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	Out of the water T1	Séchilienne 24km	Alpe du Grand Serre 40km	Col du Malissol 54km	Valbonnais 73km	Le Perrier 81km	Col d'Ornon 91km	Bourg d'Oisans 105km	La Garde 109km	St Féréol 114km	Bike park Alpe d'Huez T2 0/6,5/13km	La Bergerie, Sarenne 2,5/4,5/9/11/15,5/17,5km	Finish area
	Water	Water / Saint Yorre / Pepsi / Hydrixir Overstims / Strawberry syrup / Mint syrop								Water Saint Yorre Pepsi Hydrixir Overstims Strawberry syrup Mint syrop	Water Saint Yorre Pepsi Hydrixir Overstims Strawberry syrup Mint syrop Lipton Ice Tea		
   			Barres Overstim's E-bar Gel antioxydant Overstim-s Brioche Cake Compote Bananas Oranges Watermelon Tomatoes Dry fruits Ham Cheese Sausage Peanuts Salty biscuit		Barres Overstim's E-bar Gel antioxydant Overstim-s Brioche Cake Compote Bananas Oranges Watermelon Tomatoes Dry fruits Ham Cheese Sausage Peanuts Salty biscuit		Barres Overstim's E-bar Gel antioxydant Overstim-s Brioche Cake Compote Bananas Oranges Watermelon Tomatoes Dry fruits Ham Cheese Sausage Peanuts Salty biscuit		Barres Overstim's E-bar Gel antioxydant Overstim-s Brioche Cake Compote Bananas Oranges Watermelon Tomatoes Dry fruits Ham Cheese Sausage Peanuts Salty biscuit	Barres Overstim's E-bar Gel antioxydant Overstim-s Gel coup de fouet Overstim.s Brioche Cake Compote Bananas Oranges Watermelon Tomatoes Dry fruits Peanuts Salty biscuit	Brioche Cake Chocolat Compote Bananas Oranges Watermelon Apricot Kiwi Tomatoes Dry fruits Cheese Sausage Peanuts Salty biscuit		
	X	X		X		X							