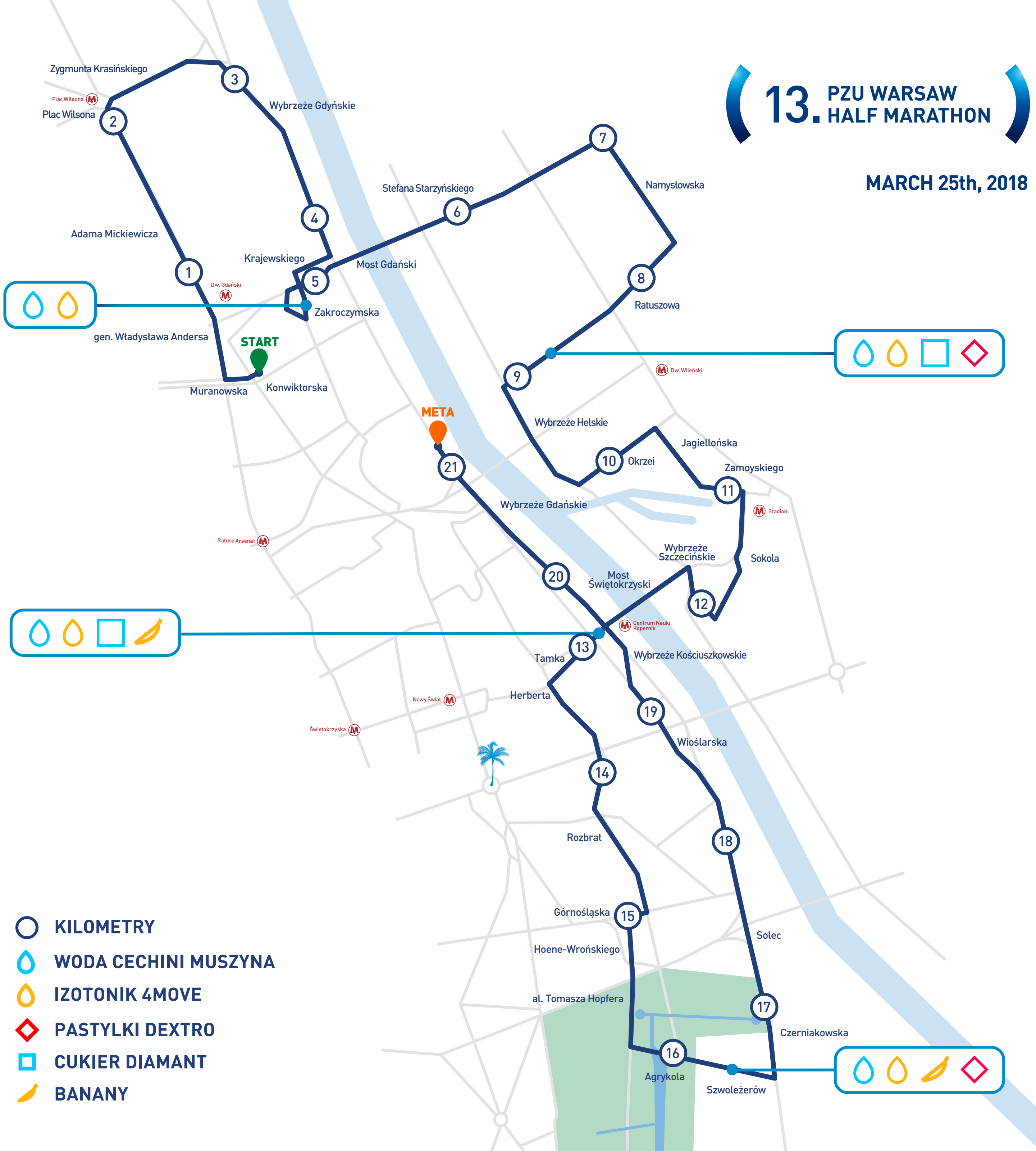


13. PZU WARSAW HALF MARATHON

MARCH 25th, 2018



Water and Isotonic Drink aid station (0-5 km)

Water, Isotonic Drink, Sugar, and Dextro Tablets aid station (5-10 km)

Water, Isotonic Drink, Sugar, and Bananas aid station (10-15 km)

Water, Isotonic Drink, Bananas, and Dextro Tablets aid station (15-21 km)

- KILOMETRY
- WODA CECHINI MUSZYNA
- IZOTONIK 4MOVE
- PASTYLKI DEXTRO
- CUKIER DIAMANT
- BANANY