



## Ultra Trail Australia 50km Nutrition & Hydration Template

Check Point	Distance (km)	Your Approximate Time	Nutrition (What will you take/ consume?)	Hydration (How much do you need?)
Start - Scenic World	17.2			
Water Point	11.2			
CP1 Queen Victoria Hospital	12.8			
Emergency Aid Station	8.8			
Finish – Scenic World	50			