





















TRAIL 100 ANDORRA 125KM AID STATIONS

| PLA DE L'ESTANY | REFUGI COMAPEDROSA | COLL DE LA BOTELLA | PIC CARROI | PARC CENTRAL | REFUGI CLAROR |
|---|--|--|---|---|--|
| NUM 1 KM 12 | NUM 2 KM 16,5 | NUM 3 KM 23 | NUM 4 KM 31 | NUM 5 KM 42 | NUM 6 KM 52,6 |
| LIQUIDS Water Coke Gatorade Fruits Juice | LIQUIDS Water Coke Sports drink Soup | LIQUIDS Water Coke Sports drink Fruits Juice Coffee Soup | LIQUIDS Water Coke Gatorade Fruits Juice | LIQUIDS Water Coke Red Bull Gatorade Fruits Juice Soup | LIQUIDS Water Coke Gatorade Fruits Juice |
| SOLID FOOD Banana Orange Nuts Salty Biscuits Chocolate bar Chocolte with hazelnut Pastry | SOLID FOOD Fruit Nuts Sweets | SOLID FOOD Fruit Nuts Sweets | SOLID FOOD Banana Orange Nuts Salty Biscuits Chocolate bar Chocolte with hazelnut Pastry | SOLID FOOD Banana Orange Melon Watermelon Nuts Salty Biscuits Chocolate bar Chocolte with hazelnut Pastry | SOLID FOOD Banana Orange Nuts Salty Biscuits Chocolate bar Chocolte with hazelnut Pastry |
| RACE NUTRITION Maurten Gels 226ers Bars (Race day) | RACE NUTRITION Maurten Gels 226ers Bars (Race day) | SANDWICHES (white bread) Cheese Ham | SANDWICHES (white bread "Bimbo") Nocilla Cheese Ham "Fuet" Pork Sausage "Llonganissa" Pork Sausage | RACE NUTRITION Maurten Gels 226ers Bars (Race day) | RACE NUTRITION Maurten Gels 226ers Bars (Race day) |
| WARM MEAL Pasta | WARM MEAL Pasta | WARM MEAL Pasta | WARM MEAL Pasta | WARM MEAL Pasta | WARM MEAL Pasta |
| RACE NUTRITION 226ers Bars (Race day) | RACE NUTRITION 226ers Bars (Race day) | RACE NUTRITION 226ers Bars (Race day) | RACE NUTRITION 226ers Bars (Race day) | RACE NUTRITION 226ers Bars (Race day) | RACE NUTRITION 226ers Bars (Race day) |
| REFUGI L'ILLA | GRAU ROIG | REFUGI JUCLAR | ELS PLANS DE RANSOL | REFUGI SORTENY | |
| NUM 7 KM 63,5 | NUM 8 KM 72 | NUM 9 KM 83,2 | NUM 10 KM 95 | NUM 11 KM 108,5 | |
| LIQUIDS Water Coke Gatorade Coffee Soup | LIQUIDS Water Coke Sports drink Coffee Soup | LIQUIDS Water Coke Fruits Juice | LIQUIDS Water Coke Gatorade Fruits Juice Coffee Soup | LIQUIDS Water Coke Sports drink Fruits Juice Soup | |
| SOLID FOOD Banana Orange Nuts Salty Biscuits Chocolate bar Chocolte with hazelnut Pastry | SOLID FOOD Fruit Orange Nuts Pastry Salad | SOLID FOOD Banana Orange Nuts Salty Biscuits Chocolate bar Chocolte with hazelnut Pastry | SOLID FOOD Banana Orange Melon Watermelon Salty Biscuits Nuts Chocolte with hazelnut Chocolate bar Pastry | SOLID FOOD Fruit Nuts Pastry | |
| SANDWICHES (white bread "Bimbo") Nocilla Cheese Ham "Fuet" Pork Sausage "Llonganissa" Pork Sausage | SANDWICHES (white bread) Cheese Ham Charcuterie | RACE NUTRITION Maurten Gels 226ers Bars (Race day) | SANDWICHES (white bread "Bimbo") Nocilla Cheese Ham "Fuet" Pork Sausage "Llonganissa" Pork Sausage | RACE NUTRITION Maurten Gels 226ers Bars (Race day) | |
| WARM MEAL Pasta Rice | WARM MEAL Pasta Rice | WARM MEAL Pasta | WARM MEAL Rice | WARM MEAL Rice | |
| RACE NUTRITION Maurten Gels 226ers Bars (Race day) | RACE NUTRITION 226ers Bars (Race day) | RACE NUTRITION 226ers Bars (Race day) | RACE NUTRITION Maurten Gels 226ers Bars (Race day) | RACE NUTRITION Maurten Gels 226ers Bars (Race day) | |

TRAIL 100 ANDORRA 55KM AID STATIONS

| | COLL D'ARENES | PLA DE L'ESTANY | REFUGI COMAPEDROSA | COLL DE LA BOTELLA | PIC CARROI |
|---|--|---|---|--|----------------|
| | NUM 1 | NUM 2 | NUM 3 | NUM 4 | NUM 5 |
| | KM 11,6 | KM 24 | KM 30 | KM 36 | KM 43,5 |
|  <p>LIQUIDS Water Coke Gatorade</p>  <p>SOLID FOOD Banana Orange Nuts Salty Biscuits Chocolate bar Chocolte with hazelnut Pastry</p>  <p>RACE NUTRITION Maurten Gels 226ers Bars (Race day)</p> |  <p>LIQUIDS Water Coke Gatorade</p>  <p>SOLID FOOD Banana Orange Nuts Salty Biscuits Chocolate bar Chocolte with hazelnut Pastry</p>  <p>SANDWICHES (white bread "Bimbo") Nocilla Cheese Ham "Fuet" Pork Sausage "Llonganissa" Pork Sausage</p>  <p>RACE NUTRITION Maurten Gels 226ers Bars (Race day)</p> |  <p>LIQUIDS Water Coke Sports drink</p>  <p>SOLID FOOD Fruit Nuts Sweets</p>  <p>SANDWICHES (white bread) Cheese Ham</p>  <p>RACE NUTRITION Maurten Gels 226ers Bars (Race day)</p> |  <p>LIQUIDS Water Coke Sports drink Coffee Soup</p>  <p>SOLID FOOD Fruit Nuts Sweets</p>  <p>SANDWICHES (white bread) Cheese Ham "Fuet" Pork Sausage "Llonganissa" Pork Sausage</p>  <p>WARM MEAL Pasta</p>  <p>RACE NUTRITION 226ers Bars (Race day)</p> |  <p>LIQUIDS Water Coke Gatorade Fruits Juice</p>  <p>SOLID FOOD Banana Orange Nuts Salty Biscuits Chocolate bar Chocolte with hazelnut Pastry</p>  <p>SANDWICHES (white bread "Bimbo") Nocilla Cheese Ham "Fuet" Pork Sausage "Llonganissa" Pork Sausage</p>  <p>RACE NUTRITION 226ers Bars (Race day)</p> | |

TRAIL 100 ANDORRA 25KM AID STATIONS

COLL D'ARENES

NUM 1
KM 11,6



LIQUIDS

Water
Coke
Gatorade



SOLID FOOD

Banana
Orange
Nuts
Salty Biscuits
Chocolate bar
Chocolate with hazelnut
Pastry



RACE NUTRITION

Maurten Gels
226ers Bars (Race day)

ANSALONGA

NUM 2
KM 19,3



LIQUIDS

Water
Coke
Gatorade
Fruits Juice



SOLID FOOD

Banana
Orange
Nuts
Salty Biscuits
Chocolate bar
Chocolate with hazelnut
Pastry



SANDWICHES

(white bread "Bimbo")
Nocilla
Cheese
Ham
"Fuet" Pork Sausage
"Llonganissa" Pork Sausage



RACE NUTRITION

Maurten Gels
226ers Bars (Race day)

TRAIL 100 ANDORRA 7,5KM AID STATIONS

CREU DE NORAI

NUM 1

KM 3,8



LIQUIDS

Water

Coke

Fruits Juice



SOLID FOOD

Banana

Orange

Nuts

Salty Biscuits

Chocolate bar

Chocolte with hazelnut

Pastry



RACE NUTRITION

226ers Bars (Race day)