



SPARKASSE

3-Länder-Marathon  
NO BORDER. NO LIMIT.

# Marathon-Guide 2026



Mohrenbräu  
das Vorarlberger Bier

skinfit

vwk  
Energie für Generationen.

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**BELIEVE IN  
YOURSELF**

**SPARKASSE** 

# Programm

## 10. - 12.10.2025

### Friday, October 9th 2026

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 10th 2026

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 11th 2026

6:30-9 am  
Festspielhaus, Bregenz  
Pickup starting numbers  
Late registration

6:30-12 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 k marathon

10:25 am  
Harbour, Lochau  
Start 5k Youth marathon

10:30 am  
Harbour, Lindau  
Start halfmarathon  
Nordic Walking

Subject to program changes.



# Sport-Active-Fair

9. - 11.10.2026

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 9th, 2026    | 1 - 6 pm        |
| Saturday, Oct 10th, 2026 | 9 am - 6 pm     |
| Sunday, Oct 11th, 202    | 6:30 am - 12 pm |

## ATTENTION:

**Race number pickup on Sunday only until 9:00 a.m.**

**Late registration is NOT possible on Sunday.**

**The online registration portal closes  
on Saturday, October 10, 2026, at midnight.**

# Pastaparty

9. - 10.10.2026

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 9th    | 1 - 6 pm     |
| Saturday, October 10th | 10 am - 6 pm |
| Festspielhaus Bregenz  |              |

# Health symposium

## 10.10.2026

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 10th      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, 10k marathon**

**10:30 am      Halfmarathon, 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:

12:24 p.m. (kilometer 16 - marathon/half marathon separation).

Possibility to complete the half marathon

2:07 p.m. (kilometer 27) 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

11.10.2026



Before the start on Sunday, you can drop off your clothing bag. The trucks for the marathon, relay marathon, and quarter-marathon are located at Reichsplatz. Those for the half-marathon and Nordic walking are at Bismarckplatz. 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.

## **Deadlines:**

**Marathon/Quarter Marathon: 9:30 a.m.**

**Half Marathon/Nordic Walking: 10:15 a.m.**

## **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](mailto: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

11.10.2026

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

## Sunday, October 11th 2026

### Leaving Bregenz

7:55 a.m.

8:20 a.m.

8:40 a.m.

9:00 a.m.\*

9:15 a.m.\*

### Arriving Lindau

8:20 a.m.

8:45 a.m.

9:05 a.m.

9:25 a.m.

9:40 a.m.

### Leaving Lindau

11:00 am

### Arriving Bregenz

11:25 am

### Deadlines bag drop-off:

**Marathon/Quarter Marathon: 9:30 a.m.**

**Half Marathon/Nordic Walking: 10:15 a.m.**

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

11.10.2026

On Oct 10th and 11th, 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 |
|--------|-----------------|-----------------|
| REX1   | 7:50            | 8:03            |
| REX7   | 8:01            | 8:13            |
| REX1   | 8:19            | 8:32            |
| S1.1   | 8:45            | 8:55            |
| 5562   | 8:49            | 9:03            |
| 25952* | 9:15            | 9:25            |
| 25914* | 9:20            | 9:34            |
| 25954* | 9:50            | 10:03           |
| 25885* | 10:01           | 10:13           |

## Deadlines bag drop-off:

**Marathon/Quarter Marathon: 9:30 a.m.**

**Half Marathon/Nordic Walking: 10:15 a.m.**

\*) Not usable for participants in the marathon, relay and 11 km 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



TRAIN APP

# Refreshment points

11.10.2026

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 10th, until 5 pm.  
 Subject to change.

# Finish in Bregenz

11.10.2026

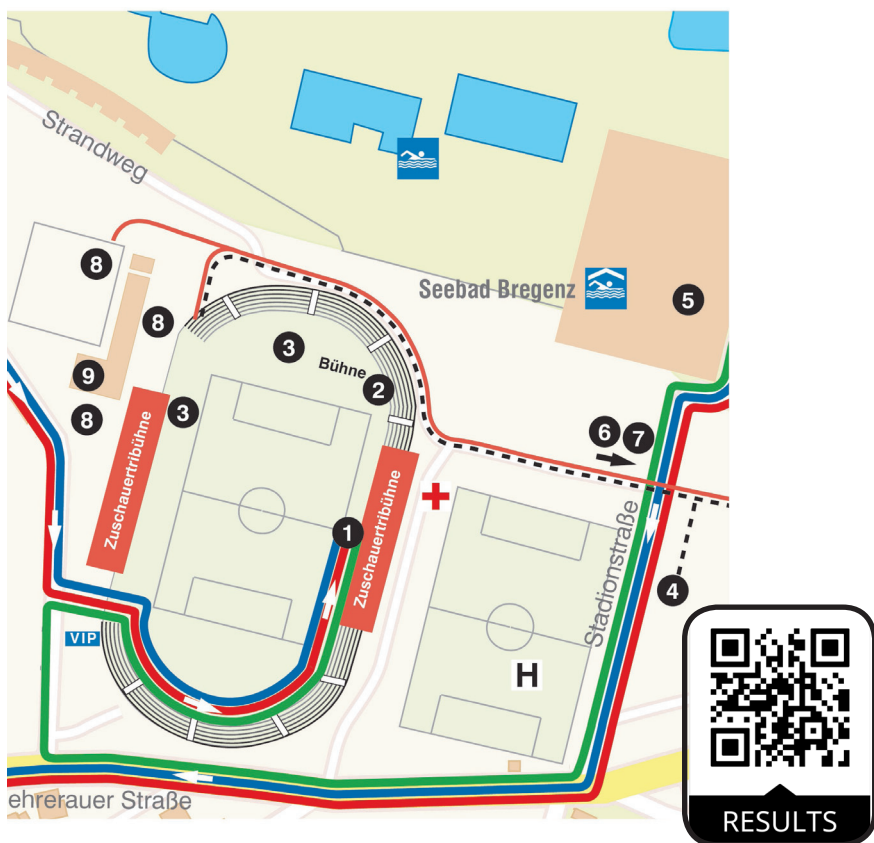
The finish line **(1)** is located in the Lake of Constance-Stadium in Bregenz. Running into the Lake of Constance-Stadium is something that you will not forget for the rest of your life.

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 **(9)**. Here you can also find the medal engraving **(9)**



# 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 11.10.2025  
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](http://www.sparkasse-3-laender-marathon.at)





# Relay marathon

## 11.10.26



**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

### Bustimetabe 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                          |
| 9:47 (S3)             | 10:03                         |
| 10:00 (S7)            | 10:10                         |
| 10:47 (S3)            | 11:03                         |
| 11:00 (S7)            | 11:09                         |
| 11:47 (S3)            | 12:03                         |
| 12:00 (S7)            | 12:10                         |
| 12:47 (S3)            | 13:03                         |
| 13:00 (S7)            | 13:09                         |

#### 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)                  | 13:02                         |
| 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)                  | 15:02                         |
| 14:55 (S3)                  | 15:10                         |
| 15:51 (S7)                  | 16:01                         |
| 15:55 (S3)                  | 16:10                         |



# 5kYouth Run

11.10.26



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 |
|-------|---------------|-------------|
| REX1  | 8:49          | 8:54        |
| REX1  | 9:20          | 9:25        |
| REX1  | 9:50          | 9:53        |



# Start-Numbers

## Overview



Sparkasse 3-Country-Marathon  
Starting-Time: 9:45 in Lindau



Skinfit Halfmarathon  
Starting-Time: 10:30 in Lindau



vkw Quartermarathon  
Starting-Time: 9:45 in Lindau



VN.at Relay-Marathon  
Starting-Time: 9:45 in Lindau



spark 7 Youth Run  
Starting-Time: 10:25 in Lochau



ORF Vorarlberg Nordic Walking  
Starting-Time: 10:30 in Lindau

The race numbers used are purely symbolic.

# Side-Events

The Lake Constance region has plenty to offer, including during the marathon weekend.

## **Sport Meets Art**

Once again this year, the Cavazzen Museum in Lindau and the Vorarlberg Museum are partnering with the Sparkasse 3-Länder-Marathon.

Sport meets art. Under this banner, we are building a bridge—though, in reality, no such bridge is strictly necessary, as the two worlds are by no means mutually exclusive.

Your race bib serves as an admission ticket to all three museums on October 9, 10, and 11.

## **Sightseeing Runs in Lindau and Bregenz**

The popular runs through the cities of Lindau and Bregenz are back on the schedule this year. Participants can look forward to fascinating views and the stories behind them.

### **Lindau**

Friday, October 9, 4:00 PM; meeting point: Bayerischer Hof

### **Bregenz**

Friday, October 9, 4:00 PM; meeting point: Festspielhaus

Saturday, October 10, 2:00 PM; meeting point: Festspielhaus

Participation is free of charge.

Registering at [info@sparkasse-3-laender-marathon.at](mailto:info@sparkasse-3-laender-marathon.at) helps us with organization.

# We'll meet Again

# Thank you!!

## Thanks

... over 800 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 19 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 10, 2027

#noborder #nolimit



 **NEW: The official  
WhatsApp InfoChannel  
of the Sparkasse  
3-Country-Marathon!**

All the important information.  
In a nutshell. Right on your phone.

Our new WhatsApp InfoChannel  
keeps you up to date with everything  
you need to know about the  
Sparkasse 3-Country-Marathon:  
registration updates, event news,  
organisational info and much more.

**SUBSCRIBE NOW  
AND STAY UP TO DATE!**



*Scan  
the QR code!*

- ✓ **Latest news**  
Get the latest updates first.
- ✓ **Important event info**  
Everything you need to know – in a nutshell.
- ✓ **Schedule & tips**  
Timelines, important notes & more.
- ✓ **Direct to your phone**  
Fast, easy and reliable.

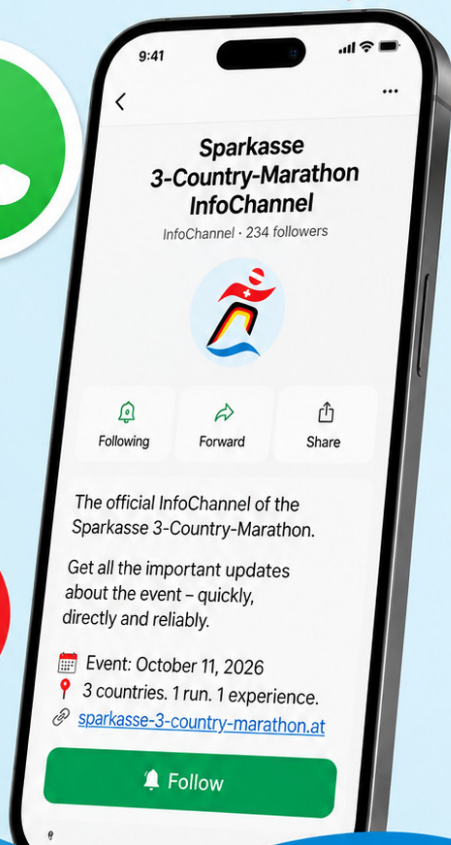
**Be part of it.**  
**3 countries. 1 run. 1 experience.**  
**no border. no limit**

**NEW**

**SPARKASSE  
3-COUNTRY-MARATHON  
INFOCHANNEL**  
on WhatsApp



*no border.  
no limit.*



**SUBSCRIBE  
NOW &  
NEVER MISS  
OUT!**

**NO BORDER. NO LIMIT.**