



105 KM	STANDARD	FULL	FULL + HOT MEAL	FULL + HOT MEAL	STANDARD	FULL	FULL + HOT MEAL	FULL	FULL + HOT MEAL	FULL	FULL + HOT MEAL
	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	FINISH LINE
	Refugi Pla Estany	Refugi Comapedrosa	Coll de la Botella	Parc Central, Andorra-La-Vella	Fontverd	Refugi de L'illa	Hotel Pic Maia	Incles	Pont Tibetà	Refugi Sorteny	Ordino
näak	Drink Mix	Drink Mix, Bars, Waffles, Purees, Gels	Drink Mix, Bars, Waffles, Purees, Gels	Drink Mix, Bars, Waffles, Purees, Gels	Drink Mix	Drink Mix, Bars, Waffles, Purees, Gels	Drink Mix, Salted Soup, Bars, Waffles, Purees, Gels	Drink Mix, Salted Soup, Bars, Waffles, Purees, Gels	Drink Mix, Salted Soup, Bars, Waffles, Purees, Gels	Drink Mix, Salted Soup, Bars, Waffles, Purees, Gels	-
KM ACCUMULATED (KM)	10.9	17.5	23.6	38.6	48.2	55.2	65.8	75.2	86.5	97	108.7
ELEVATION ACCUMULATED (M)	960	1820	2150	2245	4112	4702	5302	5572	6152	6982	7002

## **STANDARD Aid Station (Cold Food & Cold Drinks)**

**DRINKS:** Water, Coca Cola, Fruit Juice

**FOOD:** Bananas, Oranges, Watermelons, Trail Mix (Nuts & Dry Fruits), Gummies, Chocolate Bar, Cookies, Salty Crackers

## **FULL Aid Station (Cold Food & Sandwiches, Cold & Hot Drinks)**

**DRINKS :** Water, Coca Cola, Fruit Juice, Broth

**FOOD :** Bananas, Oranges, Watermelon, Trail Mix (Nuts & Dry Fruits), Chocolate, Chocolate Bar, Cookies, Salty Crackers, Bread (Soft and Normal), Nutella, Cheese, Dry sausage, Tomato

## **FULL + HOT MEAL Aid Station (Cold Food & Hot Meal, Cold & Hot Drink)**

**DRINK:** Water, Coca Cola, Fruit Juice, Broth, Coffee, Tea

**FOOD:** Bananas, Oranges, Watermelon, Trail Mix (Nuts & Dry Fruits), Chocolate, Chocolate Bar, Cookies, Salty Crackers, Bread (Soft and Normal), Nutella, Cheese, Dry sausage, Tomato

**HOT MEAL:** Pasta or Rice with Sauce (Bolognese, Carbonara, Napolitan)

**NAAK PRODUCTS :** See the above table