

**-STANDARD Aid Station** (Food and cold drinks)

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

**FOOD:** Bananas, Oranges, Watermelon, Trail Mix (dried fruit), jelly beans, kit-kat (chocolate cookies), salty cookies

**-COMPLETE Aid Station** (Cold food and sandwiches, cold drinks)

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

**FOOD:** Bananas, Oranges, Watermelon, Melon, Trail Mix (dried fruits), Raisins, Chocolate, Jelly beans, Kit-kat (chocolate bars), Crackers, Chocolate bar with hazelnuts, Bread (sliced and plain), Nocilla, Cheese, Sausage (ham and fuet), Tomato, Salt, Oil

**-HOT FOOD:** Pasta or rice with sauce: bolognese, carbonara, Neapolitan

**-NAAK PRODUCTS:** See table

*At the points marked with this symbol \* you can also find broth, coffee, and hot tea*



105 KM	STANDARD	COMPLETE	COMPLETE + HOT FOOD	COMPLETE+ HOT FOOD	STANDARD	COMPLETE	COMPLETE + HOT FOOD	COMPLETE	COMPLETE + HOT FOOD	STANDARD	STANDARD+ HOT FOOD
	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
	Drink Mix, Bars, Waffles, Gels	Drink Mix, Bars, Waffles, Gels	Drink Mix, Bars, Waffles, Gels	Drink Mix	Drink Mix, Bars, Waffles, Gels	Drink Mix, Bars, Waffles, Gels	Drink Mix	Drink Mix, Bars, Waffles, Gels	Drink Mix	Drink Mix, Bars, Waffles, 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