



50 KM	STANDARD	FULL	STANDARD	FULL	FULL + HOT MEAL	STANDARD	FULL + HOT MEAL
	Coll d'Ordino	Cortinada	Refugi Pla del Estany	Refugi Comapedrosa	Coll de la Botella	Sispony	Ordino - FINISH LINE
näak	Drink Mix, Bars, Purees, Gels	Drink Mix, Bars, Purees, Gels	Drink Mix, Bars, Purees, Gels	Drink Mix, Bars, Purees, Gels	Drink Mix, Bars, Purees, Gels	Drink Mix, Bars, Purees, Gels	-
KM ACCUMULATED (KM)	6.2	16.1	24.4	28.3	35.2	45.4	51.7
ELEVATION ACCUMULATED (M)	786	1178	2172	2645	3031	3119	3401

## **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