



RUSTPOST 1 (11KM)
JUBELPARK

FOOD + DRINKS:

Water - Isotone drank - Sandwich - fruit - Zoute koek - Dextro

RUSTPOST 2 (25KM)
RUGBYCLUB BOSVOORDE

FOOD + DRINKS:

Water - Isotone drank - Soep - Brood - Koek - Peperkoek - Zoute koek

RUSTPOST 3 (35KM)
KONINKLIJK ATHENEUM UKKEL

FOOD + DRINKS:

Water - Grenadine - Pasta - Sultana - Snoep - Zoute koek

RUSTPOST 4 (45KM)
RSC ANDERLECHT

FOOD + DRINKS:

Water - Isotone drank - Fruit - Koek - Snoep

RUSTPOST 5 (50.5KM)
195° DE BERCHEM

FOOD + DRINKS:

Water - Frisdrank - Sultana - Koek - Mueslireep - Fruit



RUSTPOST 20KM (10.5KM)
GO ATHENEUM UNESCO KOEKELBERG

FOOD + DRINKS:

Water - Frisdrank - Koek - Sultana - Fruit - Soep - Sandwich