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

|  |  |  |
| --- | --- | --- |
| **Dato (uge)** | **Distance** | **Sløjfer** |
| 7/1 (uge 1) | 15 km | 6 km: <https://connect.garmin.com/modern/course/22129412>  9 km: <https://connect.garmin.com/modern/course/22013558> |
| 14/1 (uge 2) | 16 km | 8 km: <https://connect.garmin.com/modern/course/22167906>  8 km: <https://connect.garmin.com/modern/course/21976277> |
| 21/1 (uge 3) | 18 km | 11 km: <https://connect.garmin.com/modern/course/22241192>  7 km: <https://connect.garmin.com/modern/course/23897860> |
| 28/1 (uge 4) | 17 km | 10 km: <https://connect.garmin.com/modern/course/22421318>  7 km: <https://connect.garmin.com/modern/course/23897860> |
| 4/2 (uge 5) | 20 km | 10 km: <https://connect.garmin.com/modern/course/22168278>  10 km: <https://connect.garmin.com/modern/course/21977017> |
| 11/2 (uge 6) | 22 km | 13 km: <https://connect.garmin.com/modern/course/22239645>  9 km: <https://connect.garmin.com/modern/course/22013558> |
| 18/2 (uge 7) | 23 km | 12 km: <https://connect.garmin.com/modern/course/22240833>  11 km: <https://connect.garmin.com/modern/course/22384001> |
| 25/2 (uge 8) | 21 km | 11 km: <https://connect.garmin.com/modern/course/22241192>  10 km: <https://connect.garmin.com/modern/course/22168278> |
| 4/3 (uge 9) | 24 km | 14 km: <https://connect.garmin.com/modern/course/22239110>  10 km: <https://connect.garmin.com/modern/course/22168278> |
| 11/3 (uge 10) | 26 km | 15 km: <https://connect.garmin.com/modern/course/22241280>  11 km: <https://connect.garmin.com/modern/course/22241192> |
| 18/3 (uge 11) | 26 km | 15 km: <https://connect.garmin.com/modern/course/22383638>  11 km: <https://connect.garmin.com/modern/course/22384001> |
| 25/3 (uge 12) | 27 km | 14 km: <https://connect.garmin.com/modern/course/21976602>  13 km: <https://connect.garmin.com/modern/course/22239645> |
| 1/4 (uge 13) | 25 km | 15 km: <https://connect.garmin.com/modern/course/22241280>  10 km: <https://connect.garmin.com/modern/course/22421318> |
| 8/4 (uge 14) | 28 km | 15 km: <https://connect.garmin.com/modern/course/22383638>  13 km: <https://connect.garmin.com/modern/course/22239645> |
| 15/4 (uge 15) | 30 km | 16 km:[https://connect.garmin.com/moder](https://connect.garmin.com/modern/course/22240030)[de](https://connect.garmin.com/modern/course/22239110)[n/course/22240030](https://connect.garmin.com/modern/course/22240030)  14 km: [https://connect.garmin.com/modern/course/22239110](https://connect.garmin.com/modern/course/22239110?fbclid=IwAR2I5FBuaVFrtScEUbXYDdBr0mWkCn5yOJrAG6qSZW61b6I0H7unEJX75cY) |
| 22/4 (uge 16) | 24 km | 14 km: <https://connect.garmin.com/modern/course/22239110>  10 km: <https://connect.garmin.com/modern/course/22168278> |
| 29/4 (uge 17) | 18 km | 11 km: <https://connect.garmin.com/modern/course/22241192>  7 km: <https://connect.garmin.com/modern/course/23897860> |
| 6/5 (uge 18) | 15 km | 9 km: <https://connect.garmin.com/modern/course/22013558>  6 km: <https://connect.garmin.com/modern/course/22129412> |
| **14/5 (uge 19)** | **42,195 km** | **Copenhagen Marathon 2022** |