Guide route for Supporters

Indicated time is the predicted time for runner crossing

Point	Distance	Station	Line	Code
1	START	Nishi-Shinjuku Station	Marunouchi Line	M 07
2	1km	Shinjuku Station	Marunouchi Line	M 08
3	2km	Shinjuku-sanchome Station	Marunouchi Line / Fukutoshin Line	M 09 / F 13
4	5km	Ichigaya Station	Yurakucho Line	Y 14 / N 09
5	6km	Iidabashi Station	Tozai Line / Yurakucho Line / Nanboku Line	T 06 / Y 13 / N 10
6	8km	Jimbocho Station	Shinjuku Line	Z 07
7	9km	Awajicho Station / Shin-ochanomizu Station	Marunouchi Line / Chiyoda Line	M 19 / C 12
8	12km	Kanda Station	Ginza Line	G 13
9	13km	Nihombashi station	Ginza Line / Tozai Line	G 11 / T 10
10	14km	Kayabacho Station	Hibiya Line / Tozai Line	H 13 / T 11
11	15km	Ningyocho Station	Hibiya Line	H 14
12	18km	Asakusa Station	Ginza Line	G 19
13	22km	Kiyosumi-shirakawa Station	Shinjuku Line	Z 11
14	23km	Monzen-nakacho Station	Tozai Line	T 12
15	25km	Monzen-nakacho Station	Tozai Line	T 12
16	26km	Kiyosumi-shirakawa Station	Shinjuku Line	Z 11
17	31km	Kayabacho Station	Hibiya Line / Tozai Line	H 13 / T 11
18	32km	Kyobashi Statio	Ginza Line	G 10
19	33km	Ginza Station	Ginza Line / Marunouchi Line / Hibiya Line	G 09 / M 16 / H 09
20	34km	Hibiya Station	Hibiya Line / Chiyoda Line	H 08 / C 09
21	41km	Hibiya Station	Hibiya Line / Chiyoda Line	H 08 / C 09
	FINISH	Tokyo Station/ Gyoko-dori Ave.		

Tokyo Metropolitan Government Office

Runner's predicted passing time

- 9:10 starting point
- 10:22 watch near Monzen-nakacho Station
- 11:08 watch near Hibiya Station

Supporter guide route for the leading runner

Nishi-Shinjuku → Marunouchi Line (bound for Ikebukuro) → Transfer Otemachi Station → Tozai Line (bound for Nishi-Funabashi) → Monzen-nakacho → Tozai Line (bound for Nakano) → Transfer Kayabacho Station → Hibiya Line (bound for Naka-meguro) → Hibiya

Time on train: approx. 36 min. Additional travel time(*): approx. 7 min.

Time on train: approx. 19 min. Additional travel time : approx. 6 min.

Runner's predicted passing time

- 9:14 starting point
- 10:27 watch near Nihombashi Station
- 11:36 watch near Monzen-nakacho Station
- 12:21 watch near Ginza Station
- 13:07 watch near Hibiya Station

Supporter guide route for the sub-4-hour runner

Nishi-Shinjuku → Marunouchi Line (bound for Ikebukuro) → Transfer Akasaka-mitsuke Station → Ginza Line (bound for Asakusa) → Nihombashi → Tozai Line (bound for Nishi-Funabashi) → Monzen-nakacho → Tozai Line (bound for Nakano) → Transfer Kayabacho Station → Hibiya Line (bound for Naka-meguro) → Ginza → Hibiya Line (bound for Naka-meguro) → Hibiya

Time on train: approx. 24 min. Additional travel time : approx. 6 min.

Time on train: approx. 4 min. Additional travel time : approx. 5 min.

Time on train: approx. 16 min. Additional travel time : approx. 6 min.

Time on train: approx. 1 min. Additional travel time : approx. 6 min.

Runner's predicted passing time

- 9:18 starting point
- 10:00 watch near Iidabashi Station
- 11:26 watch near Asakusa Station
- 12:15 watch near Monzen-nakacho Station
- 13:12 watch near Ginza Station
- 14:09 watch near Hibiya Station

Supporter guide route for the sub-5-hour runner

Nishi-Shinjuku → Marunouchi Line (bound for Ikebukuro) → Transfer Yotsuya Station → Namboku Line (bound for Akabane-Iwabuchi) → Iidabashi → Tozai Line (bound for Nishi-Funabashi) → Transfer Nihombashi Station → Ginza Line (bound for Asakusa) → Asakusa → Ginza Line (bound for Shibuya) → Transfer Nihombashi Station → Tozai Line (bound for Nishi-Funabashi) → Monzen-nakacho → Tozai Line (bound for Nakano) → Transfer Kayabacho Station → Hibiya Line (bound for Naka-meguro) → Ginza → Hibiya Line (bound for Naka-meguro) → Hibiya

Time on train: approx. 19 min. Additional travel time : approx. 9 min.

Time on train: approx. 24 min. Additional travel time : approx. 4 min.

Time on train: approx. 22 min. Additional travel time : approx. 4 min.

Time on train: approx. 16 min. Additional travel time : approx. 6 min.

Time on train: approx. 1 min. Additional travel time : approx. 6 min.

Runner's predicted passing time

- 9:22 starting point
- 10:13 watch near Iidabashi Station
- 11:12 watch near Nihombashi Station
- 11:55 watch near Asakusa Station
- 12:55 watch near Monzen-nakacho Station
- 14:03 watch near Ginza Station
- 15:11 watch near Hibiya Station

Supporter guide route for the sub-6-hour runner

Nishi-Shinjuku → Marunouchi Line (bound for Ikebukuro) → Transfer Yotsuya Station → Namboku Line (bound for Akabane-Iwabuchi) → Iidabashi → Tozai Line (bound for Nishi-Funabashi) → Nihombashi → Ginza Line (bound for Asakusa) → Asakusa → Ginza Line (bound for Shibuya) → Transfer Nihombashi Station → Tozai Line (bound for Nishi-Funabashi) → Monzen-nakacho → Tozai Line (bound for Nakano) → Transfer Kayabacho Station → Hibiya Line (bound for Naka-meguro) → Ginza → Hibiya Line (bound for Naka-meguro) → Hibiya

Time on train: approx. 19 min. Additional travel time : approx. 9 min.

Time on train: approx. 7 min. Additional travel time : approx. 7 min.

Time on train: approx. 14 min. Additional travel time : approx. 4 min.

Time on train: approx. 22 min. Additional travel time : approx. 4 min.

Time on train: approx. 16 min. Additional travel time : approx. 6 min.

Time on train: approx. 1 min. Additional travel time : approx. 6 min.

Note: Please note in advance the starting time of runners, the expected time runners will be crossing, and the predicted length of time for the model routes are only forecasted and may change drastically according to the crowds surrounding the stations. *travel time from train exit to cheering spot.