

# ENERGY STATIONS

	<b>Time 2</b> <b>Vånsholmen</b>	<b>Time 4</b> <b>Styrsvik</b>	<b>Time 6</b> <b>Munkö</b>	<b>Time 8</b> <b>Nämdö</b> <b>Solvik</b>	<b>Time 9</b> <b>Mörtö Gård</b>	<b>Time 11</b> <b>Mörtö Bunsö</b>	<b>Time 13</b> <b>Kymmendö</b>	<b>Time 14</b> <b>Ornö Kyrka</b>	<b>Time 16</b> <b>Långbäling</b>
<b>F O O D</b>	<i>No food</i>	- Sweets - Bananas - Cinnamon buns - Salted almonds - Marabou Mjölkchoklad	- Oranges - Dried apricots - Gummy bears - Maurten Gel 100	- Bananas - Sandwiches <i>(butter, cheese, cucumber)</i> - Hot dogs	- Oranges - Salted peanuts - Chocolate balls - Maurten Gel 100	- Fruit cake - Sweets - Kexchoklad - Nötcreme	- Bananas - Salted almonds - Gummy bears - Marabou Mjölkchoklad - Maurten Gel CAF 100	- Salted potatoes - Chocolate balls - Sweets - Maurten Gel CAF 100	- Oranges - Cinnamon buns - Salted almonds - Dried apricots
<b>D R I N K S</b>	Maurten 160 Water	Maurten 160 Water	Maurten 320 Water	Maurten 160 Water Coffee Warm broth	Maurten 320 Water	Maurten CAF Water Warm syrup Warm broth	Maurten 320 Water	Maurten CAF Water	Maurten CAF Water Warm water Warm broth