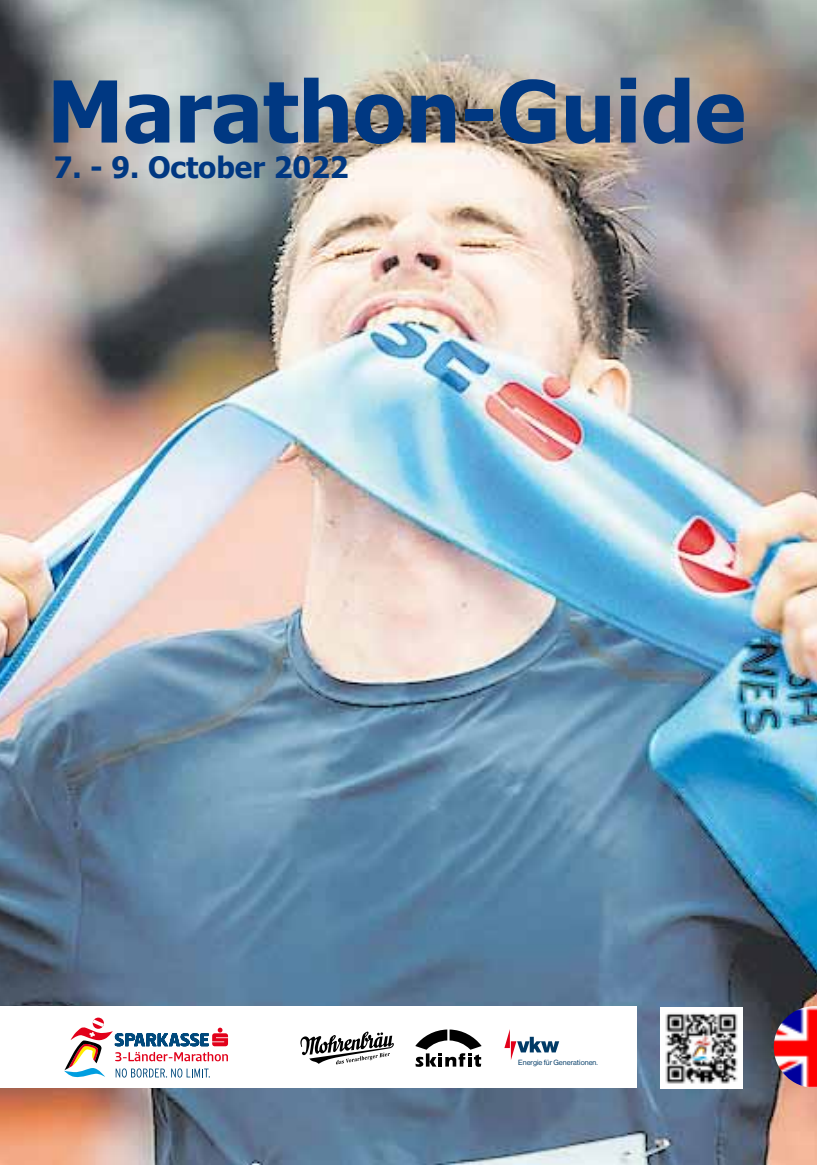


# Marathon-Guide

7. - 9. October 2022



*Mofrenbräu*  
das Voralberger Bier



**vkw**  
Energie für Generationen.







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8. October**

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# Program

## Friday, 7. October 2022

13:00-19:00

Festspielhaus Bregenz

Sport trade fair

Start number distribution,  
late registrations, pasta party

16:00

Hotel Bayerischer Hof, Lindau

Sightseeing-Run Lindau

16:00

Festspielhaus Bregenz

Sightseeing-Run Bregenz

## Saturday, 8. October 2022

9:00- 19:00

Festspielhaus Bregenz

Sport trade fair

Start number distribution,  
late registrations, pasta party

11:00- 18:00

Festspielhaus Bregenz

Health symposium

10:00-15:00

Stadium Bregenz

kids marathon

14:00

Festspielhaus Bregenz

Sightseeing-Run Bregenz

## Sunday, 9. October 2022

7:30-9:00

Festspielhaus Bregenz

Start number distribution,  
late registrations

8:00-13:00

Festspielhaus Bregenz

Sport trade fair

9:00

Lindau harbour

Warm up with the "Monroes"

10:30

Lindau harbour

Start all races

Further hotspots along the route to surprise and motivate all

# Sport-trade fair

This trade fair, situated in the Festspielhaus in Bregenz, offers a range of exhibits and articles relevant to marathon runners. Additionally, here the start numbers and pre ordered event shirts can be collected. Within this trade fair area you can find the pasta party and health symposium too.

## Hours

Friday, 7th of October 2022  
Saturday, 8th of October 2022  
Sunday, 9th October 2022

13:00 to 19:00  
9:00 to 19:00  
7:30 to 13:00

# Pasta Party

Marathon runners and visitors are invited to the pasta party.

## Hours

Friday, 7th of October 2022

13:00 to 19:00

Saturday, 8th of October 2022

10:00 to 19:00

Festspielhaus Bregenz



# Health symposium

Providing expert advice for performance and condition of marathon runners.

## Hours

Saturday, 8th of October 2022  
Festspielhaus Bregenz

10:00 to 18:00





# Starting times

All marathons start from Lindau harbour Germany. The various vessels will transfer participants (free of charge) from Bregenz harbour to the starting line at Lindau harbour on Sunday from 8:00 am until 9:30 am. Duration of the journey is approx 20 minutes. There will be various train shuttles from Bregenz to Lindau and back.

There are several starting blocks at the starting line according to your best time from previous marathons. Your allocated block is printed on your start number. Your exact start time is recorded on your chip. Please note the instructions of the helpers to avoid confusion.

**Starting times**  
**All disciplines**

**10:30 am**

Participants in the category “walking” are in the last block.



# Race map

BIP-Numbers



Sparkasse 3-Länder-Marathon



Skinfit halfmarathon



vw quartermarathon



VN.at relay-marathon





# Clothes transport

Changing facilities are available at the start area. Place all your belongings and clothes change into your starter bag, which has your starter number printed on it and hand it to the transport trucks. Your bags can then be collected after the race. Please note that items placed in any bags other than your official starter bag will not be accepted. The transport company takes no responsibility for damaged and lost goods.

**All clothes bags must be handed in by the latest 10:15**

## **After the race in Bregenz**

The clothes collection point at Bregenz casino stadium is located near the showers until 17:00 on Sunday. Any uncollected items will be disposed of after a week.

# Ship transfer

On Sunday we bring you with the ships from Bregenz to the start in Lindau.

## Sunday, 9. October 2022

### Departure Bregenz

8:00  
8:30  
9:25

### Arrival Lindau

8:25  
8:55  
9:50

### Departure Lindau

11.00

### Arrival Bregenz

11:25

## Important

All participants must be at the start line by 10:15.  
Your start number includes free public transport. For visitors the ship transfer is 8 Euro return.







# Train transfer

Your start number includes free public transport within Vorarlberg, Lindau and St. Margrethen.

## Transfer to the start

train	departure Bregenz	arrival Lindau
5560	08:19	08:32
5630	08:45	08:57
5562	08:49	09:03
S1	09:20	09:32
5634	09:45	09:57
5564	09:49	10:03

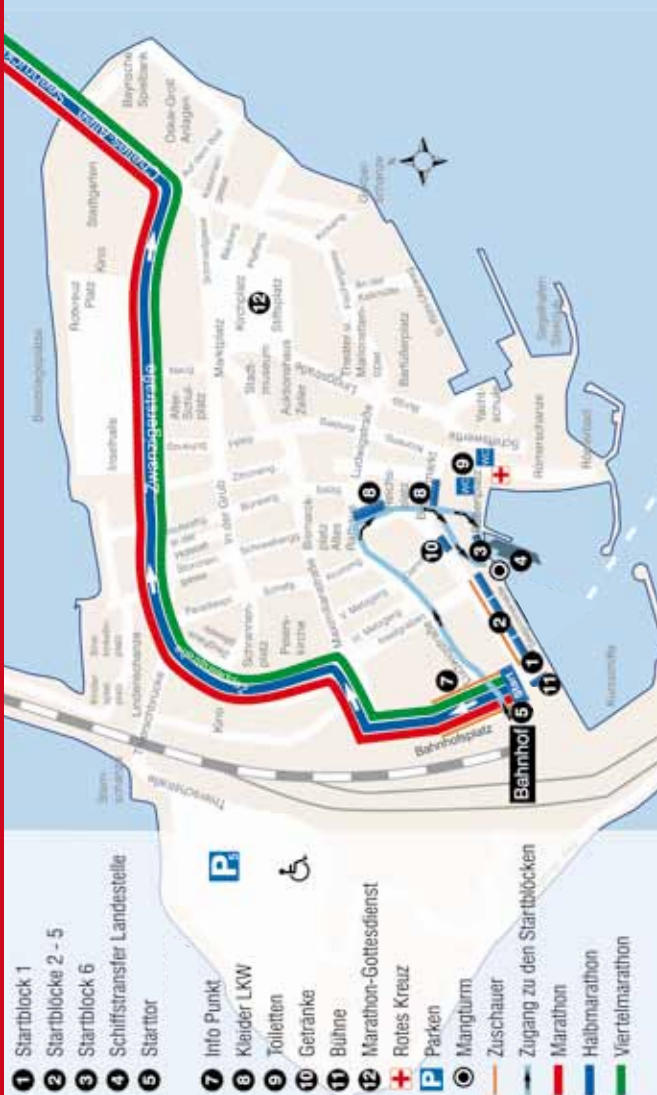
## Important

All participants must be at the start line by 10:15.

Spectators can get a free travel coupon from:  
[www.vmobil.com](http://www.vmobil.com)



## Start Lindau



## Finish Bregenz





# Refreshment checkpoints

The following items are available at each checkpoint.

km	Water	SPONSOR COMPETITION*	Tea (if necessary)	VO US Iso	VO US Cola	Bananas	SPONSOR ENERGY BAR	SPONSOR LIQUID ENERGY GEL	Energy drink
5	💧			☑					
10	💧	💰	🍵	☑					
13.2	💧		🍵	☑					
17	💧	💰	🍵	☑		🍌			
18.8	💧		🍵	☑		🍌			
21.8	💧	💰	🍵	☑		🍌			
24	💧		🍵	☑		🍌			
25.5	💧	💰	🍵	☑	☑	🍌			
28	💧		🍵	☑	☑	🍌			
29.5	💧	💰	🍵	☑	☑	🍌	💰	💰	
32.5	💧	💰	🍵	☑	☑	🍌			🥤
34.3	💧	💰	🍵	☑	☑	🍌	💰	💰	
36.8	💧	💰	🍵	☑	☑	🍌	💰	💰	
40.3	💧	💰	🍵	☑	☑	🍌		💰	🥤

\*subject to change

Runners with personal refreshment requirements have the possibility to hand in these items at the collection point of the fair in Bregenz on Saturday, 8. by 17:00. These will then be available at km 10 - 17 - 21,8 - 25,5 - 29,5 - 34,3 - 40,3





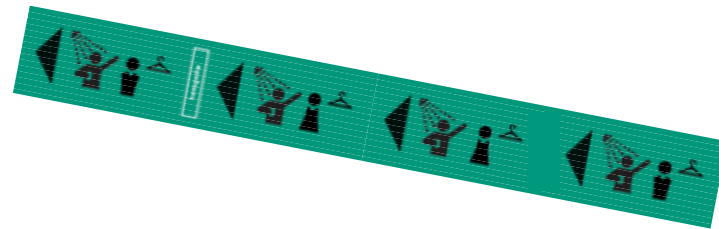
# At the finish line

The finish line is in the Bregenz stadium where each runner will receive a finishers medal. Here after you will find further refreshment stands.



# Showers and change rooms

Follow the markers to the clothes collection point where there will be shower trucks for the men and the women's showers are located in the indoor pool building (Hallenbad). The clothes trucks and shower trucks are situated on the Parkplatz West (parking area west).



# #glaubandich



**SPARKASSE** 