



# THE TRAKA

FEED ZONES & SUPPORTERS

MAY 2024

## **FEED ZONE & ASSISTANCE**

We would like to provide you with important information about the feed zones and the rules to follow during the event. The feed zones will be located at strategic points along the route, where participants will be able to replenish their energy and rest during their challenge.

However, it is crucial to note and remember that is strictly forbidden to go with the car inside the track during the event. This is to ensure the safety of all participants and to maintain the integrity of the competition. And remember the support it's just allowed on the assistance area marked by the organization, out of those areas, the participant will be penalized or disqualified.

In addition, we have provided a detailed map showing how to get to the parking area where the assistance is permitted.

We ask that you follow these directions and use only the designated routes to reach the feed zones and parking areas. To facilitate your arrival to the different feed zones, we have attached Google Maps links that will guide you to each location.

# THE TRAKA 200



## THE TRAKA 200 FEED ZONE 1

Km 47 - Sant Joan de Mollet

FIRST PARTICIPANT | 08.35h  
 CUT OFF | 10.45h

Rider Speed (Km/h)	33	32	30	28	26	24	22	20	18	15
Expected Arrival	8:25 AM	8:28 AM	8:34 AM	8:40 AM	9:18 AM	9:27 AM	9:38 AM	9:51 AM	10:06 AM	10:45 AM

THIS FEED ZONE ASSISTANCE IS NOT ALLOWED.

# THE TRAKA 200 FEED ZONE 2

GOOGLE MAPS

Km 110 - Casavells

FIRST PARTICIPANT | 10.20h  
CUT OFF | 13.35h

Rider Speed (Km/h)	33	32	30	28	26	24	22	20	18	17
Expected Arrival	10:16 AM	10:22 AM	10:36 AM	10:51 AM	11:39 AM	12:00 PM	12:24 PM	12:54 PM	1:30 PM	1:35 PM



# THE TRAK 200 FEED ZONE 3

GOOGLE MAPS

Km 108 - Cassà de la Selva

FIRST PARTICIPANT | 11.35h  
CUT OFF | 16.40h

Rider Speed (Km/h)	33	32	30	28	26	24	22	20	18	15
Expected Arrival	11:10 AM	11:18 AM	11:36 AM	11:55 AM	12:48 PM	1:15 PM	1:46 PM	2:24 PM	3:10 PM	4:40 PM



# THE TRAKA 200 FINISH LINE

Km 196 - Girona

FIRST PARTICIPANT | 13.00h  
CUT OFF | 19.30h

Rider Speed (Km/h)	33	32	30	28	26	24	22	20	18	16
Expected Arrival	12:56 PM	1:07 PM	1:32 PM	2:00 PM	3:02 PM	3:40 PM	4:24 PM	5:18 PM	6:23 PM	7:30 PM

