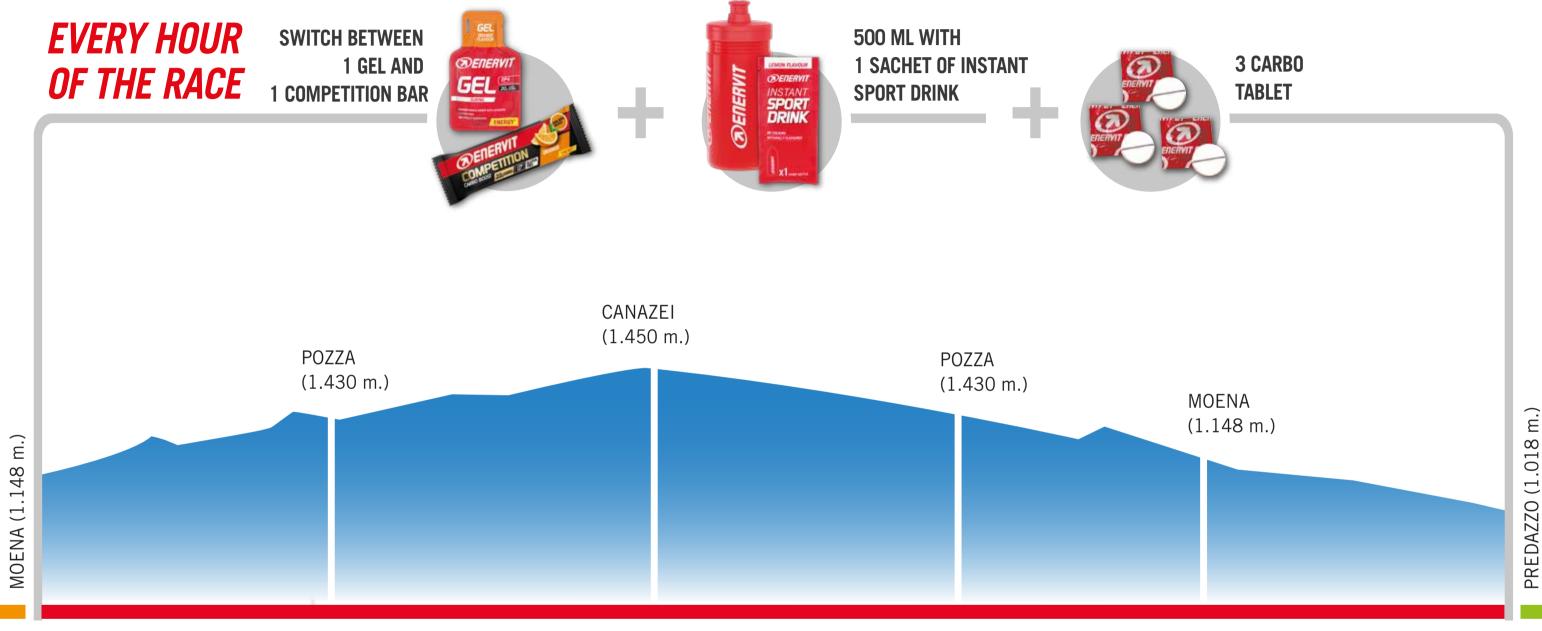
TENERVIT NUTRITION SYSTEM®

MARCIALONGA LIGHT
LENGHT: 45 km
ALTITUDE GAIN: 624 m





WITHIN 30'

-30'

BEFORE

DURING

ΔFTFR





Start







Finish 45km

CARBO TABLET
CARBOHYDRATES TABLETS
WITH VITAMINS





INTENSE EFFORTS