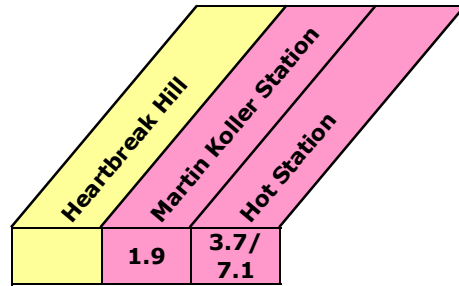


Food & Drinks Zurich Triathlon



Kilometer

1.9

3.7/
7.1

Food

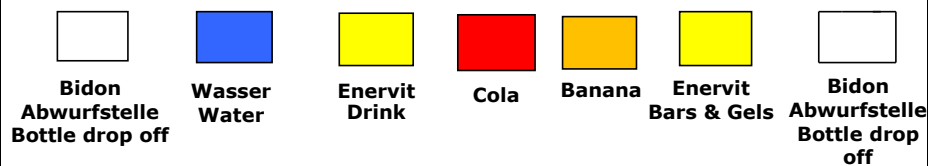
Bananen / Bananas	✓		✓
Oranges and Apricots			
Pommes Chips / Potato Chips			✓
Salzstangen / Prezel sticks			✓
Enervit Competition Bars	✓		✓
Enervit Gels	✓		✓

Drinks

Enervit Isotonic Drink Orange	✓	✓	✓
Red Bull			✓
Wasser / Water	✓	✓	✓
Cola	✓	✓	✓
Bouillon / Clear Soup			

Verpflegungsposten - Ablauf (ohne Water Stations) Aid station set up (not valid for water stations)

Bike



Run

