



SPARKASSE

3-Länder-Marathon
NO BORDER. NO LIMIT.

Marathon-Guide 2025



Mohrenbräu
das Vorarlberger Bier

skinfit

vwk
Energie für Generationen.

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A man with a beard and light-colored hair is running at night. He is wearing a bright blue jacket and green shorts. He is looking upwards and to the right with a determined expression. The background is dark with some blurred lights and foliage.

Wir freuen
uns auf den
12. Oktober 2025

GLAUB AN
DICH

SPARKASSE 

Programm

10. - 12.10.2025

Friday, October 10th 2025

1-18 pm

Festspielhaus, Bregenz

Sport-Active-Fair

Pickup starting numbers

Late registration, Pasta-Party

4 pm

Hotel Bayerischer Hof, Lindau

Sightseeing-run Lindau

4 pm

Festspielhaus, Bregenz

Sightseeing-run „History“

Bregenz

Saturday, October 11th 2025

9 am - 6 pm

Festspielhaus, Bregenz

Sport-Active-Fair

Pickup starting numbers

Late registration, Pasta-Party

10 am - 6 pm

Festspielhaus, Bregenz

Health Symposium

10 am - 3 pm

Stadium, Bregenz

Children's Marathon

2 pm

Festspielhaus, Bregenz

Sightseeing-run „culture & art“

Bregenz

Sunday, October 12th 2025

7-9 am

Festspielhaus, Bregenz

Pickup starting numbers

Late registration

7-12 pm

Festspielhaus, Bregenz

Sport-Active-Fair

9 am

Harbour, Lindau

Warm-up with „The Monroes“

9:45 am

Harbour, Lindau

Start 3-country-marathon
relay-marathon

10:25 am

Harbour, Lochau

Start 5k Youth marathon

10:30 am

Harbour, Lindau

Start halfmarathon

10 k marathon, Nordic Walking

Subject to program changes.

Sport-Active-Fair

10. - 12.10.2025

The Festspielhaus in Bregenz with its impressive scenery of the Lake of Constance and the world's biggest lake stage is situated ideally. Multiple parking lots are close by and the Bregenz main train station as well as the Bregenz harbour are only a few walking minutes away. The finishing area of this event is just around the corner.

The pickup of starting numbers, the Pasta-Party and the health symposium are taking place on the exhibition grounds of the Festspielhaus Bregenz.

Opening hours

Friday, Oct 10th, 2025	1 - 6 pm
Saturday, Oct 11th, 2025	9 am - 6 pm
Sunday, Oct 12th, 2025	7 am - 12 pm

ATTENTION:

Pickup of starting numbers on Sunday is only possible until 9 am

Pastaparty

10. - 11.10.2025

The pasta party is a great opportunity for everyone who wants to fill up their carbohydrate storage before the race in a sociable atmosphere. Gluten-free pasta is available.

This event is open to runners and visitors to enjoy, eat, talk and amuse. It takes place in the Festspielhaus Bregenz.

Opening hours

Friday, October 10th	1 - 6 pm
Saturday, October 11th	10 am - 6 pm
Festspielhaus Bregenz	

Health symposium

11.10.2025

The health of a long distance runner is its most valued asset. If a runner's health is off balance, the runner won't be able to perform well.

Providing runners with diverse information to be able to run across the finish line healthily is the health symposium's mission. It takes place in the Festspielhaus Bregenz

Opening hours

Saturday, October 11th 10 am - 6 pm
Festspielhaus Bregenz
Entrance is free.

Starting times

Broom Car, Closure of finish line

12.10.2025

The start line-up will take place at the **Lindau Harbour** towards the Lindau main train station. The starting corridor is only open to people with an official starting number. As there are many runners, the start will happen in waves. Your starting block is printed onto your starting number. Please only position yourself in the starting block that you were assigned to. The ranking will take your Net-time.

To ensure a smooth start, please follow the instructions of our volunteers. To prevent unnecessary stress and nervousness, please be there early enough

The starting area can only be entered from the Mangtower. Once entered, leaving is not possible.

The starting area can only be entered from the Mangtower.

Starting times:

09:45 am Marathon, Relay-Marathon

**10:30 am Halfmarathon, 10k marathon
Nordic Walking**

10:25 am spark7 youth run in Lochau (see Page 19)

The finish line will close at 4:30pm

Broom car

Runners have a total of 6:30 hours to complete the marathon route. The broom car is driving with a speed of 7km/h. Every runner that has been passed by the broom car can decide to either drive to the finish with the broom car or to hand over their starting number and continue walking to the finish line next to the traffic. Due to legal reasons, the route opens up for traffic behind the broom car.

Cut-Off Points

There are two cut-off points on the route:

12:15 p.m. (kilometer 15 - marathon/half marathon separation).

Possibility to complete the half marathon

2:00 p.m. (kilometer 26) with return option
every 30 minutes (train/bus)

Runners who are at this point in time

At this point there are no checkpoints yet
have passed, cannot continue the marathon
lead as they can no longer reach the finish
line at 4:30 p.m



Clothing transfer

12.10.2025



Before the start on Sunday, you can drop off your clothing bag at the trucks located right behind the starting area at the “Reichsplatz” in Lindau starting at 8:30am.

Please only use the provided clothing bag with your starting number on it, which you will receive when picking up your starting number. Do not use regular bags or cardboard. Do not put any valuables or breakable items into your clothing bag. We will bring your clothing to the finishing area in Bregenz.

Clothing bags have to be dropped off in Lindau until 10:15 am the latest.

Clothing bag pick-up in Bregenz

The pick-up is located in front of the „Hallenbad“ (indoor pool), in the East Parking Lot, directly next to the showers. The bag will only be issued upon presentation of the bib number.

Pick-up of clothing bag is possible until 5pm on Sunday. Clothing bags that have not been picked up will be disposed after one week. Please contact our Info point (info@sparkasse-3-laender-marathon.at) in case of not picking-up your clothing bag.

The organizer does not assume no liability for damage or loss.

Important!

The race number distribution will take place at the Festspielhaus Bregenz only

Ship transfer

12.10.2025

On Sunday, with the ships of the Vorarlberg Lines, we will bring you from Bregenz to the start in Lindau.

Sunday, October 12th 2025

Leaving Bregenz

8:15 am
8:20 am
8:50 am
9:10 am*
9:35 am*

Arriving Lindau

8:40 am
8:45 am
9:15 am
9:35 am
10:00 am

Leaving Lindau

11:00 am

Arriving Bregenz

11:25 am

Clothing bag drop-off is closing at 10:15am.

Spectators can use the ship transfer to Lindau as well as to Bregenz for a fee of EUR 9,50

*) Not usable for participants in the marathon and relay-marathon

TIPP

We recommend not waiting for the last boat. It is usually overcrowded

Train transfer

12.10.2025

On Oct 12h and 13th, all participants (with starting number) can use all busses and trains in the area of the Vorarlberger Verkehrsverbund for free. This area includes all public transport in the province of Vorarlberg plus the bordering areas of Lindau, the city bus in Lindau and St. Margrethen..

With train to the start in Lindau for free

Train	Leaving Bregenz	Arriving Lindau
S1.1	8:44	8:59
5562	8:49	9:03
S1.2*	9:16	9:29
25810*	9:20	9:34
S1.2*	9:44	9:59
5564*	9:49	10:02

Clothing bag drop-off is closing at 10:15am.

*) Not usable for participants in the marathon and relay-marathon

The usage of the train connections for spectators is also free with a coupon (to Lindau and back). Coupons can be downloaded online.

Even after the run, trains to Lindau can be used for free with a starting number.

Trains are departing every 30 minutes.

TIPP

We recommend not waiting for the last train. It is usually overcrowded



Refreshment points

13.10.2024

Thanks to our partners, we can provide an energy rich supply on the route again this year.

km	VOÜS Water	Tea	SPONSER Competition	VOÜS Cola	Bananas	SPONSER Energy Bar	SPONSOR Energy Gel	SPAR Energy-Drink	Self-Catering
5									
10,1									
12,5									
15,2									
17,7									
19,8									
22,4									
24,5									
26,2									
28,8									
30,2									
33,4									
35,2									
37,8									
39,5									
Ziel	SPAR-Cateringvillage with a cmprehensive range of drinks and solid foo								

Self-Catering
 This can be brought to information booth at the Sport Active-Fair in Bregenz on Saturday, Oct 11th, until 5 pm.
 Subject to change.

Finish in Bregenz

12.10.2025

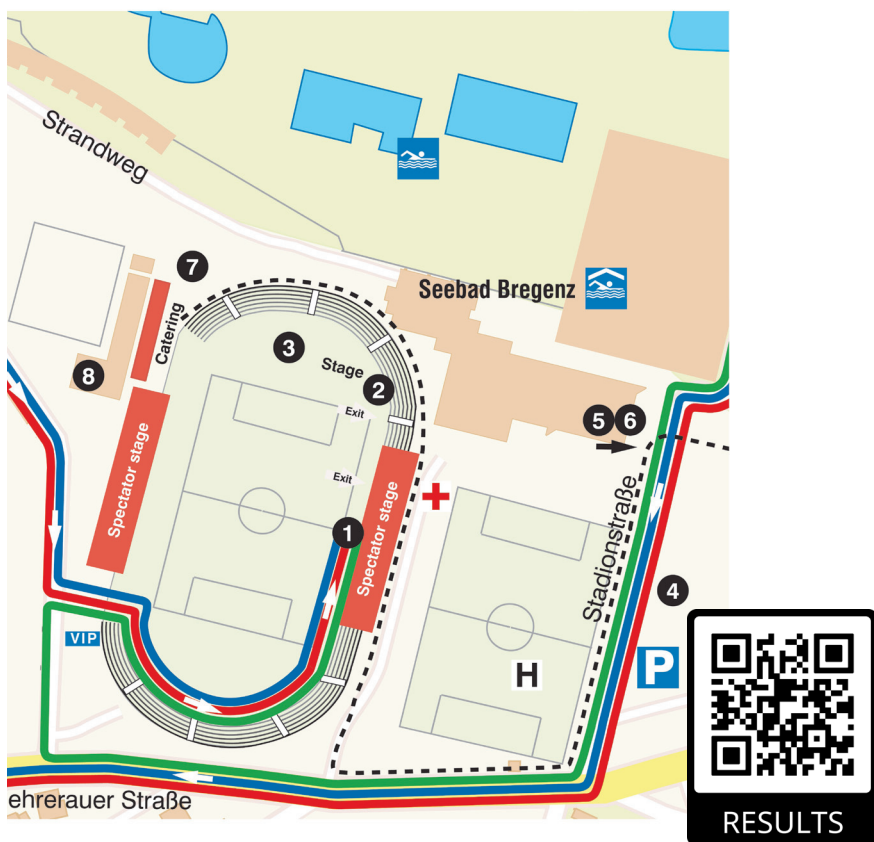
The finish line **(1)** is located in the Lake of Constance-Stadium in Bregenz. Running into the Lake of Constance-Stadium is something that you will not forget for the rest of your life.

After passing the finishing line, you will receive your personal finisher-medal **(2)**. We kindly ask you to exit the immediate finishing area as soon as possible, to ensure that finishers behind you can cross the finishing line.

Behind the finishing line, the SPAR-refreshment village **(3)** is waiting for you, with everything that a runner's heart could ask for.

Re-entry into the SPAR-refreshment village is not possible!

If you have any questions after the race, we will be happy to help you in the race office **(8)**. Here you can also find the medal engraving **(8)**



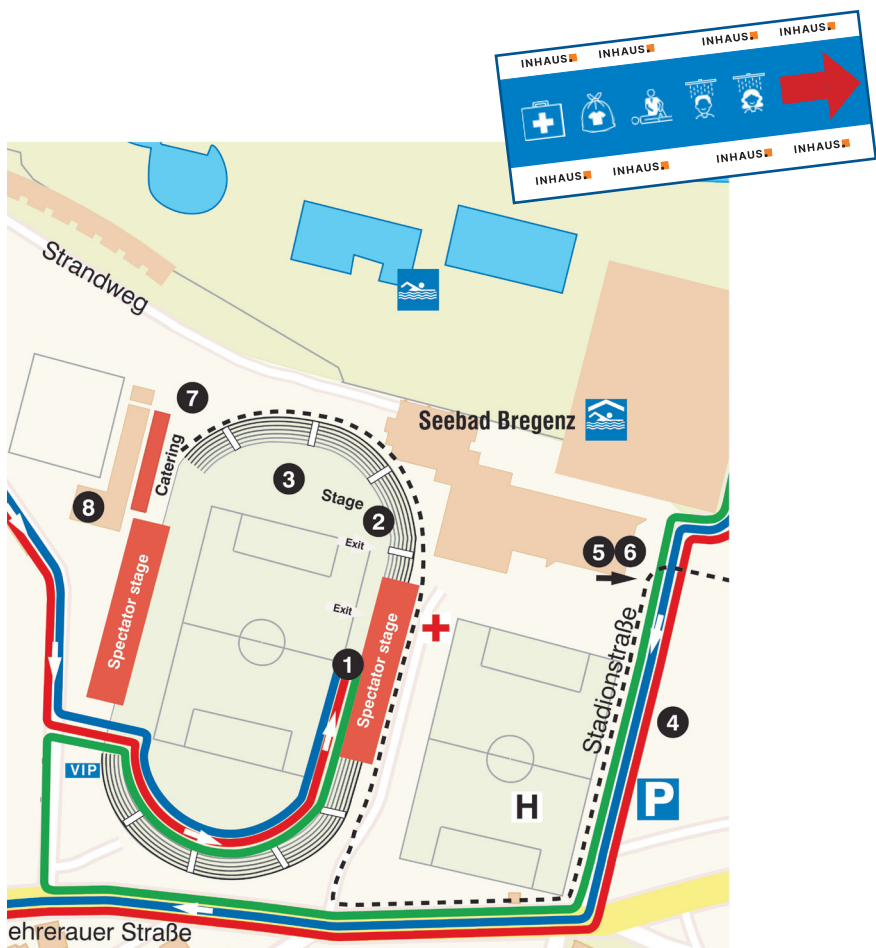
Showers/Changing Massage



Exit the SPAR-refreshment village **(3)** towards the parking lot “Park-platz Ost”. Follow the signs towards the clothing bag pick-up **(4)** and the showers.

Showering containers **(5)** are provided for men. Women are allowed to use the showers of the public indoor swimming pool **(7)**. Showers can be used until 5pm.

The massage places **(6)** are also located directly next to the clothes bag pick up **(4)**. Opening-hours: noon - 4pm



Results/Certificate

You can find all results and the personal certificate on our results page. 1-2 days after the race, your personal runner photos will also be available for download.



URKUNDE

Thomas Mustermann
TSV Musterstadt

erreichte beim
Sparkasse-3-Länder-Marathon am 12.10.2025
mit einer Zeit von

02:14:25

in der Kategorie M-20

den 1. Rang
(20. Gesamtrang, 19. Rang Männer)

1. Halbmarathon: 01:06:47
2. Halbmarathon: 01:07:38

www.sparkasse-3-laender-marathon.at





Relay marathon

12.10.25



Start is at 9.45 am. in Lindau (see page 8)

Where are the transition areas?

1. Transition zone: Bregenz, in front of the Festival Hall (at km 10)
2. Transition zone: Hard, close to the church (at km 17)
3. Transition zone: St. Margrethen (CH), village square (at km 26)

The transition zones will be announced 200 and 100 m beforehand!

How does the handover work?

The handover takes place in the designated area (relay handover) by handing over the start number with the start number band (including the time transponder). Any irregular handover will result in the relay being disqualified. We appeal to fairness here!!

How do we get to the Transition points?

The first Transition point is just a few minutes' walk from the Bodensee Stadium (destination).

You can reach the second Transition point by public bus*. Travel time approx. 15 minutes.

You can reach the third Transition point by train*. Return by train and bus, travel time approx. 10 minutes

The relieved runners can also return with the bus and train as a shuttle service. Both the train and bus shuttles can be used free of charge with the start number.

Important!

If you drop runners by car to the Transition points:

The St. Margrethen border crossing is closed. All you can do is let the runners off there and they then go to the Transition point in the village center (approx. 5 minutes).

How and where do I have to attach the start numbers?

They are clearly visible on the running belt at the front and on the back (using safety pins). Please attach the number marked "Relay" to the back. The shirt number does not have to be passed on.

Relay marathon

Shuttle to Transition 2 in Hard

Bustimetralbe to Transition 2 in Hard

Buslines 140 and 141

Dept. Bahnhof Bregenz

7:50 (L140)
8:20 (L141)
8:50 (L140)
9:20 (L141)
9:50 (L140)
10:20 (L141)
10:50 (L140)
11:20 (L141)

Arr. Hard-Brückenwaage(8.Stop)

8:08
8:38
9:08
9:38
10:08
10:38
11:08
11:38

Return

Dept. Hard-Brückenwaage

10:17 (L141)
10:47 (L140)
11:17 (L141)
11:47 (L140)
12:17 (L141)
12:47 (L140)
13:17 (L141)
13:47 (L140)
14:17 (L141)
14:47 (L140)

Arr. Bregenz Bahnhof (8.Stop)

10:36
11:06
11:36
12:06
12:36
13:06
13:36
14:06
14:36
15:06



Relay marathon

Shuttle to Transition 3 St Margrethen

Traintimetable to Transition 3 in St. Margrethen/CH

Trains S3 and S7

Dept. Bahnhof Bregenz	Arr. St. Margrethen (5. Stop)
8:47 (S3)	9:03
9:00 (S7)	9:08
9:47 (S3)	10:03
10:00 (S7)	10:08
10:47 (S3)	11:03
11:00 (S7)	11:08
11:47 (S3)	12:03
12:00 (S7)	12:08
12:47 (S3)	13:03
13:47 (S3)	14:03
14:00 (S7)	14:08

Return with Train (S3 and S7) or Bus

Dept. St Margrethen	Arr. Bregenz Bahnhof (5.Stop)
10:55 (S3)	11:10
11:30 (Extra-Bus, no Stops)	11:50
11:51 (S7)	12:01
11:55 (S3)	12:10
12:30 (Extra-Bus, no Stops)	12:50
12:51 (S7)	13:01
12:55 (S3)	13:10
13:30 (Extra-Bus, no Stops)	13:50
13:51 (S7)	14:01
13:55 (S3)	14:10
14:30 (Extra-Bus, no Stops)	14:50
14:51 (S7)	15:01
14:55 (S3)	15:10
15:51 (S7)	16:01
15:55 (S3)	16:10



5kYouth Run

12.10.25



The 5k Youth Marathon starts at 10.25 am in Lochau.
Please arrive at the starting grid **(1)** by 10:10 am at the latest.

The garment bag drop-off **(2)** is at Lochau train station **(3)**
Truck marked „Inhaus“.

We recommend taking the train to get to the start in Lochau.
Start number = train ticket

Train	Dept. Bregenz	Arr. Lochau
S1.1	8:37	8:41
5562	8:49	8:54
S3*	9:12	9:17
25810*	9:20	9:25
S1.2*	9:39	9:43
5564*	9:49	9:54



Start-Numbers

Overview



Sparkasse 3-Country-Marathon



Skinfit Halfmarathon



vwk Quartermarathon



VN.at Relay-Marathon



spark 7 Youth Run



ORF Vorarlberg Nordic Walking

Thank you!!

Thanks

... over 700 volunteers make this major event possible through their personal commitment

Thanks

... the blue light organizations in all 3 countries. Our motto also applies here: #noborder #nolimit

Thanks

... the authorities of the 3 countries. It is professional and usually uncomplicated and always in the interests of the participants. Just great.

Thanks

... the Governments of the three countries. Reliable partners for 17 years.

Thanks

... our sponsors. Your contribution is an essential part of the success of the 3-country marathon.

Thanks

... all participants from near and far. Your smiling faces are thanks for all the work.

We'll meet Again on October 11, 2026

#noborder #nolimit