

**Bemærkning:** Distancen er fast, men der tages forbehold for ændringer af sløjferne og deres længde.

Dato (uge)	Distance	Sløjfer
6/1 (uge 1)	15 km	6 km: <a href="https://connect.garmin.com/modern/course/22129412">https://connect.garmin.com/modern/course/22129412</a> 9 km: <a href="https://connect.garmin.com/modern/course/22013558">https://connect.garmin.com/modern/course/22013558</a>
13/1 (uge 2)	16 km	8 km: <a href="https://connect.garmin.com/modern/course/22167906">https://connect.garmin.com/modern/course/22167906</a> 8 km: <a href="https://connect.garmin.com/modern/course/21976277">https://connect.garmin.com/modern/course/21976277</a>
20/1 (uge 3)	18 km	11 km: <a href="https://connect.garmin.com/modern/course/22241192">https://connect.garmin.com/modern/course/22241192</a> 7 km: <a href="https://connect.garmin.com/modern/course/23897860">https://connect.garmin.com/modern/course/23897860</a>
27/1 (uge 4)	17 km	10 km: <a href="https://connect.garmin.com/modern/course/22421318">https://connect.garmin.com/modern/course/22421318</a> 7 km: <a href="https://connect.garmin.com/modern/course/23897860">https://connect.garmin.com/modern/course/23897860</a>
3/2 (uge 5)	20 km	10 km: <a href="https://connect.garmin.com/modern/course/22168278">https://connect.garmin.com/modern/course/22168278</a> 10 km: <a href="https://connect.garmin.com/modern/course/21977017">https://connect.garmin.com/modern/course/21977017</a>
10/2 (uge 6)	22 km	13 km: <a href="https://connect.garmin.com/modern/course/22239645">https://connect.garmin.com/modern/course/22239645</a> 9 km: <a href="https://connect.garmin.com/modern/course/22013558">https://connect.garmin.com/modern/course/22013558</a>
17/2 (uge 7)	23 km	12 km: <a href="https://connect.garmin.com/modern/course/22240833">https://connect.garmin.com/modern/course/22240833</a> 11 km: <a href="https://connect.garmin.com/modern/course/22384001">https://connect.garmin.com/modern/course/22384001</a>
24/2 (uge 8)	21 km	11 km: <a href="https://connect.garmin.com/modern/course/22241192">https://connect.garmin.com/modern/course/22241192</a> 10 km: <a href="https://connect.garmin.com/modern/course/22168278">https://connect.garmin.com/modern/course/22168278</a>
2/3 (uge 9)	24 km	14 km: <a href="https://connect.garmin.com/modern/course/22239110">https://connect.garmin.com/modern/course/22239110</a> 10 km: <a href="https://connect.garmin.com/modern/course/22168278">https://connect.garmin.com/modern/course/22168278</a>
9/3 (uge 10)	26 km	15 km: <a href="https://connect.garmin.com/modern/course/22383638">https://connect.garmin.com/modern/course/22383638</a> 11 km: <a href="https://connect.garmin.com/modern/course/22384001">https://connect.garmin.com/modern/course/22384001</a>
16/3 (uge 11)	27 km	14 km: <a href="https://connect.garmin.com/modern/course/21976602">https://connect.garmin.com/modern/course/21976602</a> 13 km: <a href="https://connect.garmin.com/modern/course/22239645">https://connect.garmin.com/modern/course/22239645</a>
23/3 (uge 12)	25 km	15 km: <a href="https://connect.garmin.com/modern/course/22241280">https://connect.garmin.com/modern/course/22241280</a> 10 km: <a href="https://connect.garmin.com/modern/course/22421318">https://connect.garmin.com/modern/course/22421318</a>
30/3 (uge 13)	28 km	15 km: <a href="https://connect.garmin.com/modern/course/22383638">https://connect.garmin.com/modern/course/22383638</a> 13 km: <a href="https://connect.garmin.com/modern/course/22239645">https://connect.garmin.com/modern/course/22239645</a>
6/4 (uge 14)	30 km	16 km: <a href="https://connect.garmin.com/modern/course/22240030">https://connect.garmin.com/modern/course/22240030</a> 14 km: <a href="https://connect.garmin.com/modern/course/22239110">https://connect.garmin.com/modern/course/22239110</a>
13/4 (uge 15)	24 km	14 km: <a href="https://connect.garmin.com/modern/course/22239110">https://connect.garmin.com/modern/course/22239110</a> 10 km: <a href="https://connect.garmin.com/modern/course/22168278">https://connect.garmin.com/modern/course/22168278</a>
20/4 (uge 16)	21 km	11 km: <a href="https://connect.garmin.com/modern/course/22241192">https://connect.garmin.com/modern/course/22241192</a> 7 km: <a href="https://connect.garmin.com/modern/course/23897860">https://connect.garmin.com/modern/course/23897860</a>
27/4 (uge 17)	15 km	9 km: <a href="https://connect.garmin.com/modern/course/22013558">https://connect.garmin.com/modern/course/22013558</a> 6 km: <a href="https://connect.garmin.com/modern/course/22129412">https://connect.garmin.com/modern/course/22129412</a>
<b>5/5 (uge 18)</b>	<b>42,195 km</b>	<b>Copenhagen Marathon 2024</b>