

AVITUALLAMIENTOS AID STATIONS

	Pont d'en Gil	Son Morell	Cala Morell	Cala Pilar	Binimel·là	Platges de Formells	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	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Refrescos - Beguda - Soft drinks																	●
Café - Café - Coffee						●				●			●				●
Hielo - Gel - Ice	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Pan de molde				●		●		●		●		●		●		●	
Barras de pan						●				●			●				●
Pizzas				●				●				●		●		●	●
Frutos secos	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Orejones	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Dátiles	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Hummus				●				●				●		●		●	
Caldo				●		●		●		●		●		●		●	
Pasta						●				●			●				
Arroz										●							
Huevo duro						●				●			●				
Patata hervida						●							●				
Pollo plancha										●							
Albóndigas						●							●				
Verduras						●				●			●				
Tomate rallado				●		●		●		●		●		●		●	
Salsa tomate						●				●			●				
Jamón dulce				●				●				●		●		●	
Jamón serrano				●				●				●		●		●	
Queso				●				●				●		●		●	
Crema de cacao				●		●		●		●		●		●		●	
Plátanos	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Naranjas	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Golosinas	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Chocolate	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Producto Local																	●
Barritas energéticas						●							●				
Gel energético						●							●				
Cerveza																	●
Mermelada				●				●				●		●		●	

¿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
- Arroz Rice
- Huevo Boiled Egg
- Patata Hervida Boiled potatoes
- Pollo plancha Hot chicken
- Albóndigas Meatballs
- Salteado verduras Sautéed vegetables
- Tomate rallado Grated Tomato
- Salsa tomate Tomato sauce
- Jamón Dulce Ham
- Jamón serrano Salt ham
- Queso Cheese
- Crema de Cacao Cacao cream
- Plátanos Bananas
- Naranjas Oranges
- Golosinas Candies
- Chocolate Chocolate
- Barritas energéticas Energetic bars
- Bossa Producte local Energetic bars
- Gel energético Energy gel
- Cerveza Beer
- Mermelada 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 :