VERPFLEGUNGS- UND ERFRISCHUNGSPUNKTE
NUTRITION- AND REFRESHMENTPOINTS

VP/EP-Nr. *VP/EP-No*	Ort *Location*	KM Marathon *Marathon*	KM Halbmarathon *Half marathon*	KM 10 km-Lauf *10 km run*	Wasser *Water*	Cola *Cola*	Apfelschorle *Apple juice*	Erdinger Alkoholfrei *Non-alc. beer*	Obst *Fruits*	Isostar *Electrolytes*	Schwammwasser *Sponge water*	Eigenverpflegung *Own supplies*	WC *Toilets*
VP 1	Rudolf-von-Bennigsen-Ufer/Riepestraße	5,0	5,0	5,0	●				●		●	●	●
EP 2	Hildesheimer Straße/Bothmerstraße	10,0			●						●	●	●
VP 3	Hildesheimer Straße	12,8	7,0	7,0	●				●	●	●		●
EP 4	Georgstraße	15,0	9,0	9,0	●						●	●	●
VP 5	Walderseestraße	20,0			●				●	●	●	●	●
VP 6	Edenstraße	23,8	12,8		●				●	●	●		●
EP 7	Waldstraße	25,0			●						●	●	●
VP 8	Isernhagener Straße	27,6			●	●	●		●	●	●		●
EP 9	Im Othfelde	30,0			●	●	●			●	●	●	●
VP 10	Schaufelderstraße	33,2	15,8		●	●	●		●	●	●		●
EP 11	Nienburger Straße	35,0	17,6		●	●	●			●	●	●	●
EP 12	Georgengarten, DHC	38,5			●	●	●			●	●		●
VP 13	Wilhelmshavener Straße	40,0	18,7		●	●	●		●	●	●	●	●
	Friedrichswall	Ziel	Ziel	Ziel	●	●	●	●	●	●	●	●	●