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MITJA MARATÓ BARCELONA

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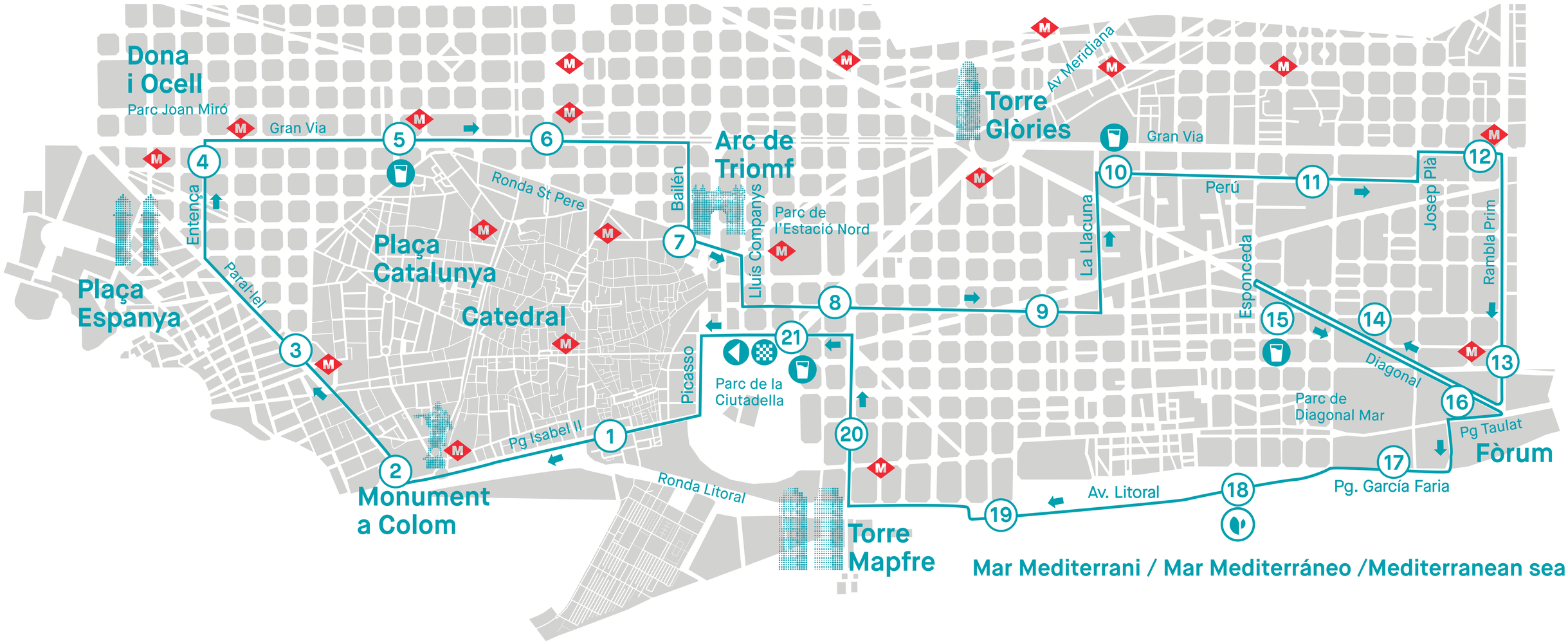
Ajuntament de Barcelona

GOLD LABEL WORLD ATHLETICS ROAD RACE 2023

11/02/2024



SORTIDA/ SALIDA/ START 8:30h

AVITUALLAMENTS
AVITUALLAMIENTOS
AID STATIONS

KM 5 — Water, Isotonic, WC, First aid

KM 10 — Water, Isotonic, WC, First aid, Fruit

KM 15 — Water, Isotonic, Energy Gel, WC, First aid, Quiron Salud

KM 21,097 — Water, Isotonic, Fruit, WC, First aid

LLEGENDA/ LEYENDA/ KEY: Aigua/ Agua Water; Powerade Ion4; Fruita/ Fruta Fruit; Finisher Energy Gel; Quirón Salud