



ΔΙΕΘΝΗΣ ΙΣΤΟΡΙΚΟΣ ΑΓΩΝΑΣ ΥΠΕΡΑΠΟΣΤΑΣΕΩΝ ΑΘΗΝΑ - ΣΠΑΡΤΗ 246 ΧΛΜ

ΣΠΑΡΤΑΘΛΟΝ

Στα βήματα του Φειδιππίδη

ROAD BOOK

28 - 29 SEPTEMBER 2024

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.

CHECK POINT	KM FROM START	KM FROM PREVIOUS CHECK POINT	DESCRIPTION	OPENING HOUR	CLOSING HOUR	ASSISTANCE	MEAL FOR ATHLETES AND SUPPORT	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							√		
6	25,2	3,1	HELLENIC PETROLEUM (ELLINIKΑ 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							√		
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							√		
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	48,8	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				√			√		√
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							√		
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				√	√		√		
19	69,8	4,6	MOTOROIL Refineries, Main Entrance GPS: 37.91971, 23.076676	11.20	15.00						√	√		√
20	74	4,2	"MYLOI PAFILI" 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						√	√		
28	99,6	3	ASSOS. Coffee shop on the right GPS: 37.9374246, 22.8210047	13.50	19.25			√	√	√		√	SOUP, TEA	√
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							√	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							√	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 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. Σταφίδες ΓΕΩΜΠΡΕΣ. Δρομείς προς τα δεξιά. 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							√	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				√			√	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							√	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 MOUNTAIN Station 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			√				√	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							√	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							√	SOUP, TEA	
54	176,3	1,9	Taverns " H GKIOSA ". 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							√	SOUP, TEA	√
56	182,3	4,8	KIOSK, Iconostasis on the Left. Crossing to PARORI GPS: 37.538416, 22.432115	22.50	09.20							√	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							√	SOUP, TEA	
59	190,5	2,5	Small farmhouse, big tree GPS: 37.484608, 22.440212	23.30	10.40							√	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	ΜΑΝΘΗΡΕΑ, 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							√	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							√	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, POTATOES	√		√	√	√	SOUP,TEA	√
69	225	3,4	Modern house with arches, right Wooden kiosk GPS: 37.2197445, 22.4239733	03.30	16.00				√			√	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						√	√	SOUP,TEA	√
72	234,7	3,1	VOUTIANI, Left from SHELL petrol station GPS: 37.1477692, 22.4364952	04.45	17.25	√						√	SOUP,TEA	
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	SOUP,TEA	
75	244,74	2,34	SPARTI - END. Statue of King Leonidas GPS: 37.079284, 22.428342	05.35	19.00	√	√	√	√	√	√	ONLY LIQUIDS		

ΔΙΕΘΝΗΣ ΙΣΤΟΡΙΚΟΣ ΑΓΩΝΑΣ ΥΠΕΡΑΠΟΣΤΑΣΕΩΝ ΑΘΗΝΑ - ΣΠΑΡΤΗ 246 ΧΛΜ

ΕΠΑΡΤΑΘΛΟΝ

Στα βήματα του Φειδιππίδη

ROAD BOOK 28 - 29 SEPTEMBER 2024

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