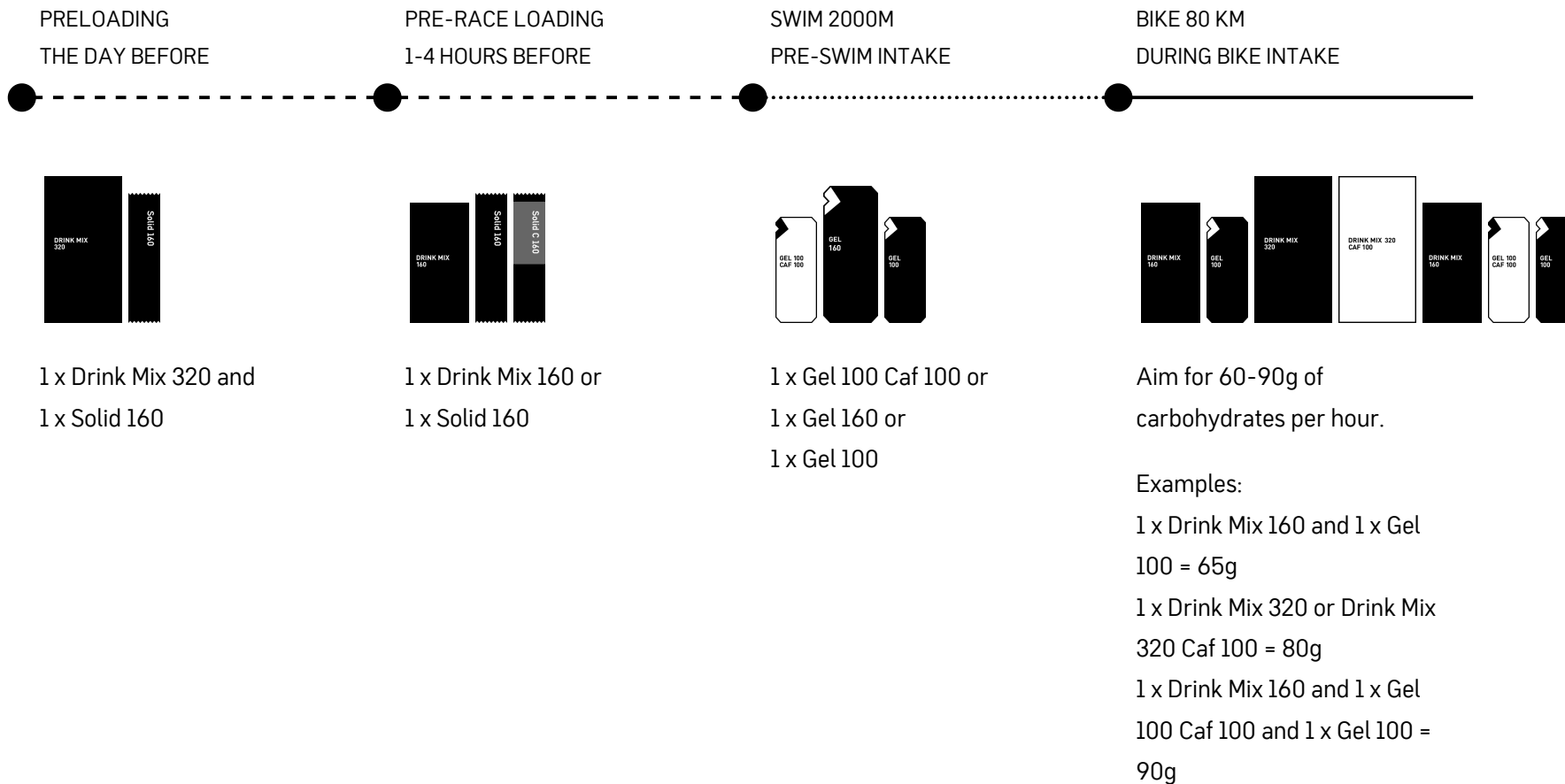
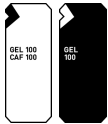


Middle distance triathlon (100 km/62.1 mi)



The Maurten range of sport fuels can act like a modular system, enabling athletes to pick and choose their preferred format and still get the right amount of carbohydrates per hour .

RUN 18 KM
DURING RUN INTAKE



1 x Gel 100 Caf 100 and
1 x Gel 100