

ENERVIT NUTRITION SYSTEM®

LENGTH: 128 km
ELEVATION GAIN: 2020



SWITCH BETWEEN 1 GEL AND 1 COMPETITION BAR EVERY 30 MINUTES



500 ML WITH 2 MEASURING SPOONS OF ISOTONIC DRINK PER HOUR



-30'



WITHIN 30'

BEFORE

Start

DURING

Finish 128km

AFTER



PRE SPORT

SLOW RELEASE ENERGY JELLY.



GEL

HIGHLY CONCENTRATED ENERGY GEL. AVAILABLE WITH ADDED CAFFEINE.

20g CARBS / SERVING



COMPETITION BAR

HIGHLY CONCENTRATED ENERGY BAR.

20g CARBS / SERVING



ISOTONIC DRINK

INSTANT DRINK WITH CARBS AND MINERALS.

25g CARBS / SERVING



R2 RECOVERY DRINK

ENERGY RECOVERY AFTER INTENSE EFFORTS.