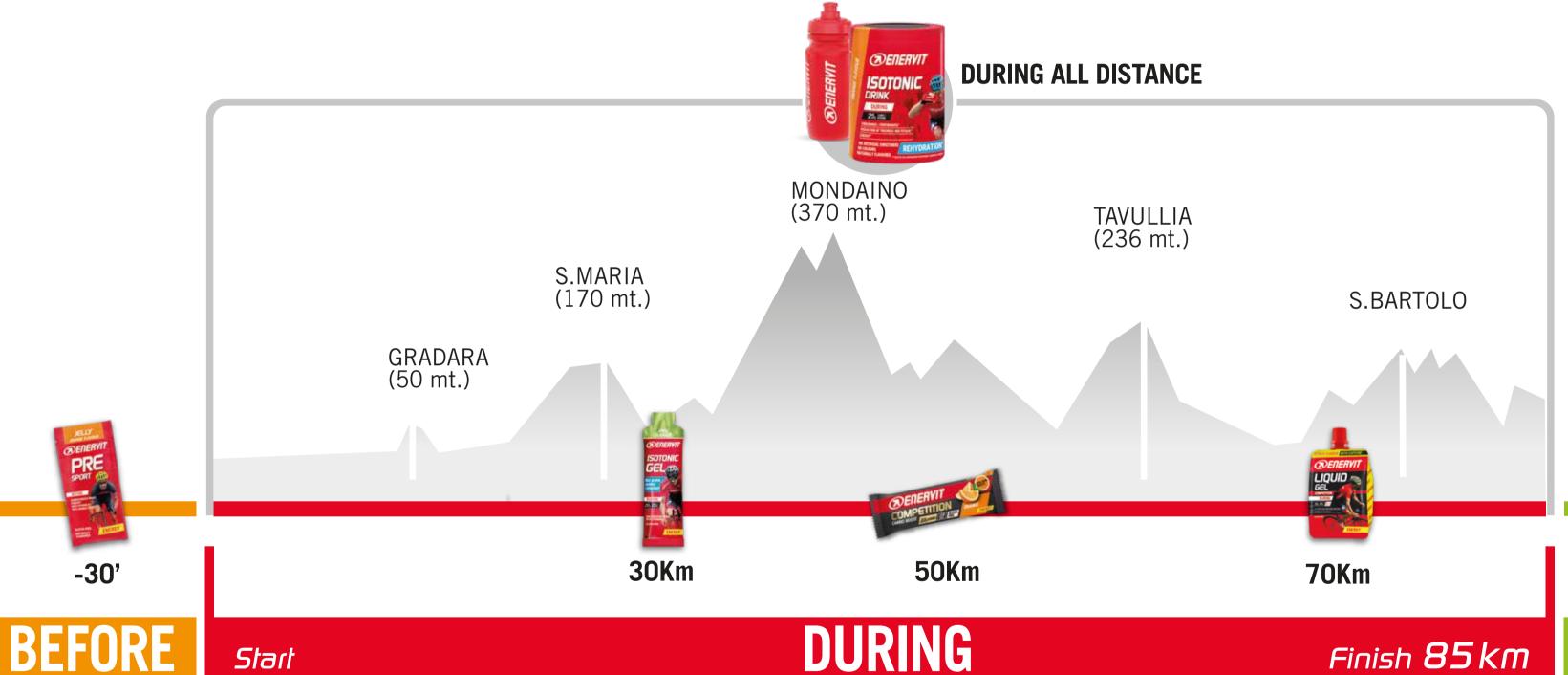


85 KM



FOR RIDES LONGER THAN 2 HOURS, IT IS ADVISABLE TO HAVE A CARBOHYDRATE INTAKE OF APPROXIMATELY 60g FOR EVERY HOUR.

DON'T FORGET TO STAY HYDRATED (500 ml/HOUR) AND WHEN IT'S POSSIBLE TO SWITCH BETWEEN SUPPLEMENTS AND TRADITIONAL FOODS.



WITHIN 30'

DURING Start

Finish 85km





-30'





COMPETITION BAR HIGLY CONCENTRATED ENERGY BAR.





FAST ENERGY LIQUID GEL. AVAILABLE WITH ADDED CAFFEINE





ISOTONIC DRINK INSTANT DRINK WITH CARBS

