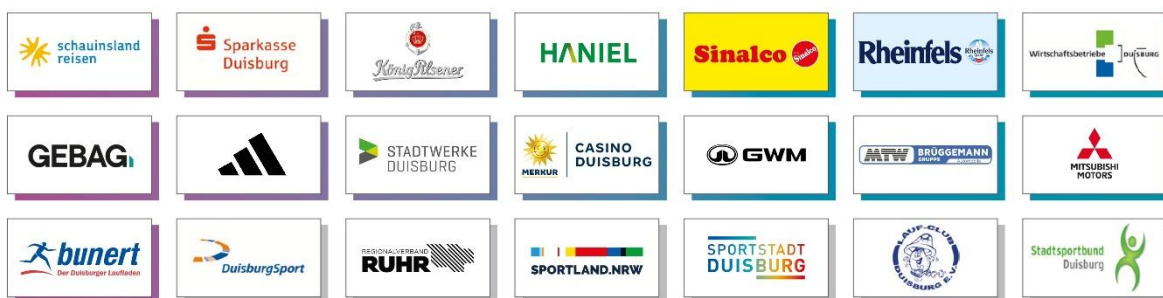


42. RHEIN-RUHR- MARATHON DUISBURG

SUNDAY, MAY 18th 2025

STARTERINFO



RHEIN-RUHR-
MARATHON.DE



Info



42nd Rhein-Ruhr Marathon

May 18, 2025

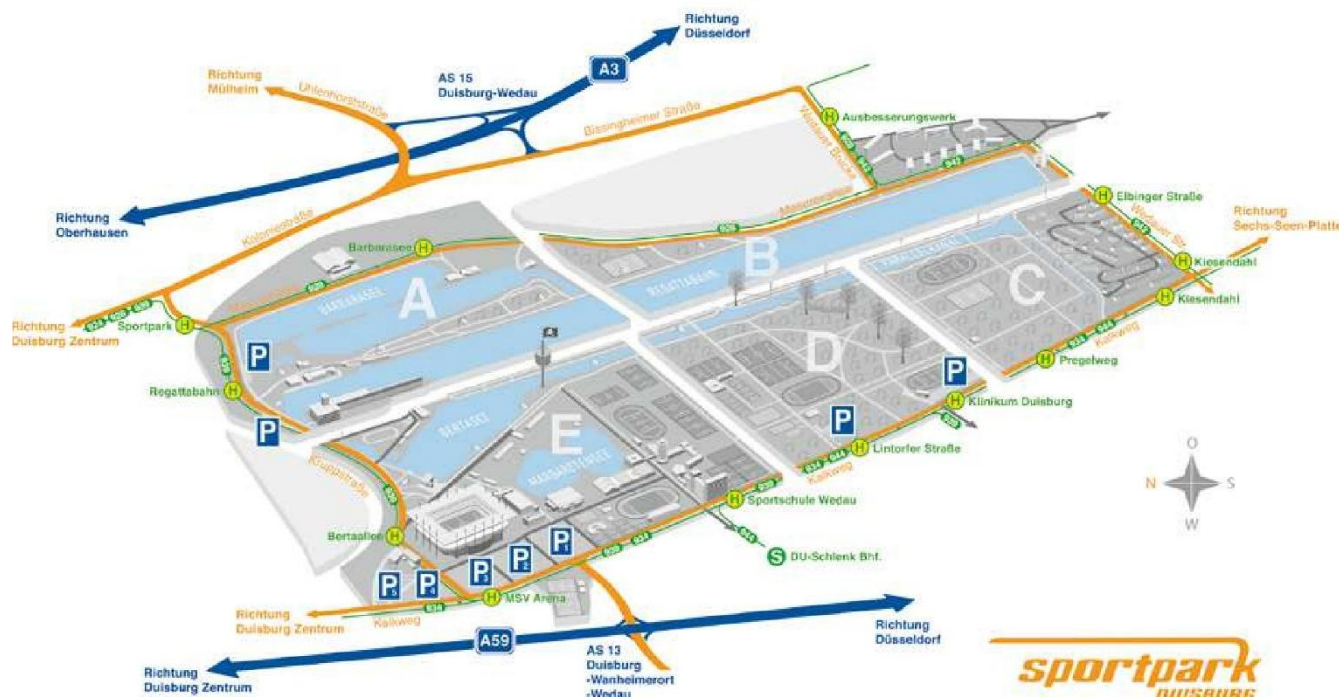
Participant Information

Dear Participant,

We are delighted that you have registered for the 42nd Rhein-Ruhr Marathon and that you will be starting in Duisburg. Below you will find the most important information for the course of the 42nd Rhein-Ruhr Marathon.

For the sake of linguistic simplicity, only the male form is used. However, individuals of all genders (male, female, and non-binary) are equally addressed. Specific information for inline skaters and half marathon runners is marked with (SK) and (HM), respectively.

Directions to the competition venues



Map of the competition site



LAGE DER WETTKAMPFSTÄTTE / MAP OF THE COMPETITION SITE / PLAN DES LIEUX DE COMPÉTITION

- | | |
|--|---|
| <p>1 Schauinsland-Reisen-Arena Westtribüne
Eingang Margaretenstrasse
Marathonmesse
Startkartenausgabe
Pasta-Party</p> | <p>6 Bundesleistungszentrum Kanu
Kruppstrasse 30 a
Herren Umkleide Stnr.: 2001 – 3000</p> |
| <p>2 Schwimmstadion
Eingang Seite Margaretensee
Herren Umkleide Stnr.: 1–1000</p> | <p>7 Vereinsanlage Taxi
Eingang Wacholderstrasse
Staffel Umkleide Stnr.: S1 – S200</p> |
| <p>3 Schwimmstadion
Eingang Margaretenstrasse
Frauen Umkleide Stnr.: F1 – F300
Frauen Umkleide Stnr.: F1001 – F2500</p> | <p>8 Marathon-Plaza
Zentraler Info-Stand, Meeting-Point,
Kinderbetreuung, Ergebnisdienst, Medail-
lengravur, Marathonmesse (nur am So.),
Kleiderbeutel Halbmarathon und Mara-
thon bei den Containern Kons & Pusnik,
Ehrungszelt: Ausgabe von Preisen und
Pokalen der Altersklassenwertung</p> |
| <p>4 Eissporthalle
Inline Herren + Frauen + Handbiker
Umkleide Stnr.: 10000 – 11250
Kleiderbeutel Inliner + Handbiker</p> | <p>9 Abfahrt Bus-Shuttle Staffeln
und Zuschauer</p> |
| <p>5 Bezirkssportanlage 3
Eingang Margaretenstrasse
Herren Umkleide Stnr.: 1001 – 2000</p> | |

Event Program 2025

May 17 – 18, 2025

- **Marathon Expo:**
Saturday, May 17, 2025, 10:00 AM – 7:00 PM, Schauinsland-Reisen-Arena, Margaretenstraße 5-7, 47055 Duisburg
Sunday, May 18, 2025, 9:00 AM – 4:00 PM, Action Area Bertaallee, 47055 Duisburg
 - **Saturday, May 17, 2025, 11:00 AM:**
Breakfast Run approx. 5 km, start at the main entrance of the Schauinsland-Reisen-Arena
 - **Saturday, May 17, 2025, 3:00 PM – 7:00 PM:**
Pasta Party “Feinkost Kersten,” Business Lounge of Fa. Pape (2nd floor, Schauinsland-Reisen-Arena,) Prices per dish range from €5.90 to €10.50, including a soft drink.
-

Race Pack Collection

- Distribution at the Schauinsland-Reisen-Arena during the Marathon Expo on Saturday, May 17, 2025 (10:00 AM – 7:00 PM) and Sunday, May 18, 2025 (from 6:00 AM until the start)
 - For good medical care, write the contact details on the back of the race bib
 - The race bib will indicate the pre-ordered shirt size
 - For personal support, pre-registered participants will have their name on the race bib
 - Late registrants should write their name with a thick marker
-

Before the Start

- Attach the race bib to the front of your shirt
 - Attach the chip to your shoe
 - Carry the sponge
 - Toilets are available at the start area and on Kruppstraße
-

Changing Rooms

- Sorted by starting groups
 - Includes toilets
-

Bag Drop

- Containers from Fa. Kons & Pusnik at the Action Area on Bertaallee
- (SK) Inline skaters deposit their belongings at the ice sports hall
- Do not leave bags unattended

Start Times on Kruppstraße

- 8:00 AM: Inline Marathon
 - 8:00 AM: Wheelchair/Handbikers
 - 8:30 AM: Marathon
 - 10:00 AM: Relay Half Marathon
 - 10:00 AM: Half Marathon
-

Ready, Steady, GO!

- Follow the green marking for the optimal running route
 - Every kilometer is marked
 - Clocks are placed every 5 kilometers
 - Control points with referees from the North Rhine Athletics Association Region North are along the course
 - Pace setters for the Marathon: 3:00 hrs/3:15 hrs/3:30 hrs/3:45 hrs/4:00 hrs/4:15 hrs/4:30 hrs/4:45 hrs/5:00 hrs/5:30 hrs
 - Pace setters for the Half Marathon: 1:30 hrs/1:45 hrs/2:00 hrs/2:15 hrs/2:30 hrs/2:45 hrs
-

Prohibited on the Course

- Bike accompaniment will lead to disqualification
 - Slowing down/stopping in the middle of the road
 - Running hand-in-hand, especially in the finish area
 - Be considerate of other runners; only in doing so will it be a great and unforgettable event for everyone.
-

Personal Nutrition

- Submission until May 17, 2025, 7:00 PM at the race bib collection point
 - No glass containers allowed
 - (SK) Not possible for inline skaters
-

Time Limit

- Marathon – 5:30 hours
 - Half Marathon – 2:45 hours
 - Inline Skaters – 2:30 hours
-

Medical Care

- Proceed to the nearest aid station
- Mobile first aid responders will be called from there
- Recovery buses will circulate during the marathon to transport athletes to the medical services at the Schauinsland-Reisen-Arena

Supply Stations

With Dixi toilets and toilet trailers (VS 13 and VS 16)

VS	Kilometer	Provision	Supporting Organization
1	KM 5	Water, WC	Eintracht Duisburg
1 HM	KM 6 (Half Marathon only)	Water, WC	BSG Stadtwerke
2	KM 9.5	Water, WC	THW Jugend
3	KM 11.5	Water, Isotonic, WC	1. Meidericher Kanu-Club
4	KM 13	Water, WC	MSV Duisburg – Gymnastics
5	KM 16.8	Water, WC	Ruhrorter TV
6	KM 19	Water, WC	Homberger TV
7	KM 20.3	Water, Isotonic, Bananas, WC	Moerser TV
8	KM 24.5	Water, Isotonic, Bananas, Sponges, WC	Volunteer Fire Department Löschzug 610
9	KM 27	Water, Isotonic, Cola, WC	TTS Duisburg
10	KM 28.5	Water, Isotonic, Bananas, Sponges, WC	Youth Home Niederrhein
11	KM 30	Water, Isotonic, Bananas, Cola, WC	Volunteer Fire Department Löschzug 210
12	KM 31.5	Water, Isotonic, Bananas, WC	DSV 1900
13	KM 33.2	Water, Isotonic, Bananas, WC	Viktoria Buchholz
14	KM 35	Water, Cola, Bananas, WC	SG Duisburg Süd
15	KM 36	Water, Isotonic, Bananas, Cola, WC	KG Op de Hippe Höhe 1950
16	KM 38.5	Water, Isotonic, Bananas, Cola, Sponges, WC	DUC Duisburg e.V.
17	KM 40.5	Water, Isotonic, Bananas, Cola, WC	TV Wanheimerort
Finish	KM 42.195	Water, Isotonic, Bananas, Pils, Sinalco Cola, Apple Spritz, WC	LC Duisburg

Special Sections for Inline Skaters on the Course

Special Points on the Route for Inline Skaters:

- KM 2.3 Roundabout at Neue Fruchtstraße
- KM 4.3 Sharp left-right curve at Pulverweg
- KM 5.8 Diagonal railway crossing at Schifferstraße
- KM 6.2–7.2 Tracks running parallel to the route at Ruhrorter Straße
- KM 7.1 Roundabout at Ruhrorter Straße
- KM 8 Tracks running parallel to the route at Emmericher Straße
- KM 10 Sharp left-right curve at the Kanalbrücke
- KM 15.9 Roundabout at Nordhafen
- KM 16.9 Roundabout at the intersection of Am Nordhafen/Amtsgerichtsstraße
- KM 17.5 Narrow right curve at the intersection of Amtsgerichtsstraße/
Friedrichsplatz
- KM 17.5 Tracks running parallel to the route at Friedrichsplatz
- KM 17.6 Narrow left curve at the intersection of Friedrichsplatz/
Homberger Straße
- KM 18.5 Descent at Friedrich-Ebert-Brücke
- KM 19.3–19.8 Pedestrian zone with surface change at Augustastraße
- KM 20 Narrow right curve at the intersection of Arndtstraße/Mühlenstraße
- KM 20–21 5 x Railway crossings at Duisburger Straße
- KM 21.1 Narrow right curve at the intersection of Uferstraße/Wilhelmallee
- KM 21.2 Narrow footpath at Wilhelmallee
- KM 25.5 Lane narrowing at Duisburger Straße/Atroper Straße
- KM 26.5–27.5 Descent at the Bridge of Solidarity
- KM 27.9 Railway crossing at the intersection of Rheinhauser
Straße/Wanheimer Straße
- KM 30 Narrowing Düsseldorfer Straße ahead of the supply station
- KM 30.5 Railway crossing at the intersection of Nikolaistraße/
Wacholderstraße
- KM 34.4–35.4 5 x Speed bumps on Swakopmunderstraße – Lüderitzallee
- KM 38 Narrow right curve at the intersection of Großenbaumer Allee/
Neidenburger Straße
- KM 38.8 Narrow left curve at the intersection of Neidenburger Straße/
Kalkweg
- KM 42 Tight curve combination at the stadium

Congratulations on Your Successful Run!

- Medal at the finish line
 - Warm blanket for recovery
 - Refreshing drinks and fruit
 - Continue walking after finishing
 - Massage by physiotherapists from the Duisburg Outpatient Rehab Center (ARZD)
 - Roses for female runners
 - Adidas Finisher Shirt upon presenting your race bib
 - Commemorative photo at the Selfie Station
 - Medal engraving at the Action Area
 - (SK) Finish line for the state championships of inline skaters on Margaretenstraße
 - Regeneration swim starting at 12:00 PM (race bib required for entry; swimwear required)
-

Results

- Leaderboard directly in the Rhein Ruhr Marathon App or via the following QR code:
- Download the instant certificates at www.rhein-ruhr-marathon.de



- Access code for finisher clip will be sent via the starter kit; Download approx. 8 weeks after the race.

Award Ceremony at Schauinsland-Reisen-Arena

- Changes possible at short notice -

- Approx. 10:15 AM: Award Ceremony for Inline Skaters, Places 1-3 Men and Women
 - Approx. 11:45 AM: Award Ceremony for Half Marathon, Places 1-3 Men and Women, Award Ceremony Small SuperCup, Places 1-3 Men and Women (subject to change), Award Ceremony Relay Half Marathon Places 1-3 Men, Women & Mixed
 - Approx. 12:15 PM: Award Ceremony for Marathon, Places 1-3 Men and Women, Award Ceremony Big SuperCup, Places 1-3 Men and Women (subject to change)
-

Important Note!

We ask that the winning runners report to the award podium 15 minutes before the ceremony. First-place runners will receive a note at the finish line.

Age Group Rankings

The age group awards ceremony will take place in the awards tent on the activity field. The top 3 places in the following age categories will receive their prizes and trophies starting at 11:45 AM upon presentation of the start number:

- Youth W/M JU 18 (Born 2007/2008) (half marathon participants only)
- Youth W/M JU 20 (Born 2005/2006)
- W/M 18–29 (Born 1995–2004)
- W/M 30 (Born 1990–1994)
- W/M 35 (Born 1985–1989)
- W/M 40 (Born 1980–1984)
- W/M 45 (Born 1975–1979)
- W/M 50 (Born 1970–1974)
- W/M 55 (Born 1965–1969)
- W/M 60 (Born 1960–1964)
- W/M 65 (Born 1955–1959)
- W/M 70 (Born 1950–1954)
- W/M 75 (Born 1945–1949)
- W/M 80 (Born 1944 and older)

Additionally, the overall winners of the relay teams in the half marathon, the winners of the Duisburg ranking in the marathon and among the inline skaters, as well as the winners of the inline skating competition, will receive their prizes and trophies starting at 11:45 AM in the awards tent on the activity field at Bertaallee.

Age Group Rankings Inline Skating Marathon

- Minimum age for participation in the Inline Skating Marathon: 16 years
- For inline skaters, the top 3 places in the following age categories will receive their prizes and trophies upon presentation of the start number:
 - Juniors (Born 2006/2007)
 - Active (Born 1990–2005)
 - Masters U40 (Born 1985–1989)
 - Masters U50 (Born 1975–1984)
 - Masters U60 (Born 1965–1974)
 - Masters U70 (Born 1955–1964)
 - Masters U80 (Born 1945–1954)
 - Masters Ü80 (Born 1944 and older)

Child Care

- Qualified instructors
 - At the Action Area on Bertaallee
 - Please provide food for the children
 - Prior registration preferred
-

Information for Spectators

- Free shuttle buses to changeover points and the finish line (Departing from Schauinsland-Reisen-Arena, last row of parking spaces to Kalkweg) from 08:00 to 11:50 AM
 - Enthusiastic reception of runners from the grandstand at Schauinsland-Reisen-Arena
 - Meeting point at the "Shadow Trees" on the Action Area of Bertaallee
-

Additional Information for Participants of the Rhein-Ruhr-Relay-Half Marathon

Dear Relay Participants,

We are excited that you have decided to participate in the Rhein-Ruhr Relay Half Marathon in Duisburg 2025! To ensure that you can enjoy the competition without worries, we have compiled all the important information for you.

Timing

Each relay team requires a baton. The baton will be distributed at the start number pickup in the Schauinsland-Reisen-Arena. Please return the baton undamaged at the appropriate return station when leaving the stadium grounds. If the rented baton is not returned, your account will be charged €16.00.

Finish Line

You are welcome to gather in front of the finish line in the Schauinsland-Reisen-Arena to cross the finish line together as a team. Please note that it is not possible to meet the final runner at the finish line.

Legs of the Race and Runner Information

The relay half marathon will start at 10:00 AM.

- **1st Leg:**
From the start to the first relay exchange point in Duisburg city center, Steinsche Gasse at BSG Stadtwerke (KM 5).
Please remember to bring the baton.
- **2nd Leg:**
From the first exchange point to the second exchange point, Wanheimerort, Düsseldorfer Str. 590, at VS 12 of Duisburg Sport Club 1900 (KM 10).
The second runner should arrive at the first exchange point by 10:15 AM to take over the baton.
- **3rd Leg:**
From the second exchange point to the third exchange point, Großenbaum, Großenbaumer Allee 168, SPD Ortsverein Duisburg Großenbaum, Gesamtschule Süd (KM 16).
The third runner should arrive by 10:30 AM at the third exchange point to take over the baton.
- **4th Leg:**
From the third exchange point to the finish line at the Schauinsland-Reisen-Arena.
You can gather here before the finish line and run into the arena together.

Exchange Points

The relay exchange points are clearly marked along the race route. At each exchange point, there is a designated "pit lane" with different exchange zones sorted by start numbers.

Getting to the Relay Exchange Points

- **Relay Exchange Point 1 (Duisburg City Center, Steinsche Gasse):**
You can reach this exchange point by shuttle bus, which will depart from the Schauinsland-Reisen-Arena every 10-15 minutes starting at 09:00 AM. Look for the bus signs. Alternatively, you can use public transportation:
 - o Subway/Tram station Steinsche Gasse (U79, 903).
- **Relay Exchange Point 2 (Wanheimerort, Düsseldorfer Straße):**
The shuttle bus also runs from the Schauinsland-Reisen-Arena from 09:00 AM, every 10-15 minutes. Alternatively, you can use the Waldfriedhof subway station (U79).
- **Relay Exchange Point 3 (Großenbaum, Großenbaumer Allee):**
The shuttle bus will depart every 10-15 minutes from 09:00 AM from the Schauinsland-Reisen-Arena.

For more information on transportation and shuttle buses, visit our website at www.rhein-ruhr-marathon.de.

We wish all relay participants much success and enjoyment during the race!

Further information is available on our website at www.rhein-ruhr-marathon.de.

**We look forward to your participation the 3. Rhein-Ruhr-Relay-Half Marathon!
Have fun and good luck!**

Additional information for participants in the Inline Skating marathon

Dear participants,

We have compiled additional information for you so that you can enjoy the competition without any worries:

Eligibility and classification groups

Juniors, active athletes, Masters U40, Masters U50, Masters U60, Masters U70, Masters U80 and Masters U80 who are in possession of a valid DRIV license. Please note the special regulations for high starts.

Start numbers

The start number must be worn by all participants* on the right thigh in a clearly recognizable manner as instructed. Without a start number, or with a poorly recognizable start number, you will be rejected and will not be scored for this run. Any bending or folding of the start number will automatically lead to disqualification!

In addition, the two timing transponder strips (MikaTags) must be stuck to the helmet (instructions with the start number), as otherwise no complete time recording can take place.

Starting blocks

There will be no separate starting blocks. The start for all participants is at 08:00. The organizers will ensure that the elite riders are positioned at the front of the starting field.

Roll size

The following specification for the maximum wheel size applies to all participants: 125mm

The WKO of the DRIV in conjunction with the WKO of the FIRS, in particular with regard to wheel size, must be observed. Competitors with larger wheels will be removed from the classification or disqualified.

Finish line

The finish line for the Rhein Ruhr Inline Marathon with classification is located in the stadium.

The scoring for the WSC Cup will take place separately (to be determined by the organizing team of the WSC Cup). Subject to change!

**We look forward to your participation in the 26th Rhine-Ruhr Inline Marathon!
Have fun and good luck!**
