



DEL KM 8 AL KM 16
CAMBIO DE SENTIDO
EN PLAYA DE LA LAJA
FROM KM 8 TO KM 16
CHANGE DIRECTIONS
AT PLAYA DE LA LAJA

KM 10
KM 12,5
KM 15

AVITUALLAMIENTOS REFRESHMENT STATIONS

- ⊕ Servicios Médicos / Medical Service
- WC
- 🍌 Frutas y Frutos secos / Fruits and Nuts
- 💧 Agua y Bebida isotónica / Water and Isotonic drink
- 🧽 Esponjas / Sponges

Distance	Medical Service	WC	Fruits and Nuts	Water and Isotonic drink	Sponges
5KM	⊕	WC	🍌	💧	🧽
7,5KM	⊕	WC	🍌	💧	🧽
10KM	⊕	WC	🍌	💧	🧽
12,5KM	⊕	WC	🍌	💧	🧽
15KM	⊕	WC	🍌	💧	🧽
17,5KM	⊕	WC	🍌	💧	🧽
20KM	⊕	WC	🍌	💧	🧽
22,5KM	⊕	WC	🍌	💧	🧽
25KM	⊕	WC	🍌	💧	🧽
27,5KM	⊕	WC	🍌	💧	🧽
30KM	⊕	WC	🍌	💧	🧽
32,5KM	⊕	WC	🍌	💧	🧽
35KM	⊕	WC	🍌	💧	🧽
37,5KM	⊕	WC	🍌	💧	🧽
40KM	⊕	WC	🍌	💧	🧽

A PUNTOS DE AVITUALLAMIENTO / REFRESHMENT POINTS

SALIDA START > 08:30 h

