

GARMIN[®] HELSINKI CITY MARATHON

Refreshment stations May 18th, 2019

Location	km	products
1. PIKKU HUOPALAHTI	3 km	Sportyfeel Sports Drink (lemon taste), water
2. LEHTISAARI	6 km	Sportyfeel Sports Drink (lemon taste), water
3. KATAJAHARJU	8 km	Sportyfeel Sports Drink (lemon taste), water
4. TALLBERGIN PUISTOTIE	10 km	Sportyfeel Sports Drink (lemon taste), water, salty pickled cucumber + raisins
5. RUOHOLAHDEN TORI	13 km	Sportyfeel Sports Drink (lemon taste), water salty pickled cucumber + raisins
6. MERISATAMANRANTA	15 km	Sportyfeel Sports Drink (lemon taste), water
7. ETELÄRANTA	18 km	Sportyfeel Sports Drink (lemon taste), water
8. SINEBRYCHOFFIN PUISTO	20,5 km	Sportyfeel Sports Drink (lemon taste), water, salty pickled cucumber + raisins
9. FINLANDIA-TALO	23,5 km	Sportyfeel Sports Drink (lemon taste), water, salty pickled cucumber + raisins
10. PIKKU HUOPALAHTI	28,5 km	Sportyfeel Sports Drink (lemon taste), water
11. PIKKUNIEMENTIE (Munkkiniemi)	30 km	Sportyfeel Energy gel
12. LEHTISAARI	31,5 km	Sportyfeel Sports Drink (lemon taste), water
13. KATAJAHARJU	33 km	Sportyfeel Sports Drink (lemon taste), water
14. TALLBERGIN PUISTOTIE	36 km	Sportyfeel Sports Drink (lemon taste), water, salty pickled cucumber + raisins
15. RUOHOLAHDEN TORI	38 km	Sportyfeel Sports Drink (lemon taste), water, salty pickled cucumber + raisins
16. FINLANDIA-TALO	41 km	Sportyfeel Sports Drink (lemon taste), water, salty pickled cucumber + raisins
17. TELIA 5G ARENA	42, 195 km	Finish area refreshments