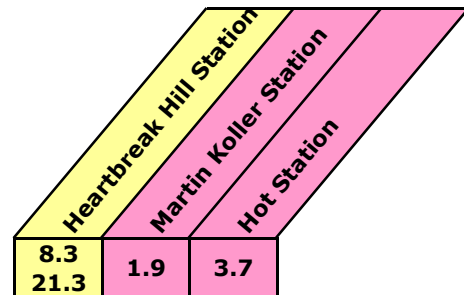


Food & Drinks Schweizer Firmen-Triathlon



Kilometer

Food

Bananen / Bananas	✓		
Enervit Sport Competition BAR	✓		✓
Enervit Sport GEL	✓		✓

Drinks

Enervit Sport Isotonic DRINK	✓	✓	✓
Wasser / Water	✓	✓	✓
Cola / Coke	✓		✓

Verpflegungsposten - Ablauf (gilt nicht für Water Stations) Aid Station- Set Up (not valid for water stations)

Bike



Run

