















































































km Marathon	km Semi Marathon							
4,5	4,5	H ₂ O 		ENERGY 			PROTEIN 	WC
6,9	6,9	H ₂ O 		ENERGY 			PROTEIN 	WC
10	10	H ₂ O 		ENERGY 				WC
12,4	12,4	H ₂ O 		ENERGY 			PROTEIN 	WC
13,5	13,5	H ₂ O 		ENERGY 			PROTEIN 	WC
14,5	14,5	H ₂ O 		ENERGY 				WC
18		H ₂ O 		ENERGY 			PROTEIN 	WC
20,3		H ₂ O 		ENERGY 			PROTEIN 	WC
22,6		H ₂ O 	COLA 	ENERGY 			PROTEIN 	WC
24,7		H ₂ O 	COLA 	ENERGY 			PROTEIN 	WC
27,4		H ₂ O 	COLA 	ENERGY 			PROTEIN 	WC
29,4		H ₂ O 	COLA 	ENERGY 			PROTEIN 	WC
31,5		H ₂ O 	COLA 	ENERGY 			PROTEIN 	WC
34,3		H ₂ O 	COLA 	ENERGY 			PROTEIN 	WC
36,5	16,5	H ₂ O 	COLA 	ENERGY 			PROTEIN 	WC
38,9	17,9	H ₂ O 	COLA 	ENERGY 			PROTEIN 	WC
41,7			COLA 