



MARATHON

36TH RHEIN-RUHR
MARATHON DUISBURG

HANDBIKE

17TH RHEIN-RUHR
HANDBIKE MARATHON

INLINE

20TH RHEIN-RUHR INLINE
MARATHON

HALF MARATHON RELAY MARATHON

18TH RHEIN-RUHR HALF MARATHON
11TH RHEIN-RUHR RELAY MARATHON

SPORTPARK DUISBURG **2ND JUNE 2019**

RHEIN-RUHR-MARATHON.DE

MORE FOR YOUR FEE

- ✓ Short **walking distances**
- ✓ Adequate **parking space**
- ✓ **Changing rooms** and **showers** at the start and finish area

- **Finisher medal.** and course map.
- Original Odlo **finisher shirt** with logo.
- Online **result service** with certificate and lists, internet link with your personal finish time.
- **Medal engraving** at no charge
- 18 **refreshment stalls** for the marathon, 10 for the half marathon.
- 18 **bands** along the course.
- Digital **starter kit** with programme, participant lists
- Free **swimming** for recuperation.
- Free **public transport** to and from the event venue within the area of VRR.
- **Free massage** (not for relays).
- **Starter bag** with products from our partners including a sponge.
- Free **child care**.
- Fresh draft **König-Pilsener** and non-alcoholic **Erdinger** at the finish area.

➔ Participation fees for all entrants:

Date of registration	Marathon/ Inline Skater	Half Marathon	Relay
until 31.10.2018	€40	€30	€100
until 31.12.2018	€50	€35	€120
until 14.04.2019	€58	€39	€140
until 26.05.2019	€63	€44	€160
until 02.06.2019	€70	€50	€180



You can pick up **your starting number** in the Business Area of the Schauinsland-Reisen-Arena

Margaretenstraße 5-8
47055 Duisburg (Sportpark Duisburg)

PROGRAMME

WEDNESDAY, 29TH MAY 2019

10 am - 2 pm **4 Kids:** AOK-Rhein-Ruhr Junior Race

SATURDAY, 1ST JUNE 2019

11 am Breakfast Run (ca. 5 km)

10 am - 7 pm Marathon exhibition, starting number collection, late registration

3 pm - 7 pm Pasta-Party

SUNDAY, 2ND JUNE 2019

from 6 am Marathon exhibition, starting number collection, late registration

8 am Start 11th Rhein-Ruhr Handbike Marathon

8.05 am Start 20th Rhein-Ruhr Inline Marathon
Time limit : 10.35 am

8.28 am Start Ekiden Relay
Time limit: 2 pm

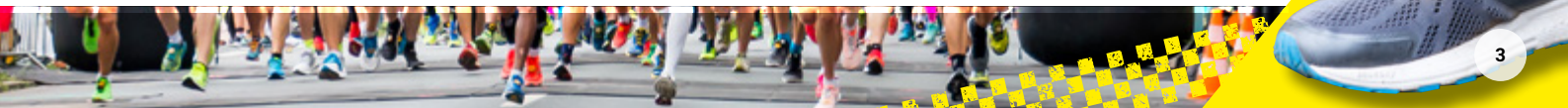
8.30 am Start 36th Rhein-Ruhr Marathon
Time limit: 2 pm

8.50 am Start 11th Rhein-Ruhr Relay Marathon
Time limit: 2 pm

10 am Start 18th Rhein-Ruhr Half Marathon
Time limit: 12.45 am

9 am - 4 pm Marathon exhibition, medal engraving, festivity close to the Schauinsland-Reisen-Arena

from 12 am Swimming for recuperation





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SPORTPARK DUISBURG

2ND JUNE 2019



thyssenkrupp



Sparkasse
Duisburg



König Pilsener

HANIEL



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