



Out of the water
T1



La Garde
18km

St Féréol
23km



Bike park
Alpe d'Huez
T2

La Bergerie
Sarenne
2,5/4,5km



Finish area



Water

Water
Saint Yorre
Pepsi
Hydrixir Overstims
Strawberry syrup
Mint syrop

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Saint Yorre
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Lipton Ice Tea



X

Gel Anti-oxydant Overstim.s
Barres Overstim's E-bar

Bananas
Oranges

Gel Coup de fouet Overstim.s

Bananas
Oranges
Watermelon

Brioche
Cake
Chocolat
Compote

Bananas
Oranges
Watermelon
Apricot
Kiwi
Tomatoes

Cheese
Sausage
Peanuts
Salty biscuit