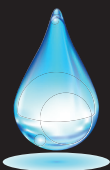


SARNERSEE LAUF

21.1 . 10 . 5 KM



21.1 KM
VERPFLEGUNG STRECKE BY
NUTRIATHLETIC®



WASSER



**NA FUEL
ENDURANCE**



NA PUSH



**NA FUEL GEL
CARB ENERGY**

START

X

KM 1.2

X

X

KM 3.1

X

X

KM 5.9

X

X

KM 10.8

X

X

KM 14.4

X

X

X

X

KM 17.7

X

X

KM 19.5

X

X

ZIEL

X

X

X

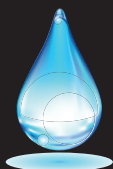
SARNERSEE

LAUF

21.1.10.5 KM



10 KM
 VERPFLEGUNG STRECKE BY
NUTRIATHLETIC®



WASSER



**NA FUEL
 ENDURANCE**



NA PUSH



**NA FUEL GEL
 CARB ENERGY**

START

X

KM 1.2

X

X

KM 3.1

X

X

KM 6.1

X

X

X

X

KM 8

X

X

ZIEL

X

X

X

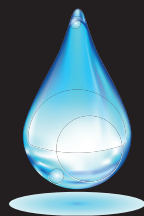
SARNERSEE

LAUF

21.10.5 KM



5 KM
 VERPFLEGUNG STRECKE BY
NUTRIATHLETIC®



WASSER



**NA FUEL
 ENDURANCE**



NA PUSH

START

X

KM 1.2

X

X

KM 3.1

X

X

ZIEL

X

X

X