

## Verpflegung Pizol Challenge 2010

<b>Getränke</b>	<b>Fett</b>	<b>Kohlenhydrate</b>		<b>Protein</b>	<b>Start</b>	<b>Ragaz</b>	<b>Herrenboden</b>	<b>Pardiel</b>	<b>Schwarzbüel</b>	<b>Pizolhütte</b>	<b>Wildseelücke</b>	<b>Schwarzsee</b>	<b>Basegglen</b>	<b>Ziel Furt</b>
Heidiwasser					x	x	x	x	x	x	x	x	x	x
Rivella Marathon	< 0.1 %	5%		< 0.1 %	x	x	x	x	x	x	x	x	x	x
<b>Esswaren</b>														
Brot		85%			x	x	x	x	x	x	x	x	x	x
Bananen		94%			x	x	x	x	x	x	x	x	x	x
Sponser: Energy plus 40 Gramm	15%	55%		12%	x	x	x	x	x	x	x	x	x	x
Sponser: High Energy 45 Gramm	6%	63%		9%	x	x	x	x	x	x	x	x	x	x