

ENERVIT NUTRITION SYSTEM®

MARCIALONGA 70 km

LENGTH: 70 km

ALTITUDE GAIN: 1.030 m



MARCIALONGA

**EVERY HOUR
OF THE RACE**

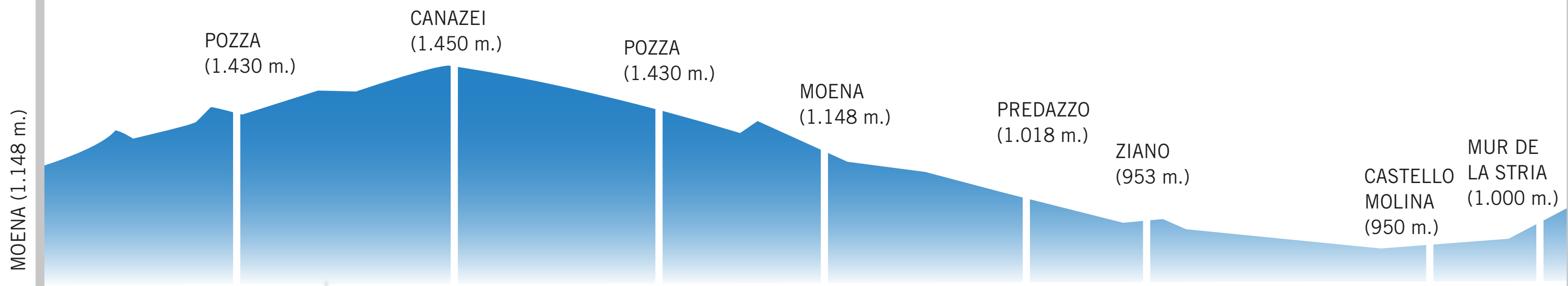
SWITCH BETWEEN
1 GEL AND
1 COMPETITION BAR



500 ML WITH
1 SACHET OF INSTANT
SPORT DRINK



3 CARBO
TABLET



-30'



WITHIN 30'

BEFORE

Start

DURING

Finish 70 km

AFTER



PRE SPORT
ENERGY JELLY



GEL
HIGHLY CONCENTRATED
ENERGY GEL

20 CARBS /
g SERVING



COMPETITION BAR
HIGHLY CONCENTRATED
ENERGY BAR

20 CARBS /
g SERVING



INSTANT SPORT DRINK
INSTANT DRINK WITH CARBS
AND MINERALS

13 CARBS /
g SERVING



CARBO TABLET
CARBOHYDRATES TABLETS
WITH VITAMINS

10 CARBS /
g SERVING



R2 RECOVERY DRINK
ENERGY RECOVERY AFTER
INTENSE EFFORTS