

5.4 RACE NUTRITION BY



PRODUCT RANGE



High Energy Bar (Apricot-Vanilla)
Highly concentrated energy bar.



Liquid Energy Plus
Energy gel enriched with caffeine.



Competition (Orange)
Well digestible and acid free sportdrink based on carbs and minerals for



Long Energy (Fruit Mix)
Well digestible and acid free sportdrink enriched with 5% of proteins.



Sport Tea (peach)
Well digestible sportdrink. Light flavouring. sport performance.

PRODUCT DISTRIBUTION

Station	Location	Km	Competition Orange	Long Energy	Cola	Bananas	High Energy Bar	Liquid Energy	Water
1 Run	Arena	4.8				X			X
2 Bike	Rothrist	20.0	X	X		X	X	X	X
3 Bike	Reitnau	45.0	X	X		X	X	X	X
4 Bike	Rothrist	70.0	X	X		X	X	X	X
5 Bike	Reitnau	95.0	X	X		X	X	X	X
6 Bike	Rothrist	120.0	X	X		X	X	X	X
7 Bike	Reitnau	145.0	X	X		X	X	X	X
8 Run	City	161.0	X	X		X	X	X	X
9 Run	City	162.5	X	X	X	X	X	X	X
10 Run	Arena	164.0	X	X	X	X	X	X	X
11 Run	Heitere	166.0	X	X	X	X	X	X	X
12 Run	Heitere	168.0	X	X	X	X	X	X	X
13 Run	Arena	170.0	X	X	X	X	X	X	X
14 Run	City	171.0	X	X	X	X	X	X	X
15 Run	City	172.5	X	X	X	X	X	X	X
16 Run	Arena	174.0	X	X	X	X	X	X	X
17 Run	Heitere	176.0	X	X	X	X	X	X	X
18 Run	Heitere	178.0	X	X	X	X	X	X	X
19 Run	Arena	180.0	X	X	X	X	X	X	X
20 Run	City	181.0	X	X	X	X	X	X	X
21 Run	City	182.5	X	X	X	X	X	X	X
22 Run	Arena	184.0	X	X	X	X	X	X	X
23 Run	Heitere	186.0	X	X	X	X	X	X	X
24 Run	Heitere	188.0	X	X	X	X	X	X	X
25 Run	Arena	190.0	X	X	X	X	X	X	X