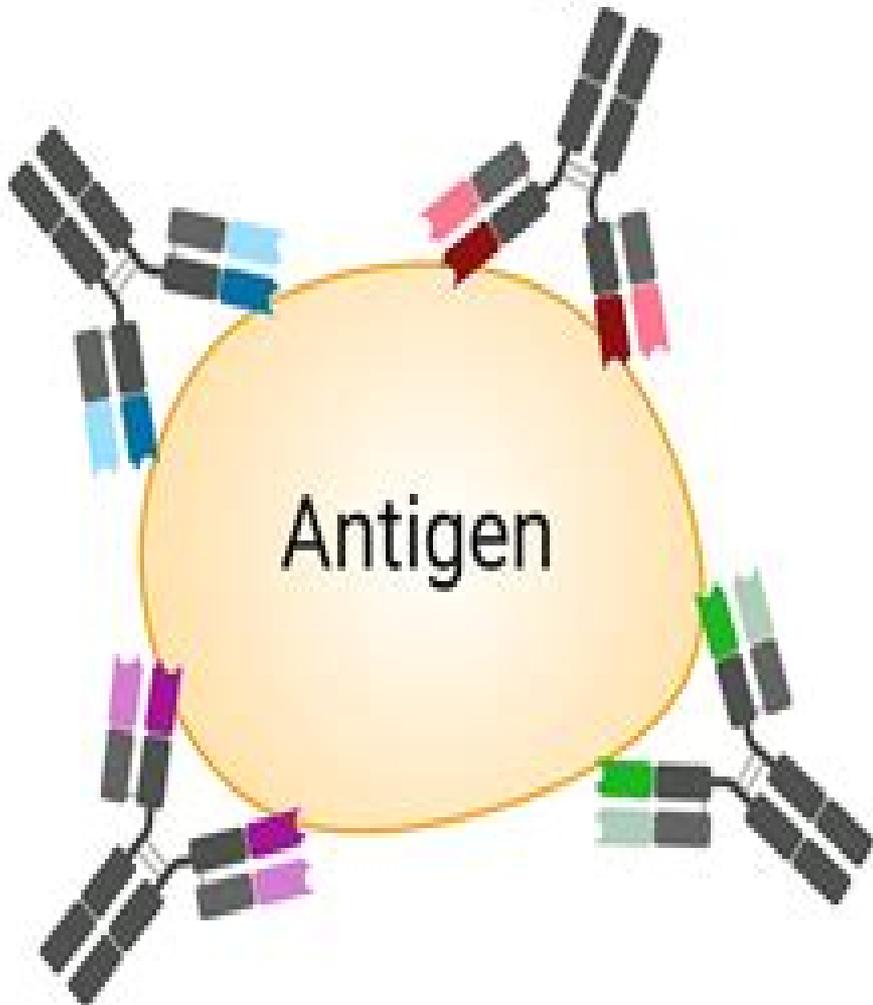
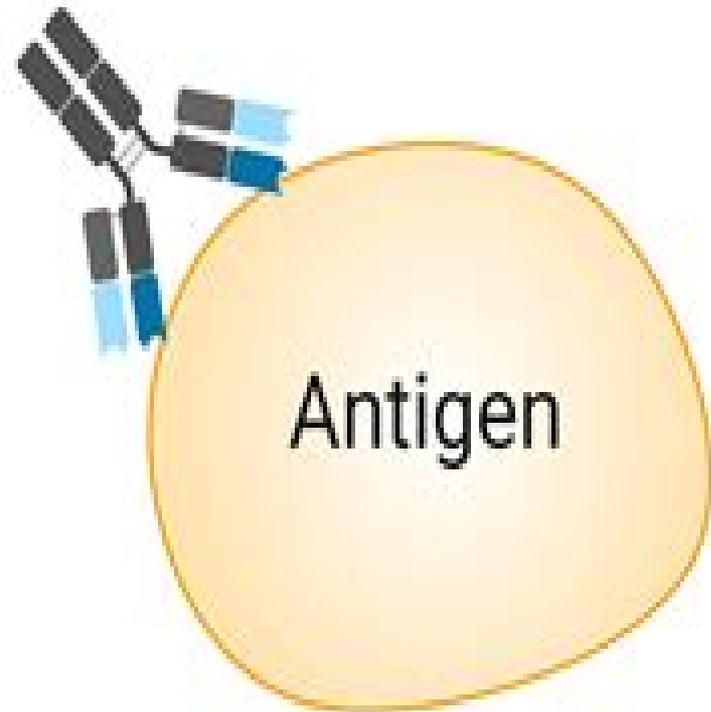


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web oct 26 2023 there are 19 aid stations for the marathon nine for the half marathon four for the 10km race and two for the 5km race allowing runners to focus on their performance with confidence it's advised for marathon runners to consume 50-100 ml of fluid per kilogram of body weight in the 2-4 hours leading up to the marathon to ensure optimal hydration