



Mar Mediterrani / Mar Mediterráneo /Mediterranean sea

SORTIDA/ SALIDA/ START 8:30h

LLEENDA/
 LEYENDA/ KEY



AVITUALLAMENTS AVITUALLAMIENTOS AID STATIONS	0	7,5	12,5	17,5	22,5	27,5	32,5	37,5	META
	WC, +	WC, Water, Bottle	WC, Water, Bottle	WC, Water, Bottle	WC, Water, Bottle, Powerade Ion4	WC, Water, Bottle, Fruit, Powerade Ion4	WC, Water, Bottle, Shower, Powerade Ion4	WC, Water, Bottle, Shower, Powerade Ion4, Finisher Energy Gel	WC, Water, Bottle, Shower, Powerade Ion4, Finisher Energy Gel, +
	5	10	15	20	25	30	35	40	
	WC, Water, Bottle, Shower, +	WC, Water, Bottle, Shower, +	WC, Water, Bottle, Shower, +	WC, Water, Bottle, Shower, +	WC, Water, Bottle, Shower, +, Fruit, Powerade Ion4	WC, Water, Bottle, Shower, +, Fruit, Powerade Ion4, Finisher Energy Gel	WC, Water, Bottle, Shower, +, Fruit, Powerade Ion4, Finisher Energy Gel	WC, Water, Bottle, Shower, +, Fruit, Powerade Ion4, Finisher Energy Gel	