



| km Marathon | km Semi Marathon | | | | | | | | |
|----------------|------------------------|---|---|---|---|---|---|--|---|
| 4,5 | 4,5 | H ₂ O  | | ENERGY  |  | | | POWER  | WC  |
| 6,9 | 6,9 | H ₂ O  | | ENERGY  | |  | | POWER  | WC  |
| 10 | 10 | H ₂ O  | | ENERGY  |  |  | | | WC  |
| 12,4 | 12,4 | H ₂ O  | | ENERGY  | |  | | POWER  | WC  |
| 14,5 | 14,5 | H ₂ O  | | ENERGY  |  |  | | | WC  |
| 18 | | H ₂ O  | | ENERGY  | |  | | POWER  | WC  |
| 20,3 | | H ₂ O  | | ENERGY  |  |  | | POWER  | WC  |
| 22,6 | | H ₂ O  | COLA  | ENERGY  | |  | | POWER  | WC  |
| 24,3 | | H ₂ O  | COLA  | ENERGY  |  |  | | POWER  | WC  |
| 27,6 | | H ₂ O  | COLA  | ENERGY  | |  | | POWER  | WC  |
| 29,6 | | H ₂ O  | COLA  | ENERGY  |  |  | GEL  | POWER  | WC  |
| 31,8 | | H ₂ O  | COLA  | ENERGY  |  |  | GEL  | POWER  | WC  |
| 34,8 | | H ₂ O  | COLA  | ENERGY  |  |  | GEL  | POWER  | WC  |
| 36,8 | 16,5 | H ₂ O  | COLA  | ENERGY  |  |  | GEL  | POWER  | WC  |
| 39,1 | 17,9 | H ₂ O  | COLA  | ENERGY  | |  | | POWER  | WC  |
| 41,7 | | | COLA  | | | | | | |