

-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*



	STANDARD	COMPLETE	STANDARD	COMPLETE	COMPLETE + HOT FOOD	STANDARD	STANDARD+ HOT FOOD
	Coll d'Ordino	Cortinada	Refugi Pla del Estany	Refugi Comapedrosa	Coll de la Botella	Sispony	Ordino - FINISH LINE
	Drink mix, Bars, Waffles, Gels	Drink mix, Bars, Waffles, Gels	Drink mix, Bars, Waffles, Gels	Drink mix, Bars, Waffles, Gels	Drink mix, Bars, Waffles, Gels	Drink mix, Bars, Waffles, Gels	-
ACCUMULATED KM (KM)	6.2	16.1	24.4	28.3	35.2	45.4	51.7
SLOPE ACCUMULATED (M)	786	1178	2172	2645	3031	3119	3401