

EVENT INFORMATION

BMW  20
BERLIN  23
MARATHON

 ABBOTT
WORLD
MARATHON
MAJORS



RUN FOR JOY TO BECOME A

BERLIN LEGEND



 Abbott



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#runforjoy #berlinlegend

 berlinmarathon

bmw-berlin-marathon.com

WHAT CAN YOU FIND HERE?

- ▶ Program 20. to 24. September 2023
- ▶ Important Information
- ▶ MARATHON EXPO & Race material pick-up
- ▶ Before the Start
- ▶ On the Course
- ▶ After the Finish Line
- ▶ Maps

Welcome to BERLIN!

It is so great to have you with us at 49. BMW BERLIN-MARATHON.

From how to collect your race material to crossing the finish line, you will find all information for your participation here. Please read this event information carefully in preparation for your race on September 23/24, 2023.

FOLLOW THE GREEN LINE: In the spirit of sustainability, we will not provide printed event information this year. Instead, it is available for you on our website in a digital format for reading and downloading.

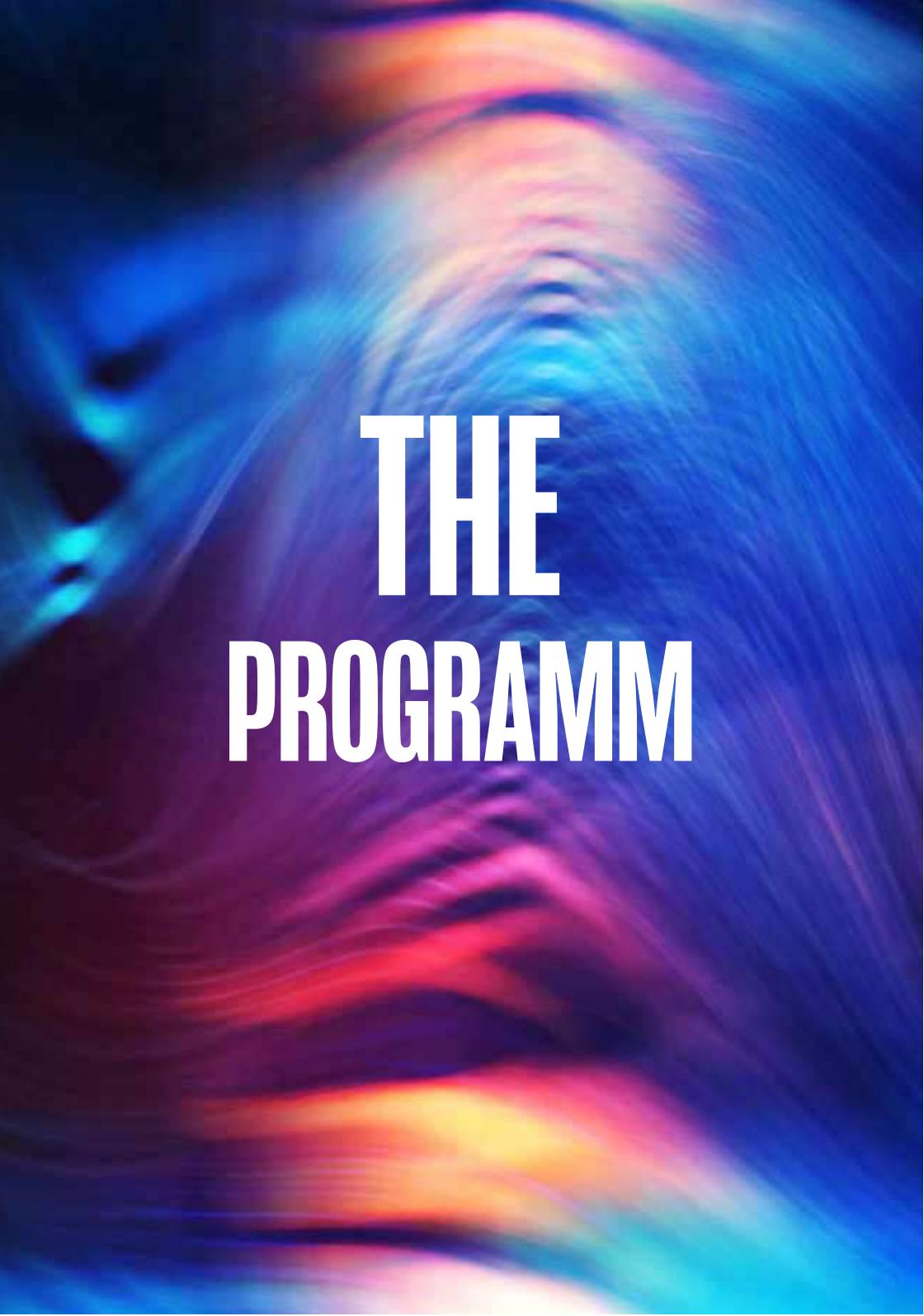
Wishing you lots of fun and great luck at the
BMW BERLIN-MARATHON 2023,

your **SCC** | **EVENTS** Team

#berlinlegend #berlinmarathon #runforjoy

For latest information and answers to frequently asked questions
please visit our website www.bmw-berlin-marathon.com/en or take a
look at the [BMW BERLIN-MARATHON App](#).





THE PROGRAMM

MARATHON EXPO

WHERE: at the former Airport Tempelhof

WHEN: Thursday, 21.09., 3 pm – 8 pm
Friday, 22.09., 11 am – 8 pm
Saturday, 23.09., 9 am – 7 pm

Flughafen

Tempelhof



HALL OF FAME

WHERE: at Brandenburger Tor

WHEN: Wednesday, 20.09., noon - 7 pm
Thursday, 21.09., noon - 7 pm
Friday, 22.09., noon - 9 pm
Saturday, 23.09., 10 am - 8 pm
Sunday, 24.09., 8 am - 5 pm

Meet the Legends ★ ★ ★ ★ ★

Friday from 6:15 pm: Introducing new members into the Hall of Fame & Elite Athletes of the BMW BERLIN-MARATHON + Inlineskating, including Eliud Kipchoge

GENERALI BREAKFAST RUN

WHERE: Start at Schloss Charlottenburg - Finish at Olympiastadion (app. 6 km)

WHEN: Saturday, 23.09. at 9:30 am

- ▶ for all participants of the BMW BERLIN-MARATHON
- ▶ free of charge & no registration required

MARATHON PARTY

WHERE: Metropol Berlin (Nollendorfplatz 5, 10777 Berlin)

- ▶ Entry 5 €

WHEN: Saturday, 23.09., from 9 pm for Skaters
Sunday, 24.09., from 8 pm for Runners

EVENTS FOR KIDS & YOUTH



Bambini-Lauf presented by ADAC Berlin-Brandenburg:

WHERE: at the tarmac in front of the MARATHON EXPO

WHEN: Saturday, 23.09., from 11 am
▶ for Kids between 0 - 10 years
▶ Registration on site is possible (5 €)



Kids Skating:

WHERE: Straße des 17. Juni (Final stretch)

WHEN: Saturday, 23.09., from 11:30 am
▶ for Kids between 0 - 13 years
▶ Registration only on site between 10 to 11 am (5 €)
▶ Helmets are mandatory!



R5K Tour Final:

WHERE: Start Potsdamer Platz - Finish Brandenburger Tor (5K)

WHEN: Saturday, 23.09., at 2:55 pm
▶ Final of the racing series for talented young runners in Germany



mini-MARATHON:

WHERE: Start Potsdamer Str./Ebertstr. -
Finish at Brandenburger Tor (4,2K)

WHEN: Saturday, 23.09., at 3:10 pm
▶ Pupils YOB 2003 - 2014
▶ Registration Thursday & Friday at the MARATHON EXPO (10 €)

BMW BERLIN-MARATHON + INLINE SKATING

WHERE: Start at Straße des 17. Juni - Finish behind Brandenburger Tor

WHEN: Saturday, 23.09.
▶ 3:30 pm Inline skating
Sunday, 24.09.
▶ 8:50 am Handbiker (Elite)
▶ 8:56 am Wheelchair athletes
▶ 8:59 am Handbiker
▶ from 9:15 am Runners - starting in 4 waves:
9:15 am block A-D
9:40 am block E-F
10:05 am block G-H
10:30 am block J-K

Live TV broadcast on Sunday

▶ 9 am to 12 on Eurosport 1
▶ 12 to 2:30 pm on rbb



**IMPORTANT
INFO**

Hotline for general questions:

(+49 30) 30 12 88 10

Thu: 9:30 am - 6:00 pm

Fri: 11:00 am - 8:00 pm

Sat: 9:00 am - 7:00 pm

Sun: 7:00 am - 4:30 pm

Homepage: <https://www.bmw-berlin-marathon.com/en/>

- ▶ most up-to-date information & answers to frequently asked questions (FAQ)

BMW BERLIN-MARATHON App

- ▶ information about supporting program & MARATHON EXPO, including interactive floor plan
- ▶ photo frame in BMW BERLIN-MARATHON design for a special picture
- ▶ FAQ
- ▶ interactive course map
- ▶ Tracking option for Runners: save favorites and follow up to 10 participants via live tracking and live ranking
- ▶ LogIn with your registration ID from your start card in SC:XXXX format

For you on site on the day of the event

- ▶ **Support team** booth in the Scheidemannstraße
- ▶ **First aid** will be made available by our medical team, doctors on bikes, additional medical aid organizations, patrols of the Berlin fire department in the start / finish area and along the course.

Missing Person Hotline: +49 30 138 82 72 67

- ▶ If you are looking for participants after the race and you are worried about their whereabouts, please contact us on Sunday until 4:30 pm with exact details of the person and their bib number.

Emergency contact

- ▶ For your own safety and to assure prompt assistance please provide a contact person including a phone number in your user account and on the back of your bib number. Only this person may be given information in case of emergency.

Emergencies: 112 (Fire department), [Keyword MARATHON](#)



**MARATHON EXPO &
RACE
MATERIAL
PICK-UP**

MARATHON EXPO & RACE MATERIAL PICK-UP

BMW
BERLIN
MARATHON

EXPO
SPORTS COMMUNITY CONVENTION

MARATHON EXPO Berlin 2023

Thursday	September 21st	3 PM - 8 PM
Friday	September 22nd	11 AM - 8 PM
Saturday	September 23rd	9 AM - 7 PM

Flughafen
Tempelhof



Flughafen Tempelhof
Platz der Luftbrücke 5
12101 Berlin

Getting there:

- ▶ using public transportation → with your start card you have received a ticket by email, valid from 21. – 24.09. in fare zone ABC
- ▶ nearby stations: Platz der Luftbrücke, Paradesstraße
→ [Click here for trip planner](#)

Entrance:

- ▶ your start card = your entry ticket
- ▶ free admission for accompanying persons
- ▶ allowed bag size max. 55x40x25 cm (equals hand luggage size)
→ larger bags can be stored in front of the entrance for a fee of 2 €

Offering:

- ▶ many exhibitors from the areas of endurance sports, health, sports travel and more
→ [Click here for a full list of exhibitors](#)
- ▶ BMW BERLIN-MARATHON Collection
- ▶ INLINE VILLAGE
- ▶ Medical Team offering office hours for health questions and medical emergencies
- ▶ Massages:
→ booked with your registration + appointment reserved via your user account
→ upon availability is on site booking for possible
- ▶ Info point & Support team of SCC EVENTS
- ▶ **FOLLOW THE GREEN LINE:** You can drop off well-preserved sports shoes or sneakers at the GREEN LINE booth at MARATHON EXPO. The Berliner Stadtmission will collect the donations and pass them to those in need.
- ▶ Race material

MARATHON EXPO & RACE MATERIAL PICK-UP



- ▶ There are often long lines on Saturday. If possible, pick up your race material on Thursday or Friday.
- ▶ For skaters picking up their race material on Saturday is only possible until **noon**.

RACE MATERIAL

You'll receive your race material only at the MARATHON EXPO and only personally upon presentation of your start card and ID.

You'll need:

- ▶ your start card → which you received by email and which is available for download in your user account under "My registrations"
- ▶ your ID

You'll get:

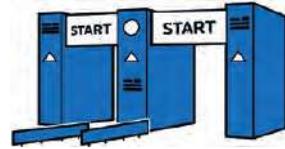
- ▶ athletes wristband → will be put on you at the entrance and may not be taken off until you have finished on race day
 - ▶ personal bib number → may not be altered in any way and is forbidden to be given to another person
 - ▶ Goodie bag with information & treats from our sponsors
- Optional, if booked with your registration:
- ▶ clothing bag, to drop-off your stuff on race day → can not be rebooked
 - ▶ rental chip for timekeeping → if you own a ChampionChip please bring it with you
 - ▶ pre-ordered items from the event collection or bib number magnets
→ corresponding print on your bib number
- Note:** these items can only be picked-up at the MARATHON EXPO



**BEFORE THE
START**

BEFORE THE START

THIS IS WHAT YOU MUST HAVE WITH YOU:



- ▶ your personal **bib number**:
attached clearly visible on the chest
- ▶ official **athletes wristband** of the event (which you have received at the MARATHON EXPO)
- ▶ ChampionChip for timekeeping
 - securely fastened to your shoe or skate
 - do not tie with metal
 - be sure to wear it below the knee
- ▶ **Helmet** → For skaters, wheelchair athletes or handbiker, helmets are **mandatory!**
Further protective clothing is recommended.



bib number:



**athletes
wristband**



**Chip at
shoe/skate**



**Helmet mandatory! For
skaters, wheelchair athletes
or handbiker**

FOLLOW THE GREEN LINE: You can contribute to the avoidance of plastic waste by using a hydration system (backpack, vest, belt) to provide yourself with water:

- ▶ allowed are systems with a maximum total volume of 3 liters
- ▶ refilling is possible at all supply and refreshment points

Own refreshments (only Sunday)

- ▶ drop off until 7:45 am at the latest at the “Personal Refreshment stand”
 - glass containers are not allowed
 - mark your container with your name, bib number & refreshment point
 - delivery to refreshment point at KM 5 / 9 / 15 / 20 / 25 / 30 / 36 / 40 possible
 - be aware that the stations can be very crowded and your container may be difficult to find

Getting there

- ▶ please use public transportation → your bib number is valid for public transport in fare zone ABC
- ▶ Nearby stations: Hauptbahnhof (Main station), Friedrichstraße, Brandenburger Tor
 - [Click here for trip planner](#)
- ▶ **Arrive well in advance – be at the start area at least 60 minutes before your starting time**

BEFORE THE START

EVENT SITE

For security reasons only participants with official bib number and athletes wristband are allowed on the event site. Accompanying persons will not be admitted.

Entrance

- ▶ Saturday from 1:30 pm → entrance for skaters opposite the Reichstag
- ▶ Sunday from 7:00 am → entrance for runners opposite the Reichstag
 - entrance for Handbiker and Wheelchair athletes via northern pedestrian walkway of Straße des 17. Juni
- ▶ bags, backpacks and similar are not allowed on the event site
 - exception: hydration systems up to a total volume of 3 l

Clothing drop-off: Clothes can only be dropped-off in the official, transparent clothing bag of the BMW BERLIN-MARATHON 2023 → will be given to you with your race materials if this option has been booked bindingly with your registration. Otherwise, there is no possibility of leaving things with us.

FOLLOW THE GREEN LINE: The "Berliner Stadtmission" collects clothing in good condition. Keep yourself warm with a hoodie, training jacket & co. in the pre-start zone and then donate these clothing on site.

In the start area you will find changing tents and toilets. There will be no warming foils spent

START

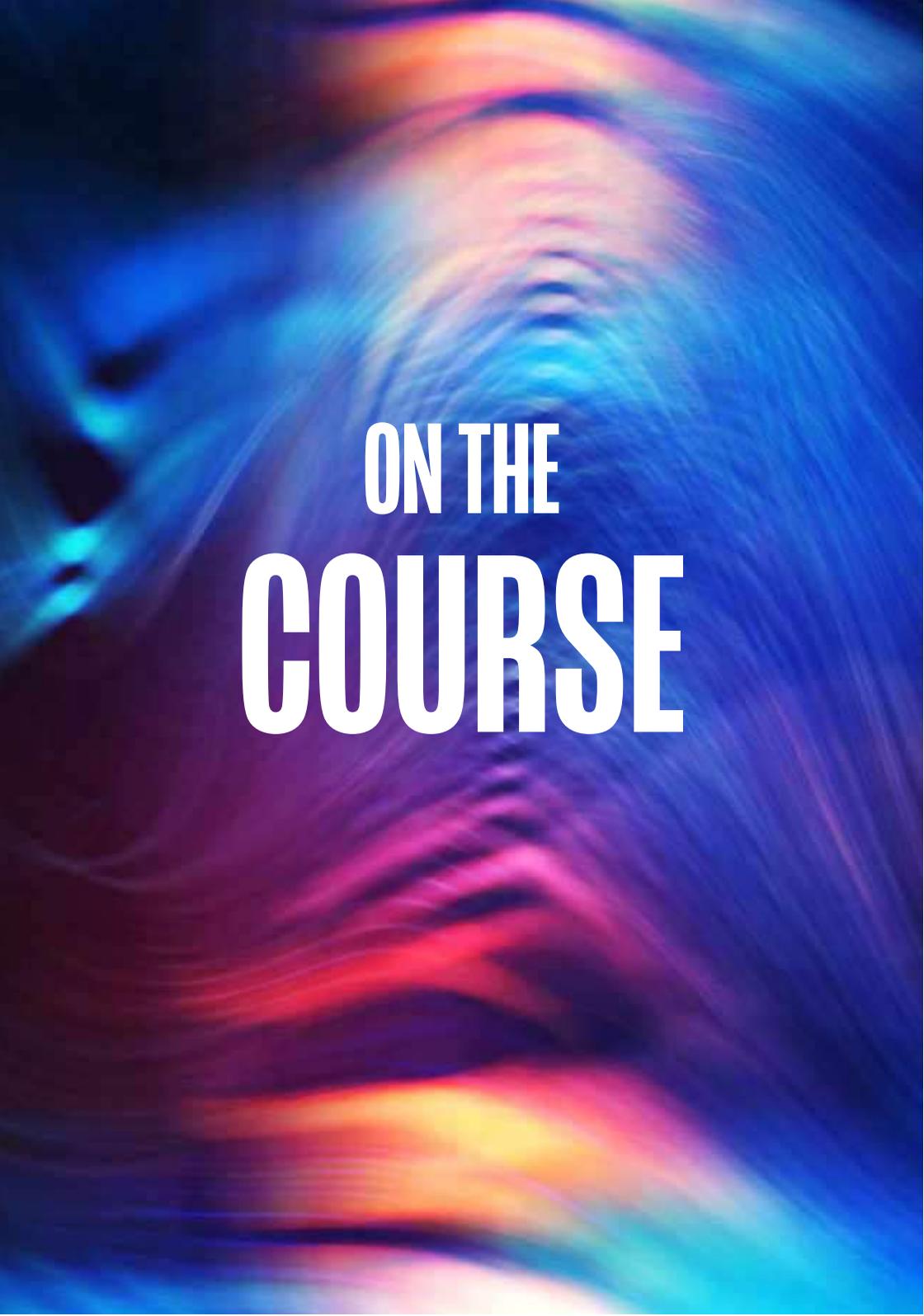
Startblöcke Skater *Start Blocks Skaters*

- | | |
|---|---|
| A Frauen/Women Speed < 1:20:00
Männer/Men Speed < 1:08:00 | D Fitness < 1:40:00 |
| B Fitness < 1:15:00 | E Fitness < 2:00:00 |
| C Fitness < 1:26:00 | F Fitness ≥ 2:00:00
oder erster Marathon
<i>Fitness / first Marathon</i> |

Startblöcke Läufer:innen *Start Blocks Runners*

- | | | | | |
|----------|----------|----------|----------|-------|
| A | B | C | D | 9:15 |
| | E | F | | 9:40 |
| | G | H | | 10:05 |
| | J | K | | 10:30 |

- ▶ Inline skaters and runners will start in waves, which are divided in starting blocks
 - you recognize your allocation by the letter on your bib number (A-H)
 - changes are not possible
- ▶ Wheelchair athletes and Handbiker will be assigned to their starting places at 8:30 am
- ▶ time measurement will be switched off approx. 15 minutes after the last start
 - **a late start is not possible**
- ▶ **Pacer** for runners' target times: 3:00h, 3:15h, 3:30h, 3:45h, 4:00h, 4:15h, 4:30h, 5:00h
 - visible by large flags with indication of the target time



**ON THE
COURSE**

Not permitted are:

- ▶ accompanying vehicles of any kind
- ▶ strollers or baby joggers, skateboards or other rolling devices (except skates, handbikes and wheelchairs in the respective competitions)
- ▶ animals
- ▶ Headphones → We would like to point out that the international organization World Athletics prohibits wearing headphones during athletics competitions.

Please watch out for fellow participants when you change lanes or approach a refreshment point.

TIMEKEEPING

- ▶ **control points:** Timing mats are laid out along the course, all of which must be run over → missing split times will result in disqualification.
 - ▶ **Time limit:**
 - 2:30 h for skaters
 - 6:15 h for runners (after crossing the start mat)
 - ▶ **Cut-off point 1 at KM 33 at 3:50 pm**
 - ▶ **Cut-off point 2 at KM 38 at 4:35 pm**
- Participants who have not reached one of these points by that time will be taken off the race and driven to the finish area.

REFRESHMENTS

- ▶ skaters will receive a bottle at the Inline-Village at MARATHON EXPO
 - bring it filled on race day
 - it can be refilled at KM 20, 30 and 36
- ▶ refreshment points along the running course

KM 5 / 12 / 17,5 / 22,5 / 27,5 / 32,5 / 34,5 / 38 / 40		Water
KM 9 / 15 / 20 / 25 / 30 / 36		Water, Tea, Maurten DRINK MIX 160, Bananen, Äpfel
KM 27,5		Maurten GEL 100

- all points have refill-stations for hydration systems
- at the end of every refreshment point are toilets available

FOLLOW THE GREEN LINE: Help us to recycle and throw your cup into the containers at the end of the refreshment point.

Start drinking early, especially in warm weather.

MEDICAL ASSISTANCE

- ▶ up until KM 15 mobile units with label DOCTOR or MEDICAL SERVICE
- ▶ from KM 15 to KM 36: every 3 km accident assistance stations (Green Cross / First Aid)
- ▶ from KM 36 to the finish: every 1 km accident assistance stations (Green Cross / First Aid)

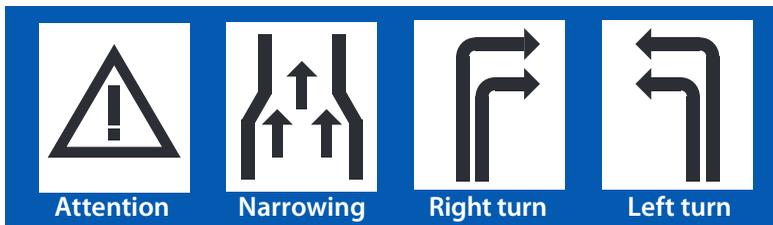
The medical staff is authorized and obliged to remove participants with signs of injury and/or overexertion from the race.

SPECIAL NOTES / CONDUCT

For skaters:

- ▶ stay on the right side and allow faster skaters to pass on the left
- ▶ both arms to the left or right = left or right curve
- ▶ both arms held up = Slow down! Break!
- ▶ one hand down = pothole/manhole etc.
- ▶ arm pointing to the side = skater wants to go out of/into a group

Signs along the course



Dangerous points *(see also on map)*:

- ▶ **KM 6:** opposite lane, crossing road tracks, narrowing lane
- ▶ **KM 8:** narrowing lane, crossing road tracks → Absolute ban on overtaking here!
- ▶ **KM 12:** low sills to the bike path
- ▶ **KM 15:** very bumpy road
- ▶ **KM 16:** low sills to the bike path
- ▶ **KM 24:** passage through construction site
- ▶ **KM 28:** narrowing due to construction
- ▶ **KM 38:** narrowing lane due to tracks and construction

Adjustment in course **KM 39-41**:

- ▶ change of lanes & turnaround on Leipziger Straße

For handbikers & wheelchair athletes:

- ▶ own lead vehicle
- ▶ yellow flag = dangerous points
- ▶ tram tracks at KM 8 + KM 38 → be careful!

Refrain from sprints on the finish line & drive through the left finish gate when your finish time is over 2:00h.



AFTER THE
FINISH
LINE

AFTER THE FINISH LINE

YOU WILL GET

- ▶ your medal
- ▶ refreshments with drinks and fruit
- ▶ your poncho, if it was booked with your registration → your bib number shows a corresponding symbol
- ▶ OR: your clothing bag on presentation of your bib number
 - Skaters: pick up on Saturday until 7:00 pm
 - Runners: pick up on Sunday until 5:30 pm
- ▶ if needed: warming foil → **FOLLOW THE GREEN LINE:** Return the foil to a volunteer after use to help us recycle

In the finish area you will find showers & changing tents (unguarded) and a free massage service.

Remember to return the rented ChampionChip before you leave the event area. Drop-off points are located at every exit.

You got everything? After leaving the event area, no new access is possible.

RESULTS & CERTIFICATES

You will find your result and certificate online at <https://www.bmw-berlin-marathon.com> resp. <https://skating.bmw-berlin-marathon.com/en> → Your Race → Results

- ▶ Skaters are ranked in the categories “speed” and “fitness” according to gross time only (chronometry from shot to crossing of the finish line). For “fitness” the net time will additionally be shown in the results list.
- ▶ Runners with a finish time up to 2:20h (male) up to 2:40h (female) will be ranked by gross time.

Meeting point: booth in Scheidemannstraße

- ▶ pre-booking is noted on your bib numb
- ▶ booking on site is possible for 12 € in cash

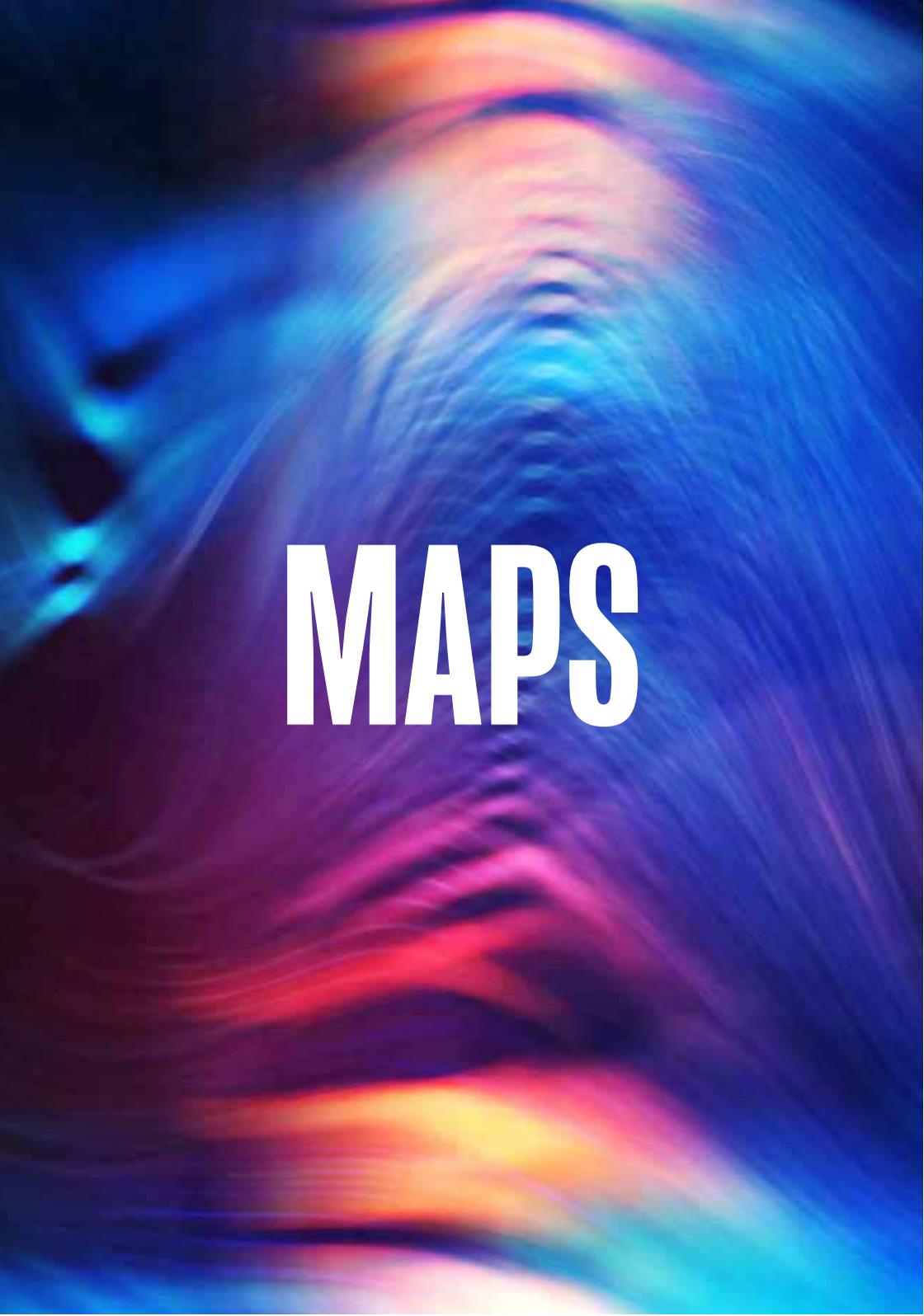
Meeting point: in front of Paul-Löbe-Haus

- ▶ signs with letter A to Z → agree to meet there with your friends and family

On Monday, September 25, 2023, the newspaper Tagesspiegel will publish a special insert with an alphabetical results list of all finishers.

Your race pictures: will be available a few days after the event.

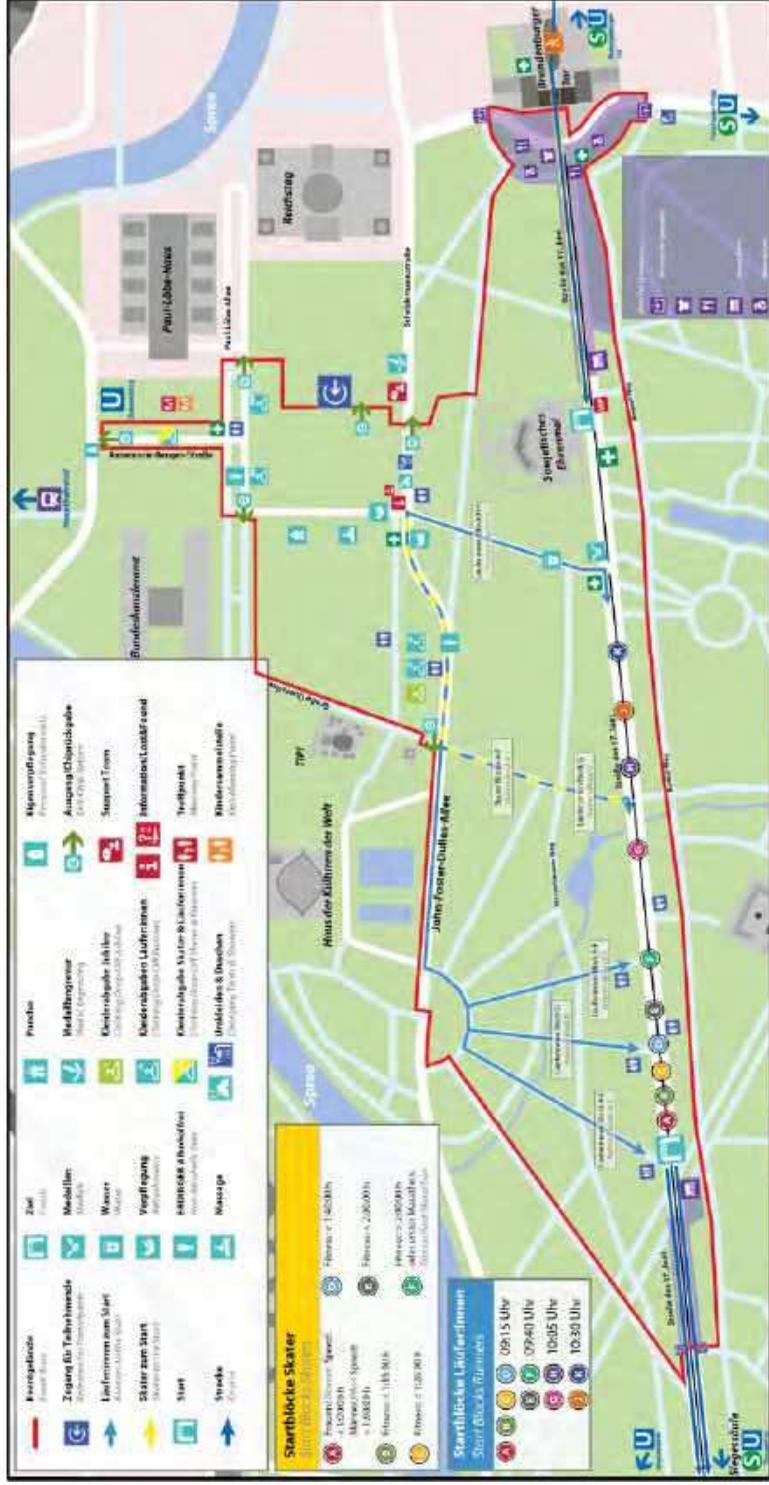
- ▶ You will automatically receive an email with a link to your recordings.



MAPS

BMW BERLIN-MARATHON

Start- & Zielgebiet/Start & Finish Area



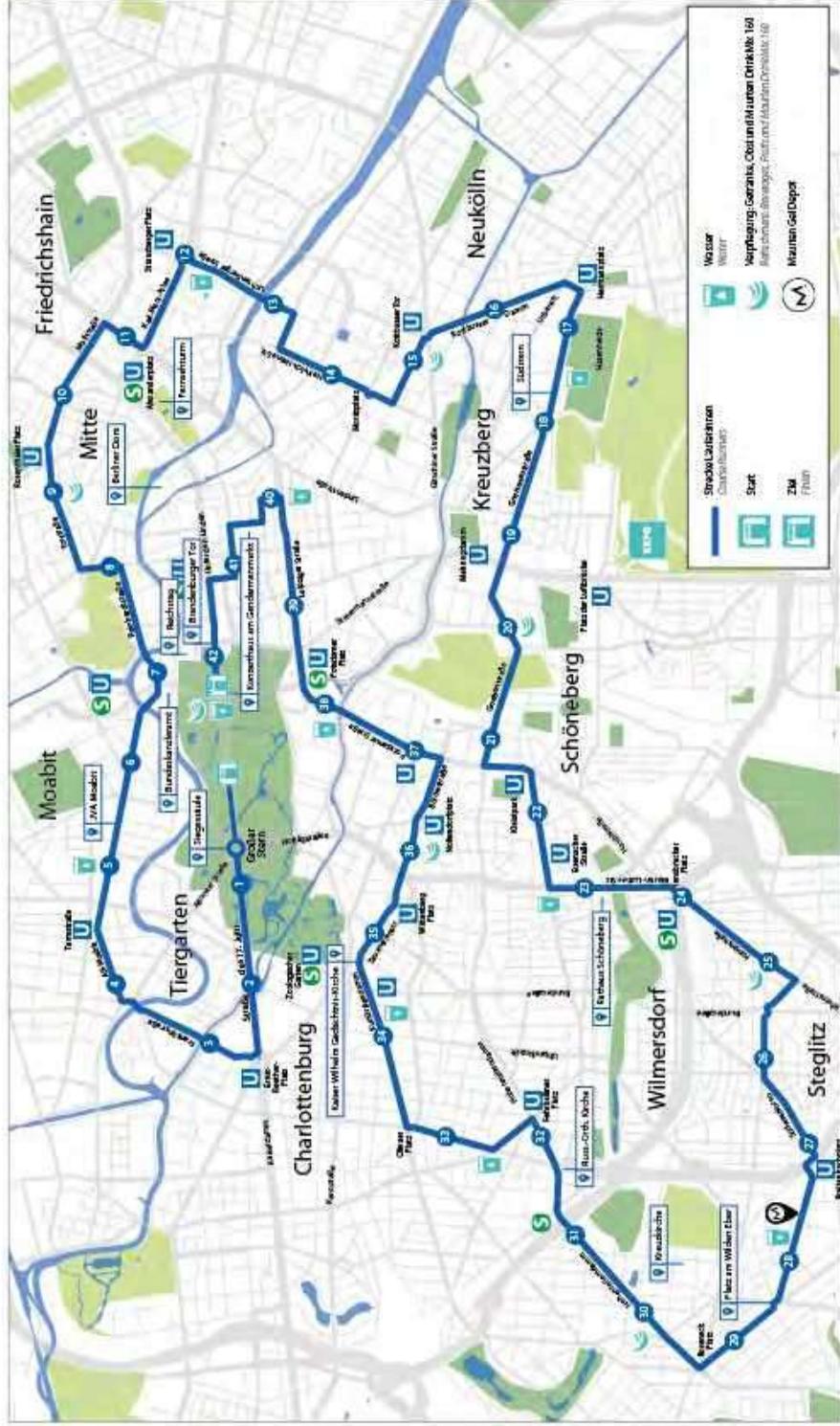
	Kennzeichen Fahrer Route		Ziel Finish		Prüfung		Altersverfälschung Personen (18 Jahre oder älter)
	Zugang für Teilnehmer Zugang für Teilnehmer		Medaillen Medaille		Medalldisziplin Medaille, Kategorie		Ausgang Skulpturenpark Der Skulpturenpark
	Laufstrecken zum Start Laufstrecken zum Start		Wasser Wasser		Eintrittsgeld Eintrittsgeld		Support Team
	Skater zum Start Skater zum Start		Vergütung Vergütung		Kinderwagen Kinderwagen		Informationscenter Informationscenter
	Start Start		EMERGENCY EMERGENCY		Eintrittsgeld Eintrittsgeld		Verfahren Verfahren
	Strecke Strecke		Massage Massage		Umfrieden & Durchlauf Umfrieden & Durchlauf		Rückversicherung Rückversicherung

Startblöcke Skater
Startblöcke Skater

Blöcke 1-100000
Blöcke 100000-200000
Blöcke 200000-300000
Blöcke 300000-400000
Blöcke 400000-500000

Startblöcke Laufstrecken
Startblöcke Laufstrecken

Blöcke 1-100000
Blöcke 100000-200000
Blöcke 200000-300000
Blöcke 300000-400000
Blöcke 400000-500000



BMW BERLIN-MARATHON
Streckenplan Skater/Course Inlineskating



CONVERSION KM TO MILES

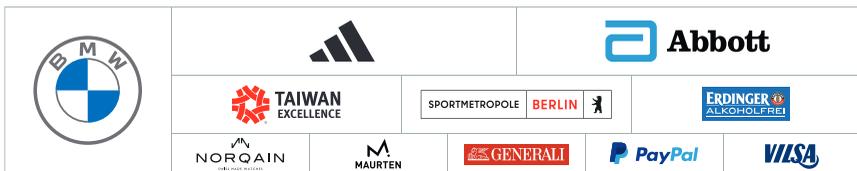
KM	MILES	KM	MILES
1 km	0,621 miles		
2 km	1,243 miles	22 km	13,670 miles
3 km	1,864 miles	23 km	14,292 miles
4 km	2,485 miles	24 km	14,913 miles
5 km	3,107 miles	25 km	15,534 miles
6 km	3,728 miles	26 km	16,156 miles
7 km	4,350 miles	27 km	16,777 miles
8 km	4,971 miles	28 km	17,398 miles
9 km	5,592 miles	29 km	18,020 miles
10 km	6,214 miles	30 km	18,641 miles
11 km	6,835 miles	31 km	19,263 miles
12 km	7,456 miles	32 km	19,884 miles
13 km	8,078 miles	33 km	20,505 miles
14 km	8,699 miles	34 km	21,127 miles
15 km	9,321 miles	35 km	21,748 miles
16 km	9,942 miles	36 km	22,369 miles
17 km	10,563 miles	37 km	22,991 miles
18 km	11,185 miles	38 km	23,612 miles
19 km	11,806 miles	39 km	24,233 miles
20 km	12,427 miles	40 km	24,855 miles
		41 km	25,476 miles
21,0975 km	13,109 miles	42,195 km	26,219 miles

LET'S CELEBRATE!

Attention: 2024 is an anniversary year, because the Berlin Marathon will take place for the 50th time. Don't miss out on this special event and reserve the 29th of September 2024.

- ▶ The registration for the lottery of race entries for the BMW BERLIN-MARATHON 2024 is possible from September 28th to November 16th, 2023.

The BMW BERLIN-MARATHON is an event of SCC BERLIN, organized by SCC EVENTS with the support of



IMPRINT

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