










Copenhagen  
Half  
Marathon®

# Refreshment Stations

- Urinal 
- Toilets 
- Fruit 
- Water 
- HIGH5 Energy Drink 
- Water 
- HIGH5 Energy Gel (at 12 km) 

Direction of running



- Sparta Medic Team 
- Vaseline 
- Urinal 
- Toilets 
- Fruit 
- Water 
- HIGH5 Energy Drink 
- Water 
- Shower 
- HIGH5 Energy Gel (at 12 km) 
- Elite Personal Refreshment 