	St-etienne de Tinée	Refuge Rabuons	Colle Longuque	Isola	Pont de Paule	St-Sauveur	St-Sauveur	Valdeborre	Valdeborre	Fournès	Fournès	Utelle	Utelle	Levens	Levens	Plan de Couthon	Plan de Couthon	Tourette Levens	Tourette Levens	Drap	Drap	Col St-Bernard	Monti	St-Agnes	Col de Guerre	Plateau St-Michel	Plateau St-Michel	Plateau St-Michel	Plateau St-Michel	Nice	Nice	Nice	Nice
Course	100M	100M	100M	100M	100M	100M	100K	100M	100K	100M	100K	100M	100K	100M	100K	100M	100K	100M	100K	100M	100K	50K	50K	50K	50K	100M	100K	50K	20K	100M	100K	50K	20K
Ravitaillement - Boissons																																	
Boisson énergétique : Hydrixir longue distance		x		x	x		x	x	x	x	x	x	x			x																	
Boisson énergétique : Hydrixir Bio						x								x	x		x	x		x	x		x	x	x	x	x	x	x				
Coca Cola	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Eau en bouteille			x		x			x	x	x						x	x				x	x	x	x	x	x	x	x	x	x	x	x	x
Eau gazeuse U	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Café soluble Nescafé		x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		x	x	x	x	x	x	x	x	x	x	x
Thé		x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		x	x	x	x	x	x	x	x	x	x	x
Sucre en morceaux		x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		x	x	x	x	x	x	x	x	x	x	x
Soupe		x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		x	x	x	x	x	x		x	x		
Vermicelles		x		x	x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		x	x	x	x	x	x					
Riz		x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		x	x	x	x	x	x					
KUB OR Maggi		x		x	x	x	x	x	x	x	x	x	x	x	x				x		x		x	x	x	x	x	x					
Sel		x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		x	x	x	x	x	x					
Ravitaillement - Aliments																																	
Barres énergétiques		x		x	x	x	x	x	x	x	x	x	x	x	x		x	x	x	x	x		x	x	x	x	x	x					
Cookies chocolat		x		x	x	x	x	x	x	x	x	x	x	x	x		x	x	x	x	x		x	x	x	x	x	x	x	x	x	x	x
Marbré		x		x	x	x	x	x	x	x	x	x	x	x	x		x	x	x	x	x		x				x		x			x	x
Pain d'épice miel Bio		x			x	x	x		x	x	x		x		x		x		x		x		x	x	x	x		x	x				
Petit beurre Bio		x		x	x	x	x	x	x		x	x	x	x	x		x	x	x	x	x		x	x	x	x	x	x	x	x	x		
Snickers		x		x	x	x	x	x	x	x	x	x	x	x	1		x	x	x	x	x		x	x	x	x	x	x	x				
Barres Fraise		x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		x	x	x		x	x	x			x	x
Barres Pomme		x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		x	x	x	x	x	x	x	x	x	x	x
Barres Noisette		x		x	x	x	x	x	x	x	x	x	x	x	x		x	x	x	x	x		x	x	x	x	1	x	x	x	x	x	x
Chocolat Noir		x		x	x	x		x	x	x	x	x	x	x	x		x	x	x	x	x		x	x	x	x	x	x	x	x	x	x	x
TUC		x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		x	x	x	x	x	x	x	x	x	x	x
Pomme France						x								x																			
Bananes France		x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		x	x	x	x	x	x	x	x	x	x	x
Oranges France		x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		x	x	x	x	x	x	x	x	x	x	x
Pasteque France		x		x	x	x		x		x		x		x		x		x		x			x	x	x	x	x	x	x	x	x	x	x
Citrons France						x								x	x						x												
Emmental		x		x	x	x	x	x	x	x	x	x	x	x	x	x	x			x	x		x	x	x	x	x	x	x	x	x	x	x
Saucisson France		x		x	x	x	x	x	x	x	x	x	x	x	x	x	x			x	x		x	x	x	x	x	x	x	x	x	x	x
Base vie et autres																																	
Pates						x								x	x																		
Pom'Potes						x								x	x																		
Confiture abricot U						x								x	x																		
Confiture fraise U						x								x	x																		
Miel Bio						x								x	x																		
Jus d'orange						x								x	x																		
Jus de pomme						x								x	x																		
Riz au lait U						x								x	x																		
Semoule caramel U						x								x	x																		
Mini paquets de chips						x								x	x																		
Mini Brownies						x								x	x																		
Sirop grenadine						x								x	x																		