

Χάρτης Διαδρομής – Υπηρεσιών Αθλητών ΗμιΜαραθώνιος Δρόμος 21.100m (1 loop)



Start/Finish

- Medical services (+)
- Isotonic drink (orange bottle)
- Water (glass)
- Timing (clock)
- Toilets (men/women)
- Bananas
- Energy drink (red can)

7,5km

- Water (glass)
- Snacks (cookies)

10km

- Medical services (+)
- Isotonic drink (orange bottle)
- Water (glass)

20km

- Medical services (+)
- Isotonic drink (orange bottle)
- Water (glass)

15km

- Water (glass)
- Isotonic drink (orange bottle)
- Medical services (+)
- Timing (clock)
- Bananas
- Toilets (men/women)

12,5km

- Water (glass)
- Snacks (cookies)

17,5km

- Water (glass)
- Snacks (cookies)

ΕΠΕΞΗΓΗΣΕΙΣ ΣΥΜΒΟΛΩΝ

	Ιατρικές Υπηρεσίες		Νερό
	Ισοτονικό Ποτό		Τουαλέτες
	Χρονομέτρηση		Σφουγγάρια
	Αναψυκτικό		Μπιανάνες

Χάρτης Διαδρομής – Υπηρεσιών Αθλητών Μαραθώνιος Δρόμος 42.195m (2 loops)



ΕΠΕΞΗΓΗΣΕΙΣ ΣΥΜΒΟΛΩΝ

+ [Medical Services]	[Water]	[Water]
[Isotonic Drink]	[Toilets]	[Toilets]
[Timing]	[Energy Bar]	[Energy Bar]
[Energy Bar]	[Banana]	[Banana]