

REFUELING STATIONS

Hydra's Trail Marathon

Station	Place	Km	Intermediate distance	Time limits	Water	isotonic fluid	Coca Cola	Sugar Snacks	Salty Snacks	Fruits
1	St. Nickolas	6,1	6,1		√					
2	Clisabrinia	8,2	2,1		√	√		√	√	√
3	Mt. Eros	13,4	5,2		√					√
4	Prophet Elias	15,0	1,6	3:15 hours	√	√	√	√	√	√
5	Loumi Giorgaki	20,1	5,1		√	√	√	√	√	√
6	Episkopi	25,3	5,2	5:45 hours	√	√	√	√	√	√
7	Palamidas	31,7	6,4		√	√	√	√	√	√
8	Finish	37,2	5,5	8:30 hours	√					√