

NUTRITION GUIDE

ÖTZTALER RADMARATHON

30th of August 2026

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

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. 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.

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Official Sports
Nutrition Partner of

**ÖTZ
TALER**
RADMARATHON

Nutrition you can find on Aid Stations:



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



**1 ENERGIZE
ORIGINAL BAR**
= **40 g** carbs



1 FUEL GEL
= **30 g** carbs

Nutrition you have to bring yourself:



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

8 h - RACE NUTRITION (90 g-120 g carbs/h)

TOTAL
900g CARBS



DISTANCE
227 KM

ALTITUDE
5500 M

2x



2x



1x



1x



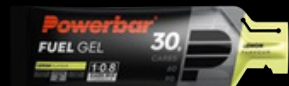
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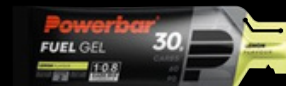
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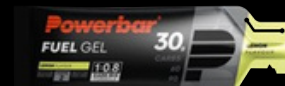
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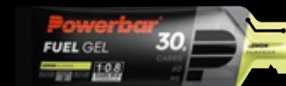
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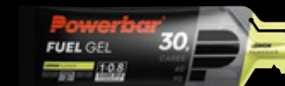
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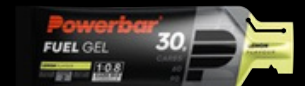
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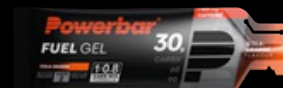
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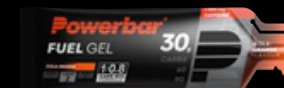
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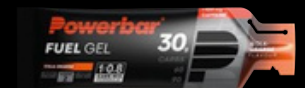
1x



1x



2x



Powerbar®

+ fluids

+ fluids

+ fluids

+ fluids

10 h - RACE NUTRITION (90 g carbs/h)

TOTAL
865g CARBS

0 km **50 km** **120 km** **150 km** **190 km** **226,2 km**
Labe Kühtai Labe Brenner Labe Jaufenpass Labe Schönaau

DISTANCE
227 KM

ALTITUDE
5500 M

2 x



1 x



1 x



1 x



1 x



2 x



1 x



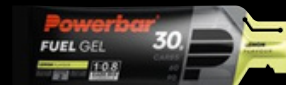
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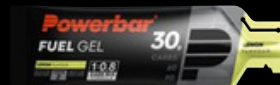
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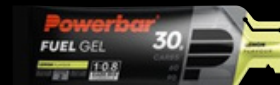
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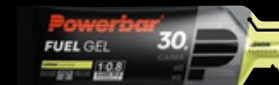
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1 x



3 x

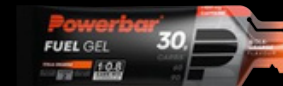


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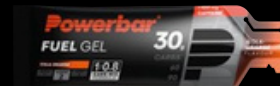
1 x

with Caffeine



1 x

with Caffeine

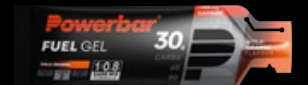


+ fluids

6 x



2 x



1 x

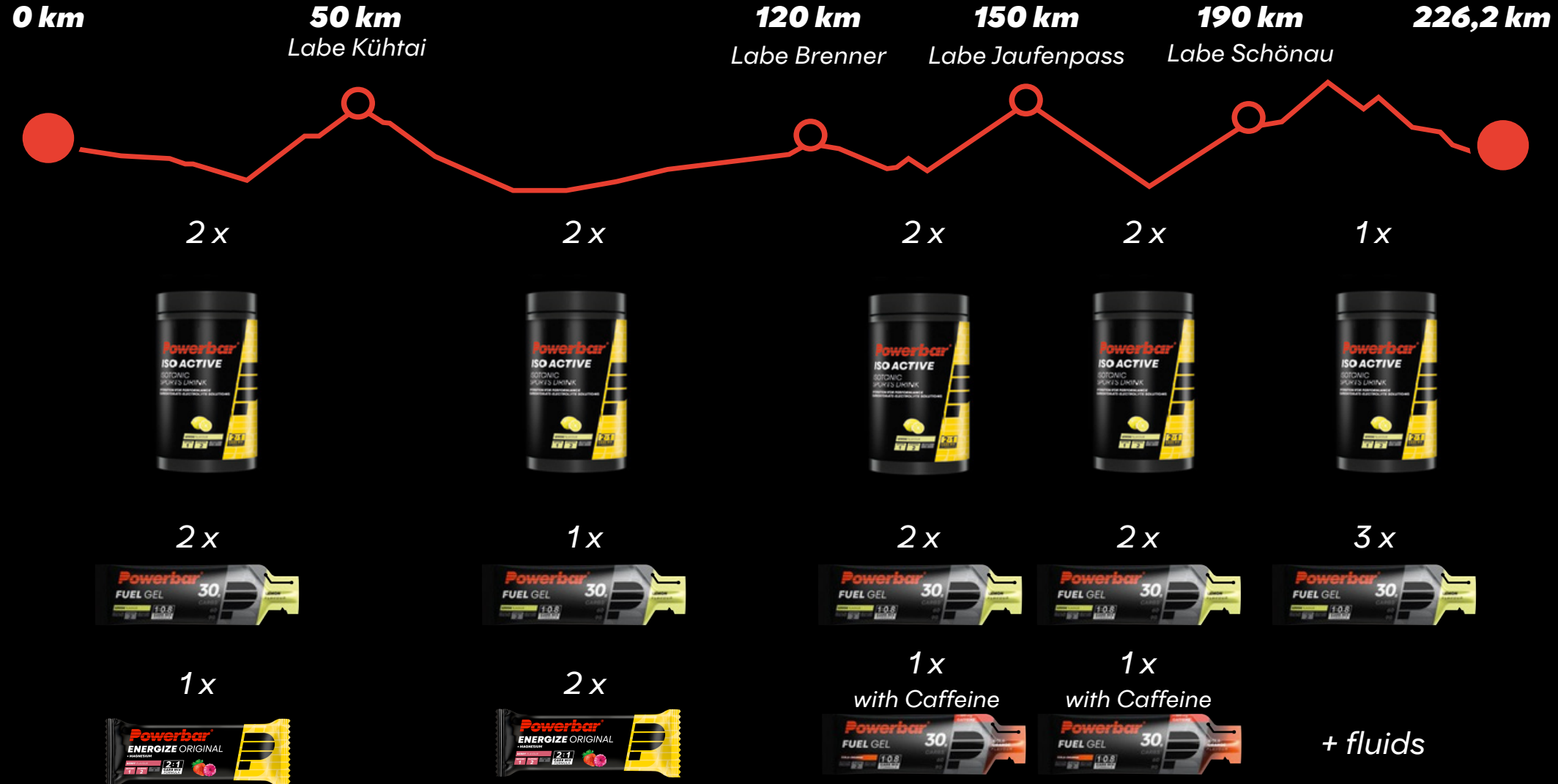


+ fluids

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12 h - RACE NUTRITION (60 g - 90 g carbs/h)

TOTAL
885 g CARBS



DISTANCE
227 KM

ALTITUDE
5500 M

