



SPARKASSE

3-Länder-Marathon
NO BORDER. NO LIMIT.

Marathon-Guide 2024



Mohrenbräu
das Vorarlberger Bier

skinfit

vwk
Energie für Generationen.

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#glaubandich

Wir freuen uns
auf den
13. Oktober 2024



SPARKASSE 

Programm

11. - 13.10.2024

Friday, October 1th 2024

1-18 pm

Festspielhaus, Bregenz

Sport-Active-Fair

Pickup starting numbers

Late registration, Pasta-Party

4 pm

Hotel Bayerischer Hof, Lindau

Sightseeing-run Lindau

4 pm

Festspielhaus, Bregenz

Sightseeing-run „History“

Bregenz

Saturday, October 12th 2024

9 am - 6 pm

Festspielhaus, Bregenz

Sport-Active-Fair

Pickup starting numbers

Late registration, Pasta-Party

10 am - 6 pm

Festspielhaus, Bregenz

Health Symposium

10 am - 3 pm

Stadium, Bregenz

Children's Marathon

2 pm

Festspielhaus, Bregenz

Sightseeing-run „culture & art“

Bregenz

Sunday, October 13th 2024

7-9 am

Festspielhaus, Bregenz

Pickup starting numbers

Late registration

7-12 pm

Festspielhaus, Bregenz

Sport-Active-Fair

9 am

Harbour, Lindau

Warm-up with „The Monroes“

9:45 am

Harbour, Lindau

Start 3-country-marathon
relay-marathon

10:25 am

Harbour, Lochau

Start 5k Youth marathon

10:30 am

Harbour, Lindau

Start halfmarathon

10 k marathon, Nordic Walking

Subject to program changes.

Sport-Active-Fair

11. - 13.10.2024

The Festspielhaus in Bregenz with its impressive scenery of the Lake of Constance and the world's biggest lake stage is situated ideally. Multiple parking lots are close by and the Bregenz main train station as well as the Bregenz harbour are only a few walking minutes away. The finishing area of this event is just around the corner.

The pickup of starting numbers, the Pasta-Party and the health symposium are taking place on the exhibition grounds of the Festspielhaus Bregenz.

Opening hours

Friday, Oct 11th, 2024

1 - 6 pm

Saturday, Oct 12th, 2024

9 am - 6 pm

Sunday, Oct 13th, 2024

7 am - 12 pm

ATTENTION:

Pickup of starting numbers on Sunday is only possible until 9 am

Pastaparty

11. - 12.10.2024

The pasta party is a great opportunity for everyone who wants to fill up their carbohydrate storage before the race in a sociable atmosphere. Gluten-free pasta is available.

This event is open to runners and visitors to enjoy, eat, talk and amuse. It takes place in the Festspielhaus Bregenz.

Opening hours

| | |
|-------------------------|--------------|
| Friday, October 11th | 1 - 6 pm |
| Saturday, October 12 th | 10 am - 6 pm |
| Festspielhaus Bregenz | |

Health symposium

12.10.2024

The health of a long distance runner is its most valued asset. If a runner's health is off balance, the runner won't be able to perform well.

Providing runners with diverse information to be able to run across the finish line healthily is the health symposium's mission. It takes place in the Festspielhaus Bregenz

Opening hours

Saturday, October 12th 10 am - 6 pm
Festspielhaus Bregenz
Entrance is free.

Starting times

Broom Car, Closure of finish line

13.10.2024

The start line-up will take place at the Lindau Harbour towards the Lindau main train station. The starting corridor is only open to people with an official starting number. As there are many runners, the start will happen in waves. Your starting block is printed onto your starting number. Please only position yourself in the starting block that you were assigned to. The ranking will take your Net-time. To ensure a smooth start, please follow the instructions of our volunteers. To prevent unnecessary stress and nervousness

The starting area can only be entered from the Mangtower. Once entered, leaving is not possible.

The starting area can only be entered from the Mangtower. Once entered, leaving is not possible.

Starting times:

09:45 am **Marathon, Relay-Marathon**
10:30 am **Halfmarathon, 10k marathon**
 Nordic Walking

The finish line will close at 4:30pm

Broom car

Runners have a total of 6:30 hours to complete the marathon route. The broom car is driving with a speed of 7km/h. Every runner that has been passed by the broom car can decide to either drive to the finish with the broom car or to hand over their starting number and continue walking to the finish line next to the traffic. Due to legal reasons, the route opens up for traffic behind the broom car.

Cut-Off Points

There are two cut-off points on the route:

12:15 p.m. (kilometer 15 - marathon/half marathon separation).

Possibility to complete the half marathon

2:00 p.m. (kilometer 26) with return option every 30 minutes (train/bus)

Runners who are at this point in time

At this point there are no checkpoints yet have passed, cannot continue the marathon lead as they reach the finish line at 4:30 p.m.



Clothing transfer

13.10.2024

Before the start on Sunday, you can drop off your clothing bag at the trucks located right behind the starting area at the “Reichsplatz” in Lindau starting at 8:30am.

Please only use the provided clothing bag with your starting number on it, which you will receive when picking up your starting number. Do not use regular bags or cardboard. Do not put any valuables or breakable items into your clothing bag. We will bring your clothing to the finishing area in Bregenz.

Clothing bags have to be dropped off in Lindau until 10:15 am the latest.

Clothing bag pick-up in Bregenz

The pick-up is located behind the finishing stadium at the parking lot “Parkplatz West”, next to the showering trucks from Hansgrohe. For picking up your clothing bag, the starting number has to be shown.

Pick-up of clothing bag is possible until 5pm on Sunday. Clothing bags that have not been picked up will be disposed after one week. Please contact our Info point (info@sparkasse-3-laender-marathon.at) in case of not picking-up your clothing bag.

The organizer does not assume no liability for damage or loss.

Ship transfer

13.10.2024

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

Sunday, October 13th 2024

Leaving Bregenz

8:30 am

8:35 am

9:10 am*

Arriving Lindau

8:55 am

9:00 am

9:35 am

Leaving Lindau

11:00 am

Arriving Bregenz

11:25 am

Clothing bag drop-off is closing at 10:15am.

Spectators can use the ship transfer to Lindau as well as to Bregenz for a fee of EUR 8,-

*) Not usable for participants in the marathon and relay-marathon

Train transfer

13.10.2024

On Oct 12h and 13th, all participants (with starting number) can use all busses and trains in the area of the Vorarlberger Verkehrsverbund for free. This area includes all public transport in the province of Vorarlberg plus the bordering areas of Lindau, the city bus in Lindau and St. Margrethen..

With train to the start in Lindau for free

| Train | Leaving Bregenz | Arriving Lindau |
|--------------|------------------------|------------------------|
| S1.1 | 8:37 | 8:50 |
| 5562 | 8:49 | 9:03 |
| S3* | 9:12 | 9:25 |
| 25810* | 9:20 | 9:34 |
| S1.2* | 9:39 | 9:52 |
| 5564* | 9:49 | 10:03 |

| Bus | Leaving Bregenz | Arriving Lindau |
|------------|------------------------|------------------------|
| B1 | 8:30 | 9:00 |
| B2 | 9:30 | 9:50 (Lindau-Reutin) |

Clothing bag drop-off is closing at 10:15am.

*) Not usable for participants in the marathon and relay-marathon

The usage of the train connections for spectators is also free with a coupon (to Lindau and back). Coupons can be downloaded online.

Even after the run, trains to Lindau can be used for free with a starting number.

Trains are departing every 30 minutes.



Refreshment points

13.10.2024

Thanks to our partners, we can provide an energy rich supply on the route again this year.

| km | VOUS Water | Tea | SPONSER Competition | VOUS Coke | Bananas | SPONSER Energy Bar | SPONSOR Energy Gel | SPAR Energy-Drink | Self-Catering |
|--------|--|-----|---------------------|-----------|---------|--------------------|--------------------|-------------------|---------------|
| 5 | | | | | | | | | |
| 10 | | | | | | | | | |
| 13.2 | | | | | | | | | |
| 17 | | | | | | | | | |
| 18.8 | | | | | | | | | |
| 21.8 | | | | | | | | | |
| 24 | | | | | | | | | |
| 25.5 | | | | | | | | | |
| 28 | | | | | | | | | |
| 29.5 | | | | | | | | | |
| 32.5 | | | | | | | | | |
| 34.3 | | | | | | | | | |
| 36.8 | | | | | | | | | |
| 40.3 | | | | | | | | | |
| Finish | SPAR-Cateringvillage with a comprehensive range of drinks and solid food | | | | | | | | |

Self-Catering

This can be brought to information booth at the Sport Active-Fair in Bregenz on Saturday, Oct 12th, until 5 pm.

Subject to change.

Finish in Bregenz

13.10.2024

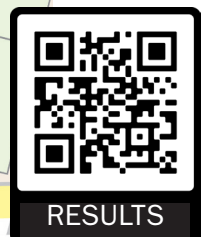
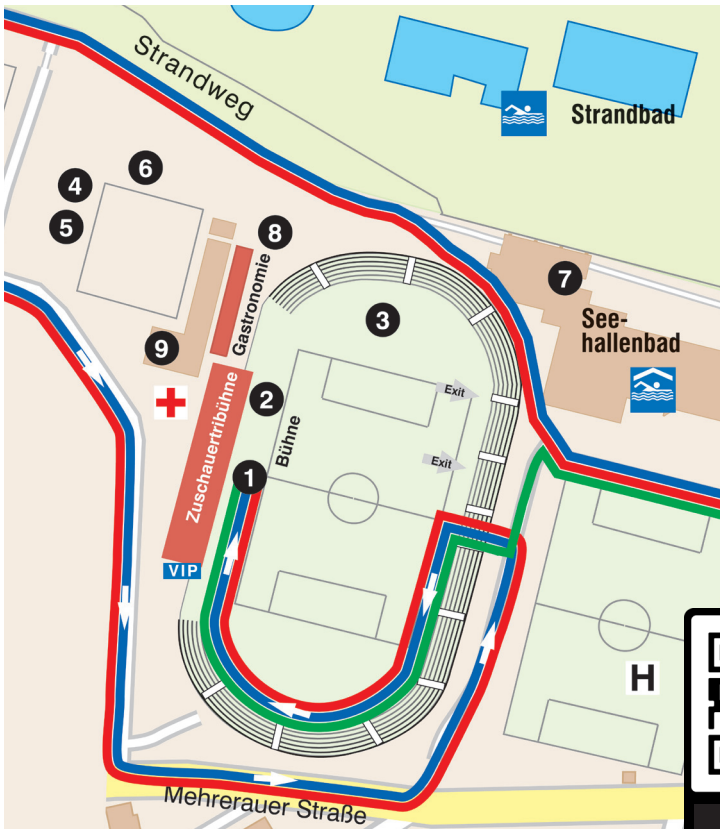
The finish line **(1)** is located in the Lake of Constance-Stadium in Bregenz. Running into the Lake of Constance-Stadium is something that you will not forget for the rest of your life.

After passing the finishing line, you will receive your personal finisher-medal **(2)**. We kindly ask you to exit the immediate finishing area as soon as possible, to ensure that finishers behind you can cross the finishing line.

Behind the finishing line, the SPAR-refreshment village **(3)** is waiting for you, with everything that a runner's heart could ask for.

Re-entry into the SPAR-refreshment village is not possible!

If you have any questions after the race, we will be happy to help you in the race office **(9)**. Here you can also find the medal engraving **(9)**

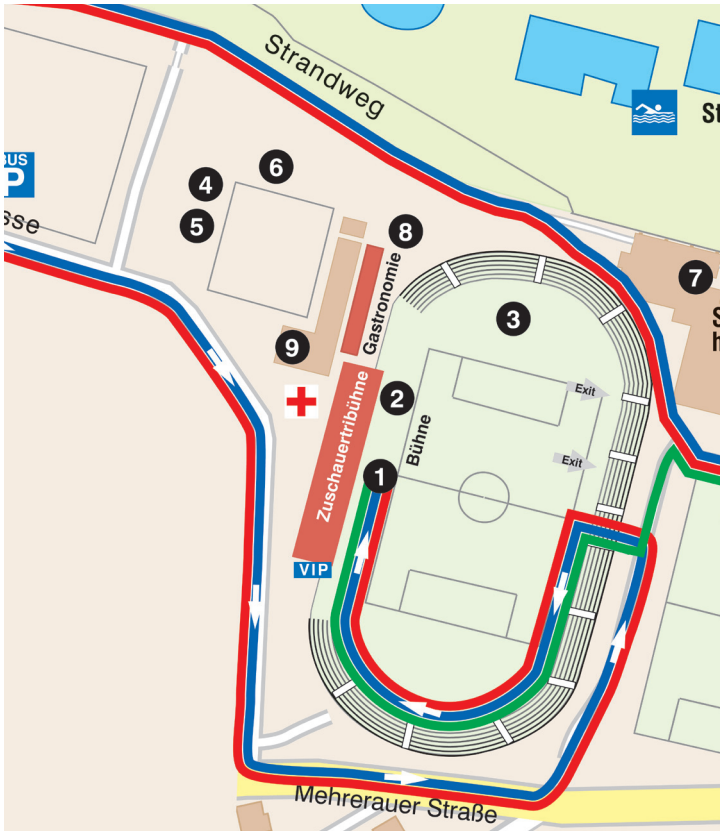


Showers/Changing Massage

Exit the SPAR-refreshment village towards the parking lot “Parkplatz West”. Follow the signs towards the clothing bag pick-up (4) and the showers.

Showering containers (5) are provided for men. Women are allowed to use the showers of the public indoor swimming pool (7). Showers can be used until 5pm.

The massage places (6) are also located directly next to the clothes bag pick up (4). Opening-hours: noon - 4pm



Results/Certificate

You can find all results and the personal certificate on our results page. 1-2 days after the race, your personal runner photos will also be available for download.



The certificate is a blue rectangular document with white text. At the top left is the Sparkasse logo, a stylized red and white figure. To its right is the text 'SPARKASSE' in a blue box, followed by '3-Länder-Marathon' and 'NO BORDER. NO LIMIT.' below it. The main title 'URKUNDE' is in large white letters. Below it is the name 'Thomas Mustermann' and 'TSV Musterstadt'. The text continues: 'erreichte beim Sparkasse-3-Länder-Marathon am 13.10.2024 mit einer Zeit von 02:14:25 in der Kategorie M-20 den 1. Rang (20. Gesamtrang, 19. Rang Männer)'. At the bottom, it lists '1. Halbmarathon: 01:06:47' and '2. Halbmarathon: 01:07:38'. A footer bar contains the website 'www.sparkasse-3-laender-marathon.at' and logos for 'München 2024', 'München Marathon', 'skitrek', 'INHAUS', and 'vkw'.

SPARKASSE
3-Länder-Marathon
NO BORDER. NO LIMIT.

URKUNDE

Thomas Mustermann
TSV Musterstadt

erreichte beim
Sparkasse-3-Länder-Marathon am 13.10.2024
mit einer Zeit von
02:14:25
in der Kategorie M-20
den 1. Rang
(20. Gesamtrang, 19. Rang Männer)

1. Halbmarathon: 01:06:47
2. Halbmarathon: 01:07:38

www.sparkasse-3-laender-marathon.at
München 2024 München Marathon skitrek INHAUS vkw



Relay marathon

13.10.24



Start is at 9.45 am. in Lindau (see page 8)

Where are the transition areas?

1. Transition zone: Bregenz, in front of the Festival Hall (at km 10)
2. Transition zone: Hard, close to the church (at km 17)
3. Transition zone: St. Margrethen (CH), village square (at km 26)

The transition zones will be announced 200 and 100 m beforehand!

How does the handover work?

The handover takes place in the designated area (relay handover) by handing over the start number with the start number band (including the time transponder). Any irregular handover will result in the relay being disqualified. We appeal to fairness here!!

How do we get to the Transition points?

The first Transition point is just a few minutes' walk from the Bodensee Stadium (destination).

You can reach the second Transition point by public bus*. Travel time approx. 15 minutes.

You can reach the third Transition point by train*. Return by train and bus, travel time approx. 10 minutes

The relieved runners can also return with the bus and train as a shuttle service. Both the train and bus shuttles can be used free of charge with the start number.

Important!

If you drop runners by car to the Transition points:

The St. Margrethen border crossing is closed. All you can do is let the runners off there and they then go to the Transition point in the village center (approx. 5 minutes).

How and where do I have to attach the start numbers?

They are clearly visible on the running belt at the front and on the back (using safety pins). Please attach the number marked "Relay" to the back. The shirt number does not have to be passed on.

Relay marathon

Shuttle to Transition 2 in Hard

Bustimetabelle to Transition 2 in Hard

Buslines 140 and 141

Dept. Bahnhof Bregenz

7:50 (L140)

8:20 (L141)

8:50 (L140)

9:20 (L141)

9:50 (L140)

10:20 (L141)

10:50 (L140)

11:20 (L141)

Arr. Hard-Brückenwaage(8.Stop)

8:08

8:38

9:08

9:38

10:08

10:38

11:08

11:38

Return

Dept. Hard-Brückenwaage

10:17 (L141)

10:47 (L140)

11:17 (L141)

11:47 (L140)

12:17 (L141)

12:47 (L140)

13:17 (L141)

13:47 (L140)

14:17 (L141)

14:47 (L140)

Arr. Bregenz Bahnhof (8.Stop)

10:36

11:06

11:36

12:06

12:36

13:06

13:36

14:06

14:36

15:06



Relay marathon

Shuttle to Transition 3 St Margrethen

Traintimetable to Transition 3 in St. Margrethen/CH

Trains S3 and S7

| Dept. Bahnhof Bregenz | Arr. St. Margrethen (5. Stop) |
|-----------------------|-------------------------------|
| 8:47 (S3) | 9:03 |
| 9:00 (S7) | 9:08 |
| 9:47 (S3) | 10:03 |
| 10:00 (S7) | 10:08 |
| 10:47 (S3) | 11:03 |
| 11:00 (S7) | 11:08 |
| 11:47 (S3) | 12:03 |
| 12:00 (S7) | 12:08 |
| 12:47 (S3) | 13:03 |
| 13:47 (S3) | 14:03 |
| 14:00 (S7) | 14:08 |

Return with Train (S3 and S7) or Bus

| Dept. St Margrethen | Arr. Bregenz Bahnhof (5.Stop) |
|-----------------------------|-------------------------------|
| 10:55 (S3) | 11:10 |
| 11:30 (Extra-Bus, no Stops) | 11:50 |
| 11:51 (S7) | 12:01 |
| 11:55 (S3) | 12:10 |
| 12:30 (Extra-Bus, no Stops) | 12:50 |
| 12:51 (S7) | 13:01 |
| 12:55 (S3) | 13:10 |
| 13:30 (Extra-Bus, no Stops) | 13:50 |
| 13:51 (S7) | 14:01 |
| 13:55 (S3) | 14:10 |
| 14:30 (Extra-Bus, no Stops) | 14:50 |
| 14:51 (S7) | 15:01 |
| 14:55 (S3) | 15:10 |
| 15:51 (S7) | 16:01 |
| 15:55 (S3) | 16:10 |



5k Youth-Marathon

13.10.24



The 5k Youth Marathon starts at 10.25 am in Lochau.
Please arrive at the starting grid **(1)** by 10:10 am at the latest.

The garment bag drop-off **(2)** is at Lochau train station **(3)**
Truck marked „Inhaus“.

We recommend taking the train to get to the start in Lochau.
Start number = train ticket

| Train | Dept. Bregenz | Arr. Lochau |
|--------------|----------------------|--------------------|
| S1.1 | 8:37 | 8:41 |
| 5562 | 8:49 | 8:54 |
| S3* | 9:12 | 9:17 |
| 25810* | 9:20 | 9:25 |
| S1.2* | 9:39 | 9:43 |
| 5564* | 9:49 | 9:54 |



Start-Numbers

Overview



Sparkasse 3-Country-Marathon



Skinfit Halfmarathon



vkw Quartermarathon



VN.at Relay-Marathon



Vorarlberg >>bewegt 5k Youth



Thank you!!

Thanks

... over 700 volunteers make this major event possible through their personal commitment

Thanks

... the blue light organizations in all 3 countries. Our motto also applies here: #noborder #nolimit

Thanks

... the authorities of the 3 countries. It is professional and usually uncomplicated and always in the interests of the participants. Just great.

Thanks

... the Governments of the three countries. Reliable partners for 17 years.

Thanks

... our sponsors. Your contribution is an essential part of the success of the 3-country marathon.

Thanks

... all participants from near and far. Your smiling faces are thanks for all the work.

We'll meet Again
on October 12, 2025

#noborder #nolimit