

194 KM

ELEVATION GAIN: 3.880 mt



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'

BEFORE

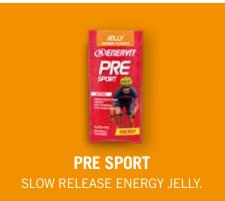
Start

-30'

DURING

Finish 194km





-60'















ISOTONIC DRINK INSTANT DRINK WITH CARBS



R2 RECOVERY DRINK INTENSE EFFORTS.



