

REFUELING STATIONS (UPDATED)

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 | Kourmada | 17,5 | 4.1 | 3:45 hours | √ | √ | √ | √ | √ | √ |
| 5 | Loumi Giorgaki | 20,1 | 2.6 | | √ | | | | | |
| 6 | Episkopi | 25,3 | 5,2 | 5:45 hours | √ | √ | √ | √ | √ | √ |
| 7 | Palamidas | 31,7 | 6,4 | | √ | √ | √ | √ | √ | √ |
| 8 | Finish | 37,2 | 5,5 | 8:30 hours | √ | | | | | √ |