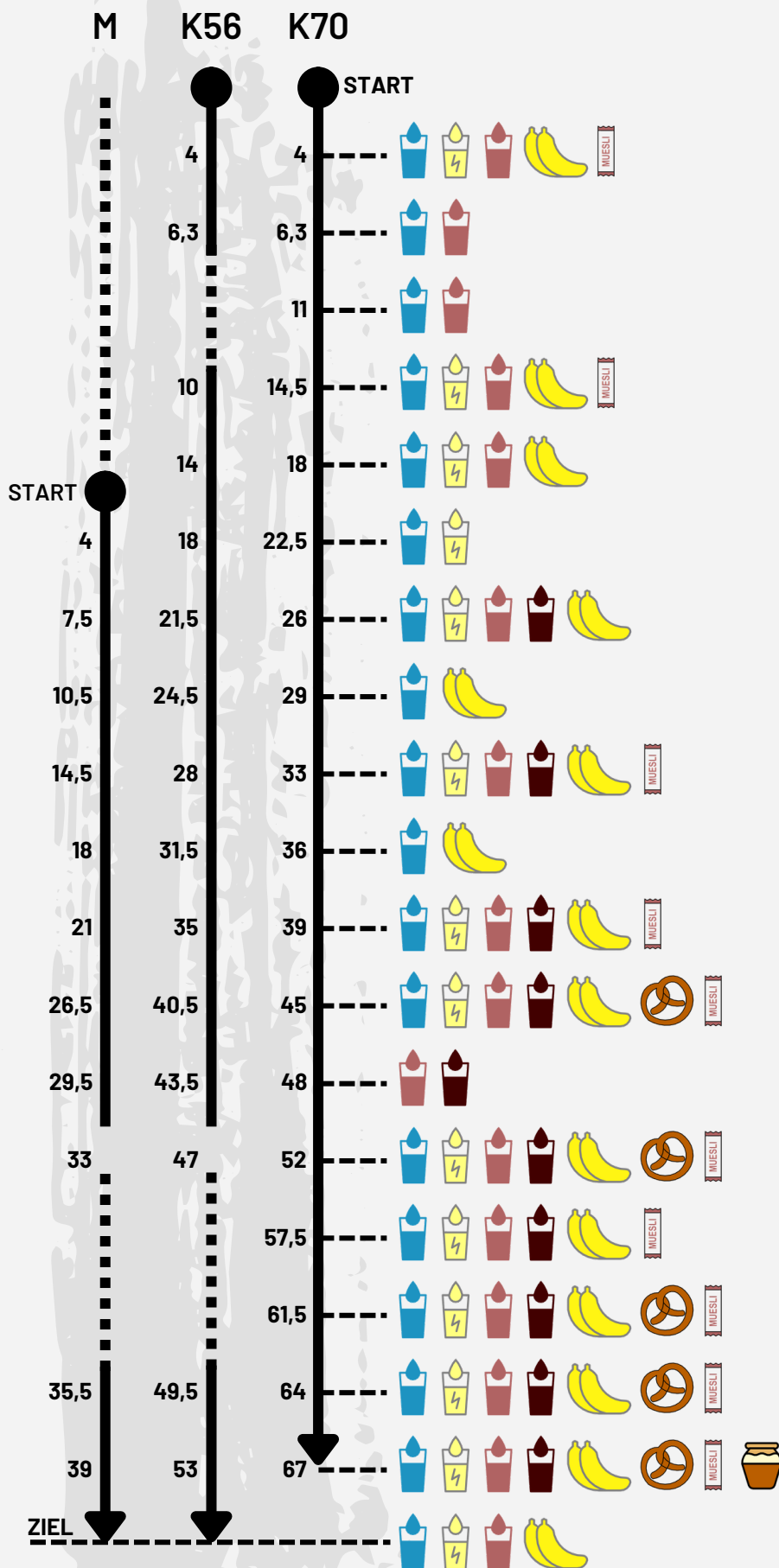


Verpflegung 2026

Nutrition



Legende

- 6,3** KM-Markierung
KM-marker
- Wasser**
water
- Sponser Refresher**
isotonic sports drink
- Tee**
tea
- Cola**
cola
- Obst**
fruits
- Salziges**
salty things
- Müsliriegel**
cereal bar
- Honig**
honey

In der Regel zusätzlich verfügbar...

...Dextro Energy & Salztabletten
ab KM 7,5 / 21,5 / 26

usually also available...

...Dextro Energy & Salztabletten
from KM 7,5 / 21,5 / 26 onwards