



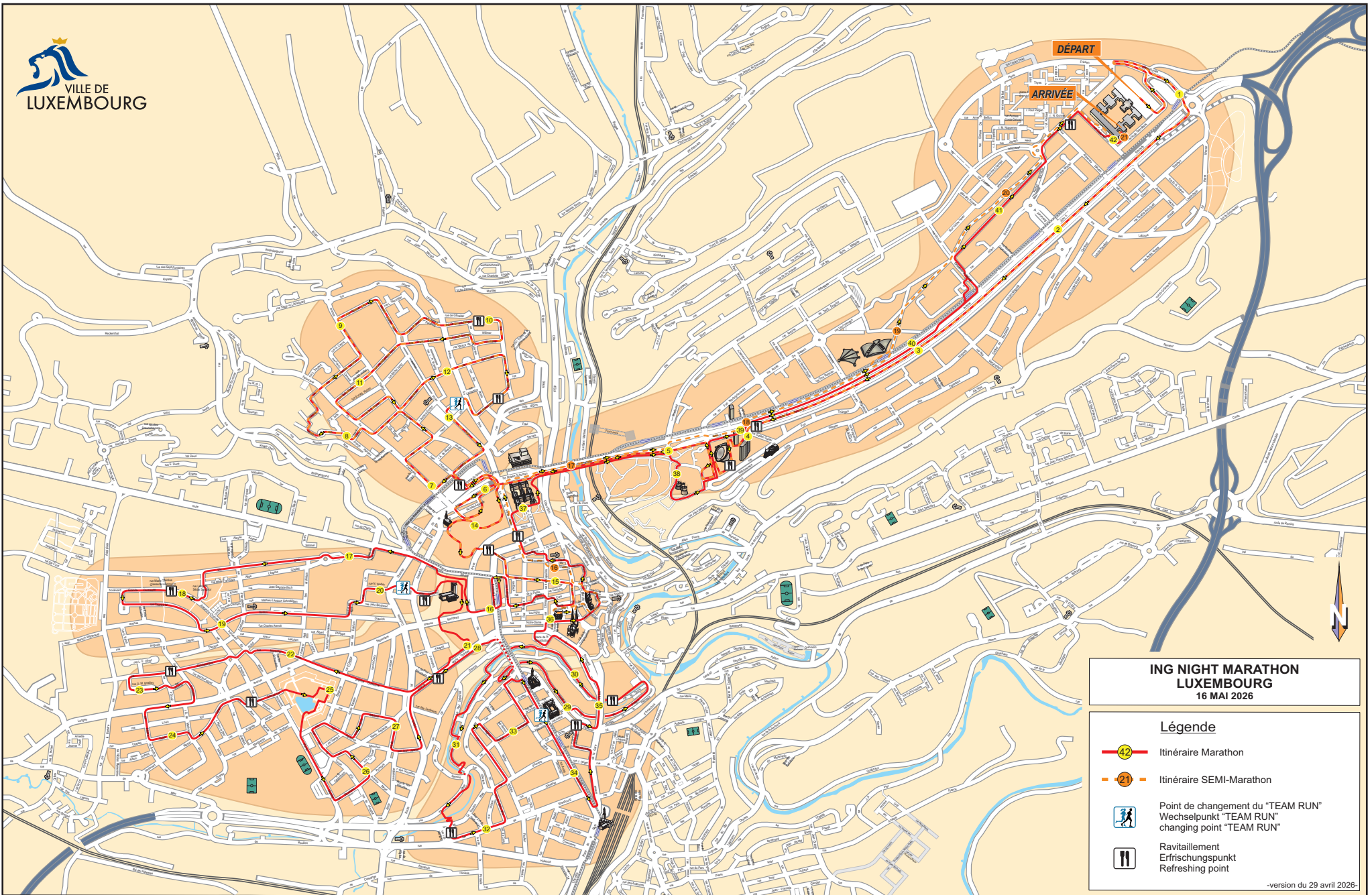
ING 

NIGHT MARATHON
LUXEMBOURG

20
YEARS
2006-2026



RUNNER'S HANDBOOK 2026



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IMPORTANT INFORMATION FOR THE PARTICIPANTS OF THE MARATHON, THE HALF MARATHON, THE TEAM RUN AND THE 5K RUN FOR SUCCESS

Dear participant,

We are pleased that you are going to start at the ING Night Marathon Luxembourg. In order to make the event run as smooth as possible, please read this important information carefully.

The marathon centre is located on the premises of the Luxexpo The Box. This is our central location with start and finish, the distribution of start numbers and check-in of kit bags, DIEKIRCH Pasta Party, marathon expo, award ceremony and After Run Party. The ING Night Marathon Luxembourg is a marathon of short distances!

HOW TO GET THERE

In Luxembourg, local public transport (trains, buses, trams) is free of charge all year round!

As there may be increased traffic density, please plan enough time for your journey! Please be at the event venue by 16:30 at the latest to avoid unnecessary rush and nervousness.

The tram runs from the free P&R car parks 'Stade de Luxembourg' (1,993 spaces) and 'Luxembourg Sud' (1,430 spaces) to Luxexpo.

Please note: on Saturday, 16 May 2026, the tram connection between the stops "Faiencerie" and "Théâtre" will be interrupted between 19:20 and 21:15, as the race course crosses the tram tracks. A scaffolding staircase will be installed at the Glacis, allowing pedestrians to cross the race course. The journey may then be resumed at the next stop. From the 'Héienhaff' P&R car park (350 spaces), the tram runs to Luxexpo.

From the free park-and-ride "Bouillon" (2,450 spaces), shuttle buses will operate on Saturday, 16 May 2026, from 14:00 to the Glacis. At the Glacis, you can transfer to the tram at the stops "Faiencerie" or "Théâtre" to reach Luxexpo.

If you park in the 'Place de l'Europe' (850 spaces) or 'Trois Glands' (350 spaces) car parks, please take the tram from the 'Philharmonie' stop to Luxexpo.

From the Adenauer car park (440 spaces), you can reach Luxexpo on foot in 15 minutes.

Please note: the car parks and multi-storey car parks at Luxexpo cannot be used, or only to a very limited extent, on the day of the event! (Parking Gernsback closed Saturday 15:30-20:00, Parking Luxexpo Sud closed Saturday 15:30-22:30, Parking Luxexpo Nord closed from Thursday, 14 May 2026)

BIKE RENTAL VEL'OH!

Downtown Luxembourg you can hire bicycles for a small fee. The bicycles are available at special vel'oh!-service points distributed about the whole town. You can pay for these bikes through a mobile app or with a contactless bank card. For more information, please visit www.myveloh.lu.

Tip: The first 30 minutes are free. If you borrow a new bicycle every 30 minutes, you can ride your bike the whole day for free.

DISTRIBUTION OF START NUMBERS (need of verification of identity with valid photo ID and the QR Code E-Mail via Datasport)

Friday, 15 May 2026	11:00 – 20:00
Saturday, 16 May 2026	10:00 – 16:00

Attention Team Run participants:

For organisational reasons, no changes of registration (exchange of relay runners or replacing missing runners) are possible on Saturday, 16 May 2026.

RUNNER'S BAG DROP-OFF

You can check in your runner's bag on the day of the race at the Luxexpo The Box between 15:00 and 18:00 only. Please write your start number legibly on the runner's bag in the designated space and allow sufficient time for check-in.

No big bags, no glass bottles, please!

CHRONOMETRY

Timing is done exclusively by RFID-UHF-Transponder Mylaps®. This transponder is stuck to the start number (marathon, half marathon) or is attached to the ankle with a Velcro band (5k Run for Success). The finisher and split times of the participant will only be counted if the participant crosses the control mats laid out at the start and finish as well as on the course. Anyone who cannot prove these split times will be disqualified. Video controls will also be set up. Please wear your race number clearly visible on your chest during the entire race.

START NUMBERS

Only participants who have a start number of the ING Night Marathon Luxembourg 2026 are admitted to start. The number is not transferable. It is to be worn visibly on the chest. It is not allowed to change the number in any way; it is especially forbidden to alter, cover or fold back the sponsors' logos! This leads to immediate disqualification. Participants not wearing a start number will not be rated.

Half marathon and Team Run: please attach the additional start number with the imprint "21 km" or "TEAM RUN" visibly on your back.

Please don't forget to note the following data on the back of your start number:

- phone number of the person who should be contacted in any case of emergency
- allergies, medication incompatibility etc.

This way, you help us and yourself in case of emergency!

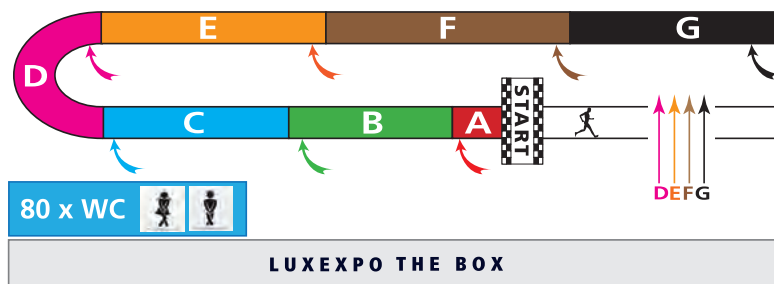
START

Starting position will be at the parking Luxexpo The Box. (ATTENTION: Only marathon, half marathon, TEAM RUN!). Starting time is 19:00. Only runners wearing an official start number have access to the starting area. Every participant must pass a checkpoint in front of the starting area no later than 18:50.

On your start number you find the field in which you are supposed to line up (according to your finish time). Large signs will show you the way to your field.



Please follow the instructions of our staff in order to ensure a start without any complications. Line up in the field assigned to you. Since we are taking net times you do not lose time, even if you start from the rear of the field. But you might disturb advanced runners when you line up in a field with runners faster than you.



Please be at the start as soon as possible, any unneeded hustle and nervousness can spoil your personal best, for which you have prepared months in advance.

PERSONAL REPLENISHMENT (FOR MARATHON RUNNERS ONLY)

Personal replenishment can be left at the "Trouble Desk" on the day of the marathon until 15.00. (shatter-proof bottles [no glass] indicating: refreshment point at km ... | start number). For organizational reasons this service can only be granted to ambitious participants (men under 2:45:00, women under 3:00:00) and participants who – for medical reasons – need a special diet.

WCs There are 80 WCs in the start and finish area. Please use also the facilities at the Luxexpo The Box. In addition, there are at least two WCs at each refreshment point.

PACERS We offer professional runners to join you on the marathon distance for finishing times 3:29, 3:44, 3:59, 4:14, 4:29, 4:44, 4:59, 5:29 as well as on the half marathon distance for finishing times 1:29, 1:44, 1:59, 2:14, 2:29, 2:44 and 2:59. These runners are equipped with a flag with the corresponding finishing time.

COURSE The course leads through Luxembourg city centre, almost completely on asphalt roads. Every kilometre is marked. The marathon and the half marathon will be separated at one point on the course. This separation is at about km 15.2 on the Place Guillaume II. Runners will be informed about the separation by signs.

REFRESHMENT POINTS

Refreshment points are set up approx. every 2.5 km from km 5 onwards. On page 60 you will find a list of the products available at the respective refreshment points. You will also find a list of ingredients and possible allergens in the FAQ on our website.

MEDICAL SUPPORT, FREE RIDES

Should you need medical aid, we advise you to keep on running (or walking) to the next refreshment point. Professional help will be provided there. If you want to stop, you can either take the bus at the end of the field (sweep car) or the tram which will take you back to the start/finish area free of charge. Any other vehicles (cars, bikes, motorbikes) are not allowed on the course.

CUT-OFF TIMES The finish line is in the Luxexpo The Box. The participants of the half marathon have to finish within 3 hours, participants of the marathon within 6 hours. Participants finishing later will not be having their times measured. They can of course still use all services in the finish area.

GO))GO))BOYS AND GO))GO))GIRLS POWERED BY TANGO

Find someone to help you! A good friend, your son, your daughter, it's your choice! Finally there is someone to support you on the last 2.5 kilometres. Your go))go))girl or go))go))boy! And in order to make your go))go))girl or go))go))boy visible, we will stock them up with a special T-shirt and much more! The best thing is yet to come: You don't just support yourself, you support a project of ONGD-FNEL (www.ongd-fnel.lu) as well! The application fee of 5 EUR is going to be directly donated to the ONGD-FNEL for a hospital in Nepal. An initiative of Tango, partner of the ING Night Marathon Luxembourg.

FINISH

You will be running into the Luxexpo The Box through the entrance gate. After about 140 meters you will cross the finish line; a show full of atmosphere is planned for these last meters. Once you cross the finish line (contact mats), your running time will be registered automatically and you will receive your finisher medal. Please leave the finish area quickly to avoid jams.

DISQUALIFICATION

Our race is organized according to the guidelines of the FLA or to the regulations of the organiser, respectively. To disqualification leads in particular:

- starting without start number
- starting with the start number of another person (without having made an official transfer)
- starting in the wrong starting block (control by timing mats!)
- making unrecognizable, covering or tearing off the sponsors' logos on the start number
- missing interim results of the timing
- exceeding of the allowed time limit (net time!)
- leaving the course and/or shortening the distance
- false statements on the allowed age
- carrying along a baby jogger, a bicycle or similar
- running with a pet

RUNNER'S BAG COLLECTION

Please collect your runner's bag by 1:30 on 17 May upon presentation of your bib number.

CATERING IN THE FINISH AREA

After you have left the finish area and picked up your kit bag, you will reach the catering

area. At the runners' buffet we provide: plain water, Cola, isotonic drinks, fresh fruit, etc.

It is not possible to return to the finish area from the catering area. As only participants are allowed to access the finish and catering areas, please arrange to meet your family, friends or other participants outside the restricted areas.

CHANGING ROOMS, SHOWERS, MASSAGE

Changing rooms and showers are in the after finish area. There will be separate sections for women and men. Furthermore, we will be offering a massage service in the after finish area.

FIRST AID

Should you encounter blisters (despite good preparation), we will help you at the Band Aid Station in the after finish area.

ENGRAVED MEDALS

If you have already ordered a medal engraving when you registered, you will find a voucher icon on your race number. Our engraver will engrave your medal after you have crossed the finish line on presentation of your race number.



RESULTS ONLINE

You can find all results online at www.ing-night-marathon.lu during the event. The easiest way is to scan the QR code on your race number with your mobile phone. Objections will be accepted until 20 May 2026.

AWARDS CEREMONIES

The three fastest male and female runners (respectively) of the marathon and the half marathon will be honoured in an award ceremony. This ceremony will take place in the finish area.

EXPO42

The fair is an info and sales event connected to the ING Night Marathon Luxembourg. Producers of sportswear, sport shops, and service providers offering everything that is connected to running will present themselves here. In addition, other marathon organisations will provide information on their events. This will also take place at the Luxexpo The Box.

Friday, 15 May 2026	11:00 – 20:00
Saturday, 16 May 2026	10:00 – 18:00

DIEKIRCH PASTA PARTY

The DIEKIRCH Pasta Party will take place in the Luxexpo The Box. On Friday, 15 May, between 16:00 and 20:00. With the QR code on your race number, you can get pasta and a non-alcoholic beer or a bottle of water.

PEACE PRAYERS OF WORLD RELIGIONS

Saturday, 16 May 2026 17:00
Luxexpo The Box

LOST & FOUND

At the information desk in the aisle in front of the finish hall. From Monday, 18 May, unclaimed lost property will be handed over to the Kirchberg police station.

PROTECTING THE ENVIRONMENT

The organizers try to keep the ING Night Marathon Luxembourg as environmentally friendly as possible. Please help us to avoid rubbish and use the litter bins provided. In the area behind the finish line you will find special yellow bins for plastic bottles. Please use these Valorlux bins only for plastic waste.

OUR SERVICE FOR YOU

For your participation fee you will receive the following:

- start number and safety pins
- QR Codes for the DIEKIRCH Pasta Party on 15 May 2026 (1 pasta dish, 1 water / alcohol free beer)
- kit bag for check-in of street wear
- souvenir medal for all finishers
- massage service
- extensive buffet in the finish area
- certificate and results

Please note: all information is subject to change.



IMPORTANT INFORMATION ABOUT THE TEAM RUN

COLLECTION OF START DOCUMENTS

The collection of the start documents should be carried out by a member of the relay team – preferably by the contact person indicated on the registration form (need of verification of identity with valid photo ID and the QR Code E- Mail via Datasport).

Luxexpo The Box
10, circuit de la Foire Internationale
L-1347 Luxembourg-Kirchberg

Opening hours:

Friday, 15 May 2026	11:00 – 20:00
Saturday, 16 May 2026	10:00 – 16:00

For each relay team the collecting person will be provided with:

- four sets of start documents including the start numbers for the participants of the relay
- four kit bags for keeping the participants' street wear during the race

A visit on Friday, 15 May, is particularly worthwhile:

Together with the start documents each participant receives a QR Code for one portion of pasta providing the carbohydrates on the day before the race which are essential for top performances. Accompanied by an attractive support program and the EXPO42, the DIE-KIRCH Pasta Party (16:00 to 20:00) is the central meeting point for all athletes participating in the ING Night Marathon Luxembourg.

CLOTHING BAG STORAGE

Before (!) the competition, the runners of legs 1 to 3 have to hand over their kit bags to their respective following runners! For example, if you run leg 1, you have to hand over your kit bag to the runner of leg 2. At the exchange point, your kit bag is then given back to you by the runner of leg 2.

On Saturday, 16 May, the runner of the fourth and last leg can deposit his/her runner's bag in the Luxexpo The Box at a special desk (between 15:00 and 18:00). Enclosed you'll find a map of the Luxexpo The Box. After the race, the runner's bag can be recollected at exactly the same place.

START NUMBERS AND LEG NUMBERS

Together with the start documents you receive a start number. Besides the big number of the relay team, it also shows a smaller number indicating the respective leg, for example start number "465-2". The athlete with leg number 2, for example, has to run the second leg of the four marathon legs. The athlete with leg number 3 has to run the third leg etc. For further information on the individual legs please see also below. You will also receive a "Team Run" label which we ask you to fix legibly at your back in order to avoid that the marathon runners are confused in keeping their speed.

It is not possible to participate in the race without a start number. Running with a group without start number is also strictly forbidden!

CHANGES TO RELAY RUNNERS / REGISTRATION CHANGES

Leg numbers 1 to 4 indicate the different legs of the course. In principle, the individual leg numbers are definitely assigned to the respective persons upon registration. Changes to

relay runners are possible only on Friday, 15 May 2026, at the "Trouble Desk" near the bib distribution area. There are signposts installed leading to the "Trouble Desk". No changes are possible on Saturday, 16 May 2026.

CHRONOMETRY The time is taken exclusively by RFID-UHF-Transponder Mylaps®, which is stuck to the start number.

We can only count your race time if you cross the control mats laid out at the start and finish. There are timing checkpoints on the course, where you must also cross the control mats, as this is the only way to be counted. Anyone who cannot prove these split times will be disqualified. There will also be video controls. Please wear your race number clearly visible on your chest during the entire run.

TRAM SERVICE The participants of the relay teams will start from different points. Runners for the second, third or last section of the course will meet at the "Luxexpo" tram stop. This is located near Luxexpo The Box. Please follow the signs.
The tram runs at regular intervals approximately every 10 minutes. However, it can also be used by spectators. To ensure that you arrive at the exchange point on time, we recommend that runners on the second leg take the tram from 18:30., runners on the third leg take the tram from 19:15. and runners on the last leg take the tram from 20:00.

ATTENTION: Between 19:20 and 21:15 on Saturday, 16 May 2026, the tram line between "Théâtre" and "Faiencerie" is interrupted due to the race course crossing the tracks. A scaffolding staircase at the Glacis enables runners to cross the course. After crossing, the tram can be boarded again at "Faiencerie" toward the central station.

COURSE LEGS

CHANGING POINTS		
at km	length in km	where
12.9	12.9	Halle Victor Hugo
20.1	7.2	Place W. Churchill
33.5	13.4	Rousegäertchen

LINING-UP IN THE EXCHANGE AREAS

Lining-up in the exchange areas is affected according to start numbers. Before the start, participants are split up into different starting fields. Please do not block the running track while waiting!

"SWEEP CAR" In case you are not able to finish your course leg – for any reason – you are asked to inform the members of your relay yourself. If you take too long to run your leg and do not reach the finish within the maximum time, you will be picked up by the so-called "sweep car" and taken to the start/finish area. In case you have been picked up by the "sweep car", an assessment of your team unfortunately cannot be made, and the team as a whole will be disqualified. The maximum time for the whole marathon course is scheduled with 6 hours.

MEDAL The runner who is crossing the finish line will receive a medal for himself and each member of his/her team.

INFORMATION FOR THE RUNNERS OF THE DIFFERENT LEGS OF THE TEAM RUN

RELAY RUNNERS WITH LEG NUMBER 1

If you are wearing a start number with leg number 1, please walk to the start area in front of the Luxexpo The Box (parking). You have to be there by 6:40 p.m. at the latest.

The race starts at 19:00.

After about 12.9 km you reach the transition zone. There you will meet the next team runner. This runner gives you your kit bag in turn and you can take the tram to return to the Luxexpo The Box from the "Theater" stop.

RELAY RUNNERS WITH LEG NUMBER 2

If you are wearing a start number with leg number 2, please go to the tram stop "Luxexpo" near Luxexpo The Box. Your tram will leave from 18:30. Please follow the signs and follow the instructions of the staff. Leave the tram at the "Theater" stop and walk to the Halle Victor Hugo.

The distance from the Halle Victor Hugo to Place W. Churchill is approx. 7.2 km. There you will meet the next team runner. This runner is already waiting for you with your kit bag.

Please take the tram at the "Theater" stop. It will take you back to Luxexpo The Box.

RELAY RUNNERS WITH LEG NUMBER 3

If you are wearing a start number with leg number 3, please also go to the tram stop "Luxexpo" near Luxexpo The Box. Your tram will leave from 19:15. Please follow the signs and follow the instructions of the staff. Leave the tram at the "Theater" stop and walk to Place W. Churchill.

The distance from Place W. Churchill to Rousegäertchen is approx. 13.4 km. There you will meet the next team runner. This runner is already waiting for you with your kit bag.

Take the tram from "Place de Metz" stop. It will take you back to Luxexpo The Box.

RELAY RUNNERS WITH LEG NUMBER 4

If you are wearing a start number with leg number 4, please also go to the tram stop "Luxexpo" near Luxexpo The Box. Your tram will leave at 20:00. Please pay attention to the signs and follow the instructions of the staff. As the tram line is interrupted at this time due to the running route, leave the tram at the "Theater" stop, take the scaffolding stairs at the Glacis, cross it and re-join the tram at the "Faiencerie" stop in the direction of the station. Leave the tram at the "Place de Metz" stop and go to the exchange point.

You have to run a distance of approx. 8.7 km leading from Rousegäertchen back to the finish in the Luxexpo The Box, where you will cross the finishing line.

Important note: the ranking of the team relay event is not possible if the last runner, whose start number must have the number '4' as the last digit (e.g. 100-4), does not cross the finish line.

IMPORTANT INFORMATION FOR THE MINIMARATHON (4.2 K) AND THE MINI MINIMARATHON (1 K)

START NUMBER PICK-UP

Start numbers can only be issued on presentation of a valid photo ID and the QR Code E-Mail via Datasport

Friday, 15 May 2026 11:00 – 20:00
 Saturday, 16 May 2026 10:00 – 16:00

The collectors will receive from us:

- Start number and safety pins
- Last information with starting point and pick-up point
- Clothes bag with goodies
- Commemorative medal for all finishers
- Running Buddy bib number for an accompanying runner, if purchased in advance

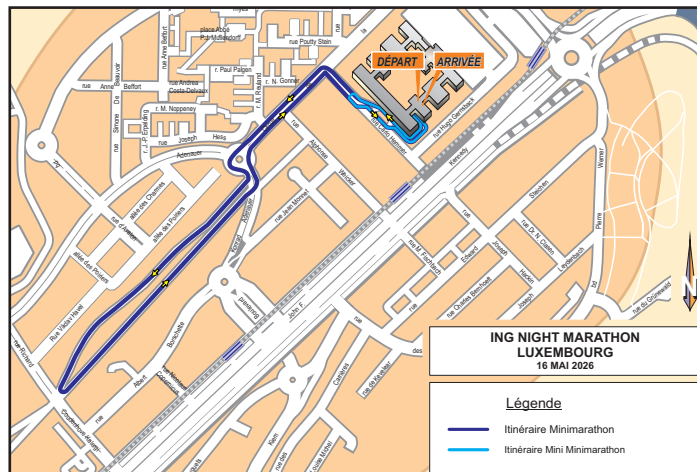
CHRONOMETRY There is no timekeeping for the minimarathon and mini minimarathon.

START NUMBERS

Only participants with start numbers of the ING Night Marathon Luxembourg 2026 are admitted. The start number is non-transferable. It must be worn clearly visible on the chest. Anyone not wearing a race number will not be allowed to enter the start area. Parents have the option of booking a Running Buddy race number during registration. With this special start number, you are authorised to run the course together with your child.

All important information about the starting point and where to pick-up the minis after the race can be found on a leaflet enclosed with the start number as well as on the back of the start number.

COURSE



START

The start is in Hall 7b in Luxexpo The Box, where the finish of the marathon is.

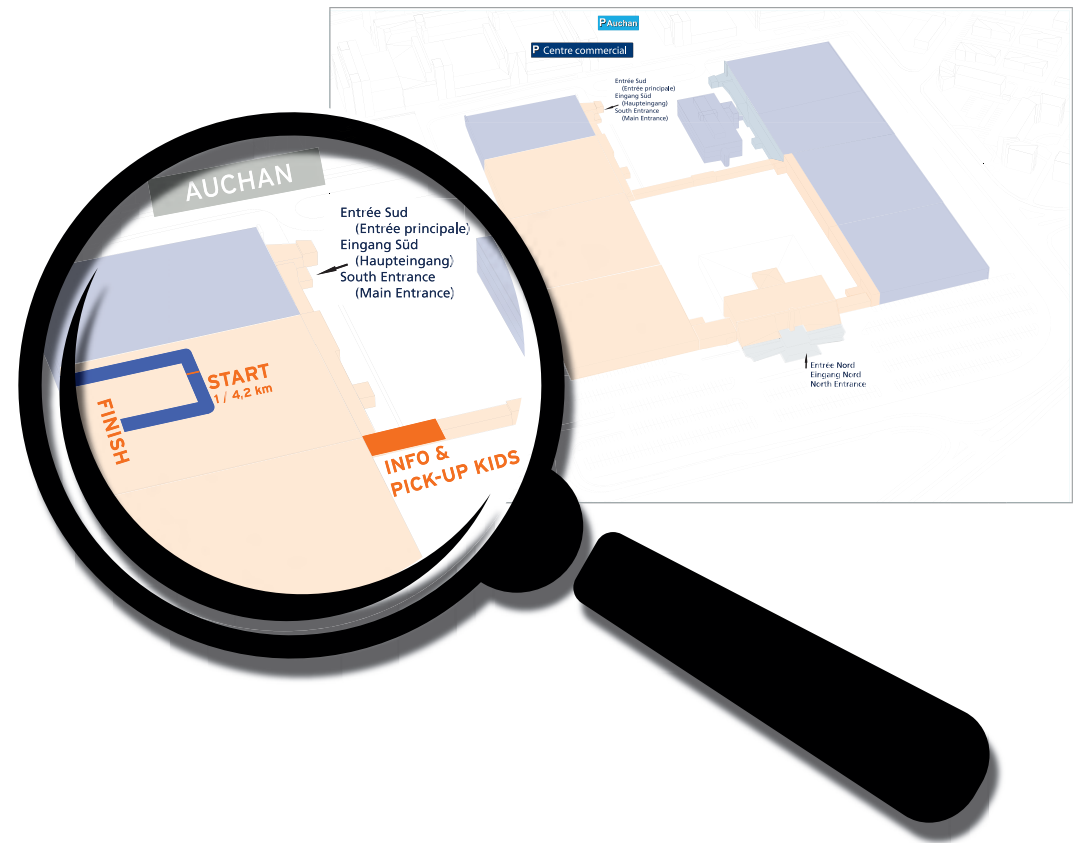
Start time for the minimarathon: 19.30.
 Start time for the mini minimarathon: 19.40.

Only runners with an official start number may enter the start area. The instructions of the staff must be followed. Every participant must be in the start area by 19.20 at the latest to avoid unnecessary rush.

FINISH

The finish line is also located in Hall 7. After the children have crossed the finish line, they will be guided to the exit at the pick-up station by trained staff. The meeting point with the parents is right next to our information desk.

START AREA, FINISH AREA, MEETING POINT AFTER THE RACE (PICK-UP KIDS)



IMPORTANT INFORMATION ABOUT 5K RUN FOR SUCCESS

PICK-UP OF START DOCUMENTS

Start documents are to be collected by the contact person indicated in the registration and upon presentation of a valid photo identification and the QR Code E- Mail via Datasport. Start documents can be picked up at:

Luxexpo The Box
10, circuit de la Foire Internationale
L-1347 Luxembourg-Kirchberg

Opening hours:
Friday, 15 May 2026 11:00 – 20:00
Saturday, 16 May 2026 10:00 – 16:00

Due to the large number of participants on both days you should calculate some waiting time.

The team captain receives per team:

- three T-shirts with printed start number for each team member
- three Velcro tapes with integrated Multisport-Tag Mylaps®
- three kit bags for the keeping of their clothes during the race
- QR Code for the DIEKIRCH Pasta Party
- voucher for the medal engraving if this was ordered previously

RUNNER'S BAG STORAGE

Before the start on the day of the marathon from 15:00 - 18:00, you can bring your runner's bag to the Luxexpo The Box. Please calculate sufficient time for the delivery of the runner's bags. Please get your bag immediately after finishing the race by presenting your start number. The storage compartment of the runner's bags is open until 1.30 on 17 May.

CHRONOMETRY The timing is done using Multisport-Tag Mylaps®, which is attached to a Velcro strap. You must attach this Velcro strap to your ankle.

RANKING Ranking takes place as team scoring. That means the times of the three team members will be added, subsequently, average times are calculated. There will be scoring categories for women, men and mixed groups.

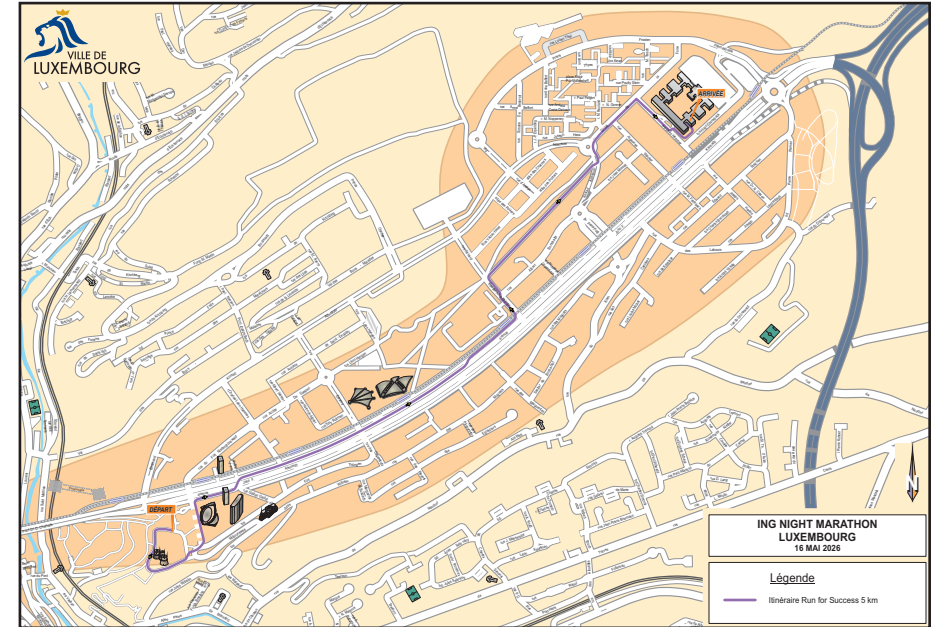
START The 5k Run for Success starts at 20:10 at the Musée d'Art Moderne Grand-Duc Jean (Mudam). That means you will have plenty of time to watch the start of the marathon at the Luxexpo The Box. Only runners wearing an official 5k Run for Success- T-shirt have access to the start area at the Mudam. The starter shirt must be worn during the run. Failure to wear the shirt or altering, covering or removing the sponsor logos will result in disqualification.

FINISH The finish area in the Luxexpo The Box is open until 21:00 for the runners of the 5k Run for Success. Accordingly, the runners should manage the 5k Run for Success within 50 minutes. Participants crossing the finish line later will be disqualified. However, they can make use of the catering and all other supplies.

TRAM The tram is connecting the town centre with the Luxexpo The Box. There is a tram station approximately 300 metres from the starting point Mudam.

MEDAL Each team member crossing the finishing line receives a medal.

ROUTE



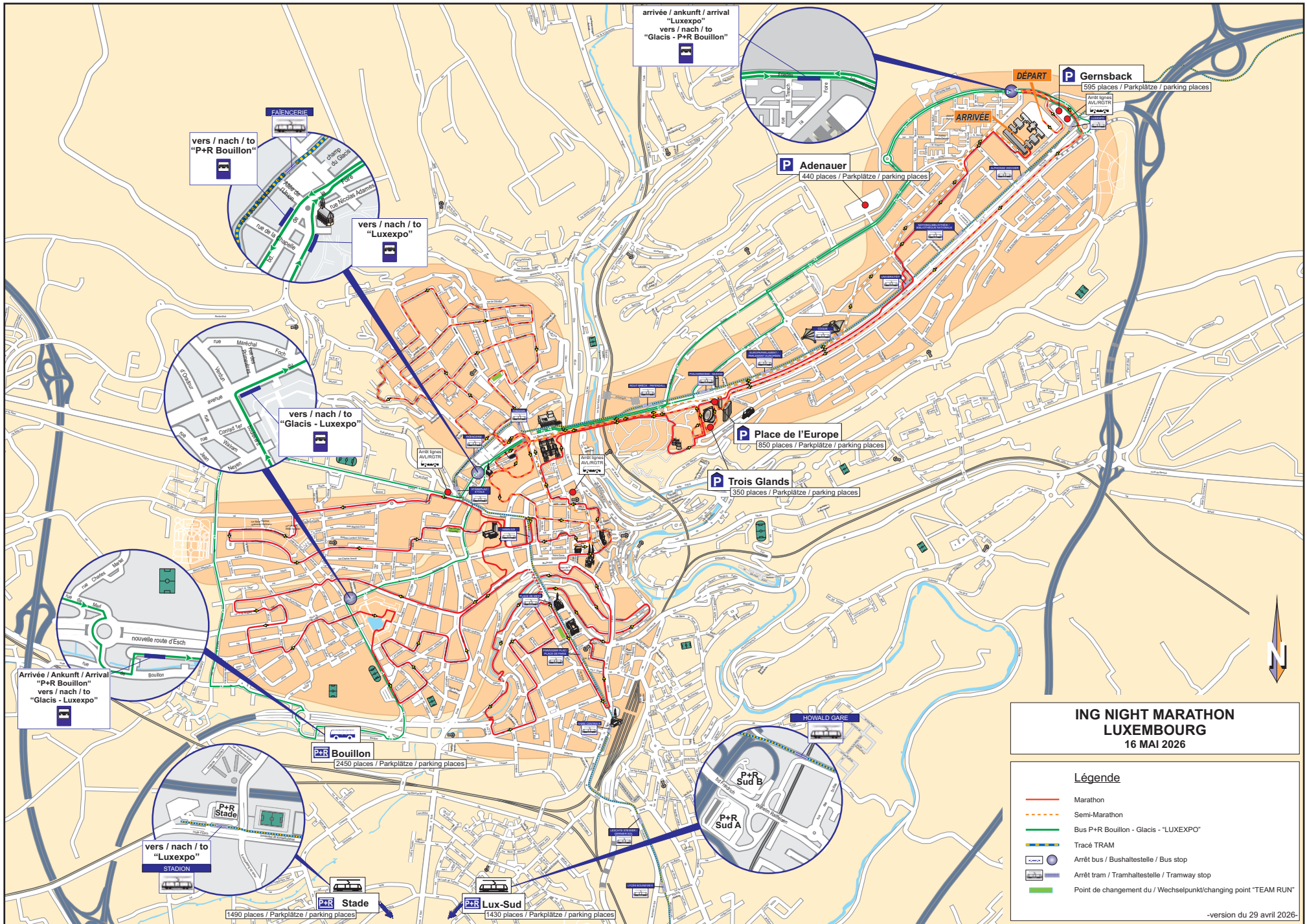
INFORMATION FOR SPECTATORS

As an increased traffic density will be expected, we kindly ask you to be on time for reaching the venue of the marathon! Spectators can use the free tram service. The tram leaves at the Luxexpo The Box and makes stops at other interesting points of the course. You will find a map at the end of the Runner's Handbook.

Please note: all information is subject to change.

42, 195 KM				21, 0975 KM			
	km	Premier Coureur Erster Läufer	Dernier Coureur Letzter Läufer		km	Premier Coureur Erster Läufer	Dernier Coureur Letzter Läufer
Parking Luxexpo The Box entrée nord	0	19:00:00	19:25:00	0	19:00:00	19:25:00	Parking Luxexpo The Box entrée nord
Rue Hugo Gernsbach							Rue Hugo Gernsbach
Circuit de la Foire Internationale	1	19:03:07	19:33:32	1	19:03:07	19:33:32	Circuit de la Foire Internationale
Av. John F. Kennedy	2	19:06:14	19:42:04	2	19:06:14	19:42:04	Av. John F. Kennedy
Av. John F. Kennedy	3	19:09:21	19:50:36	3	19:09:21	19:50:36	Av. John F. Kennedy
Av. John F. Kennedy	4	19:12:28	19:59:08	4	19:12:28	19:59:08	Av. John F. Kennedy
Av. John F. Kennedy	5	19:15:35	20:07:40	5	19:15:35	20:07:40	Av. John F. Kennedy
Pont G.-D. Charlotte							Pont G.-D. Charlotte
Bd. de la Foire	6	19:18:42	20:16:12	6	19:18:42	20:16:12	Bd. de la Foire
Av. de la Falencerie							Av. de la Falencerie
Parc							Parc
Rue Nicolas Adames							Rue Nicolas Adames
Rondpoint Schuman							Rondpoint Schuman
Champ de Glacis							Champ de Glacis
Allée Scheffer							Allée Scheffer
Av. de la Falencerie	7	19:21:49	20:24:44	7	19:21:49	20:24:44	Av. de la Falencerie
Rue Henri VII							Rue Henri VII
Av. Pasteur							Av. Pasteur
Rue Ermesinde							Rue Ermesinde
Av. de la Falencerie							Av. de la Falencerie
Rue François Faber							Rue François Faber
Rue Joseph Hansen	8	19:24:56	20:33:16	8	19:24:56	20:33:16	Rue Joseph Hansen
Rue Antoine Hirsch							Rue Antoine Hirsch
Rue Léandre Lacroix							Rue Léandre Lacroix
Av. Pasteur	9	19:28:03	20:41:48	9	19:28:03	20:41:48	Av. Pasteur
Rue Nicolas Liez							Rue Nicolas Liez
Av. Joseph Sax							Av. Joseph Sax
Square Edouard André							Square Edouard André
Rue Jean-Pierre Beicht							Rue Jean-Pierre Beicht
Bd John J. Pershing							Bd John J. Pershing
Bd Dr. Ernest Feltgen	10	19:31:10	20:50:20	10	19:31:10	20:50:20	Bd Dr. Ernest Feltgen
Rue des Cerisiers							Rue des Cerisiers
Rue Ignace de la Fontaine							Rue Ignace de la Fontaine
Rue Laurent							Rue Laurent
Rue Jean-Georges Willmar							Rue Jean-Georges Willmar
Rue Frantz Seimetz							Rue Frantz Seimetz
Rue Jean-Baptiste Fresez							Rue Jean-Baptiste Fresez
Rue Battu Weber	11	19:34:17	20:58:52	11	19:34:17	20:58:52	Rue Battu Weber
Av. de la Falencerie							Av. de la Falencerie
Rue Nicolas Steffen-Pierret							Rue Nicolas Steffen-Pierret
Av. Pasteur							Av. Pasteur
Rue Ermesinde	12	19:37:24	21:07:24	12	19:37:24	21:07:24	Rue Ermesinde
Rue des Cerisiers							Rue des Cerisiers
Rue Guillaume Schneider							Rue Guillaume Schneider
Av. du Bois							Av. du Bois
Av. Victor Hugo	13	19:40:31	21:15:56	13	19:40:31	21:15:56	Av. Victor Hugo
Allée Scheffer							Allée Scheffer
Champ de Glacis							Champ de Glacis
Rondpoint Schuman							Rondpoint Schuman
Parc	14	19:43:38	21:24:28	14	19:43:38	21:24:28	Parc
Av. Amélie							Av. Amélie
Rue Aldringen							Rue Aldringen
Grand Rue	15	19:46:45	21:33:00	15	19:46:45	21:33:00	Grand Rue
Rue du Fossé							Rue du Fossé
Place Guillaume II							Place Guillaume II
Place d'Armes							Place d'Armes
Av. Monterey							Av. Monterey
Rue Aldringen							Rue Aldringen
Grand Rue							Grand Rue
Bd. Royal							Bd. Royal
Av. Monterey	16	19:49:52	21:41:32	16	19:49:52	21:41:32	Av. Monterey
Parc Villa Louvigny							Parc Villa Louvigny
Av. Émile Reuter							Av. Émile Reuter
Route d'Arton							Route d'Arton
Val St-Croix	17	19:52:59	21:50:04	17	19:52:59	21:50:04	Val St-Croix
Rue Senghor							Rue Senghor
Bd. GP Josephine-Charlotte	18	19:56:06	21:58:36	18	19:56:06	21:58:36	Bd. GP Josephine-Charlotte
Rue Charles IV							Rue Charles IV
Av. Gaston Diderich	19	19:59:13	22:07:08	19	19:59:13	22:07:08	Av. Gaston Diderich
Rue E. Koch							Rue E. Koch
Rue Jean Bertholet							Rue Jean Bertholet
Rue Jean-Pierre Brasseur							Rue Jean-Pierre Brasseur
Rue Nicolas Weiler							Rue Nicolas Weiler
Place Winston Churchill	20	20:02:20	22:15:40	20	20:02:20	22:15:40	Place Winston Churchill
Allée Marconi							Allée Marconi
Parc Ed Klein	21	20:05:27	22:24:12	21	20:05:27	22:24:12	Parc Ed Klein
Av. Marie-Thérèse							Av. Marie-Thérèse
Av. Guillaume							Av. Guillaume
Rue du Maréchal Foch	22	20:08:34	22:32:44	22	20:08:34	22:32:44	Rue du Maréchal Foch
Place de Liège							Place de Liège
Bd. de Verdun							Bd. de Verdun
Rue Astrid							Rue Astrid
Rue d'Oradour							Rue d'Oradour
Rue Charlemagne							Rue Charlemagne

42, 195 KM				21, 0975 KM			
	km	Premier Coureur Erster Läufer First Runner	Dernier Coureur Letzter Läufer Last Runner	km	Premier Coureur Erster Läufer First Runner	Dernier Coureur Letzter Läufer Last Runner	
Rue General O. M. Bradley	23	20:11:41	22:41:16				
Rue d'Orval							
Rue Yolande							
Rue Jean Schoetter							
Route de Longwy							
Rue Béatrix de Bourbon	24	20:14:46	22:49:48				
Rue Charles Quint							
Rue Guillaume de Machault							
Bd. Marcel Cahen							
Place de France							
Rue Jean Bertels							
Rue Conrad 1er	25	20:17:55	22:58:20				
Parc de Merl							
Bd. Pierre Dupong							
Rue Raymond Poincaré							
Rue Antoine Meyer	26	20:21:02	23:06:52				
Rue Marie-Adelaide							
Rue de la Toison d'Or							
Rue de Braganca							
Rue Alphonse München							
Rue Dante							
Rue Adolphe							
Rue de Nassau	27	20:24:09	23:15:24				
Rue Jean Jaurès							
Route d'Esch							
Av. Marie Thérèse	28	20:27:16	23:23:56				
Pont Adolphe							
Place de Metz							
Rue Mathias Hardt	29	20:30:23	23:32:28				
Rue de Prague							
Vallée de Pétrusse	30	20:33:30	23:41:00				
Vallée de Pétrusse	31	20:36:37	23:49:32				
Rue de la Vallée							
Rue J.B. Merkels							
Rue de Strasbourg	32	20:39:44	23:58:04				
Rue des Etats-Unis							
Rue d'Anvers							
Rue Adolphe Fischer							
Rue Goethe							
Rue Michel Welter							
Rue Michel Rodange	33	20:42:51	0:06:36				
Rue Sainte-Zithe							
Bd. De la Pétrusse							
Place de Metz							
Av. de la Liberté	34	20:45:58	0:15:08				
Place de la Gare							
Av. de la Gare							
Rue du Fort Bourbon							
Rue du Fort Elisabeth							
Bd. De la Pétrusse							
Pont Viaduc	35	20:49:05	0:23:40				
Bd. F.D. Roosevelt							
Place de la Constitution							
Rue Chimay							
Rue Notre Dame	36	20:52:12	0:32:12				
Rue de l'Eau							
Rue Boucherie							
Rue du Marché-aux-Herbes							
Rue du Nord							
Place du Théâtre							
Rue des Capucins							
Rue des Bains							
Av. de la Porte Neuve							
Parc Fondation Pescatore	37	20:55:19	0:40:44				
Pont G.-D. Charlotte				16	19:49:52	21:41:32	
Av. John F. Kennedy							
Place de l'Europe							
Parc Drai Eschelen	38	20:58:26	0:49:16				
Tunnel Place de l'Europe							
Av. John F. Kennedy	39	21:01:33	0:57:48	17	19:52:59	21:50:04	
Av. John F. Kennedy	40	21:04:40	1:06:20	18	19:56:06	21:58:36	
Rue Richard Coudenhove-Kalergi				19	19:59:13	22:07:08	
Parc Réimerwee	41	21:07:47	1:14:52	20	20:02:20	22:15:40	
Circuit de la Foire Internationale							
Rue Carlo Hemmer							
Luxexpo - The Box	42	21:10:54	1:23:24	21	20:05:27	22:24:12	
Luxexpo - The Box	42,195	21:11:30	1:25:00	21,0975	20:06:03	22:25:00	



km Marathon	km Semi Marathon								
4,5	4,5	H ₂ O		ENERGY	BANANA			POWER	WC
6,9	6,9	H ₂ O		ENERGY		ORANGE		POWER	WC
10	10	H ₂ O		ENERGY	BANANA	ORANGE			WC
12,4	12,4	H ₂ O		ENERGY		ORANGE		POWER	WC
14,5	14,5	H ₂ O		ENERGY	BANANA	ORANGE			WC
18		H ₂ O		ENERGY		ORANGE		POWER	WC
20,3		H ₂ O		ENERGY	BANANA	ORANGE		POWER	WC
22,6		H ₂ O	COLA	ENERGY		ORANGE		POWER	WC
24,3		H ₂ O	COLA	ENERGY	BANANA	ORANGE		POWER	WC
27,6		H ₂ O	COLA	ENERGY		ORANGE		POWER	WC
29,6		H ₂ O	COLA	ENERGY	BANANA	ORANGE	GEL	POWER	WC
31,8		H ₂ O	COLA	ENERGY	BANANA	ORANGE	GEL	POWER	WC
34,8		H ₂ O	COLA	ENERGY	BANANA	ORANGE	GEL	POWER	WC
36,8	16,5	H ₂ O	COLA	ENERGY	BANANA	ORANGE	GEL	POWER	WC
39,1	17,9	H ₂ O	COLA	ENERGY		ORANGE		POWER	WC
41,7			COLA						

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P Centre commercial



1. Tram
2. Guest Lounge
3. DIEKIRCH Pasta Party
4. Runner's Village
5. Info
6. Premiers Secours 
7. Consigne des sacs de recharge
8. Retrait de dossards
Trouble Desk
9. Douches
10. Vestiaires
11. Gravure médaille
12. Massages
13. Approvisionnement dans la zone d'arrivée
14. Prières de paix des religions du monde
15. EXP042

1. Tram
2. Guest Lounge
3. DIEKIRCH Pasta Party
4. Runner's Village
5. Info
6. Erste Hilfe 
7. Kleiderbeutelab-/rückgabe
8. Startnummernausgabe
Trouble Desk
9. Duschen
10. Umkleiden
11. Medaillengravur
12. Massage
13. Zielverpflegung
14. Friedensgebete der Weltreligionen
15. EXP042

1. Tram
2. Guest Lounge
3. DIEKIRCH Pasta Party
4. Runner's Village
5. Info
6. First Aid 
7. Check-in and pick-up of kit bags
8. Distribution of start numbers
Trouble Desk
9. Showers
10. Changing rooms
11. Engraving of medals
12. Massage
13. Catering in the finish area
14. Peace prayers of world religions
15. EXP042

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avec le soutien de

