

Verpflegung Pizol Challenge 2010 Nordic Walking

Getränke	Fett	Natrium	Kohlenhydrate	Protein	Start	Rheinblick	Garschl/ Maierberg
Mineralwasser					x	x	x
Rivella Marathon	< 0.1 %	0.12 g/l	5%	< 0.1 %	x	x	x
Esswaren							
Brot			85%		x	x	x
Bananen			94%		x	x	x
Sponser: Energy plus 40 Gramm	15%		55%	12%	x	x	x
Sponser: High Energy 45 Gramm	6%		63%	9%	x	x	x