
	STANDARD	STANDARD	FULL + HOT MEAL	STANDARD	FULL + HOT MEAL	STANDARD	FULL	FULL + HOT MEAL
	LA COMA ARCALIS 1	LA COMA ARCALIS 2	REFUGI SORTENY	BORDA DEL PIROL RANSOL	PONT TIBETÀ	LLAC ENGOLASTERS	PARC CENTRAL, ANDORRA-LA-VELLA	ORDINO - FINISH LINE
	Drink Mix, Bars, Waffles, Purees, Gels	Drink Mix, Bars, Waffles, Purees, Gels	Drink Mix, Bars, Waffles, Purees, Gels	Drink Mix	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)	14.7	20.9	30.8	41	46.3	58.7	69.7	77.9
ELEVATION ACCUMULATED (M)	1027	1549	2115	2920	3125	3355	3525	3843

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