

# ENERGY STATIONS

	Time 2 Vånsholmen	Time 4 Runmarö	Time 6 Munkö	Time 8 Nämdö Solvik	Time 9 Mörtö-Gård	Time 10 Mörtö - Bunsön 1	Time 11 Mörtö- Bunsö 2	Time 13 Kymmendö	Time 14 Ornö	Time 16 Långbäling
<b>F O O D</b>	No food	- Bananas - Candy - Cinnamon Rolls - Salted Chips - Marabou Mjökchoklad (Chocolate)	- Oranges - Beef Jerkey - Gummy Bears - UMARA Bars (glutenfree)	- Bananas - Sandwiches (butter, cheese, pickle) - Hot Dogs	- Oranges - Salted Peanuts - Swedish Chocolate Balls - UMARA Gels	- Twix (Chocolate)	- Fruit cake - Candy - Kexchoklad (Chocolate) - Nötcreme - UMARA Gels	- Bananas - Salted Chips - Gummy Bears - Marabou Mjökchoklad (Chocolate) - UMARA Bars (glutenfree)	- Chocolate Balls - Candy - UMARA Gels	- Oranges - Cinnamon Rolls - Salted Chips - Beef Jerkey
<b>D R I N K S</b>	- UMARA Spots Dink Lemon - Water	- UMARA Spots Dink Lemon - Water	- UMARA Spots Dink Lemon - Water	- UMARA Spots Dink Lemon - Water - Coffee - Warm Soup (Bouillon)	- UMARA Spots Dink Lemon - Water	No drinks	- UMARA Spots Dink Lemon - Water - Warm Tea - Warm Soup (Bouillon)	- UMARA Spots Dink Lemon - Water	- UMARA Spots Dink Lemon - Water	- UMARA Spots Dink Lemon - Water - Warm Tea - Warm Soup (Bouillon)