



ΔΙΕΘΝΗΣ ΙΣΤΟΡΙΚΟΣ ΑΓΩΝΑΣ ΥΠΕΡΑΠΟΣΤΑΣΕΩΝ ΑΘΗΝΑ - ΣΠΑΡΤΗ 246 ΧΛΜ

ΣΠΑΡΤΑΘΛΟΝ

Στα βήματα του Φειδιππίδη

ROAD BOOK

30 SEPTEMBER - 01 OCTOBER 2023

Detailed Information and Race Facilities

The SPARTATHLON route is carried out from check point to check point, the altitude difference from the sea level reaches up to 1.200 meters and the Athletes run on an asphalt road, a dirt road and mountain trails.

The check points have a distance of 3.500 meters, on average from each other and are fully equipped with provisions, water and other drinks as well as the Athlete's personal belongings.

The race is conducted under police and medical supervision with doctors, physiotherapists and ambulances available throughout the 36-hour race.

It should be noted that each check point (C/P) has its own time restrictions and athletes must arrive before the official closing time otherwise they will be excluded from the race.

In order for the athlete's to effectively plan their course they should read carefully the information that follows.

No OF CHECK POINT	KM FROM START	KM FROM PREVIOUS CHECK POINT	DESCRIPTION	OPENING HOUR	CLOSING HOUR	ASSISTANCE	MEAL FOR ATHLETES AND SUPPORTERS	DOCTORS AND MASSEURS	ELECTRONIC TIMING	W.C.	DROP BAGS	BASIC CATERING	ADDED CATERING	ISOTONICS
0	0	0	ACROPOLIS - START Odeon of Herodes Atticus (Herodion) GPS: 37.970654, 23.72431	06.30	07.00				✓	✓		NO		
1	3,9	3,9	IERA ODOS 94 και St Annis GPS: 37.987222, 23.695631	06.55	07.30							ONLY LIQUIDS		
2	9,4	5,5	DAFNI Opposite of the Botanical Garden. GPS: 38.010673, 23.644259	07.15	08.05							ONLY LIQUIDS		
3	13,8	4,4	SKARAMAGKAS – KOUMOUNDOUROU LAKE, Iconostasis on the right. GPS: 38.018828, 23.599163	07.30	08.35							ONLY LIQUIDS		
4	20,1	6,3	ELEYSINA Entry to City, Right towards the Old Highway. LEYKES station GPS: 38.047505, 23.551384	07.45	09.10				✓		✓	✓		
5	22,1	2	ELEYSINA, City Exit. Square on the left, AEGEAN petrol station on the right GPS: 38.049829, 23.526108	08.10	09.30							ONLY LIQUIDS		
6	25,2	3,1	HELLENIC PETROLEUM (ELLINIKI PETRELEA) Left at the main entrance. GPS: 38.039997, 23.50334	08.25	09.45						✓	✓		
7	29,4	4,2	LOUTROPYRGOS Hotel "AKTI" GPS: 38.026046, 23.470401	08.35	10.15							ONLY LIQUIDS		
8	32,4	3	NEA PERAMOS, House at no.97 .Opposite of AVIN petrol station. GPS: 38.016308, 23.442703	08.50	10.35						✓	✓		✓
9	35,5	3,1	NEA PERAMOS Left side of School, opposite of EKO petrol station Barbouni GPS: 37.999919, 23.414917	09.10	10.55							ONLY LIQUIDS		
10	38,9	3,4	MEGARA Eucalyptus left. Opposite of Marmara (Marble) Stamoulis. GPS: 37.999485, 23.376271	09.25	11.20						✓	✓		✓
11	42,2	3,3	MEGARA. Opposite of MyMarket - MARATHON DISTANCE GPS: 37.98805, 23.346919	09.40	11.45				✓			ONLY LIQUIDS		

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12	43,9	1,7	Old petrol statio, old national road. GPS: 37.978797, 23.334801	09.50	12.10	✓				✓	✓	✓		
13	48,9	5	Entrance to Hotel "KOKKINIS" on the left GPS: 37.975673, 23.284983	10.00	12.30							✓		
14	51,2	2,3	Small plateau on the left with pine and iconostasis GPS: 37.9769346, 23.2596557	10.15	12.45				✓			ONLY LIQUIDS		✓
15	54,7	3,5	KINETTA. "ZORBAS" tavern on the left. Opposite of the road sign "55km" GPS: 37.9718983, 23.2220067	10.25	13.10						✓	✓		
16	57,7	3	KINETTA. Stone bench on the left, Bus station on Saronikou street. GPS: 37.9592182, 23.1974851	10.35	13.30							ONLY LIQUIDS		
17	60,9	3,2	Entrance to Hotel "SIAGKAS" on the left GPS: 37.946746, 23.161574	10.55	13.55						✓	✓		✓
18	65,2	4,3	AGHIOI THEODORI. Square on the left, 200meters before Kalatziki distance GPS: 37.925573, 23.134526	11.15	14.25				✓	✓		ONLY LIQUIDS		
19	69,8	4,6	MOTOROIL Refineries, Main Entrance GPS: 37.91971, 23.076676	11.20	15.00						✓	✓		✓
20	74	4,2	"MYLOI PAFIL" Factory (Previously Kerafina) GPS: 37.9209374, 23.0305732	11.30	15.35							✓		
21	77,6	3,6	THE CANAL OF CORINTH. Left before the Bridge. Square with BP petrol station GPS: 37.9274777, 22.9954369	11.40	16.10							ONLY LIQUIDS		
22	79,8	2,2	ANCIENT WALL. HELLAS KAN (ELLAN KAN) Factory GPS: 37.92607, 22.971758	11.45	16.30	✓	✓	✓	✓	✓	✓	✓	YOGHURT	✓
23	83,2	3,4	On the Left, Entrance to "HAPSAS" factory GPS: 37.9084753, 22.9715433	12.30	17.00							ONLY LIQUIDS		

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24	87,3	4,1	EXAMILLIA. Coffe shop on the left GPS: 37.8976621, 22.9290495	12.45	17.35						✓	✓	YOGHURT	
25	90,6	3,3	Intersection of CORINTHOU-TRIPOLI Highway. On the Right after traffic lights. GPS: 37.8963748, 22.8971754	13.05	18.05				✓			✓		✓
26	92,5	1,9	ANCIENT CORINTH Square GPS: 37.9069696, 22.8804856	13.15	18.25	✓					✓	✓	YOGHURT	
27	96,6	4,1	VILLA (EPAVLIS) OFEON GPS: 37.920219, 22.8456142	13.30	19.00							ONLY LIQUIDS		
28	99,6	3	ASSOS. Coffee shop on the right GPS: 37.9374246, 22.8210047	13.50	19.25			✓	✓	✓		✓		✓
29	101,7	2,1	ZEYGOLATIO CORINTHIAS. Telephone Booth on the Main Square.GPS: 37.939807, 22.8010396	14.00	19.45	✓				✓	✓	✓	SOUP TEA	
30	105,4	3,7	CHURCH AND FOUNTAIL on the right GPS: 37.9254542, 22.7672372	14.15	20.20							ONLY LIQUIDS	SOUP TEA	
31	109,3	3,9	SOULINARI. Coffee shop on the left, right turn. GPS: 37.8955541, 22.7450066	14.30	20.55							✓	SOUP TEA	✓
32	112,3	3	HALKEION. "TO XALKI" Tavern GPS: 37.8820554, 22.7246631	14.45	21.25	✓			✓		✓	✓	SOUP TEA	
33	116,2	3,9	Big tree on the right. 2 farm houses left and right. GPS: 37.870818, 22.709862	15.05	22.00							ONLY LIQUIDS	SOUP TEA	✓
34	119,7	3,5	Chapel of the Archangels (Taxiarxon)on the left GPS: 37.858452, 22.705414	15.20	22.35							ONLY LIQUIDS	SOUP TEA	
35	122,7	3	ANCIENT NEMEA. Church of Agioi Anargyroi GPS: 37.8081241, 22.7081091	15.30	23.00	✓	✓	✓	✓	✓	✓	✓	SOUP, TEA and YOGHURT	✓

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36	126,8	4,1	Left side parking of the "OASIS" taverna GPS: 37.8102178, 22.6744484	16.30	23.40						✓	ONLY LIQUIDS	SOUP TEA	
37	128,9	2,1	Church on the Right side. GPS: 37.79401, 22.665334	16.50	00.00							✓	SOUP TEA	
38	132	3,1	Junction before the Highway underground. GPS: 37.766769, 22.653351	16.50	00.35						✓	✓	SOUP TEA	✓
39	135,3	3,3	Iconostasis on the right. Inscription to MALANDRENI GPS: 37.75103, 22.647423	17.10	01.10							ONLY LIQUIDS	SOUP TEA	
40	139,5	4,2	MALANDRENI Cafe "TEDE" in the square. GPS: 37.7247198, 22.6377503	17.30	01.50	✓					✓	✓	SOUP TEA	✓
41	142,6	3,1	Exit to the Sternas-Lyrkia Public Road. Warning: TURNING RIGHT GPS: 37.720848, 22.610346	17.45	02.20				✓			ONLY LIQUIDS	SOUP TEA	
42	145,4	2,8	Sign: "TO LYRKEIA" GPS: 37.718471, 22.59048	18.00	02.45						✓	✓	SOUP TEA	
43	147,8	2,4	LYRKEIA. On the Right, Tavern of Perivolari. GPS: 37.7049959, 22.5519177	18.05	03.10	✓	✓	✓		✓	✓	✓	SOUP TEA	✓
44	150,8	3	Small plateau on the left, next to the torrent. GPS: 37.6875231, 22.5392551	18.45	03.40							ONLY LIQUIDS	SOUP TEA	
45	153,6	2,8	KAPARELI. Store in the middle of the village GPS: 37.676795, 22.5098273	19.15	04.10						✓	✓	SOUP TEA	✓
46	157	3,4	On the fork of the street right-hand creek. Farm Entrance. GPS: 37.6821594, 22.4918575	19.35	04.45							✓	SOUP TEA	
47	159,4	2,4	BASE OF MOUNTAINStation in the parking lot to the right Wooden Kiosk GPS: 37.6707555, 22.4833641	19.40	05.10	✓	✓	✓	✓	✓	✓	✓	SOUP TEA	✓

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48	161	1,6	MOUNTAIN TOP GPS: 37.670335, 22.474587	19.50	05.50						✓	✓	SOUP TEA	
49	163,5	2,5	SAGKAS GPS: 37.6705815, 22.4580636	20.00	06.25			✓			✓	ONLY LIQUIDS	SOUP TEA	✓
50	166	2,5	LPG PLANTS, on the Left GPS: 37.648571, 22.46206	20.03	06.50							✓	SOUP TEA	
51	168,7	2,7	SAGKAS-NESTANI AIRLIFT. ΑΕΡΟΓΕΦΥΡΑ ΣΑΓΚΑΣ - ΝΕΣΤΑΝΗ. Turn left, onto the highway. Wooden kiosk GPS: 37.62664, 22.465319	20.45	07.15							ONLY LIQUIDS	SOUP TEA	
52	170,4	1,7	NESTANI. Main Square "Mariolas" Tavern" GPS: 37.613808, 22.4658057	20.50	07.30	✓	✓	✓	✓	✓	✓	✓	SOUP TEA	✓
53	174,4	4	CROSSROAD with road towards VYTINA. Station on the right. GPS: 37.593754, 22.429522	21.30	08.05							ONLY LIQUIDS	SOUP TEA	
54	176,3	1,9	Taverns " Η ΓΚΙΟΣΑ ". Crossing left toward LOUKA GPS: 37.5792934, 22.4172515	22.00	08.25						✓	✓	SOUP TEA	
55	177,5	1,2	Underground passage to LOUKA. Warning: Turn RIGHT. GPS: 37.5772031, 22.4309773	22.20	08.40							ONLY LIQUIDS	SOUP TEA	✓
56	182,3	4,8	KIOSK, Iconostasis on the Left. Crossing to PARORI GPS: 37.538416, 22.432115	22.50	09.20							ONLY LIQUIDS	SOUP TEA	
57	184,8	2,5	ZEYGOLATIO ARKADIAS - Main Square. GPS: 37.5174507, 22.4412871	23.00	09.45	✓			✓	✓	✓	✓	SOUP TEA	✓
58	188	3,2	JUNCTION of ARGOS-TRIPOLI roads. Warning: Turn RIGHT towards TRIPOLI and in 200meters, roughly, turn LEFT GPS: 37.4956763, 22.4523033	23.20	10.15						✓	ONLY LIQUIDS	SOUP TEA	
59	190,5	2,5	Small farmhouse, big tree GPS: 37.484608, 22.440212	23.30	10.40							ONLY LIQUIDS	SOUP TEA	
60	193,9	3,4	ALEA - TEGEA Square GPS: 37.453944, 22.420762	23.40	11.10	✓		✓	✓	✓	✓	✓	SOUP TEA	✓

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61	197,2	3,3	BP Petrol Station, left side of the Tripoli Highway –Sparta GPS: 37.4273863, 22.4102506	00.15	11.40					✓		ONLY LIQUIDS	SOUP TEA	
62	200,4	3,2	MANTHIREA, After the village, creek on the left of Wooden Gazebo GPS: 37.403962, 22.4016147	00.45	12.15							✓	SOUP TEA	
63	204,9	4,5	SKIRITIS Center. Left of the AVIN petrol station. GPS: 37.3669662, 22.400978	01.15	12.55					✓	✓	✓	SOUP TEA	✓
64	208,3	3,4	St Nichola's Church, left side of "Traditional Produce" GPS: 37.3443805, 22.4144814	01.35	13.25							ONLY LIQUIDS	SOUP TEA	
65	210,6	2,3	Restaurant ARDAMIS, left side onto the parking. Wooden Kiosk GPS: 37.3270452, 22.4248902	01.50	13.45	✓				✓	✓	✓	SOUP TEA	
66	214,1	3,5	SQUARE on the left. Iconostasis on the other side. GPS: 37.297594, 22.4183863	02.15	14.15							✓	SOUP TEA	✓
67	218,6	4,5	BUS STOP on the left. Crossroad of Karyes/Varvitsa/Vamvakou GPS: 37.2623357, 22.4360907	02.40	14.55							ONLY LIQUIDS	SOUP TEA	
68	221,6	3	MONUMENT on the left. Checkpoint - right onto the wooden kiosk GPS: 37.2385676, 22.4352585	03.05	15.25	✓	SANDWICHES EGGS POTATOES	✓		✓	✓	✓	SOUP TEA	✓
69	225	3,4	Modern house with arches, right Wooden kiosk GPS: 37.2197445, 22.4239733	03.30	16.00				✓			ONLY LIQUIDS	SOUP TEA	
70	229,6	4,6	Square on the left with the faucet. Wooden Kiosk with the Signboard for the Shooting Range. GPS: 37.181861, 22.429792	04.00	16.40						✓	✓	SOUP TEA	
71	231,6	2	Two-story yellow house on the left (louliettas) GPS: 37.164827, 22.428534	04.20	17.00							ONLY LIQUIDS	SOUP TEA	✓
72	234,7	3,1	VOUTIANI, Left from SHELL petrol station GPS: 37.1477692, 22.4364952	04.45	17.25	✓					✓	✓		
73	239,3	4,6	KLADAS. Square on the left with the tree, opposite of a BBQ restaurant "OASIS" GPS: 37.1099604, 22.4336886	05.15	18.05							ONLY LIQUIDS		
74	242,4	3,1	EYROTAS BRIDGE 100 meters after the bridge GPS: 37.0861735, 22.4301733	05.30	18.30				✓		✓	ONLY LIQUIDS		
75	244,74	2,34	SPARTI - END. Statue of King Leonidas GPS: 37.079284, 22.428342	05.35	19.00	✓	✓	✓	✓	✓	✓	ONLY LIQUIDS	BASIC	

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ΕΠΑΡΤΑΘΛΟΝ

Στα βήματα του Φειδιππίδη

ROAD BOOK

30 SEPTEMBER - 01 OCTOBER 2023

FOOD SUPPLIES

Basic Food Supplies

Water, Cola, Juices, Raisins, Pastel, Fruit, Bread, Cookies, Milk, Coffee, Chips, Toasts, Chocolate, Sugar, Honey, Nuts

Central Supply Control Stations

Light Meals