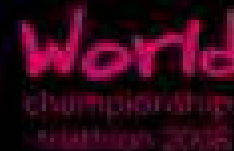


upc holland triathlon

Be there: 29th - 31st of August 2008



Nutrition station	Contains:	Drinks in:
Transition swimming - cycling	Water	Cups
Cycling: 15km	Water, Extran Energy Orange, Extran Refresh Citrus, bananas	Containers
Cycling: 36km	Water, Extran Energy Orange, Extran Refresh Citrus, bananas	Containers
Cycling: 56km	Water, Extran Energy Orange, Extran Refresh Citrus, bananas	Containers
Cycling: 59km COACHPOST	Athletes choice	
Cycling: 75km	Water, Extran Energy Orange, Extran Refresh Citrus, bananas	Containers
Cycling: 96km	Water, Extran Energy Orange, Extran Refresh Citrus, bananas	Containers
Cycling: 116km	Water, Extran Energy Orange, Extran Refresh Citrus, bananas	Containers
Running: 0.5km	Water, Coca Cola, Extran Energy Orange, Extran Refresh Citrus, bananas, oranges, currant buns	Cups
Running: 2.7km COACHPOST	Athletes choice	
Running: 3.0km	Water, Coca Cola, Extran Energy Orange, Extran Refresh Citrus, bananas, oranges, currant buns, Squeezy energy gel	Cups
Running: 4.5km	Water, Coca Cola, Extran Energy Orange, Extran Refresh Citrus, bananas, oranges, currant buns	Cups
Running: 6.7km	Water, Coca Cola, Extran Energy Orange, Extran Refresh Citrus, bananas, oranges, currant buns	Cups
Running: 9.2km	Water, Coca Cola, Extran Energy Orange, Extran Refresh Citrus, bananas, oranges, currant buns, Squeezy energy gel	Cups
Running: 11.3km	Water, Coca Cola, Extran Energy Orange, Extran Refresh Citrus, bananas, oranges, currant buns	Cups
Running: 14.5km	Water, Coca Cola, Extran Energy Orange, Extran Refresh Citrus, bananas, oranges, currant buns	Cups
Running: 15.5km	Water, Coca Cola, Extran Energy Orange, Extran Refresh Citrus, bananas, oranges, currant buns	Cups
Running: 17.7km COACHPOST	Athletes choice	
Running: 18.0km	Water, Coca Cola, Extran Energy Orange, Extran Refresh Citrus, bananas, oranges, currant buns, Squeezy energy gel	Cups
Running: 19.5km	Water, Coca Cola, Extran Energy Orange, Extran Refresh Citrus, bananas, oranges, currant buns	Cups
Running: 21.7km	Water, Coca Cola, Extran Energy Orange, Extran Refresh Citrus, bananas, oranges, currant buns	Cups
Running: 24.2km	Water, Coca Cola, Extran Energy Orange, Extran Refresh Citrus, bananas, oranges, currant buns, Squeezy energy gel	Cups
Running: 26.3km	Water, Coca Cola, Extran Energy Orange, Extran Refresh Citrus, bananas, oranges, currant buns	Cups
Running: 29.5km	Water, Coca Cola, Extran Energy Orange, Extran Refresh Citrus, bananas, oranges, currant buns	Cups

After finish

Water, Coca Cola, Extran Energy Orange, Extran Refresh Citrus, tea, soup bananas, oranges,
currant buns

Cups