

NUTRITION GUIDE

ÖTZTALER RADMARATHON

31th of August 2025

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

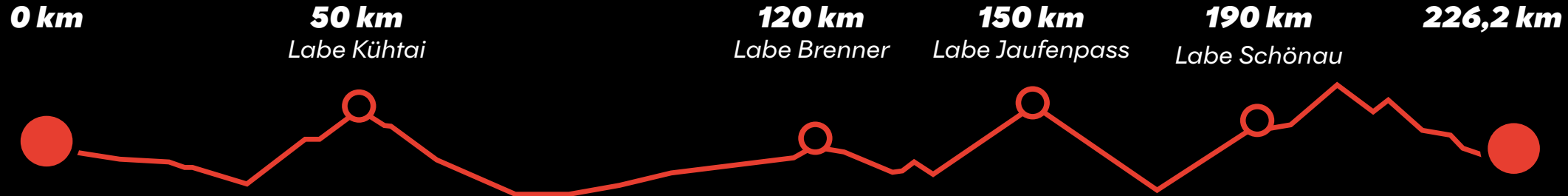
Nutrition you have to bring yourself:



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

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

TOTAL
900 g CARBS



DISTANCE
227 KM

ALTITUDE
5500 M

2 x
for 0,75 l bottle



2 x
for 0,75 l bottle



1 x
for 0,75 l bottle



1 x
for 0,75 l bottle



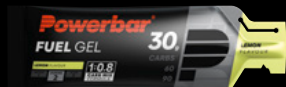
1 x
for 0,75 l bottle



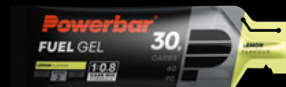
7 x
for 0,75 l bottle



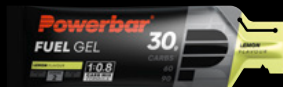
1 x



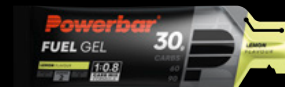
1 x



2 x



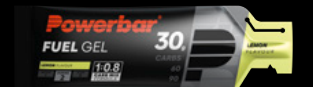
2 x



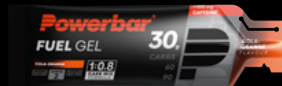
1 x



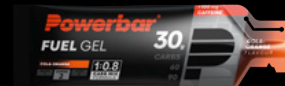
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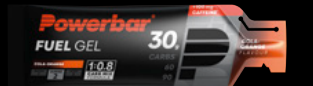
1 x



1 x



2 x



+ fluids

+ fluids

+ fluids

+ fluids

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

TOTAL
865 g CARBS

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



2 x
for 0,75 l bottle



1 x
for 0,75 l bottle



1 x
1,5 portions



1 x
for 0,75 l bottle



1 x
1,5 portions



2 x
1,5 portions



1 x
1,5 portions



4 x
for 0,75 l bottle



5 x
1,5 portions



1 x



1 x



1 x



3 x



1 x



1 x



1 x

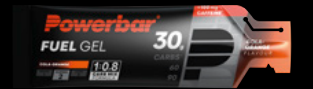


+ fluids

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

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

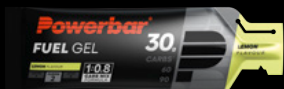
DISTANCE
227 KM

ALTITUDE
5500 M

2 x
1,5 portions



2 x



1 x



2 x
1,5 portions



1 x



2 x



2 x
1,5 portions



2 x



1 x



2 x
1,5 portions



2 x



1 x



1 x
1,5 portions



3 x

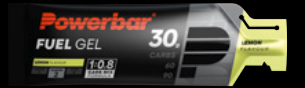


+ fluids

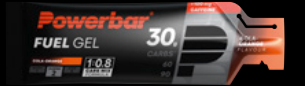
9 x
1,5 portions



10 x



2 x



3 x



+ fluids

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