

Food & Drinks Ironman Zurich Switzerland, powered by ewz

	Natascha Badmann Station	Water Station	Relax Station	Heartbreak Hill	Water Station	Power Station	Tough Station	Take Care Station	Hot Station	Golden Station	Water Station
Kilometer	29 119	42 132	62 152	84 174	94	0.6 11.3 22 32.7	1.9 12.6 23.3 34	3.2 13.9 24.6 35.3	4.8 15.5 26.2 36.9	6.3 7.8 17 18.5 27.7 29.2 38.4 39.5	9.4 20.1 30.8 41.5
Food	Bike					Run					
Bananen / Bananas	✓		✓	✓		✓	✓	✓	✓	✓	
Diverse Früchte / Fruits						✓	✓	✓	✓	✓	
Trockenfrüchte / Dried fruits						✓	✓	✓	✓	✓	
Pommes Chips / Potato Chips						✓	✓	✓	✓	✓	
Salzstangen / Prezel sticks						✓	✓	✓	✓	✓	
PowerBar Energize Bar	✓		✓	✓		✓	✓	✓	✓	✓	
PowerGel	✓		✓	✓		✓	✓	✓	✓	✓	

Drinks

PowerBar Performance Sports Drink	✓		✓	✓		✓	✓	✓	✓	✓	
Red Bull									✓		
Wasser / Water	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cola	✓		✓	✓		✓	✓	✓	✓	✓	
Bouillon / Clear Soup						✓	✓	✓	✓	✓	

Verpflegungsposten - Ablauf (gilt nicht für Water Stations)

Aid station set up (not valid for water stations)

Bike



Run

