

# **NUTRITION GUIDE**

## **DREILÄNDERGIRO**

### **ROUTE STELVIO ENGADIN**

29th of June 2025

*Look through and discover the customized nutrition plan that will give you energy and strength at every stage of the Dreiländergiro. Depending on your target time we put together three different exemplary strategies for your ride.*

**DON'T FORGET:** *Food tolerance and needs are individual and therefore vary from athlete to athlete.*

*All products will be available on site at the various aid stations, except the Fuel 90. The aid station Zernez won't be equipped with Powerbar products. Please be aware that the supply on the aid station is limited. The team on the aid station is doing their best to supply everyone with the right nutrition. In case you have a strict plan, we advise you to take your own supply of products as well.*



Official Sports  
Nutrition Partner of



**DREI  
LÄNDER  
GIRO**

**Nauders**  
am Reschenpass

# 30 km/h - NUTRITION GUIDE (90 g-120 g carbs/h)

**TOTAL**  
**660 g CARBS**



**DISTANCE**  
**168 KM**

**ALTITUDE**  
**3300 HM**

**TIME**  
**5H 40 MIN**

**CARBS/H 116**

3 x for 2 x  
0,75 l bottle



3 x for 2 x  
0,75 l bottle



1 x



2 x



1 x



1 x



+ fluids

6 x



3 x



2 x  
(caffeinated)



+ fluids

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# 24 km/h - NUTRITION GUIDE (90 g carbs/h)

**TOTAL**  
645 g CARBS



3 x for 2 x  
0,75l bottle



1 x  
0,75 l



2 x  
0,75 l



1 x



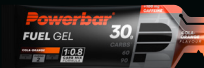
1 x



1 x



1 x



1 x



1 x



1 x



+ fluids

**DISTANCE**  
168 KM

**ALTITUDE**  
3300 HM

**TIME** 7 H

**CARBS/H** 92

3 x



3 x



2 x



2 x

(caffeinated)



3 x



+ fluids

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# 20 km/h - NUTRITION GUIDE (60-90 g carbs/h)

**TOTAL**  
**645 g CARBS**



**DISTANCE**  
**168 KM**

**ALTITUDE**  
**3300 HM**

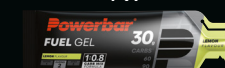
**TIME 8 H 30 MIN**

**CARBS/H 76**

5 x



4 x



2 x  
(caffeinated)



6 x



+ fluids

2 x 0,75 l



1 x 0,75 l



2 x 0,75 l



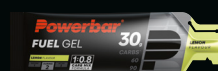
2 x



1 x



1 x



1 x



1 x



2 x



2 x



1 x



1 x



+ fluids

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## NOTE FOR PARTICIPANTS ON THE STELVIO VINSCHGAU ROUTE

We're currently working on a dedicated nutrition guide for your route – because every kilometre of the Dreiländergiro deserves the right fuel. In the meantime, you can still use the strategies in this guide as a reliable base: simply adjust the carbohydrate intake to your average pace. Here's a quick breakdown:

30 km/h | Finish time: 4 hours → 120 g carbs/h

24 km/h | Finish time: 5 hours → 90 g carbs/h

20 km/h | Finish time: 6 hours → 75 g carbs/h

Take this as a guide and combine your desired food:



1 **FUEL 90**  
(500 ml)  
= **90 g** carbs



1 **FUEL GEL**  
= **30 g** carbs



1 **ISO ACTIVE**  
750 ml-bottle  
= approx. **45 g** carbs



1 **ENERGIZE**  
BAR  
= approx. **40 g** carbs

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