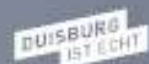
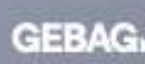




**RHEIN-RUHR
MARATHON
DUISBURG**

43. Rhein-Ruhr- Marathon am 10. Mai 2026

Starter-Info



www.rfr-ruhr.de





sportpark
DUISBURG

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>5 Leichtathletikstadion
Eingang Margaretenstraße
Umkleide Männer
Umkleide Handbiker + Inline Männer +
Inline Frauen</p> |
| <p>2 Marathon Plaza
Zentraler Info Stand, Meeting-Point,
Kinderbetreuung, Ergebnisdienst,
Medaillengravur, Marathonmesse
(nur am So.)
Ehrungszelt: Ausgabe von Preisen und
Pokalen der Altersklassenwertung</p> | <p>6 Schwimmstadion
Umkleide Frauen
Umkleide divers</p> |
| <p>3 Schauinsland-Reisen-Arena Osttribüne
Abgabe Kleiderbeutel</p> | <p>7 Bundesleistungszentrum Kanu
Kruppstraße 30a
Umkleide Staffeln</p> |
| <p>4 Vereinsanlage FC Taxi (bis 13 Uhr)
Eingang Wacholderstraße
Umkleide Männer</p> | <p>8 Abfahrt Bus-Shuttle Staffeln
und Zuschauer</p> |

Starter Information

Organized by:

43rd Rhein-Ruhr Marathon May 10, 2026

Starter Information

Dear participant,

We are very pleased that you have registered for the 43rd Rhein-Ruhr Marathon and will be starting in Duisburg. Below you will find the most important information regarding the event schedule.

For reasons of readability, only the masculine form is used; however, all genders are equally addressed.

Specific information for inline skaters and half marathon runners is marked with (SK) and (HM) respectively.

Event Program 2026

May 2026

- **Marathon Expo:**
Sat, 09 May 2026, 10:00 – 19:00
Schauinsland-Reisen-Arena
Margaretenstraße 5–7, 47055 Duisburg

Sun, 10 May 2026, 09:00 – 16:00
Marathon Plaza, Bertaallee
 - **Sat, 09 May 2026, 11:00:**
Breakfast Run (~5 km), start at main entrance of the arena
 - **Sat, 09 May 2026, 15:00 – 19:00:**
Pasta Party (Business Lounge, 2nd floor)
Prices per dish: €5.90 – €10.50 incl. soft drink
-

Race Kit Collection

- At the Schauinsland-Reisen-Arena during the expo
 - Sat: 10:00 – 19:00
 - Sun: from 06:00 until race start
 - Please fill in emergency contact details on the back of your bib number
 - Your pre-ordered shirt size is printed on the bib
 - Pre-registered participants have their name printed on the bib
 - Late registrants should write their name clearly on the bib
-

Before the Start

- Attach bib number to the front of your shirt
 - Please carry the cooling sponge from the runner's bag with you during the race to help keep you refreshed
 - Toilets available at the start area and on Kruppstraße
-

Changing Rooms

- Sorted by participant groups
 - Including toilet facilities
-

Bag Drop

- At the event area on Bertaallee
 - Do not leave bags unattended
-

Start Times (Kruppstraße)

- 08:00 – Inline Marathon
 - 08:00 – Wheelchair/Handbike
 - 08:30 – Marathon
 - 10:00 – Relay Half Marathon
 - 10:00 – Half Marathon
-

On Your Marks – Get Set – GO!

- Follow the green markings for the optimal route
- Every kilometer is signposted
- Clocks every 5 km
- Checkpoints with officials along the course

Pacers

Marathon:

3:00 / 3:15 / 3:30 / 3:45 / 4:00 / 4:15 / 4:30 / 4:45 / 5:00 / 5:30

Half Marathon:

1:30 / 1:45 / 2:00 / 2:15 / 2:30 / 2:45

Refreshment Stations

Water, isotonic drinks, bananas, cola, and more are available along the course. Toilets are available at all stations (including portable units).

1 KM 5	Water, WC THW Youth
1 HM KM 6 (half marathon only)	Water, WC BSG Stadtwerke
2 KM 9.5	Water, WC Eintracht Duisburg
3 KM 11.5	Water, isotonic drink, WC 1st Meiderich Canoe Club
4 KM 13	Water, WC MSV Duisburg 02 – Gymnastics
5 KM 16.8	Water, WC Ruhrort TV
6 KM 19	Water, WC Homberg TV
7 KM 20.3	Water, isotonic drink, bananas, WC Moers TV
8 KM 24.5	Water, isotonic drink, bananas, sponges, WC Volunteer Fire Brigade Unit 610
9 KM 27	Water, isotonic drink, cola, WC TTS Duisburg
10 KM 28.5	Water, isotonic drink, bananas, sponges, WC Jugendheimstätten Niederrhein
11 KM 30	Water, isotonic drink, bananas, cola, WC Volunteer Fire Brigade Unit 210
12 KM 31.5	Water, isotonic drink, bananas, WC DSV 1900
13 KM 33.2	Water, isotonic drink, bananas, WC Viktoria Buchholz
14 KM 35	Water, cola, bananas, WC SG Duisburg Süd
15 KM 36	Water, isotonic drink, bananas, cola, WC KG Op de Hippe Höh 1950
16 KM 38.5	Water, isotonic drink, bananas, cola, sponges, WC DUC Duisburg e.V.
17 KM 40.5	Water, isotonic drink, bananas, cola, WC TV Wanheimerort
Finish	Water, isotonic drink, bananas, König Pilsener, Benediktiner, Sinalco Cola, apple spritzer, WC LC Duisburg

Important Course Sections (for skaters)

Several technical sections such as tight turns, railway crossings, narrow paths, and descents are located along the route. Extra caution is required.

Prohibited on the Course

- Bicycle escort (leads to disqualification)
- Stopping in the middle of the road
- Running hand-in-hand, especially at the finish
- Please be considerate of other runners

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 9 Tracks running parallel to the route at Emmericher Straße
- KM 9,5 Sharp left-right combination on the bridge at Emmericher Straße
- 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 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 30.5 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

Personal Supplies

- Drop-off until May 9, 2026, 19:00 at bib collection
- No glass containers
- (SK) Not available for inline skaters

Time Limits

- Marathon: 5:30 hours
- Half Marathon: 3:15 hours
- Inline: 2:30 hours

Medical Services

- Go to the nearest refreshment station
- Mobile first responders will be dispatched from there

Return buses will shuttle runners to medical services at the arena.

Awards Ceremony

At the Schauinsland-Reisen-Arena:

- ~10:15 – Inline skating winners
- ~11:45 – Half marathon winners & relay awards
- ~12:15 – Marathon winners

Please arrive at the podium at least 15 minutes before your ceremony.

Age Group Awards

Awards (places 1–3) will be presented from 11:45 at the awards tent on Marathon Plaza.

Age categories range from youth (U18/U20) to 80+.

Finish Area Services

- Finisher medal
 - Thermal blanket
 - Drinks and bananas
 - Massage services
 - Finisher shirt
 - Medal engraving
 - Photo station
 - Recovery swimming (12:00–15:00)
-

Inline Skating Marathon

- Minimum age: 16 years
 - Separate age group awards
-

Spectator Information

Marathon Express shuttle:

From 09:00 from the arena to km 5, 10, and 15.

Childcare

- Qualified staff
 - Located at Marathon Plaza
 - Advance registration recommended
-

Relay Half Marathon – Additional Info

Timing

Each team receives a relay baton at bib pickup.

Finish

Teams may gather before entering the stadium and finish together.

Relay Sections

1. Start → km 5 (city center)
2. km 5 → km 10
3. km 10 → km 16
4. km 16 → Finish at arena

Relay Zones

- Clearly separated areas with designated exchange zones
- Sorted by bib numbers

Transport

Shuttle buses run every 10–15 minutes from the arena starting at 09:00.

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.

Start numbers

Skaters receive their race number in three copies.

In addition to the race number worn on the chest (without a transponder), inline skaters are required to wear two additional race numbers, each with a transponder for timekeeping, vertically and clearly visible on the left and right outer sides of the thighs.

These must not be bent or otherwise damaged.

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!

Final Notes

Changes reserved.

More information: www.rhein-ruhr-marathon.de

We look forward to your participation in the
43rd Rhein-Ruhr Marathon!

Have a great race and good luck!

STRECKE

43. Rhein-Ruhr-Marathon



Legende

- Marathon-Strecke
- Abzweigung Halbmarathon
- Abzweigung Inline-Strecke
- Versorgungsstand
- Samba-Musik/DJ
- Staffelschleupunkt 1
DU Innenstadt
Strecke-Guide

- Staffelschleupunkt 2
DU Wanheimerort
Düsseldorfer Straße bei VS 12
- Staffelschleupunkt 3
DU Großbäum
Großbäumener Allee, Gesamtschule Süd
- Ankunft Spitznädel
Marathon
Skater, Handbiker
- Halbmarathon,
Halbmarathon-Staffel