0,75 l bottle



7 x
for 0,75 l bottle



1 x



1 x



2 x



2 x



1 x



7 x



1 x



1 x



2 x



+ fluids

+ fluids

+ fluids

+ fluids



10 h - RACE NUTRITION (90 g carbs/h)

TOTAL
865 g CARBS



DISTANCE
227 KM

ALTITUDE
5500 M

2 x
for 0,75 l bottle



1 x
for 0,75 l bottle



1 x
1,5 portions



1 x
for 0,75 l bottle



1 x
1,5 portions



2 x
1,5 portions



1 x
1,5 portions



4 x
for 0,75 l bottle



5 x
1,5 portions



1 x



1 x



1 x



3 x



6 x



2 x



1 x



1 x



1 x



+ fluids

1 x



+ fluids



Powerbar®

12 h - RACE NUTRITION (60 g-90 g carbs/h)

TOTAL
885 g CARBS



DISTANCE
227 KM

ALTITUDE
5500 M

0 km

50 km
Labe Kühtai

120 km
Labe Brenner

150 km
Labe Jaufenpass

190 km
Labe Schönau

226,2 km

2 x
1,5 portions



2 x
1,5 portions



2 x
1,5 portions



2 x
1,5 portions



1 x
1,5 portions



9 x
1,5 portions



2 x



1 x



2 x



2 x



3 x



10 x



1 x



2 x



1 x



1 x



+ fluids

2 x



3 x



+ fluids

