

Spectator Hotspots

SPARKASSE 3-COUNTRY-MARATHON · 11 OCTOBER 2026



HOTSPOT	KM	FIRST RUNNERS	LAST (APPROX.)	BEST TIME TO WATCH	GETTING THERE
Lindau Island · Start	0	09:45	09:55	from 09:15	Train to Lindau-Insel; start nearby
Lochau · Pipeline	6-7	10:04-10:07	10:51-11:01	09:55-11:05	Train to Lochau-Hörbranz; then walk
Bregenz · Festival Hall	10	10:16	11:29	10:05-11:30	Train to Bregenz; short walk
Hard · Harbour/Church	17-18	10:37-10:41	12:34-12:44	10:30-12:45	Bus to Hard; then walk
Höchst · Centre	22-24	10:53-10:59	13:21-13:40	10:45-13:40	Bus to Höchst; then walk
St. Margrethen · Centre	27	11:08	14:08	11:00-14:10	Train to St. Margrethen; then walk
Hard · Church, return	35	11:33	15:23	11:25-15:25	Bus to Hard; then walk
Bregenz · Finish stadium	42.2	11:55	16:31	from 11:40	Train to Bregenz; then walk
CHEER TWICE IN HARD Marathon runners pass Hard on both the outward and return legs.			TRAVEL WITH EASE Use trains and buses to avoid road closures.		

All passage times are estimates and may change on race day.

Timing source: sparkasse-3-laender-marathon.at/fileadmin/images/Strecken/3LM_Durchlaufzeiten240826.pdf

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OFFICIAL COURSE MAP · 11 OCTOBER 2026



Map: official Sparkasse 3-Country-Marathon course map (original place names in German).

Hotspot times and transport details are on page 1. Markers are for orientation.