

NUTRITION 2023

SWISS CITY MARATHON
LUCERNE



	Distance Marathon	Distance Halfmarathon	Distance 10 km	Water	COMPETITION®	HIGH ENERGY BAR SALTY NUTS	Banana	LIQUID ENERGY GEL PLUS	Cola	Apple	Cake Coop	Bouillon	SPORT TEA	Emmi Protein Drink	Beer
Schönbühl	4/25	4		■▲	■▲	■▲	■▲								
Hotel Kastanienbaum	9/30	9		■▲	■▲	■▲	■▲	■							
Seehotel Sternen	11/32	11		■▲											
Krienserstrasse	16/34	13	2	■▲▲	■▲▲	■▲	■▲								
Allmend	17.5/35.5	14.5	4	■▲▲					■▲						
Fruttstrasse	19/37	16	6	■▲▲	■▲▲	■▲▲	■▲▲	■							
								km 19							
Bahnhofstrasse	21/39	18	8	■▲▲	■▲▲	■▲▲	■▲▲								
Finish / Verkehrshaus	42	21	10	■▲▲			■▲▲			■▲▲	■▲▲	■▲▲	■▲▲	■▲▲	■▲▲

■ Marathon ▲ Half Marathon ▲ 10 km