IMPORTANT INFORMATION FOR ALL RUNNERS

Dear participant,

We are pleased that you are going to start at the ING Night Marathon Luxembourg. In order to make the event run as smooth as possible, please read this important information carefully.

The marathon centre is located on the premises of the Luxexpo - The Box. This is our central location with start and finish, the distribution of start numbers and check-in of wardrobe bags, Pasta Party, marathon expo, award ceremony and After Run Party.

The ING Night Marathon Luxembourg is a marathon of short distances!

HOW TO GET THERE

By car:
Shuttle buses will be provided on Saturday, May 12th, 2018, between the car parks Place de l’Europe, Trois Gland and Adenauer and the Luxexpo - The Box as well as from the P&R car parks Bouillon and Luxembourg Sud. Please follow the parking guidance system.

Please note: the parking lots at the Luxexpo - The Box cannot be used during the day of the race.

Attention: As an increased traffic density will be expected, we kindly ask you to be on time for reaching the venue of the marathon! In order to avoid an unnecessary hectic atmosphere and nervousness you should be at the Luxexpo - The Box at 5:00 p.m. at the latest!

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BICYCLE HIRE VEL’OH!

Downtown Luxembourg you can hire bicycles for a low fee. The bicycles are available in special vel’oh!-service points distributed about the whole town. You can buy a short-term ticket (price: 1 EUR) directly at every vel’oh!-info post. The ticket is valid for one week. With this short-term ticket the first 30 minutes are free, every following hour costs 1 EUR.

Tip: if you borrow a new bicycle every 30 minutes, you can ride your bike the whole day for free.

DISTRIBUTION OF START NUMBERS (need of verification of identity with valid photo ID)

- Friday, May 11th, 2018 11:00 a.m. to 8:00 p.m.
- Saturday, May 12th, 2018 10:00 a.m. to 4:00 p.m.

Please note! Team Run participants: For organisational reasons, alterations of the registration (exchange of the participants within a relay team or substitution of missing participants) will not be possible on May 12th, 2018.

CHECK-IN OF KIT BAGS

You can check in your kit bag on the day of the race at the Luxexpo - The Box between 3:00 p.m. and 6:00 p.m. only. Please write your start number legibly on the kit bag in the appropriate space and allow sufficient time for check in.

No big bags, no glass bottles, please!

CHRONOMETRY

At the ING Night Marathon Luxembourg time is taken exclusively by means of the ChampionChip®.

Please tie the chip to the laces of your running shoes. It is only possible to take your time properly if you pass the control mats laid out at start and finish. During the course there are also time check points on control mats, which you also need to pass to get your time taken. (If you don’t have intermediate times, you will be disqualified.) There will also be video controls. Please make sure that you are wearing your start number visibly on your chest during the whole run.

No times are taken during the Minimarathon and Mini Minimarathon. This means that you don’t need a ChampionChip® here!

CHAMPIONCHIP®

- If you have your own ChampionChip®, please bring it with you and betake right to the start number desk. In case you do not have your own ChampionChip®, please proceed as follows:
  - If you chose to rent a chip, your starting documents include the rental chip. You can collect your starting documents at the start number desk upon presentation of your registration confirmation and a valid identity card. When returning the chip after the race until 1:30 a.m. (May 13th, 2018) you obtain a refund of 5 EUR.
  - Please note: without ChampionChip® – no timing – no qualification.

Attention: this chip is only valid for single use!

START NUMBERS

Only participants who have a start number of the ING Night Marathon Luxembourg 2018 are admitted to start. The number is not transferable. It is to be worn visibly on the chest. It is not allowed to change the number in any way; it is especially forbidden to change, cover or fold back the sponsor’s logos! This leads to immediate disqualification. Participants not wearing a start number will not be rated.

Half marathon: please attach the additional start number with the imprint „21 km“ visibly on your back.

Please don’t forget to note the following data on the back of your start number:

- phone number of the person who should be contacted in any case of emergency
- allergies, medication incompatibility etc.

This way, you help us and yourself in case of emergency!

START

Starting position will be at the parking Luxexpo - The Box. Starting time is 7:00 p.m. Only runners wearing an official start number have access to the starting area. Every participant must pass a checkpoint in front of the starting area no later than 6:50 p.m.

On your start number you find the field in which you are supposed to line up (according to your finish time). Large signs will show you the way to your field.

Please follow the instructions of our staff in order to ensure a start without any complications. Line up in the field assigned to you. Since we are taking net times you do not loose time, even if you start from the rear of the field. But you might disturb advanced runners when you line up in a field with runners faster than you.

Please be at the start as soon as possible, any unneeded hustle and nervousness can spoil your personal best, for which you have prepared months in advance.
Mini Minimarathon: the Mini Minimarathon starts on the parking lot of the Luxexpo - The Box at 7:40 p.m.

Minimarathon: the start is on the parking lot of the Luxexpo - The Box at 7:45 p.m

PERSONAL REPLENISHMENT (FOR MARATHON RUNNERS ONLY)
Personal replenishment can be left at the “Trouble Desk” on the day of the marathon until 3:00 p.m. (shatter-proof bottles [no glass] indicating: refreshment point at km ... [start number]). For organizational reasons this service can only be granted to ambitious participants (men under 2:45:00, women under 3:00:00) and participants who – for medical reasons – need a special diet.

WCs
There are 80 WCs in the start and finish area. Please use also the facilities at the Luxexpo - The Box. In addition, there are at least two WCs at each refreshment point.

PACSETTERS

COURSE
The course leads through Luxembourg city centre, almost completely on asphalt roads. Every kilometer is marked. The marathon and the half marathon are separated at two points during the course. The first dividing point is at about kilometer 14.9 on the Place Guillaume II (Kruedler), the second at the Avenue de la Porte-Neuve (Marathon: app. km 36 | Half marathon: app. km 15.7). Runners will be informed about the separation by signs.

REFRESHMENT POINTS
Refreshment points are placed at every 2.5 km from km 5 on. Every refreshment point offers plain water and Isostar. Every 5 km, there will be fruits on offer as well. In addition, after km 30, you will find Cola.

WCs ALONG THE COURSE
On the course, you will find two WCs, starting from km 5 on, at every refreshment point.

MEDICAL SUPPORT, FREE RIDES
Should you need medical aid, we advise you to keep on running (or walking) to the next refreshment point. Professional help will be provided there. If you want to stop, you can either take the bus at the end of the field (sweep car) or the shuttles which will take you back to the start/finish area free of charge. Any other vehicles (cars, bikes, motorbikes) are not allowed on the course.

TIMING
The finish line is in the Luxexpo - The Box, which is open for participants of the half marathon until 10:25 p.m. The marathon course will be closed at 1:25 a.m. This means that participants of the half marathon have to finish within three hours, participants of the marathon within six hours. Participants finishing later will not be having their times measured. They can of course still use all services in the finish area.

GO)GO)BOYS AND GO)GO)GIRLS
Find someone to help you! A good friend, your son, your daughter, it’s your choice! Finally there is someone to support you on the last 2.5 kilometers: Your go)go)girl or go)go)boy! And in order to make your go)go)girl or go)go)boy visible, we will stock them up with a special T-shirt and much more! You can enroll your go)go) until the weekend of the event by sending an email to info@ing-night-marathon.lu. The best thing is yet to come:
You don’t just support yourself, you support a project of ONGD-FNEL (www.ongd-fnel.lu) as well! The application fee of 5 EUR is going to be directly donated to the ONGD-FNEL for a hospital in Nepal. An initiative of Tango, partner of the ING Night Marathon Luxembourg.

**FINISH**
You will be running into the Luxexpo - The Box through the entrance gate. After about 140 meters you will cross the finish line; a show full of atmosphere is planned for these last meters. Once you cross the finish line (contact mats), your running time will be registered automatically and you will receive your finisher medal. Please leave the finish area quickly to avoid jams.

**DISQUALIFICATION**
Our race is organized according to the guidelines of the FLA or to the regulations of the organizer, respectively. To disqualification leads in particular:
- starting without start number
- starting with the start number of another person (without having made an official transfer)
- starting in the wrong starting block (control by timing mats!)
- making unrecognizable, covering or tearing off the sponsors’ logos on the start number
- starting without ChampionChip®
- missing interim results of the timing
- exceeding of the allowed time limit (gross time!)
- leaving the course and/or shortening the distance
- false statements on the allowed age
- carrying along a baby jogger, a bicycle or similar

**PICKING UP YOUR KIT BAG**
Please pick up your kit bag before 1:30 a.m. You will have to present your start number.

**CHAMPIONCHIP® RETURN**
Please return the rented chip at the marked counters after picking up your kit bag. The deposit (5 EUR) charged for the chip will be refunded to you. Please note: if you forget to return the chip, the deposit can’t be refunded at a later date.

**CATERING IN THE FINISH AREA**
After you have left the finish area and picked up your kit bag, you will reach the catering area. At the runners’ buffet we provide: plain water, Cola, Isostar, fresh fruit, etc.

It is not possible to return to the finish area from the catering area. As only participants are allowed to access the finish and catering areas, please arrange to meet your family, friends or other participants outside the restricted areas, e.g. at the Meeting Point.

**CHANGING ROOMS, SHOWERS, MASSAGE**
Locker rooms and showers are in the after finish area. There will be separate sections for women and men. Furthermore we will be offering a massage service in the after finish area.

**BAND AIDS**
Should you encounter blisters (despite good preparation), we will help you at the Band Aid Station in the after finish area.

**MEETING POINT**
Your relatives or friends who do not have access to the restricted areas can meet you at the Meeting Point.

**ENGRAVED MEDALS**
Medals can be engraved after finishing with state of the art laser technology. When you ordered engraving in advance, there will be a voucher on your start number. By showing this voucher, you will get your medal engraved.

**RESULTS ONLINE**
You can find all results online at www.ing-night-marathon.lu during the event. Objections to the results will be accepted until May 16th, 2018.

**AWARDS CEREMONIES**
The three fastest male and female runners (respectively) of the marathon and the half marathon will be honoured in an award ceremony. This ceremony will take place in the finish area.

**EXPO42**
The fair is an info and sales event connected to the ING Night Marathon Luxembourg. Producers of sportswear, sport shops, and service providers offering everything that is connected to running will present themselves here. In addition, other marathon organisations will provide information on their events. This will also take place at the Luxexpo - The Box.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Friday, May 11th, 2018</td>
<td>11:00 a.m. to 8:00 p.m.</td>
</tr>
<tr>
<td>Saturday, May 12th, 2018</td>
<td>10:00 a.m. to 8:00 p.m.</td>
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</tbody>
</table>

**PASTA PARTY**
The Pasta Party will take place in the Luxexpo - The Box. On Friday, May 11th, between 4:00 p.m. and 8:00 p.m., you can exchange your coupon for a pasta dish (vegetarian). One non-alcoholic drink (water / alcohol free beer) is included. The coupons will be enclosed in your documents.

**PEACE PRAYERS OF WORLD RELIGIONS**
Saturday, May 12th, 2018
Start 5:00 p.m.
Luxexpo - The Box

**LOST & FOUND**
At the information desk at the entrance of the EXPO42.

**PR FOR ALL**
You can help raise media awareness for the ING Night Marathon Luxembourg: tell your local newspaper about your impressions and results of the marathon and provide pictures if you have them. You will support the running movement’s effort for more publicity. Also, we would like to document the ING Night Marathon Luxembourg in great detail. Thus, we would really appreciate if you could send us the reports from your local media.

**PROTECTING THE ENVIRONMENT**
The organizers try to keep the ING Night Marathon Luxembourg as environmentally friendly as possible. Please help us to avoid rubbish and use the litter bins provided. In the area behind the finish line you will find special yellow bins for plastic bottles. Please use these Valorlux-bins only for plastic waste.
OUR SERVICE FOR YOU

For your participation fee you will receive the following:

- start number and safety pins
- coupons for the Pasta Party on May 11th, 2018
  (1 pasta dish, 1 water / alcohol free beer)
- kit bag for check-in of streetwear
- souvenir medal for all finishers
- massage service
- extensive buffet in the finish area
- certificate and results

The organisers wish you a pleasant stay in Luxembourg and a successful run.

Please note: all information is subject to change.

IMPORTANT INFORMATION ABOUT THE TEAM RUN

COLLECTION OF START DOCUMENTS

The collection of the start documents should be carried out by a member of the relay team – preferably by the contact person indicated on the registration form.

DISTRIBUTION OF START DOCUMENTS (need of verification of identity with valid photo ID)

Luxexpo - The Box
10 circuit de la Foire Internationale
L-1347 Luxembourg-Kirchberg

Opening hours:
Friday, May 11th, 2018 11:00 a.m. to 8:00 p.m.
Saturday, May 12th, 2018 10:00 a.m. to 4:00 p.m.

For each relay team the collecting person will be provided with:

- four sets of start documents including the start numbers for the participants of the relay
- four kit bags for keeping the participants’ street wear during the race
- a Velcro® strip with a ChampionChip® for timing

Particularly on Friday, May 11th, it’s worth visiting the Luxexpo - The Box: together with the start documents each participant receives a voucher for one portion of pasta providing the carbohydrates on the day before the race which are essential for top performances.

Accompanied by an attractive support program and the EXPO42, the Pasta Party (4:00 p.m. to 8:00 p.m.) is the central meeting point for all athletes participating in the ING Night Marathon Luxembourg.

CHECK-IN OF KIT BAGS

Before (!) the competition the runners of legs 1 to 3 have to hand over their kit bags to their respective following runners! For example, if you run leg 1, you have to hand over your kit bag to the runner of leg 2. At the exchange point your kit bag is then given back to you by the runner of leg 2.

On Saturday, May 12th, the runner of the fourth and last leg can deposit his/her kit bag in the Luxexpo - The Box at a special desk. Enclosed you’ll find a map of the Luxexpo - The Box. After the race the kit bag can be recollected at exactly the same place.

START NUMBERS AND LEG NUMBERS

Together with the start documents you receive a start number. Besides the big number of the relay team it also shows a smaller number indicating the respective leg, for example start number “465-2”. The athlete with leg number 2, for example, has to run the second leg of the four marathon legs. The athlete with leg number 3 has to run the third leg etc.

For further information on the individual legs please see also below. You will also receive a “Team Run” label which we ask you to fix legibly at your back in order to avoid that the marathon runners are confused in keeping their speed.

It is not possible to participate in the race without a start number. Running with a group without start number is also strictly forbidden!

CHANGE OF LEG NUMBERS

Leg numbers 1 to 4 indicate the different legs of the course. In principle the individual leg numbers are definitely assigned to the respective persons upon registration. Changes
of leg numbers or alterations of the registration can be applied for at the “Trouble Desk” near the start number desk on Friday, May 11th, at the latest. There are signposts installed leading to the “Trouble Desk”. On Saturday, May 12th, applications for alterations are not possible.

CHRONOMETRY
Together with the start documents the collecting person receives a Velcro® strip with integrated ChampionChip® for each relay team. Unfortunately you are not allowed to use your own ChampionChip® during the relay race. This Velcro® strip with integrated ChampionChip® may only be fastened at the ankle, otherwise time taking will not be possible! At the exchanges this Velcro® strip and chip are handed over from one runner to the other. After crossing the finish line the last runner of the relay team has to return the Velcro® strip plus ChampionChip® at the signed desk. In case the runner of leg 4 is not wearing the Velcro® strip (with integrated ChampionChip®) when crossing the finishing line or one of the other participants has not properly fastened it at the ankle, time taking for the relay team as a whole cannot be effected.

SHUTTLE BUS SERVICE
Every participant of the relay competition will start at a different point. Runners of the second, third and last leg will meet at the bus transfer at the Rue Carlo Hemmer, which is right near the Luxexpo - The Box (Entrée Sud, Quai 1). Please follow the signs. Buses will be leaving in regular terms every ten minutes. All buses are marked as relay buses, but can be used by visitors, too. In order to be at the first changing point in time, we recommend taking the bus from 6:30 p.m. on. For the runners of the third leg we recommend the bus from 7:15 p.m. on. For route detail, see complete map at the end of the brochure.

COURSE LEGS

<table>
<thead>
<tr>
<th>at km</th>
<th>length in km</th>
<th>where</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.8</td>
<td>8.8</td>
<td>Halle Victor Hugo</td>
</tr>
<tr>
<td>19.9</td>
<td>11.1</td>
<td>Place W. Churchill</td>
</tr>
<tr>
<td>33.3</td>
<td>13.4</td>
<td>av. de la Gare</td>
</tr>
</tbody>
</table>

LINING-UP IN THE EXCHANGE AREAS
Lining-up in the exchange areas is effected according to start numbers. Before the start participants are split up into different starting fields.

“Sweep Car”
In case you are not able to finish your course leg – for any reason – you are asked to inform the members of your relay yourself. If you take too long to run your leg and do not reach the finish within the maximum time, you will be picked up by the so-called “sweep car” and taken to the start/finish area. In case you have been picked up by the “sweep car”, an assessment of your team unfortunately cannot be made, and the team as a whole will be disqualified. The maximum time for the whole marathon course is scheduled with six hours.

In the exchange zones the last bus-shuttle has to wait for the “sweep car”, so that no athlete will be left on the course.

MEDAL
The runner who is crossing the finish line will receive a medal for himself and each member of his/her team.

INFORMATION FOR THE RUNNERS OF THE DIFFERENT LEGS

RELAY RUNNERS WITH LEG NUMBER 1
If you are wearing a start number with leg number 1, please walk to the start area in front of the Luxexpo - The Box (parking). You have to be there by 6:40 p.m. at the latest. It is not necessary for you to go to the meeting point for the bus-shuttle.

The race starts at 7:00 p.m.!
After approx. 8.8 km at the exchange point, the Velcro® strip plus chip that you are wearing around your ankle has to be handed over to the relay runner with leg number 2.
This runner gives you your kit bag in turn and you can take the bus-shuttle to return to the Luxexpo - The Box.

At the station a bus-shuttle is also waiting for you to take you back to the Luxexpo - The Box.

RELAY RUNNERS WITH LEG NUMBER 2
If you are wearing a start number with leg number 2, you meet the other participants in the relay at the bus-shuttle meeting point “Rue Carlo Hemmer” behind the Luxexpo - The Box (Entrée Sud, Quai 1). Departure time of your bus-shuttle is from 6:30 p.m. Please observe the signposts and follow the instructions of the staff at the bus parking area. Your bus is labelled “Team Run”.
The distance from the Halle Victor Hugo to the Place W. Churchill is approx. 11.1 km. At the exchange point the Velcro® strip plus chip that you are wearing around your ankle has to be handed over to the next runner with the leg number 3. This runner is already waiting for you with your kit bag.

At the Glacis a bus-shuttle is waiting for you to take you back to the Luxexpo - The Box.

RELAY RUNNERS WITH LEG NUMBER 3
If you are wearing a start number with leg number 3, you also meet the other participants in the relay at the bus-shuttle meeting point “Rue Carlo Hemmer” behind the Luxexpo - The Box (Entrée Sud, Quai 1). Departure time of your bus-shuttle is from 19:15 p.m. Please observe the signposts and follow the instructions of the staff at the bus parking area. Your bus is labelled “Team Run”.
The distance from the Place W. Churchill to the station is approx. 13.4 km. At the exchange point the Velcro® strip plus chip that you are wearing around your ankle has to be handed over to the next runner with the leg number 4. This runner is already waiting for you with your kit bag.
At the station a bus-shuttle is also waiting for you to take you back to the Luxexpo - The Box.
RELAY RUNNERS WITH LEG NUMBER 4
If you are wearing a start number with leg number 4, you also meet the other participants in the relay at the bus-shuttle meeting point “Rue Carlo Hemmer” behind the Luxexpo - The Box (Entrée Sud, Quai 1). Departure time of your bus-shuttle is from 8:00 p.m. on. Please observe the signposts and follow the instructions of the staff at the bus parking area.

Attention: your bus is labelled “Team Run 2+3+4”.

You have to run over a distance of approx. 8.895 km leading from the station back to the finish in the Luxexpo - The Box, where you will cross the finishing line with the Velcro® strip plus chip around your ankle.

Important note: the runner wearing the chip must cross the finish line. Otherwise the relay team as a whole cannot be assessed.

CHAMPIONCHIP® RETURN
5 EUR will be refunded to you, provided that you return the chip in the finish area. You can return the ChampionChip® only until 1.30 a.m. (May 13th, 2018) in the finish area! Otherwise you cannot receive a refund.

INFORMATION FOR SPECTATORS
As an increased traffic density will be expected, we kindly ask you to be on time for reaching the venue of the marathon! Spectators can use our free bus-shuttles. This shuttle leaves at the Luxexpo - The Box and makes stops at other interesting positions of the course. You will find the bus map at the end of the Runner’s Handbook.
**FINISH**  The finishing area in the Luxexpo - The Box is open until 8:45 p.m. for the runners of the 5k Run for Success. Accordingly, the runners should cope the 5k Run for Success within 45 minutes. Participants crossing the finish line later will be disqualified. However, they can make use of the finishing care and all other supplies.

**SHUTTLE BUS**  There is a free shuttle bus connecting town centre with the Luxexpo - The Box. There is a bus stop of the shuttle service approximately 300 metres from the starting point "Parking Konrad Adenauer".

**MEDAL**  Each team member crossing the finishing line receives a medal.

**ROUTE**  ![Route Map]
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<thead>
<tr>
<th>Coureur</th>
<th>Dernier Coureur</th>
<th>Erster Läufer</th>
<th>Letzter Läufer</th>
<th>Erster Läufer</th>
<th>Letzter Läufer</th>
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<tr>
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<tr>
<td>Rue N. Mameranus</td>
<td>Rue Adam Roberti</td>
<td>Rue Beatrix de Bourbon</td>
<td>Rue Charles Quint</td>
<td>Rue de Machault</td>
<td>Bd. Marcel Cahen</td>
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<td>Rue Raymond Poincarré</td>
<td>Rue Antoine Meyer</td>
<td>Rue Marie-Adelaide</td>
<td>Rue Alphonse München</td>
<td>Rue de Vianden</td>
<td>Rue Adolphe</td>
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<td>passerelle Pont Adolphe</td>
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<td>Rue Matthias Hardt</td>
<td>Rue de l´Anc. Athénée</td>
<td>Rue de Prague</td>
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| Rue des Capucins Grand Rue | Rue de la Re
1. Service d’autobus
2. Massages
3. Remise du ChampionChip®
4. Gravure de médailles
5. Approvisionnement dans la zone d’arrivée
6. Douches
7. Vestiaires
8. Distribution des numéros de dossard
9. Premiers Secours
10. Enlèvement des sacs de garde-robe
11. Runner’s Village
12. Pasta Party
13. Prières de paix des religions du monde
14. Info | EXPO42
15. Runner’s Lounge

1. Shuttlebus
2. Massagen
3. Rückgabe des ChampionChip®
4. Medaillengravur
5. Verpflegung im Nachzielbereich
6. Duschen
7. Umkleiden
8. Startnummernausgabe
9. Erste Hilfe
10. Kleiderbeutelabgabe
11. Runner’s Village
12. Pasta Party
13. ING Café (for guests only)
14. Friedensgebete der Weltreligionen
15. Info | EXPO42
16. Runner’s Lounge

www.ing-night-marathon.lu
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L-1027 Luxembourg
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Fax: +352 26 68 77 04
Email: info@ing-night-marathon.lu