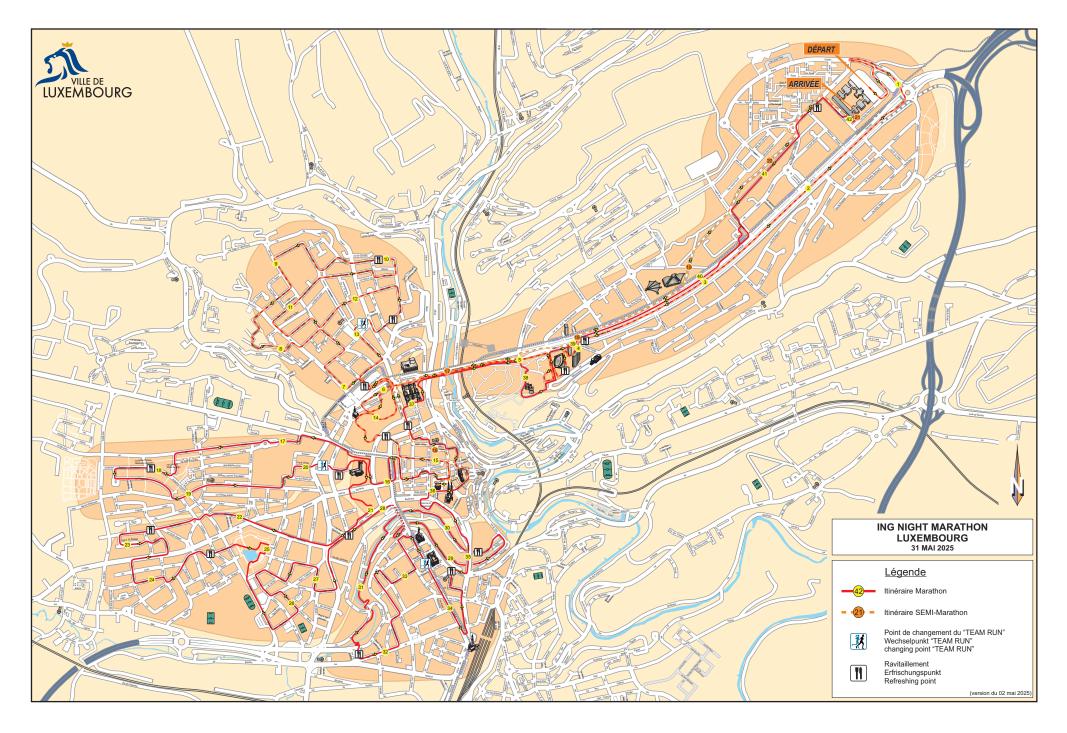




RUNNER'S HANDBOOK 2025



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IMPORTANT INFORMATION FOR 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 carefullu.

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

As there may be increased traffic density, please plan enough time for your journey! Please be at the event venue by 4:30 p.m. 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 31 May 2025, the connection between the 'Faïencerie' and 'Theatre' stops will have to be interrupted between 7:20 p.m. and 9:15 p.m. because the running route crosses the tram tracks. Scaffolding steps will therefore be available at the Glacis, allowing the running route to be crossed on foot. The journey can then be resumed at the next stop.

From the 'Héienhaff' P&R car park (350 spaces), the tram runs to Luxexpo

From the free Bouillon car park (2,450 spaces), shuttle buses will run to the Glacis from 2:00 p.m. on Saturday, 31 May 2025. At the Glacis, take the tram to the Luxexpo at the 'Faïencerie' or 'Theatre' stop.

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 on Saturday from 3:30 to 8:00 p.m., Parking Luxexpo Sud closed on Saturday from 3:30 to 10:30 p.m., and Parking Luxexpo Nord closed from Thursday, 29 May at 10:00 p.m.)

BICYCLE HIRE VEL 'OH!

Downtown Luxembourg you can hire bicycles for a small fee. The bicycles are available at special vel'ohl-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.muveloh.lu.

Tip: The first 30 minutes are free. If you borrow a new bicucle 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, May 30th, 2025 11:00 a.m. to 8:00 p.m. Saturday, May 31st, 2025 10:00 a.m. to 4:00 p.m.

Please note! Team Run participants: For organisational reasons, alterations of the registration (exchange of the participants within a relay team or substitution of missing participants) will not be possible on May 31st, 2025.

CHECK-IN OF KIT BAGS

You can check in your kit bag on the day of the race at the Luxexpo The Box between 3:00 p.m. and 6:00 p.m. only. Please write your start number legibly on the kit 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 Vecro 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

START NUMBERS

Only participants who have a start number of the ING Night Marathon Luxembourg 2025 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!

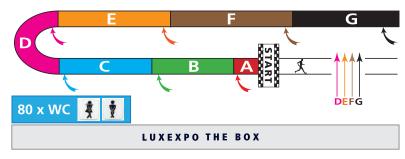
START

Starting position will be at the parking Luxexpo The Box. (ATTENTION: Only marathon, half marathon, TEAM RUN!). Starting time is 7:00 p.m. 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 6:50 p.m.

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 loose 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 3.00 p.m. (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.

PACESETTERS 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

TIMING

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

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))gorl or go))gorl 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
- 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 animal

PICKING UP YOUR KIT BAG

Please pick up your kit bag before 1:30 a.m. You will have to present your start 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.

BAND AIDS

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 to the results will be accepted until June 4th, 2025.

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.

EXP042

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, May 30th, 2025 11:00 a.m. to 8:00 p.m. Saturday, May 31st, 2025 10:00 a.m. to 6:00 p.m.

DIEKIRCH PASTA PARTY

The DIEKIRCH Pasta Party will take place in the Luxexpo The Box. On Friday, May 30th, between 4:00 p.m. and 8:00 p.m., 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, May 31st, 2025, 5:00 p.m. Luxexpo The Box LOST & FOUND At the information desk in the aisle in front of the finish hall.

PROTECTING THE ENVIRONMENT

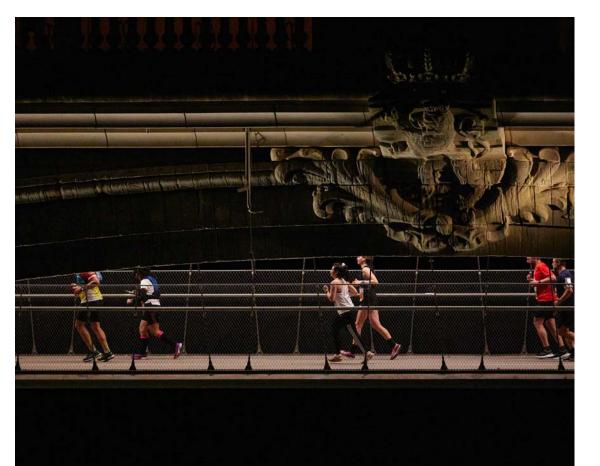
The organizers try to keep the ING Night Marathon Luxembourg as environmentally friendly as possible. Please help us to avoid rubbish and use the litter bins provided. In the area behind the finish line you will find special yellow bins for plastic bottles. Please use these Valorlux bins only for plastic 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 May 30th, 2025 (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, May 30th, 2025 11:00 a.m. to 8:00 p.m. Saturday, May 31st, 2025 10:00 a.m. to 4:00 p.m.

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

Particularly on Friday, May 30th, it's worth visiting the Luxexpo The Box: 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 DIEKIRCH Pasta Party (4:00 p.m. to 8:00 p.m.) is the central meeting point for all athletes participating in the ING Night Marathon Luxembourg.

CHECK-IN OF KIT BAGS

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, May 31st, the runner of the fourth and last leg can deposit his/her kit bag in the Luxexpo The Box at a special desk. Enclosed you'll find a map of the Luxexpo The Box. After the race, the kit 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!

CHANGE OF LEG NUMBERS

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 of leg numbers or alterations of the registration can be applied for at the "Trouble Desk" near the

start number desk on Friday, May 30th, at the latest. There are signposts installed leading to the "Trouble Desk". On Saturday, May 31st, applications for alterations are not possible.

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 6:30 p.m., runners on the third leg take the tram from 7:15 p.m. and runners on the last leg take the tram from 8:00 p.m.

> ATTENTION: Between 7:20 and 9:15 p.m. the tram line has to be interrupted between the stops "Theater" and "Faïencerie", as the running course crosses the tram tracks. A scaffolding staircase will therefore be available at the Glacis where participants can cross the track. After crossing the Glacis, the tram can be used again from the "Faïencerie" stop in the direction of the 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	Rousegaertchen						

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 six 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 7:00 p.m.!

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 6:30 p.m.. 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 7:15 p.m.. 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 Rousegaertchen 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 8:00 p.m.. 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 "Faïencerie" 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 Rousegaertchen 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)

RACE NUMBER ISSUE

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

Friday, May 30th, 2025, 11a.m. to 8 p.m. Saturday, May 31st, 2025, 10 a.m. to 4 p.m.

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 2025 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.

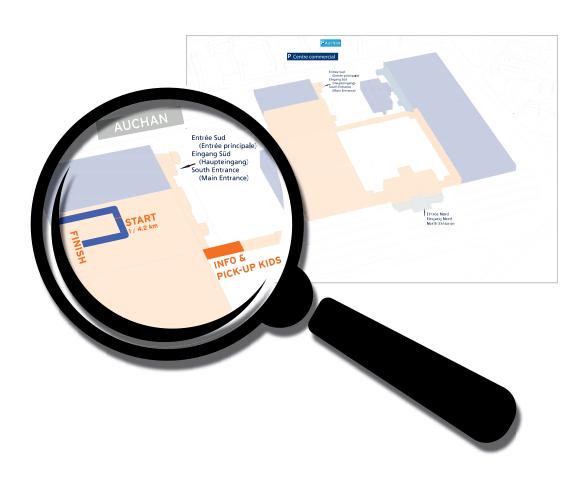
Start time for the minimarathon: 7.30 pm. Start time for the mini minimarathon: 7.40 pm.

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 7.20 pm 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 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, May 30th, 2025 11 a.m. to 8 p.m. Saturday, May 31st, 2025 10 a.m. to 4 p.m.

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 Velco tapes with integrated Multisport-Tag Mulaps®
- 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

CHECK IN OF KIT BAGS

Before the start on the day of the marathon from 3 p.m., you can bring your kit bag to the Luxexpo The Box. Please calculate sufficient time for the delivery of the kit bags. Please get your bag immediately after finishing the race by presenting your start number. The storage compartment of the kit bags is open until 1.30 a.m.

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

SCORING

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

START

The 5k Run for Success starts at 8:10 p.m. 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 admission to the start area at the Mudam.

FINISH

The finish area in the Luxexpo The Box is open until 9:00 p.m. 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 disgualified. However, they can make use of the catering and all other supplies.

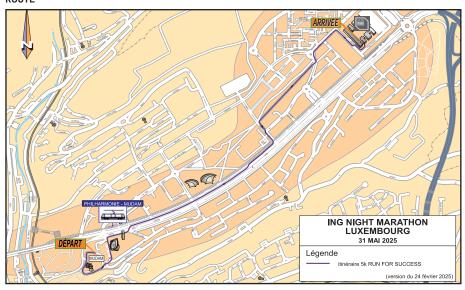
TRAM

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.

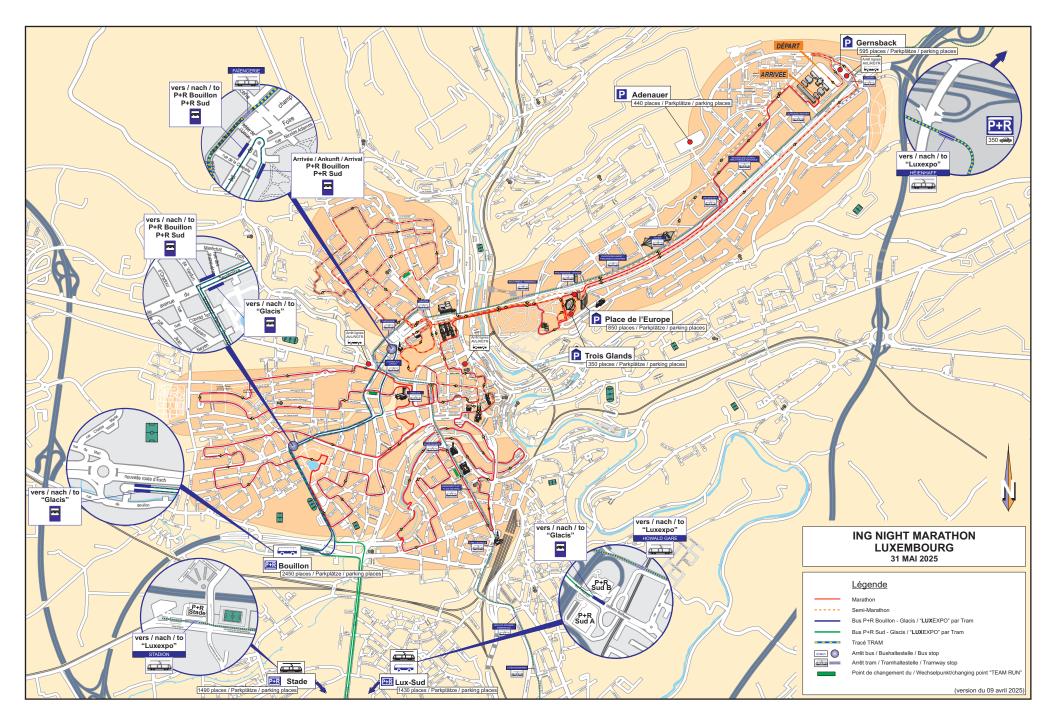
Please note: all information is subject to change.

TEMPS DE PASSAGE • COUREURS • DURCHLAUFZEITEN • LÄUFERINNEN UND LÄUFER • STREETS AND TIMES • RUNNERS

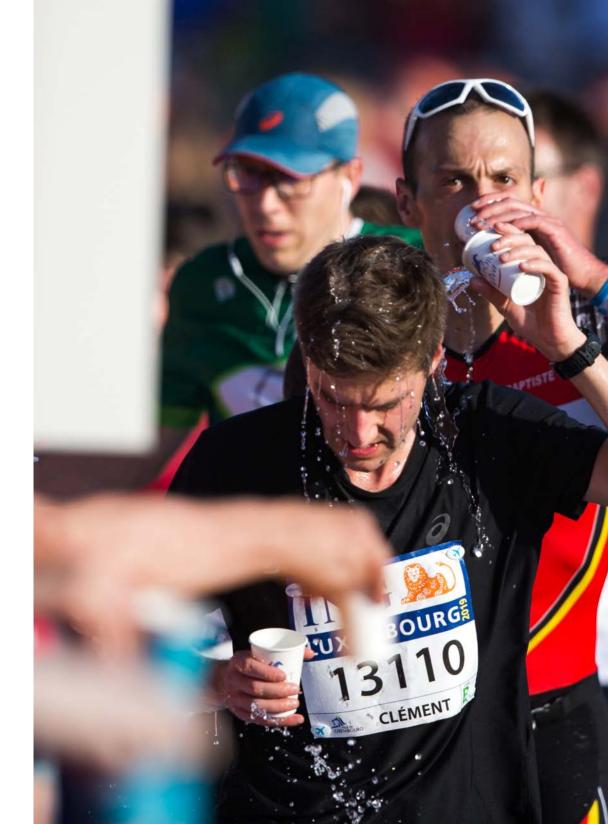
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Rue des Cerisiers 10 Rue des Cerisiers 10 Rue des Cerisiers 11 Rue Jannet 11 Rue Jann-Georges Willmar 11 Rue Frantz Seimetz 11 Rue Batty Weber 11 Av. de Batty Weber 11 Av. de Batty Weber 12 Rue Batty Weber 12 Rue Batty Weber 12 Av. Fasteur 12 Rue Batty Weber 13 Av. Ge Batty Weber 13 Av. Andele 13 Av. Amélie 14 Rue Guillaume Schneider 14 Av. Amélie 14 Road Roe Gerisiers 14 Av. Amélie 15 Rue Aldringen 15 Grand Rue 16 Place Guillaume II 16 Place Guillaume II 16 Rue Aldringen 16 Av. Emilie Rourien 17 Av. Emilie Rourien 17 Bourte d'Arlon 17	19:31:40	20:51:52		9:31:40		Bd Dr. Emest Feltgen Rue des Cerisiers Rue Ugnace de la Fontaine Rue Laurent Rue Jean-Georges Willmar Rue Jean-Gaptiste Fresez Rue Jean-Baptiste Fresez Rue Batty Weber Av. de la Faiencerie
Rue Janace de la Fontaine Rue Janace de la Fontaine Rue Janace de la Fontaine Rue Janace Georges Willmar Rue Janace Baptiste Fresez Rue Batty Weber Av. de la Faiencerie Av. Pasteur Rue Guillaume Schneider Av. Amélie Rue Guillaume Schneider Av. Amélie Rue Aldringen Grand Rue Rue de Georges Rue Guillaume II Parc Av. Andringen Grand Rue Bet. Royal Bet. Royal Av. Monterey Rue Aldringen Grand Rue Bet. Royal Av. Emilie Rueter Bet. Royal Av. Emilie Rueter Rue dafringen Grand Rue Bet. Royal Av. Emilie Rueter	19:34:50	20:51:52	55	9.34:50		Rue Laurent Rue Laurent Rue Jean-Georges Willmar Rue Jean-Georges Willmar Rue Jean-Baptiste Fresez Rue Jean-Baptiste Fresez Rue Batty Weber Av. de la Faiencerie
Rue Jaurent Rue Jean-Georges Willmar Rue Jean-Baptiste Fresez 11 Rue Batty Weber 12 Rue Batty Weber 12 Rue Batty Weber 12 Rue Guillaume Schneider 13 Av. Guillaume Schneider 13 Av. Guillaume Schneider 14 Av. Amélie 13 Rue Aldringen 15 Rue Aldringen 15 Rue Aldringen 15 Rue du Fossé 16 Place Guillaume II 16 Rue du Fossé 16 Place Guillaume II 16 Av. Monterey 16 Av. Monterey 16 Parc Villa Louvigny 17 Av. Eurille Reuter 17 Route d'Atlan 17	19:34:50	20:51:52	5	9:34:50		Rue Laurent Rue Jean-Georges Willmar Rue Jean-Baptiste Fresez Rue Jean-Baptiste Fresez Rue Batty Weber Av. de la Faïencerie
Rue Frantz Seimetz Rue Batty Weber Av. de la Faiencerie Rue des Cerisiers Av. du Bois Av. Victor Hugo Champ de Glacis Rondpoint Schuman Parc Av. Amélie Rue du Fossé Place Guillaume II Plac	19:34:50	20:51:52	- E	9:34:50		Rue Jean-Jeorges Willmar Rue Frantz Seimetz Rue Jean-Baptiste Fresez Rue Batty Weber Av. de la Faïencerie
Rue Jean-Baptiste Fresez 11 Av. de la Faiencerie 11 Rue Nicolas Steffen-Pierret 12 Rue des Cerisiers 12 Rue des Cerisiers 13 Av. du Bois 14 Av. Amélie 14 Rue du Glacis 14 Parc 14 Av. Amélie 15 Rue du Fossé 16 Place d'Armes 15 Rue du Fossé 16 Place d'Armes 16 Av. Monterey 16 Av. Emile Reuter 16 Av. Emile Reuter 17 Route d'Ardon 17	19:34:50	20:51:52	2	9:34:50	20:51:52	Rue Jean-Baptiste Fresez Rue Batty Weber Av. de la Faïencerie
Rue Batti Weber 11 Av. de la Faïencerie 12 Rue Nicolas Steffen-Pierret 12 Av. Pasteur 12 Rue des Cerisiers 12 Av. du Bois 13 Av. du Bois 13 Av. Au Bois 14 Av. Anélie 14 Rondpoint Schman 14 Parc 14 Av. Anélie 15 Rue Aldringen 15 Rue du Possé 15 Place Guillaume II 15 Rue du Possé 15 Rue du Vingen 16 Grand Rue 16 Av. Monterey 16 Av. Emile Reuter 17 Route d'Arlon 17 Val St. Croix 17	19:34:50	20:51:52	-	9:34:50	20:51:52	Rue Batty Weber Av. de la Faïencerie
Rue Nicolas Steffen-Pierret Av. Pasteur Rue Gernesiners Rue des Cerisiers Rue Guillaume Schneider Av. du Bois Av. Victor Hugo Allée Scheffer Champ de Glacis Rondpoint Schuman Parc Av. Annélle Rue Aldringen Grand Rue Bel: Royal Bel: Royal Av. Emile Ruuter Route d'Arlon Val St. Croix 172						
Rue Nicolas Steffen-Pierret Av Pasteur Rue Ermesinde Rue Genisiers Av Cid Bois Av Vid Bois Av Cid Bois Av Cid Bois Av Amélie Randpoint Schuman Parc Randpoint Schuman Av Amélie Rue Aldringen Grand Rue Rue Aldringen Grand Rue Bace Gullaume II Place						
Av. Pasteur Rue Ermesinde 12 Rue das Cerisiers 12 Rue Guillaume Schneider 13 Av. du Bois 13 Av. Victor Hugo 13 Allée Scheffer 14 Champ de Glacis 14 Rondpoint Schuman 14 Parc 14 Av. Amélie 15 Rue du Fossé 15 Place d'Armes 15 Rue du Fossé 16 Place d'Armes 16 Av. Monterey 16 Av. Monterey 16 Av. Emile Reuter 17 Route d'Ardon 17						Rue Nicolas Steffen-Pierret
Av. du Bois 12 Av. du Bois 13 Av. du Bois 13 Av. du Bois 13 Av. du Bois 13 Alles Scheffer 14 Champ de Beiss 14 Rondpoint Schuman 14 Parc 14 Av. Amélie 15 Rue du Fossé 15 Place d'Armes 15 Av. Monterey 16 Av. Monterey 16 Av. Emile Reuter 16 Route d'Ardon 16 Av. Emile Reuter 17 Val StCroix 17						Av. Pasteur
Av du Bois Av du Bois Av Victor Hugo Allés Schaffer Champ de Glacis Rondpoint Schuman Parc Av Amélie Rue du Fossé Place d'Armes Av Monterey Av Emile Reuter Route d'Arlon Av Emile Reuter	19:38:00	21:00:24	<u> </u>	19:38:00	21:00:24	Rue des Cerisiers
Av. du Bois Av. forter Hugo Allée Scheffer Champ de Glacis Rondpoint Schuman Parc Av. Amélie Rue Aldringen Grand Rue Place Guillaume II Place Guillaume II Place d'Armes Av. Monterey Rue Aldringen Grand Rue Ba. Royal Av. Monterey Av. Émile Reuter Route d'Ardon Val StCroix 13 14 15 16 16 17 17						Rue Guillaume Schneider
Allée Scheffer Champ de Glacis Rondpoint Schuman 14 Parc 14 Av. Amélie 15 Rue Aldringen 15 Grand Rue 15 Place Guillaume II 16 Place Guillaume II 16 Rue Aldringen 16 Grand Rue 16 Bd. Royal 16 Parc Villa Louvigny 16 Av. Émile Reuter 17 Val StCroix 17	19:41:10	21:08:56	31	19:41:10	21:08:56	AV. du Bois Av. Victor Hugo
Champ de Glacis Av Amélie Av Amélie 14 Av Amélie 15 Rue Aldringen 15 Grand Rue 15 Rue du Fossé 15 Place Guillaume II 15 Rue du Fossé 16 Av. Monterey 16 Bd. Royal 16 Av. Monterey 16 Parc Villa Louvigny 16 Av. Émile Reuter 16 Route d'Arlon 17 Val StCroix 17						Allée Scheffer
Parc 14 Av. Amélie 16 Rue Aldringen 15 Grand Rue 15 Rue du Fossé 16 Place Guillaume II 16 Place Guillaume II 16 Place Guillaume II 16 Rue Aldringen 16 Grand Rue 16 Bd. Royal 16 Av. Monterey 16 Av. Enville Louvigny 16 Av. Enville Reuter 17 Val St. Croix 17						Champ de Glacis Rondpoint Schuman
Av. Amelle Av. Amelle Gard Rue Gard Rue Rue du Fossé Place Guillaume II Place Guillaume II Place Guillaume II Place d'Armes Av. Monterey Rue Aldringen Grand Rue Bd. Royal Av. Emile Reuter Route d'Arlon Val St. Croix	19:44:20	21:17:28	,	9:44:20	21:17:28	Parc
Grand Rue 15 Rue du Fossé 16 Place Guillarme II 17 Place d'Armes 18 Av. Monterey 16 Rei. Royal 16 Av. Monterey 16 Par Vialla Louvigny 16 Av. Emile Reuter 17 Route d'Arlon 17						Av. Amélie Rue Aldringen
Rue du Fossé Place Guillaume II Place d'Armes Av. Monterey Rue Aldringen Grand Rue Bd. Royal Av. Monterey Av. Émile Reuter Route d'Arlon Val St. Croix	19:47:30	21:26:00	15	19:47:30	21:26:00	Grand Rue
Place Guillaume II Place Guillaume II Vac d'Armes Ava Monterey Rue Aldringen Grand Rue Bd. Royal Av. Monterey Av. Emile Louvigny Av Émile Reuter Route d'Ardon Val StCroix 17						Rue du Fossé
Av. Monterey Rue Aldringen Grand Rue Grand Rue Bd. Royal Av. Monterey Av. Émile Reuter Route d'Arlon			+			Place Guillaume II
Rue Aldringen Grand Rue Bei Gonal Av. Montery Parc Villa Louvigny Av. Émile Reuter Route d'Arlon						
Bd. Royal 16 Av. Monterey 16 Av. Emille Reuter 17						
Av. Faulta Louyigny Av. Émile Reuter Route d'Arlon Val St. Croix	70.00	24.24.22				
Av. Émile Reuter Route d'Arlon Val StCroix	19:50:40	21.34.32				
Koute d'Allon Val StCroix						
	19:53:50	21:43:04				
Rue Senghor Bd. GD Josephine-Charlotte	19:57:00	21:51:36				
Rue Charles IV	0.00	00.00				
Av. daston biberion Rue E. Koch	01:00:00	80:00:08				
Rue Jean Bertholet						
Rue Nicolas Welter	20:03:20	22:08:40				
Place Winston Churchill Allée Marroni						
Parc Ed Klein 21	20:06:30	22:17:12				
Av. Marie-Thérèse						
Place de Liège						
Rue du Maréchal Foch Place de Liège	20:09:40	22:25:44				
Bd. de Verdun						
Rue Astria Rue d'Oradour						
Rue Charlemagne						

TEMPS DE PASSAGE • COUREURS • DURCHLAUFZEITEN • LÄUFERINNEN UND LÄUFER • STREETS AND TIMES • RUNNERS

42, 195 KM	35 KM					21, 0975 KM	75 KM
	km	Premier Coureur Erster Läufer	Demier Coureur Letzter Läufer	km	Premier Coureur Erster Läufer	Dernier Coureur Letzter Läufer	
Rue General O. M. Bradley	23	First Runner 20:12:50	Last Runner 22:34:16			Last Runner	
Rue d'Orval Bue Volande							
Rue Jean Schoetter							
Route de Longwy Rue Béatrix de Bourhon							
Rue Charles Quint	24	20:16:00	22:42:48				
Rue Guillaume de Machault Bd. Marcel Cahen							
Place de France							
Rue Jean Bertels							
Nue contau ter Parc de Merl	25	20:19:10	22:51:20				
Bd. Pierre Dupong							
Rue Antoine Meyer	26	20:22:20	22:59:52				
Rue Marie-Adelaide							
Rue de la Toison d'Or Rue de Bragance							
Rue Alphonse München							
Kue Dante Rue Adolphe							
Rue de Nassau	27	20:25:30	23:08:24				
Rue Jean Jaures Route d'Esch							
Av. Marie Thérèse	28	20:28:40	23:16:56				
Pont Adolphe Place de Metz							
Rue de Prague	29	20:31:50	23:25:28				
Vallée de Pétrusse Vallée de Dátrusse	30	20:35:00	23:34:00				
vallet de reu usse Rue de la Vallée	- n	20.30.10	C3.4E.3E				
Rue J.B. Merkels	C	00.48.00	, , , , , , , , , , , , , , , , , , ,				
nde de Strasbourg Rue des Etats-Unis	30	0.14.02	40.10.04				
Rue d'Anvers							
Rue Adolphe Fischer							
Rue Michel Welter							
Rue Michel Rodange Due Sainte-Zithe	33	20:44:30	23:59:36				
rue sainte-zinte Bd. De la Pétrusse							
Place de Metz	;	!					
Av. de la Liberte Place de la Gare	34	20:47:40	80:80:0				
Av. de la Gare							
Rue du Fort Bourbon Rue du Fort Élisabeth							
Bd. De la Pétrusse							
Pont viaduc Bd. F.D. Roosevelt	35	06:06:07	U:16:40				
Place de la Constitution Rue Chimau							
Rue Notre Dame	36	20:54:00	0:25:12				
Rue de l'Eau Rue Boucherie							Rue de la Reine
Rue du Marché-aux-Herbes							Rue du Marché aux Herbes
Rue du Nord Place du Théâtre							Rue de l'Eau Rue du Rost
Rue des Capucins							Rue Boucherie
Rue des Bains Av. de la Porte Neuve							Rue du Marché aux Herbes Grand Rue
Parc Fondation Pescatore	37	20:57:10	0:33:44			Ш	Cote d'Eich
Pont GD. Charlotte Av. John F. Kennedu				16	19:50:40	21:34:32	Place du Théâtre Rue des Capucins
Place de l'Europe							Rue Beaumont
Park Dräi Eechelen Tunnel Place de l'Europe	38	21:00:20	0:42:16				Av. Porte Neuve Rondpoint Robert Schuman
Av. John F. Kennedy	39	21:03:30	0:50:48	17	19:53:50	21:43:04	Pont GD. Charlotte
Rue Richard Coudenhove-Kalgeri	P	1.00.1	0.55	19	20:00:10		Parc Coque
Parc Réimerwee Circuit de la Enire Internationale	41	21:09:50	1:14:52	20	20:03:20		Parc Réimerwee Circuit de la Enire Internationale
Rue Carlo Hemmer						Ш	Rue Carlo Hemmer
Luxexpo - The Box	42.195	21:13:00	1:16:24	21.0975	20:06:30	22:17:12	Luxexpo - The Box
	-						



km Marathon	km Semi Marathon							
4,5	4,5	H ₂ O		ENERGY			POWER #	WC
6,9	6,9	H²0		ENERGY			POWER #	WC
10	10	H,O		ENERGY				WC
12,4	12,4	H ₂ O		ENERGY			POWER	WC
14,5	14,5	H ₂ O		ENERGY				WC
18		H,O		ENERGY			POWER	WC
20,3		H ₂ O		ENERGY			POWER	WC
22,6		H,O	COLA	ENERGY			POWER #	WC
24,7		H ₂ O	COLA	ENERGY			POWER	WC
27,8		H ² O	COLA	ENERGY			POWER	WC
29,6		H ₂ O	COLA	ENERGY		GEL	POWER #	WC
31,8		Н,0	COLA	ENERGY #		GEL	POWER #	WC
34,8		H,O	COLA	ENERGY		GEL	POWER	WC
36,8	16,5	H,O	COLA	ENERGY		GEL	POWER #	WC
39,1	17,9	H,O	COLA	ENERGY			POWER	WC
41,7			COLA					





- 1. Tram
- 2. Guest Lounge
- 3. DIEKIRCH Pasta Party
- 4. Runner's Village
- 5. Info
- 6. Premiers Secours
- 7. Consigne des sacs de rechange
- 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. EXPO42

- 1. Tram
- 2. Guest Lounge
- 3. DIEKIRCH Pasta Party
- 4. Runner's Village
- 5. Info
- 6. Erste Hilfe
- 7. Kleiderbeutelab-/rückgabe
- Startnummernausgabe
 Trouble Desk
- 9. Duschen
- 10. Umkleiden
- 11. Medaillengravur
- 12. Massage
- 13. Zielverpflegung
- 14. Friedensgebete der Weltreligionen
- 15. EXPO42

- 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
- 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. EXPO42

www.ing-night-marathon.lu

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