

MEAL PLAN 2021



	Kilometer	ISOTONIC Red Orange	COMPETITION Orange	SPORT TEA Peach	Water	Bouillon vegetal *for cold weather	LIQUID ENERGY PLUS 70g tube	LIQUID ENERGY Salty 35g sachet	HIGH ENERGY BAR Salty Nuts	CEREAL ENERGY BAR Strawberry	Chocolate	Coca Cola	Bananas	Oranges	Salted pretzel sticks	
Start	0															
Kiesen	38										<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				
Oberlangenegg	58										<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
Sigriswil	80										<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
Finish	108										<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	



Please let us know if you need food or drinks as soon as you arrive at the post!

COMPETITION

Acid-free sports drink with electrolytes and carbohydrates

ISOTONIC

Fruity sports drink with electrolytes and carbohydrates

SPORT TEA

Refreshing sports drink with electrolytes and carbohydrates

LIQUID ENERGY PLUS

Liquid energy with caffeine

LIQUID ENERGY

Liquid energy with salt

HIGH ENERGY BAR

Energy bar highly concentrated

CEREAL ENERGY BAR

Cereal bar fruity