

AVITUAL·L·AMIENTOS AID STATIONS

	Pont d'en Gil	Son Morell	Cala Morell	Cala Pilar	Binimel·là	Platges de Fornells	Arenal d'en Castell	Favàritx	Es Grau	Es Castell	Binibeca	Cala'n Porter	Sant Tomàs	Cala Galdana	Son Saura	Cala'n Bosch	Meta
Agua - Aigua - Water	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Coca Cola	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Isotónica Isotónica - Isotonic	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Refrescos - Beguda - Soft drinks																	●
Café - Café - Coffee						●				●			●				●
Hielo - Gel - Ice	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Pan de molde Pa de motlla Sliced bread				●		●		●		●		●		●		●	
Barras de pan Barres de pa Bread						●				●			●				●
Pizzas - Pizzas - Pizza				●				●				●		●		●	●
Frutos secos Fruits secs Nuts	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Orejones - Orellanes Dried peaches	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Dátiles - Dattils - Dates	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Hummus				●				●				●		●		●	
Caldo - Brou - Broth				●		●		●		●		●	●	●		●	
Pasta						●				●			●				
Arroz - Arros - Rice										●							
Huevo duro - Ou dur Boild egg						●				●			●				
Patata hervida - Patata bullida Boiled potatoes						●							●				
Pollo plancha - Pollastre plancha Roast chicken										●							
Albóndigas Mandonguilles Meat balls						●							●				
Verduras - Verdures Vegetables						●				●			●				
Tomate rallado - Tomàtic triturat Tomatoe				●		●		●		●		●	●	●		●	
Salsa tomate - Salsa tomàtic Tomatoe sauce						●				●			●				
Jamón dulce - Pernil dolç Ham				●				●				●		●		●	
Jamón serrano - Pernil salat Salt ham				●				●				●		●		●	
Queso - Formatge - Cheese				●				●				●		●		●	
Crema de cacao - Crema de cacao Cocoa cream				●		●		●		●		●		●		●	
Plátanos - Plátans Bananas	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Naranjas - Taronges Oranges	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Golosinas Llaminadures - Candies	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Chocolate - Xocolata Chocolate	●	●	●		●	●	●		●	●	●		●		●		●
Producto Local Local Meal																	●
Barritas energéticas Barretes energètiques Energic bars				●				●				●		●		●	
Gel energético - Gel energètic Energy gel				●				●				●		●		●	
Cerveza - Cervesa - beer																	●
Mermelada Melmelada - jam				●				●				●		●		●	

En el faro de Punta Nati y Cala Blanca encontrarás puntos de agua e isotónico. At faro Punta Nati and in Cala Blanca you will find water and isotonic drink stations.

SIMPLE :

BÁSIC :

COMPLERT :

¿QUÉ SIGNIFICA? WHAT DOES IT MEAN?

- Agua Water
- Coca Cola Coca Cola
- Isotonic
- Refrescos Refreshments
- Cafe Coffee
- Hielo Ice
- Pan de molde Sliced bread
- Barras de pan Bread
- Pizzas Pizzas
- Frutos secos Nuts
- Orejones Apricots
- Dátiles Dates
- Hummus Hummus
- Caldo Broth
- Pasta Pasta
- Arróz Rice
- Huevo Boild Egg
- Patata Hervida Boiled potatoes
- Pollo plancha Hot chicken
- Albóndigas Meatballs
- Salteado verduras Sauteed vegetables
- Tomate rallado Grated Tomato
- Salsa tomate Tomato sauce
- Jamón Dulce Ham
- Jamón serrano Salt ham
- Queso Cheese
- Crema de Cacao Cocoa cream
- Plátanos Bananas
- Naranjas Oranges
- Golosinas Candies
- Chocolate Chocolate
- Barritas energéticas Energetic bars
- Bossa Producto local Energetic bars
- Gel energético Energy gel
- Cerveza Beer
- Mermelada Jam