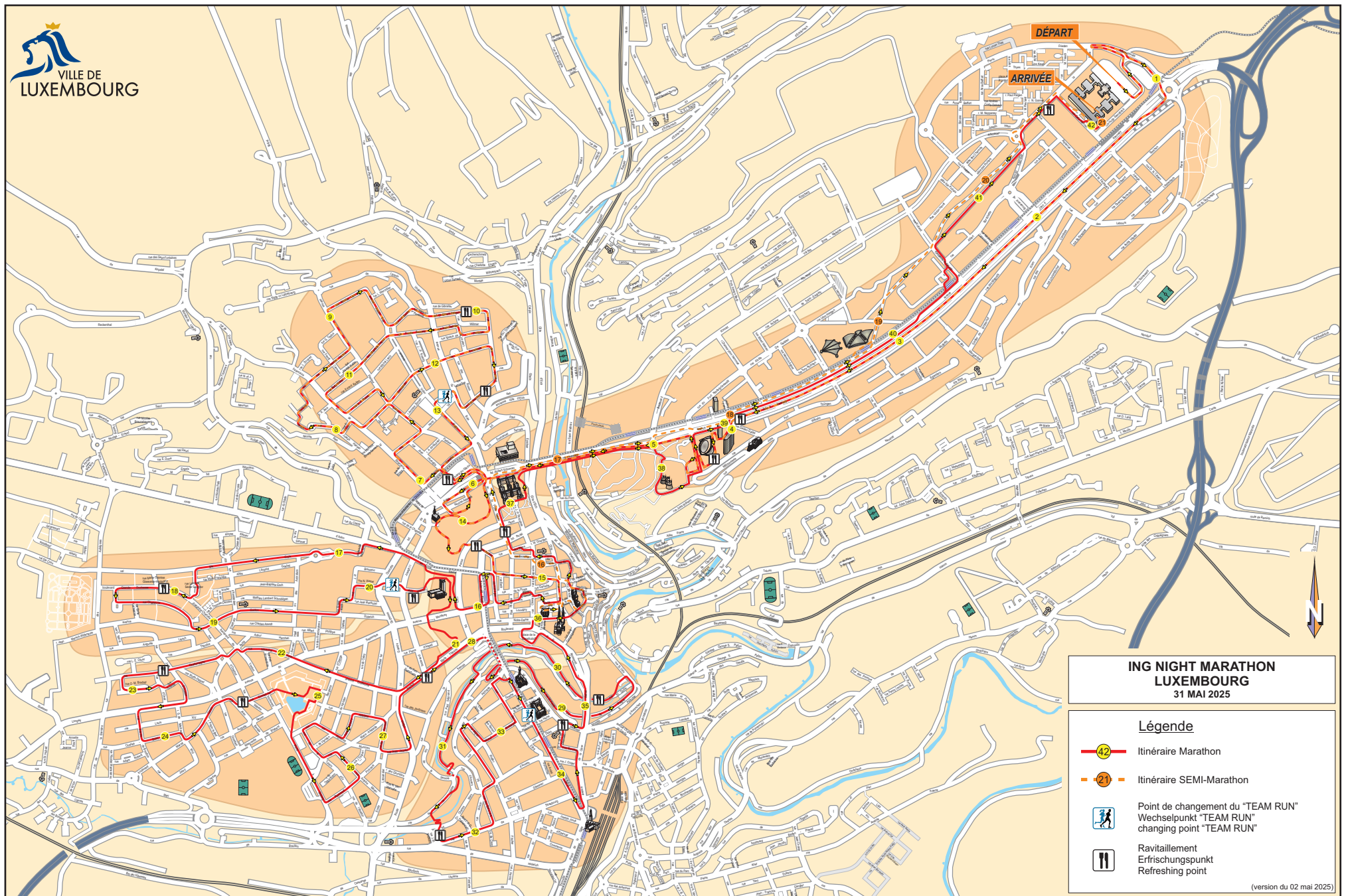




NIGHT MARATHON
LUXEMBOURG



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 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 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 'Faiencerie' 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 'Faiencerie' 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'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, 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 race.

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!

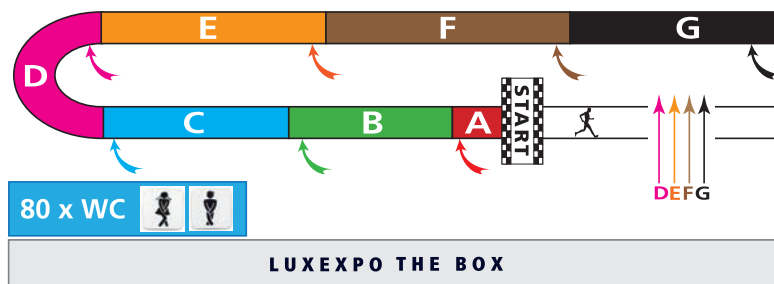
START

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 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 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.

PACEMEN 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 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 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.

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, May 30th, 2025
Saturday, May 31st, 2025

11:00 a.m. to 8:00 p.m.
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 "Faiencerie", 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 "Faiencerie" 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 "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 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

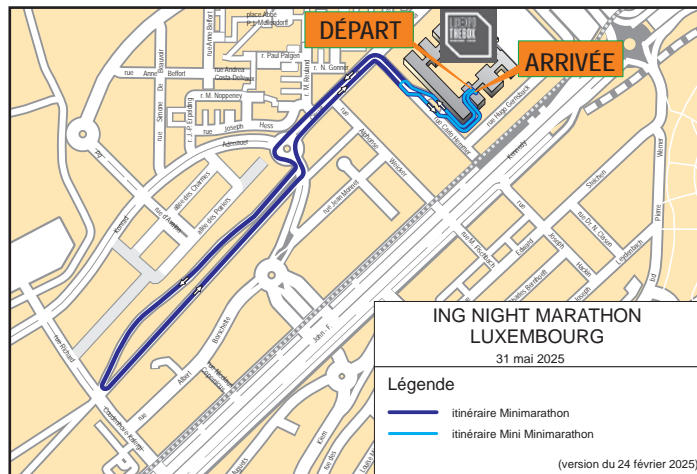
CHRONOMETRY There is no timekeeping for the minimarathon and mini minimarathon.

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.

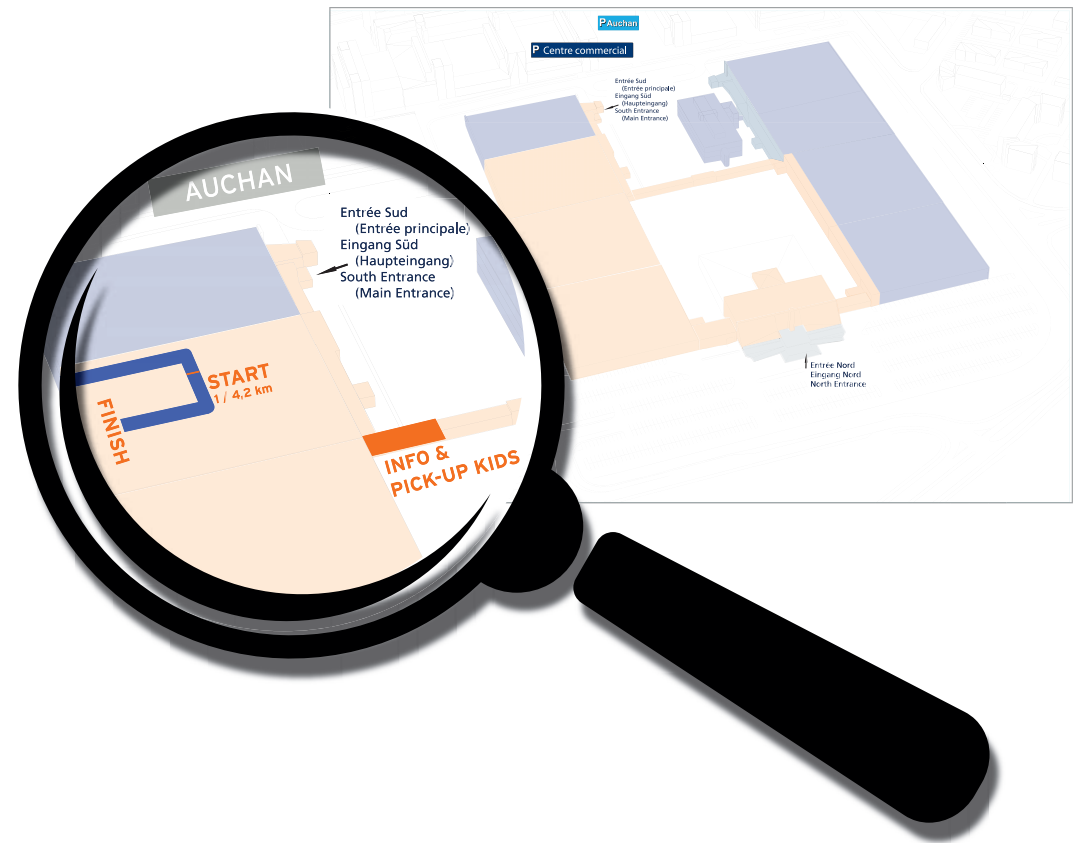
Start time for the minimarathon: 7.30 pm.
 Start time for the mini minimarathon: 7.40 pm.

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 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 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

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 Mylaps®, 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.

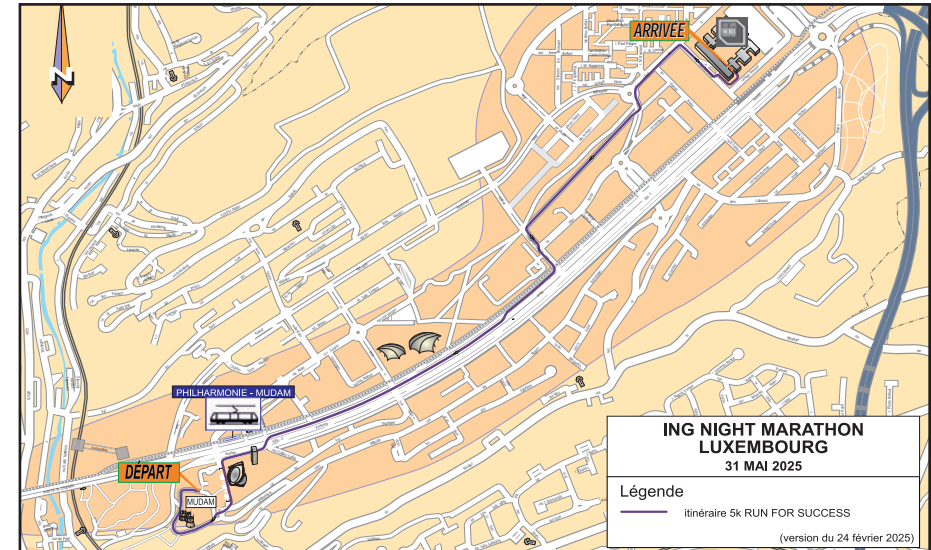
START The 5k Run for Success starts at 8:10 p.m. at the Musée d'Art Moderne Grand-Duc Jean (Mudam). That means you will have plenty of time to watch the start of the marathon at the Luxexpo The Box. Only runners wearing an official 5k Run for Success T-shirt have admission to the start area at the Mudam.

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 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

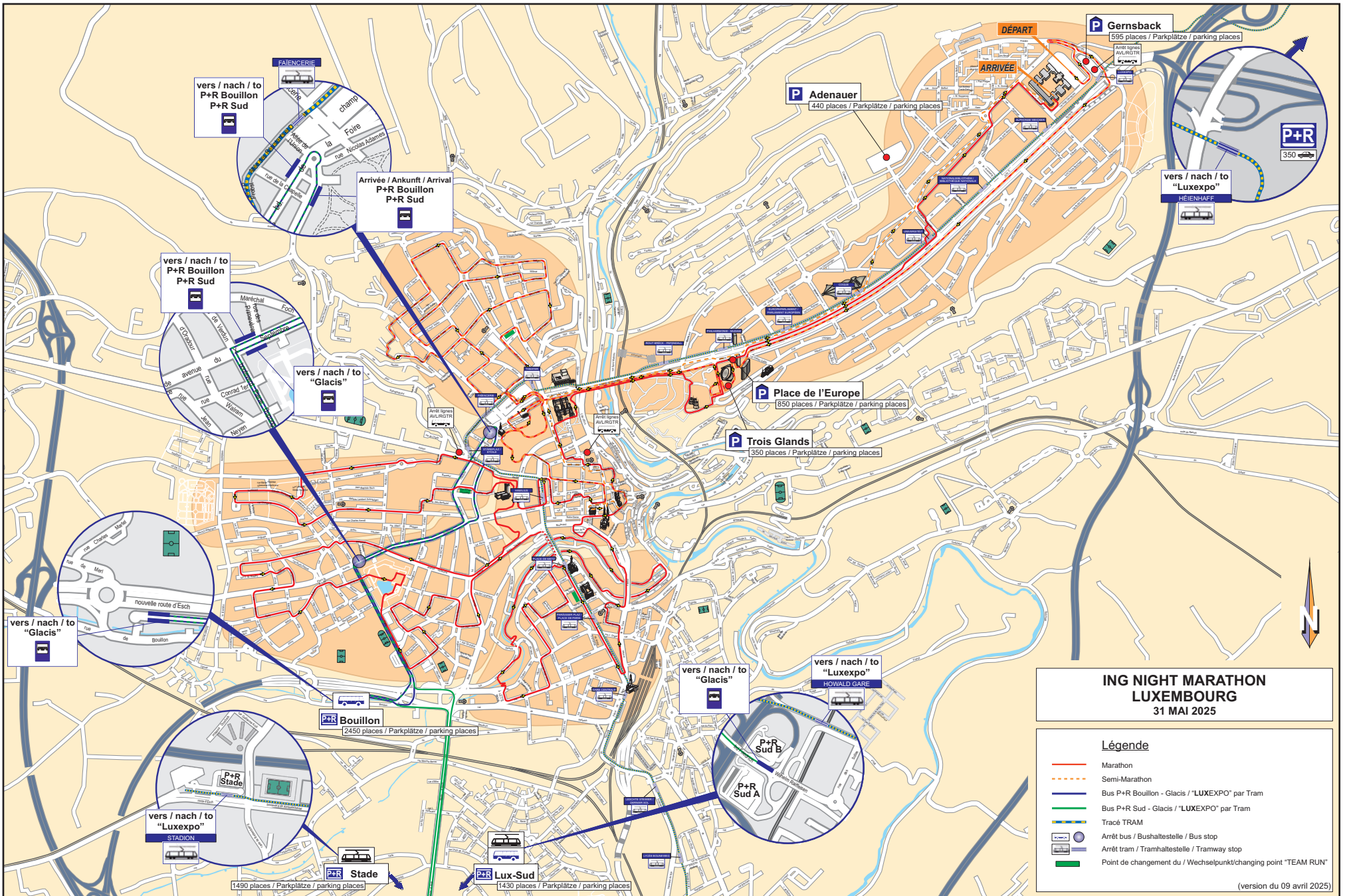


INFORMATION FOR SPECTATORS

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 | PremierCoureur Erster Läufer First Runner | DemierCoureur Letzter Läufer Last Runner | km | PremierCoureur Erster Läufer First Runner | DemierCoureur Letzter Läufer Last Runner | |
| Rue General O. M. Bradley | 23 | 20:12:50 | 22:34:16 | | | | |
| Rue d'Orval | | | | | | | |
| Rue Yolande | | | | | | | |
| Rue Jean Schoetter | | | | | | | |
| Route de Longwy | | | | | | | |
| Rue Béatrix de Bourbon | 24 | 20:16:00 | 22:42:48 | | | | |
| Rue Charles Quint | | | | | | | |
| Rue Guillaume de Machault | | | | | | | |
| Bd. Marcel Cahen | | | | | | | |
| Place de France | | | | | | | |
| Rue Jean Bertels | | | | | | | |
| Rue Conrad 1er | 25 | 20:19:10 | 22:51:20 | | | | |
| Parc de Merl | | | | | | | |
| Bd. Pierre Dupong | | | | | | | |
| Rue Raymond Poincaré | | | | | | | |
| Rue Antoine Meyer | 26 | 20:22:20 | 22:59:52 | | | | |
| Rue Marie-Adelaide | | | | | | | |
| Rue de la Toison d'Or | | | | | | | |
| Rue de Braganca | | | | | | | |
| Rue Alphonse München | | | | | | | |
| Rue Dante | | | | | | | |
| Rue Adolphe | | | | | | | |
| Rue de Nassau | 27 | 20:25:30 | 23:08:24 | | | | |
| Rue Jean Jaurès | | | | | | | |
| 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 | 30 | 20:35:00 | 23:34:00 | | | | |
| Vallée de Pétrusse | 31 | 20:38:10 | 23:42:32 | | | | |
| Rue de la Vallée | | | | | | | |
| Rue J.B. Merkels | | | | | | | |
| Rue de Strasbourg | 32 | 20:41:20 | 23:51:04 | | | | |
| Rue des Etats-Unis | | | | | | | |
| Rue d'Anvers | | | | | | | |
| | | | | | | | |
| Rue Adolphe Fischer | | | | | | | |
| Rue Goethe | | | | | | | |
| Rue Michel Welter | | | | | | | |
| Rue Michel Rodange | 33 | 20:44:30 | 23:59:36 | | | | |
| Rue Sainte-Zithe | | | | | | | |
| Bd. De la Pétrusse | | | | | | | |
| Place de Metz | | | | | | | |
| Av. de la Liberté | 34 | 20:47:40 | 0:08:08 | | | | |
| Place de la Gare | | | | | | | |
| Av. de la Gare | | | | | | | |
| Rue du Fort Bourbon | | | | | | | |
| Rue du Fort Elisabeth | | | | | | | |
| Bd. De la Pétrusse | | | | | | | |
| Pont Viaduc | 35 | 20:50:50 | 0:16:40 | | | | |
| Bd. F.D. Roosevelt | | | | | | | |
| Place de la Constitution | | | | | | | |
| Rue Chimay | | | | | | | |
| 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 | | | | | | | Rue de l'Eau |
| Place du Théâtre | | | | | | | Rue du Rost |
| Rue des Capucins | | | | | | | Rue Boucherie |
| Rue des Bains | | | | | | | Rue du Marché aux Herbes |
| Av. de la Porte Neuve | | | | | | | Grand Rue |
| Parc Fondation Pescatore | 37 | 20:57:10 | 0:33:44 | 16 | 19:50:40 | 21:34:32 | Cote d'Eich |
| Pont G.-D. Charlotte | | | | | | | Place du Théâtre |
| Av. John F. Kennedy | | | | | | | Rue des Capucins |
| Place de l'Europe | | | | | | | Rue Beaumont |
| Park Dräi Echehen | 38 | 21:00:20 | 0:42:16 | | | | Av. Porte Neuve |
| Tunnel Place de l'Europe | | | | | | | Rondpoint Robert Schuman |
| Av. John F. Kennedy | 39 | 21:03:30 | 0:50:48 | 17 | 19:53:50 | 21:43:04 | Pont G.-D. Charlotte |
| Av. John F. Kennedy | 40 | 21:06:40 | 0:59:20 | 18 | 19:57:00 | 21:51:36 | Av. John F. Kennedy |
| Rue Richard Coudenhove-Kalergi | | | | 19 | 20:00:10 | 22:07:08 | Parc Coque |
| Parc Reimerwee | 41 | 21:09:50 | 1:14:52 | 20 | 20:03:20 | 22:08:40 | Parc Reimerwee |
| Circuit de la Foire Internationale | | | | | | | Circuit de la Foire Internationale |
| Rue Carlo Hemmer | | | | | | | Rue Carlo Hemmer |
| Luxexpo - The Box | 42 | 21:13:00 | 1:16:24 | 21 | 20:06:30 | 22:17:12 | Luxexpo - The Box |
| Luxexpo - The Box | 42, 195 | 21:13:37 | 1:18:00 | 21,0975 | 20:06:49 | 22:18:00 | Luxexpo - The Box |




| 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 |
| 24,7 | | H ₂ O | COLA | ENERGY | BANANA | ORANGE | | POWER | WC |
| 27,8 | | 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 | | | | | | |




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  