

MARATHONMÜNCHEN by Brooks

11 OCT 2026

RUNNERS GUIDE



BROOKS

MEET. MOVE. GET MARATHON READY.

Das Brooks House ist dein Place-to-be für dein Race Weekend. Komm vorbei, entdecke die Welt von Brooks und stimme dich optimal auf deinen Lauf ein.

HIGHLIGHTS:

- ✗ Get Ready with Brooks
- ✗ Get Creative with Brooks
- ✗ Gewinnspiele & Goodies
- ✗ T-Shirt-Personalisierung
- ✗ Verkauf & Test & Try



SCANNEN
FÜR WEITERE
INFORMATIONEN



BROOKS X CAMPUS RUNNERS

- 🚩 Kick-off Run
- 📅 Freitag, 09.10.
- 🕒 18:00



Welcome Message

from Lord Mayor Dominik Krause,
Patron of the MARATHON MÜNCHEN
by Brooks

On October 11th, more than 40,000 people will line up at the start in Munich – more than ever before in the event's history and a new record for a running event in the Bavarian capital. The city marathon has firmly established itself as one of Munich's major events. Over 200,000 spectators will also line the course, cheering on the runners and making the day what it is: a celebration of sport for the whole of Munich.

Running brings people together across borders, and on marathon Sunday this becomes especially visible: participants from more than 120 nations will line up alongside Munich's running community.



Young runners will also be part of the action this weekend. The youngest participants will take part in the Kids Run, while the Münchner Schullauf will celebrate its premiere: pupils from grades 1 to 13 will run where elite athletes will compete just two days later. This fosters enthusiasm for physical activity that lasts well beyond a single weekend.

The course leads from the Olympic Park through the English Garden and right into the heart of the city before continuing to the Werksviertel district. It connects some of Munich's most beautiful places and showcases our city as it is: diverse, vibrant, and passionate about sport.

As patron of the event, I wish all runners a great race, lots of fun, and an unforgettable run through Munich. My thanks go to the organising team at Laufstatt Event gGmbH, the 2,000 volunteers, the emergency services, and everyone who makes this special weekend possible.

Yours

A handwritten signature in dark ink, reading 'Dominik Krause' in a cursive script.

Dominik Krause
Lord Mayor of the State Capital

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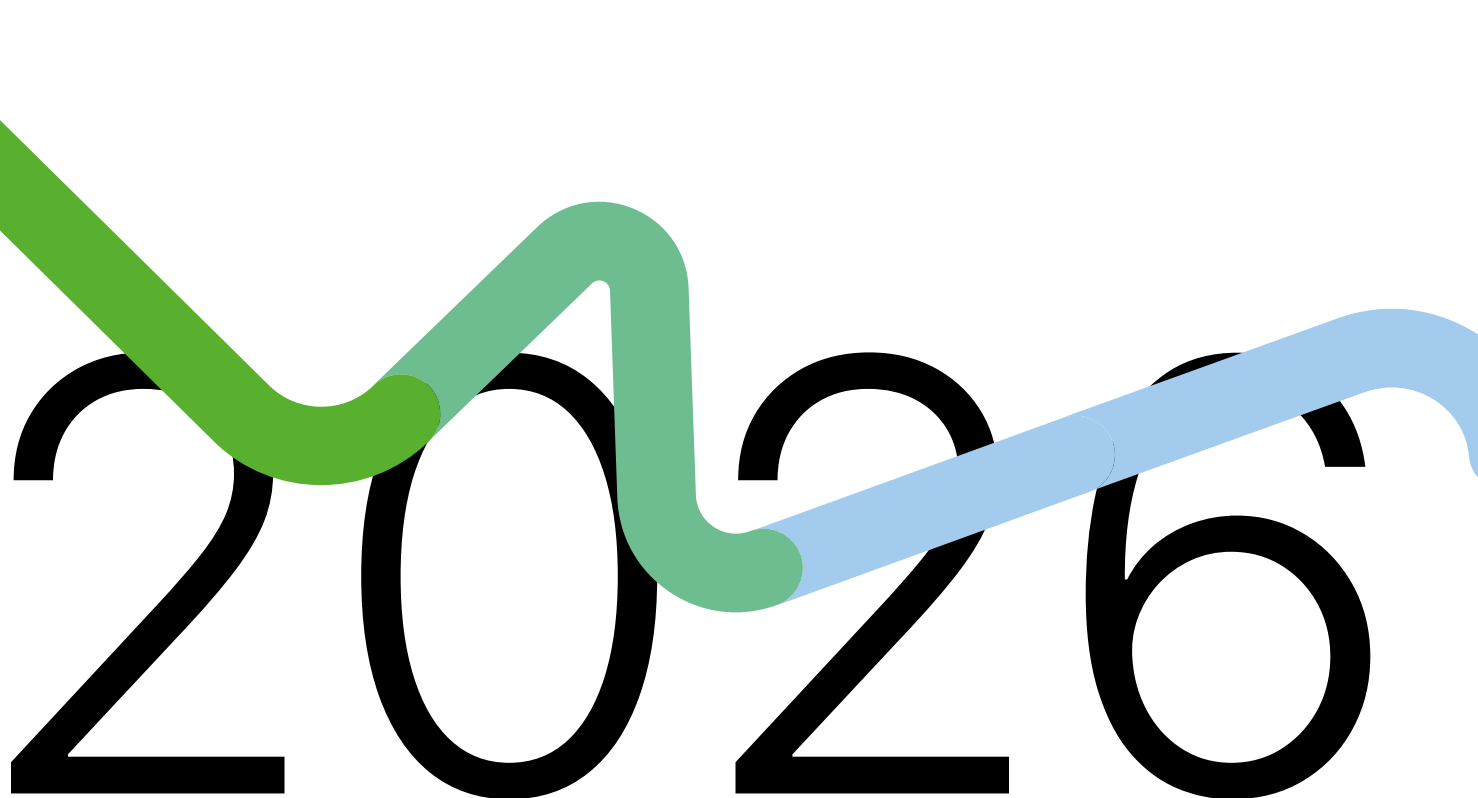
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Download the **MARATHON MÜNCHEN** by Brooks app now:

- Live tracking & real-time updates
- Information about the course, stations & tips
- Cheers from friends and family



Timetable

→ 05–08 OCT 2026

Monday–Thursday

10 a.m.–7:30 p.m.

Pop-up bib number pickup

Sporthaus Schuster, 6th floor, Rosenstraße 1–5, 80331 Munich

(Only possible with prior registration via Eventbrite. More information on page 23.)

→ 09 OCT 2026

Friday

↩ Spontaneous collection of race documents is not possible.

1–7 p.m.

Bib number pickup

Olympic Hall, Olympic Park

6 p.m.

Brooks × Campus Runners Shake Out Run

Brooks House, Olympic Park

1–7 p.m.

Runners Festival

Hans-Jochen-Vogel-Platz, Olympic Park

→ 10 OCT 2026

Saturday

10 a.m.–6 p.m.

Bib number pickup

Olympic Hall, Olympic Park

10 a.m.–6 p.m.

Runners Festival

Hans-Jochen-Vogel-Platz, Olympic Park

11:05 a.m.

Dallmayr Coffee Run

Hans-Jochen-Vogel-Platz, Olympic Park

1:05 p.m.

Kids Run 400 M

Hans-Jochen-Vogel-Platz, Olympic Park

2:05 p.m.

Kids Run 2.1 KM

Hans-Jochen-Vogel-Platz, Olympic Park

3:05 p.m.

Kids Run 4.2 KM

Hans-Jochen-Vogel-Platz, Olympic Park

1–6 p.m.

Pasta Party

Hans-Jochen-Vogel-Platz, Olympic Park

Further information and programme



→ **11 OCT 2026**

Sunday

⚡ Only when absolutely necessary!

Please collect your bib number on 09–10 October.

7–8 a.m. **Bib number pickup**
Olympic Hall, Olympic Park

from 8 a.m. **Clothes drop-off Marathon, Marathon relay & Half marathon**
Olympic Hall, Olympic Park

12–1:15 p.m. **Clothes drop-off 10 KM Run**
Knödelplatz, Werksviertel

8 a.m.–4 p.m. **Runners Festival**
Hans-Jochen-Vogel-Platz, Olympic Park

9 a.m.  **Marathon start**
Spiridon-Louis-Ring, Olympic Park

from 11:10 a.m. **Marathon finish**
Willi-Daume-Platz, Olympic Park

9:25 a.m.  **Marathon relay start**
Spiridon-Louis-Ring, Olympic Park

from 11:45 a.m. **Marathon relay finish**
Willi-Daume-Platz, Olympic Park

10:25 a.m.  **Half marathon start**
Spiridon-Louis-Ring, Olympic Park

from 11:25 a.m. **Half marathon finish**
Willi-Daume-Platz, Olympic Park

1:30 p.m.  **10 KM Run start**
Knödelplatz, Werksviertel

from 1:55 p.m. **10 KM Run finish**
Willi-Daume-Platz, Olympic Park

Award ceremonies
Hans-Jochen-Vogel-Platz, Olympic Park

12:30–1:15 p.m. Marathon, Half marathon and Marathon relay
2:30 p.m. 10 KM Run

from 2:15 p.m. **Award ceremony Bavarian Marathon Championships**
Hans-Jochen-Vogel-Platz (level with the West Entrance of the Olympic Hall), Olympic Park

3:30 p.m. **Course closes**
Willi-Daume-Platz, Olympic Park

Event



For three days, everything at the Olympic Park will revolve around running, fun and shared experiences. The event programme offers sport, action and variety – for young and old alike, with hands-on activities, talks and music on the stage and, of course, the marathon as the highlight.

programme

→ **HANS-JOCHEN-VOGEL-PLATZ**

Runners Festival

From 9th to 11th October 2026 on the Hans-Jochen-Vogel-Platz in Munich's Olympic Park: The Runners Festival is the lively meeting place for the MARATHON MÜNCHEN by Brooks – with brands from the worlds of sport, health and lifestyle to test and join in with, a continuous stage programme and the marathon on Sunday as the sporting highlight.

The highlights

Brooks

- **Sales:** Shop with Sport Schuster right at the stand.
- **Test & Try:** Try out the latest models live.
- **Product Zone:** Discover the full Brooks range.
- **Embroidery & T-shirt personalisation:** Make your shoes and shirt truly unique.
- **Get Ready with Brooks:** Tattoos, braids & barber – get the perfect race look.
- **Get Creative with Brooks:** Design the community wall, postcards and your own cheering sign.
- **Kick-off Run with the Campus Runners:** Friday, 9 October, 6 p.m. at Brooks House.
- **Cheering Zone:** Cheering Sign Contest at Odeonsplatz.

Sport Schuster

- **Treadmill Challenge "Think Fast, Run Faster":** Answer true-or-false questions while running – winners are crowned every hour.
- **Prize wheel:** Give it a spin and win a prize.
- **Kids' programme:** Plenty for the little ones to enjoy at the stand, too.
- **Wall of names:** The back of the stand features the names of all participants from every competition.

Möbel Höffner

- **Disc Golf Challenge:** Throw your way to a Höffi gift voucher – three throws, three hits, and great prizes await.

REWE

- **Smoothie bike:** Blend your own smoothie.
- **REWE Vertical Jump:** Jump high and win great prizes.
- **Design fan posters:** Create a real atmosphere along the course.

Hydraid®

- **Flavour tasting:** Try the flavours right at the stand.
- **Personal plan:** Get your individual electrolyte and hydration plan.
- **Challenge & offers:** Take part in the interactive challenge and secure exclusive offers.

Dextro Energy

- **Discover new products:** The PROLINE delivers carbohydrates in a 1:0.8 ratio – individually combinable, depending on what the session demands.

Suunto

- **New releases:** The latest products at a glance, including the new Suunto Run 2 to try.
- **Test watches & competition:** Borrow a test watch and win a Suunto Run 2 kit.
- **Meet & greet:** With Daniel Hernes aka Danny_Run.

BLACKROLL

- **Test & shop:** Try compression boots, recovery pillow, rollers, bands and more – and shop directly on site.
- **Workshops:** With Kathrin Messer from Bloomergym, Friday to Sunday on stage.

BE-KIND®

- **Try & win:** Taste your way through the different BE-KIND® varieties and, with a bit of luck, win cool prizes.

CEP

- **Discover & shop:** Compression socks, running shoes and sportswear that support you on every run.
- **CEP – Run Better:** Because life is better when you run.



Interactive Festival Map



Shokz

- **Open-ear headphones:** Race-ready sound without losing touch with your surroundings.
- **Test & Try:** Try the latest models and find the perfect fit for training and race day.

Snow Space Salzburg

- **Ski carpet:** Make your first turns and get a voucher for a discounted day pass for Snow Space Salzburg & Zauchensee as a reward.
- **Save the date:** Winter opening in Flachau with DJ BUNT. on 5 December.

TUM – Preventive Sports Medicine

- **Check your heart:** Get an ECG and a health check on site with the team from TUM's Preventive Sports Medicine.
- **Booking required:** Slots are limited and only available with prior registration.

STOX Energy Socks

- **Only Good Pressure:** Compression specialist from Amsterdam, developed on the basis of medical expertise.
- **Try them on:** Test the graduated compression running socks right at the stand.
- **Temporary tattoos:** To get you in the marathon spirit.

Therabody

- **Recovery technology:** Experience the latest products from the global leader in wellness technology – for your recovery before and after the race.
- **Test & shop:** Try the products for yourself, talk to the Therabody team and buy your favourites on site.

Youth

- **Health check in minutes:** Check over 60 digital biomarkers across 10 health areas using a facial video, audio recording and photos – straight from your smartphone.
- **Optimise your lifestyle:** Valuable insights to work on your health and performance.
- **Free screening:** Do your first screening right at the stand and take your results home in the app.

4Endurance

- **Sports nutrition at fair prices:** For endurance athletes, with a focus on cycling, running and triathlon.
- **The range:** Energy gels, hydration, recovery nutrition and supplements.
- **Expert tips:** Personal advice on energy and nutrient intake in training and competition.

PURE FUEL

- **Made in Munich:** Fresh, uncomplicated food for an active lifestyle – clean, modern and full of flavour.
- **Free tasting:** Mini bowls & rolls to try during the Runners Festival.

Original Mariahilf Schwedentabletten

- **Replenish sodium:** Restores the sodium lost through sweating – important for muscles, nerves and fluid balance.
- **Proven & well tolerated:** Used in high-performance and endurance sports for decades.

Evage

- **Athletic Longevity:** Supplements that help you train and compete at your level for longer.
- **Four formulas:** Endurance (stamina & recovery), Focus (mental clarity), Elevate (cellular energy) and Flex (joints & tendons).
- **Try them out:** Test the formulas at the stand and find out what suits your training.

Coodex

- **Natural oxygen serum:** For the skin over stressed muscles and joints.
- **Advice at the stand:** Let the team show you how to use it and ask your questions.
- **Try & save:** Test it on site, take a sample and buy at the special event price.

YENDURE

- **Instead of safety pins:** The alternative that protects your running gear from damage.
- **A lasting keepsake:** A lovely souvenir of the MARATHON MÜNCHEN by Brooks.
- **Try it out:** Get to know the product at the stand and test it right away.



hydraid®

Hydration doesn't wait for the finish line.

Beim Laufen verlierst du über den Schweiß nicht nur Flüssigkeit, sondern auch Elektrolyte wie Natrium und Kalium. Bei 42,195 km macht sich das bemerkbar – lange vor der Ziellinie. Hydraid® gleicht das aus, während du läufst und auch danach.

7 Verpflegungsstationen an der Strecke

Feel the Hy.

München Marathon 2026 | hydraid.com



→ **HANS-JOCHEN-VOGEL-PLATZ**

Charivari Stage

There's always something happening on the Runners Festival stage. From Friday midday to Sunday afternoon, expect talks with experts, live music, challenges, quizzes, warm-ups, award ceremonies and plenty of good vibes – hosted and accompanied by our media partner Charivari. This is where you pick up your final tips before the start, cheer on the kids, celebrate the winners and let your marathon weekend wind down.

Friday, 09 October

9:00 a.m.–12:45 p.m.	Munich School Run 2026 Supported by the Department of Education and Sport – supporting programme off stage: kidsTUMove, FreizeitSport, pin/clapper-board/tattoo craft activities
9:30–9:45 a.m.	Experience the Olympic Park Music quiz, stories & prize draw
1:00–1:30 p.m.	DJ set by 95.5 Charivari
1:30–2:00 p.m.	Expert talk: Heartbeat in focus – What a marathon does to our heart with Priv.-Doz. Dr. med. Dr. rer. nat. Simon Wernhart, Managing Senior Physician at the hospital of the Technical University of Munich (Chair and Polyclinic for Preventive Sports Medicine and Sports Cardiology)
2:00–2:25 p.m.	Expert talk: Training in focus – Training plans, nutrition and AI with Simon Hoyden, two-time German champion and world champion in duathlon and personal coach

2:30–2:55 p.m.	Expert talk: Women in focus – How health, hormones and life phases influence training with Dr. med. Isabel Fegers-Wustrow, Senior Physician at the hospital of the Technical University of Munich (Chair and Polyclinic for Preventive Sports Medicine and Sports Cardiology)
3:15–3:30 p.m.	Experience the Olympic Park Music quiz, stories & prize draw
4:00–4:50 p.m.	Friday AfterWorkWorkout by OpenGymMunich
5:30–6:00 p.m.	Warm-up for the Shake Out Run by Brooks
6:30–6:55 p.m.	Prep talk: Arriving before the start – Mental health, healthy sleep and a meditative lead-in to the running weekend

Saturday, 10 October

10:00–10:35 a.m.	Mobility yoga by CASA C ALMA
10:45–11:35 a.m.	Dallmayr Coffee Run 2026
11:35–11:50 a.m.	Dallmayr Coffee & Dance
11:50 a.m.–12:20 p.m.	Concert: #eigenArt The inclusive hip-hop band #eigenArt presents its album: eigen und anders
12:20–12:35 p.m.	Experience the Olympic Park Music quiz, stories & prize draw
12:35–12:50 p.m.	Richard Ringer in conversation (Marathon European champion 2022)
12:50–3:30 p.m.	Kids Run 2026
3:35–4:35 p.m.	Treadmill challenge by Sport Schuster
4:35–4:50 p.m.	Info talk: Pacemaker meets Suunto – How people and technology support your race with our MARATHON MÜNCHEN pace-makers Olaf and Shan
4:50–5:05 p.m.	Athlete talk: Ready to Race
5:05–5:55 p.m.	Live podcast: 26miles What moves Munich as a city of sport

Further information and programme





Sunday, 11 October

8:00–10:45 a.m.	Broadcast from the starting area
10:45–11:45 a.m.	Half marathon passing through
11:45 a.m.–12:50 p.m.	DJ set by 95.5 Charivari
12:50–1:00 p.m.	Award ceremony Marathon
1:00–1:10 p.m.	Award ceremony Half marathon
1:10–1:15 p.m.	Award ceremony Marathon relay
1:15–1:45 p.m.	Concert: NICO SÜCKER as a duo with Leon Engelhard on keyboard
1:45–2:45 p.m.	DJ set by 95.5 Charivari
2:45–2:55 p.m.	Award ceremony 10 KM Run
2:55–3:15 p.m.	Post-race talk: What now? – Marathon recovery in the days ahead
3:15–3:45 p.m.	Concert: NICO SÜCKER as a duo with Leon Engelhard on keyboard

95.5
charivari
feel good music

**Dein Münchner
Feel-Good-Sound.
Jetzt 95.5 charivari App
herunterladen und Reinhören.**



RELAX
95.5
charivari

90er
HITS
95.5
charivari

80er
HITS
95.5
charivari

LIVE
95.5
charivari

MODERN
ROCK
95.5
charivari

TOP 40

→ **OLYMPIC PARK**

Munich School Run

A premiere for Munich's next generation. On Friday, 9 October 2026, Olympic Park belongs to pupils from all primary and secondary schools for the morning. They will run 1 KM and 3 KM, with a class ranking, an award ceremony and a medal for every finisher. Participation is free of charge.



Landeshauptstadt
München
**Referat für
Bildung und Sport**

Start & finish

10:30 a.m. **School Run 1 KM**
Hans-Jochen-Vogel-Platz, Olympic Park

11:30 a.m. **School Run 3 KM**
Hans-Jochen-Vogel-Platz, Olympic Park

The Munich School Run is an initiative of the non-profit Laufstatt Event gGmbH and takes place in cooperation with the Department of Education and Sport of the City of Munich. It is supported by Mayor Verena Dietl and Florian Kraus.

All information: www.marathonmuenchen.org/muenchnerschullauf/



→ **OLYMPIC PARK, 10 OCT 2026**

Dallmayr Coffee Run

Run, drink coffee, do good: On the Saturday before the marathon, we're heading out together for an easy shake-out run. The Dallmayr Coffee Run is the official community event of the MARATHON MÜNCHEN by Brooks – a relaxed 4.2 km loop through Olympic Park with no timekeeping. Forget about personal bests; it's all about coming together. Plus, every participant gets a free specialty Dallmayr coffee and pastry at the finish line.

Bib number

You'll receive a personal bib number for the Dallmayr Coffee Run. There's no timing – it's all about taking part.

To collect your bib, simply show your confirmation of participation or the QR code in the event app:

2–6 p.m. **Bib number pickup Friday**
Olympic Hall, Olympic Park

10–11 a.m. **Bib number pickup Saturday**
Olympic Hall, Olympic Park

If you are registered for one of the other races, you will automatically receive your bib number for the Dallmayr Coffee Run with it.

Changing rooms & clothes drop-off

Changing rooms and a clothes drop-off in the Höffner truck are available on Hans-Jochen-Vogel-Platz.

Please note: The clothes drop-off is intended for urgent needs only. Only luggage up to a small gym-bag size can be handed in. Please label it with the sticker you received at bib number pickup.

Start & finish

from 11:05 a.m. **Dallmayr Coffee Run 4.2 KM**
Hans-Jochen-Vogel-Platz, Olympic Park

The start takes place in several waves. Your starting block and start time are noted on your bib number.

Coffee & pastries at the finish

Right after you cross the finish line, every participant receives a free Dallmayr coffee speciality and pastries – the voucher is attached to your bib number. Stay a while, chat with the others and get in the mood for the marathon weekend.

For the Münchner Tafel

Your entry fee goes to the Münchner Tafel without any deductions – plus every voluntary donation on top. The Münchner Tafel has existed since 1994. Today, around 1,000 volunteers provide more than 22,000 people every week with rescued food at 30 distribution points across the city.

STRECKE 4,2 KM
Course 4.2 KM

1 Kilometer
Kilometers

Start / Ziel
Start / Finish

Startnummernausgabe
Bib number pickup

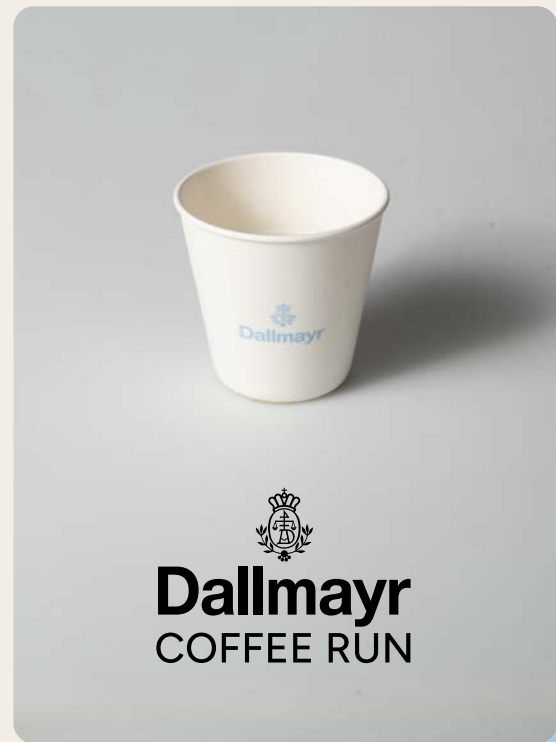
Zielverpflegung und Medaillen
Post-finish refreshment and medals

Info
Info

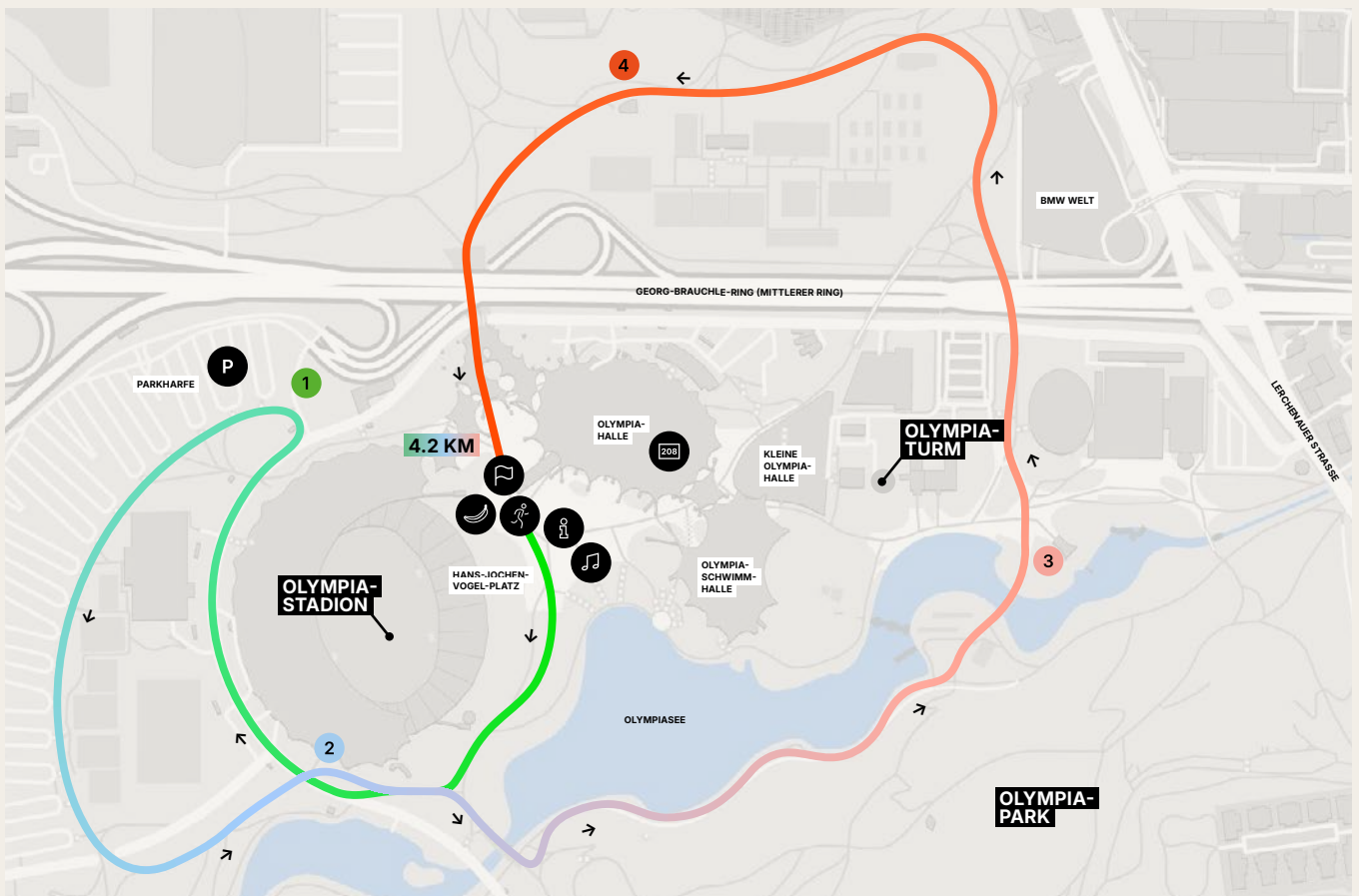
Runners Festival
Runners festival

Parkplatz
Parking lot

U-Bahn
Underground



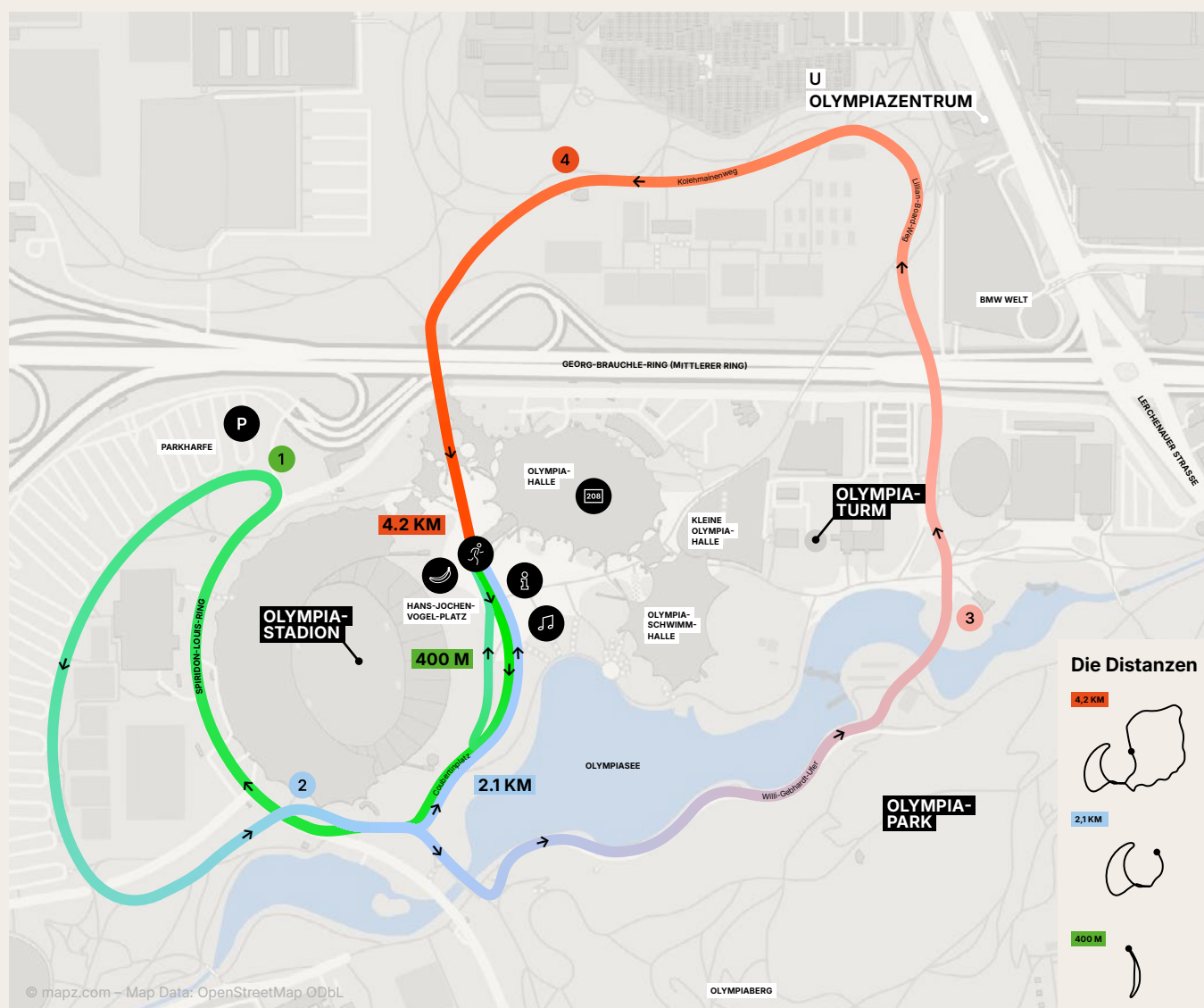
➤ Free coffee for all participants –
and you get to keep the Dallmayr Coffee Cup.



→ **OLYMPIC PARK, 10 OCT 2026**

Kids Run

Even the youngest ones lace up their running shoes. The Kids Run invites all children and young people between the ages of 4 and 14 to take part in a run through the Olympic Park. With three courses, there is the right format for every age group – from a first running experience over 400 metres to the kids' marathon over 4.2 kilometres.



 **KIDS RUN STRECKEN**
Kids Run courses

 **Kilometer**
Kilometers

 **Start / Ziel**
Start / Finish

 **Startnummernausgabe**
Bib number pickup

 **Zielverpflegung und Medaillen**
Post-finish refreshment and medals

 **Info**
Info

 **Runners Festival**
Runners festival

 **Parkplatz**
Parking lot

 **U-Bahn**
Underground



Bib number

You will receive a personal bib number for the Kids Run. No times will be recorded for the 400-metre and 2.1 KM runs, it's all about taking part. For the 4.2 KM run, your time will be recorded – with a special ranking for all participants in the BLV project "Lauf dich fit!"

Bibs can only be collected on site upon presentation of your confirmation of participation or the QR code in the event app:

1–7 p.m. **Bib number pickup Friday**
Olympic Hall, Olympic Park

10 a.m.–2 p.m. **Bib number pickup Saturday**
Olympic Hall, Olympic Park

Changing rooms & clothes drop-off

Changing rooms and a clothes drop-off in the Höffner truck are available on Hans-Jochen-Vogel-Platz.

Please note: The clothes drop-off is intended for urgent needs only. Only luggage up to gym-bag size can be handed in. Please label it with the sticker you received at bib number pickup.

Start & finish

1:05 p.m. **Kids Run 400 M**
Hans-Jochen-Vogel-Platz, Olympic Park

2:05 p.m. **Kids Run 2.1 KM**
Hans-Jochen-Vogel-Platz, Olympic Park

3:05 p.m. **Kids Run 4.2 KM**
Hans-Jochen-Vogel-Platz, Olympic Park

To ensure that every child can enjoy their own personal running experience, we start in small, age-appropriate groups. This way, everyone can run at their own pace and enjoy the fun to the fullest!

Your official bib number gives you exclusive access to the starting area – where the kids take centre stage! Parents and fans cheer them on along the course and create a fantastic atmosphere. After crossing the finish line, everyone meets up again at the meeting point on Hans-Jochen-Vogel-Platz. If anyone can't find their parents straight away, we will of course help them at the meeting point – the letter on the bib number shows you the right area.

Watching & cheering

Kids can be cheered on in the start and finish area at Hans-Jochen-Vogel-Platz and along the course.

In the 400-metre run, every child may be accompanied on the course by one companion. No separate registration is required – the additional bib number is issued automatically at bib number pickup.

Refreshments & medal

Immediately after crossing the finish line, you will receive a medal and a small snack as a reward. The certificate will be available for download after the race at → www.marathonmuenchen.org.

Medal engraving

Add the finishing touch to your success – with your name on the medal and, for the 4.2 KM run, your finish time as well. Saturday after the Kids Run on the roof of the Small Olympic Hall, for €5. A pre-order is noted on your bib number.

→ **OLYMPIC PARK**

Pasta Party

Carb-loading at the Runners Festival. The Pasta Party serves pasta with tomato sauce, accompanied by music and the stage programme. The right place to refuel, meet people and get in the mood for the big day.

Saturday, 10 October, 1–6 p.m.

North of the Coubertin beer garden, Olympic Park

Important: Bring your voucher with you – it is attached to your bib number.

Haven't booked a portion yet?

Get your pasta on site for €11.50 – while stocks last.



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Die neuen High-Performance Produkte
für maximale Kohlenhydrataufnahme & Regeneration

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ENERGY

DEINE VORTEILE

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& überzeugend im Geschmack

100% Kölner Liste® geprüft



QR Code
scannen &
15%
sparen**



Von **wissenschaftlichen Experten** entwickelt
und **Top Athleten** getestet

*enthält Kohlenhydrate. * Proteine tragen zu einer Zunahme und Erhaltung von Muskelmasse bei.

**Gültigkeitszeitraum 01.09.-31.12.2026 mit dem Code „PRO-München26“

BLACKROLL®

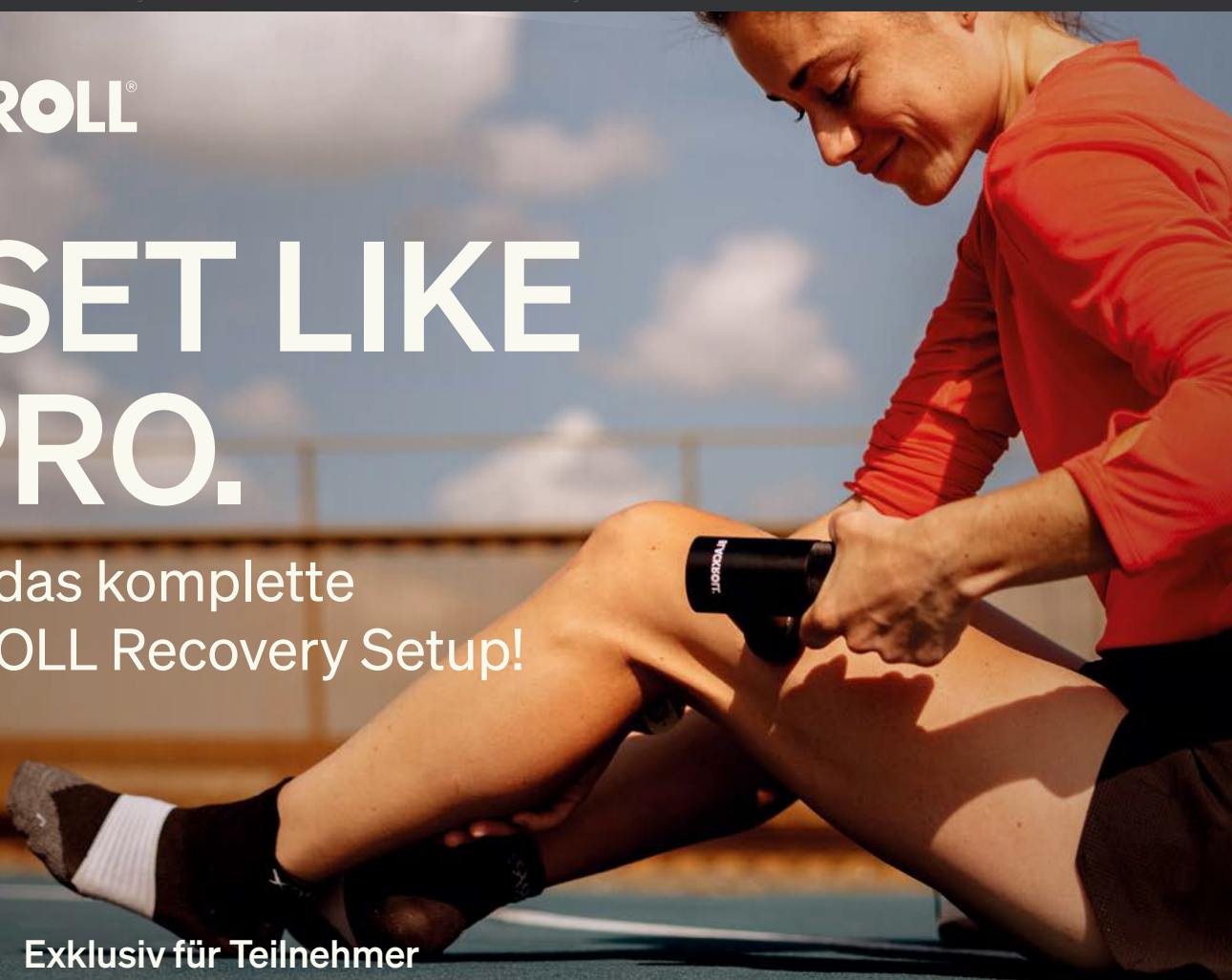
RESET LIKE A PRO.

20% auf das komplette
BLACKROLL Recovery Setup!

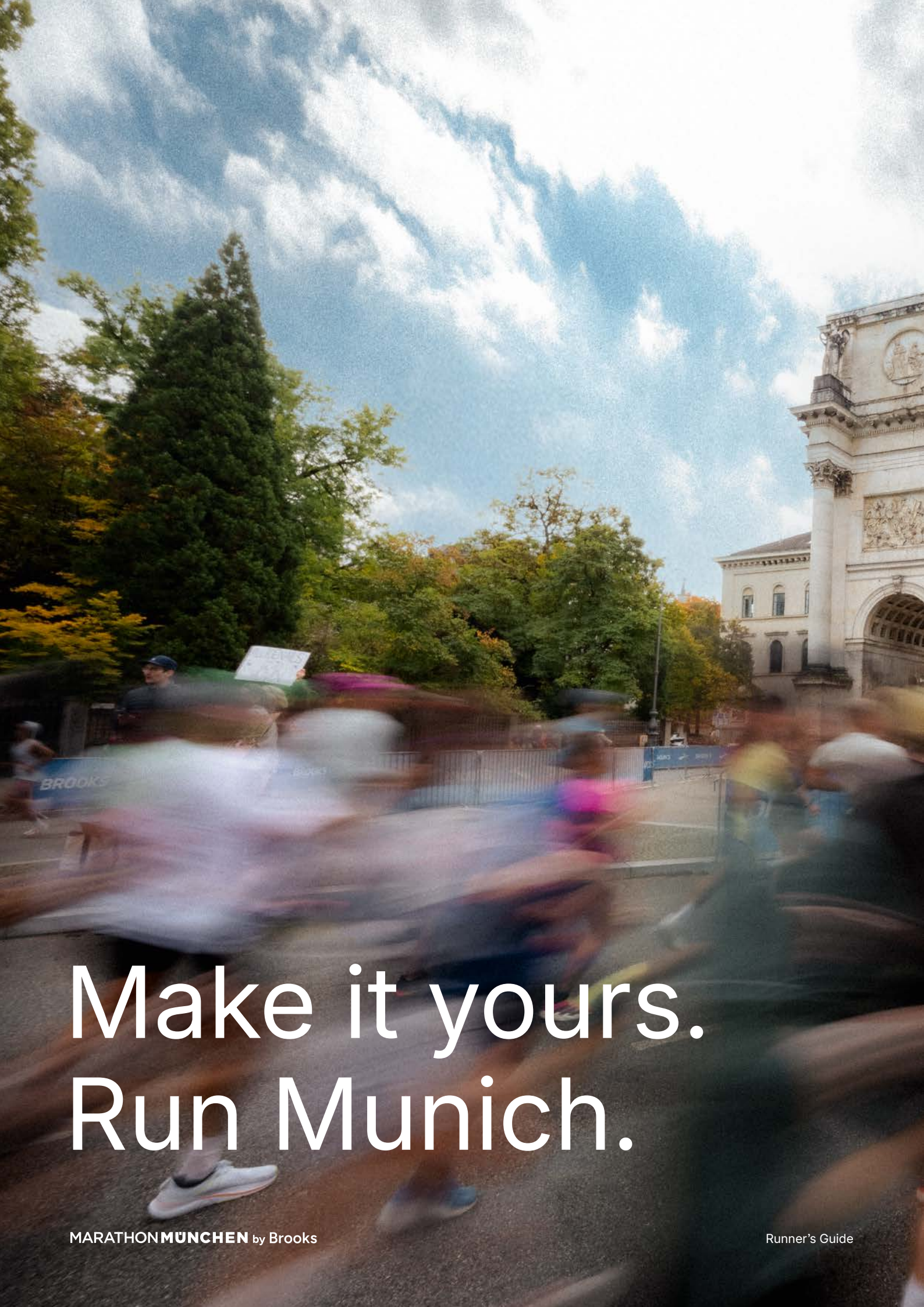
Sign up here!



Exklusiv für Teilnehmer
des München Marathon!



FEEL GREATER



Make it yours. Run Munich.



Before

→ **SPORTHAUS SCHUSTER / OLYMPIC PARK**

Official running shirt by Brooks and running socks

The official running shirt 2026 in the unmistakable look of the MARATHON MÜNCHEN by Brooks. A shirt by Brooks that is your statement for community, sport and solidarity.

Pickup for pre-orders

You will receive your shirt together with your race documents at bib number pickup at Sport Schuster, or you can collect it directly in the Olympic Hall with your voucher.

Friday, 09 October, 1–7 p.m.
Olympic Hall

Saturday, 10 October, 10 a.m.–6 p.m.
Olympic Hall

Sunday, 11 October, 8 a.m.–4 p.m.
Olympic Hall

Important: Bring your voucher with you – it is attached to your bib number. T-shirt sizes cannot be exchanged on site.

The official running socks combine performance, comfort and our own look. The back reads “Make it Yours” and “Run Munich” – which is exactly what the MARATHON MÜNCHEN by Brooks is all about. If you are running the marathon, the socks are included in your Signature Bag.



➤ Official running socks



➤ Official running shirt by Brooks

Buying on site

No shirt, no socks yet? No problem! You can get both on site – while stocks last.

Running shirt €39.50 · Socks €14.50

Friday and Saturday, 25–26 September
Thursday and Friday, 1–2 October
Friday and Saturday, 9–10 October
Friday and Saturday, 16–17 October
10 a.m.–8 p.m. on each of these days
Sport Schuster, ground floor, Rosenstraße 1–5,
80331 Munich

and

Friday, 09 October, 1–7 p.m.
Saturday, 10 October, 10 a.m.–6 p.m.
Sunday, 11 October, 8 a.m.–4 p.m.
Olympic Hall

the start

Bib number pickup & runner's bag

You will receive your personal bib number together with the runner's bag as soon as you show your QR code from the confirmation of participation or the MARATHON MÜNCHEN by Brooks event app on site.

In the runner's bag you will find all vouchers for your extras – e.g. for the running shirt, medal engraving or the goodies from our partners.

You can view your official bib number in advance in your confirmation of participation – that way, you'll find the right pickup counter straight away.

Contents

- Personal bib number with integrated transponder for time-keeping and 4 safety pins for attachment
- Runner's Guide
- Sticker with your bib number for labelling your runner's bag
- Pre-ordered vouchers (e.g. for the Brooks running shirt, medal engraving, Pasta Party)
- Cool surprises from our partners – for before, during and after your run

Signature Bag

Your long months of training are rewarded as soon as you pick up your bib number. Everyone taking on the marathon on 11 October receives a pair of official MARATHON MÜNCHEN by Brooks running socks in their runner's bag.

You'll also find an exclusive Dextro Energy* pro Line Gel 40 (mango-passion fruit flavour) for optimal performance on our longest distance.

Pickup

→ OLYMPIC PARK

Friday, 09 October 2026 | 1–7 p.m.

Bib number pickup | Olympic Hall, Olympic Park

Saturday, 10 October 2026 | 10 a.m. – 6 p.m.

Bib number pickup | Olympic Hall, Olympic Park

Sunday, 11 October 2026 | 7–8 a.m.

Emergency bib number pickup | Olympic Hall, Olympic Park

→ SPORHTHAUS SCHUSTER

Pop-up bib number pickup

Monday–Thursday, 05–08 October 2026 | 10 a.m. – 7:30 p.m.

Bib number pickup | Sporthaus Schuster,
Rosenstraße 1–5, 80331 München

The pop-up bib number pickup is an additional service with very limited capacity.

Book a slot for bib number pickup – spontaneous collection is not possible.

Booking a slot in advance via Eventbrite is mandatory for collection. Bib numbers can only be collected within the booked time slot. Without a confirmed Eventbrite registration, it is not possible to collect your bib number. You can find the link for slot booking here:



→ OLYMPIC PARK / WERKSIVIERTEL

Getting to the start

Your official bib number or registration confirmation will serve as a valid ticket on Sunday, 11 October, in the MVV zone M-6. We recommend using public transport to get to the start.



Marathon & Half marathon → Olympic Park

By public transport

U3/U8 →	to the “Olympiazentrum” stop (+ approx. 10 min walk)
Line 20/21 →	to the “Olympiapark West” stop (+ approx. 10 min walk)

By car

You can get there from all directions via the “Mittlerer Ring” (A8, A9, A92, A94, A96 and A99). Please follow the signs for “Olympiapark”.

Parking spaces in the Parkharfe are limited. Parking fees are charged according to the rates of the Munich Olympic Park: €10 for cars and €25 for buses and motorhomes.

Alternatively, parking spaces are available in the BMW World car park.

Please note: Entry and exit are managed via licence plate recognition. The parking fee can only be paid cashlessly on site – at the pay machines by entering your licence plate, or online via QR code. Online payment remains possible for up to 48 hours after your visit. Open barriers do not mean that parking is free of charge.

QR code for paying the parking fee:
<https://arivo.info/rkb-olympiapark/pay>



E-charging stations: The Parkharfe offers 34 superchargers and 43 e-charging stations, each with two charging points. Electricity is billed via SWM (Stadtwerke München).

By bicycle

Additional bicycle parking has been set up for you in the Olympic Park. From 8 a.m., the course layout may cause some restrictions – please follow the signage, the diversions and the instructions of the staff on site.

Please note: Cycling is not permitted on Hans-Jochen-Vogel-Platz for the entire duration of the event.

We recommend travelling by public transport, bicycle or on foot.

10 KM Run → Werksviertel

By public transport

S1–S8 →	to the “Ostbahnhof” stop
U5 →	to the “Ostbahnhof” stop
Line 19 →	to the “Ostbahnhof” stop
54/55/62 →	to the “Ostbahnhof” stop
100/145/155/187 →	to the “Ostbahnhof” stop (+ approx. 10 min walk)

On Sunday, 11 October 2026, there will be restrictions on public transport in the city area. Some tram and bus lines will only run on a limited basis or will be suspended altogether at times. Please find out about alternative connections in good time and allow sufficient time for your journey.

By car

The Werksviertel can be reached via Friedenstraße from Berg-am-Laim-Straße. Please note that parking capacity is limited. Parking fees are charged according to the rates of the respective car parks in Atelierstraße (e.g. Autospeicher or Autosaal).

We recommend travelling by public transport, bicycle or on foot.

Hotel

Your energy belongs to your training – not to hunting for a hotel. Our official partner hotels offer special runners' rates, all centrally located:

- **The Westin Grand München**
official partner hotel, wellness and breakfast from 6 a.m.
- **Four Points by Sheraton Munich Arabellapark**
wellness and breakfast from 6 a.m.
- **Residence Inn by Marriott Munich Central**
centrally located at Theresienwiese

DER AUFENTHALT, DER NEUE ENERGIE SCHENKT

Als offizielles Partnerhotel des **MARATHON MÜNCHEN by Brooks** freuen wir uns, Sie im **The Westin Grand Munich** willkommen zu heißen.

Genießen Sie Ihren Aufenthalt in München, lassen Sie den Alltag hinter sich und nehmen Sie sich Zeit für Entspannung und neue Energie.

- ➔ Heavenly® Bed für erholsamen Schlaf
- ➔ Spa & Wellness zum Entspannen
- ➔ Kulinarische Highlights
- ➔ Perfekter Ausgangspunkt für Ihren München-Aufenthalt

Noch kein Mitglied?
Profitieren Sie von
exklusiven Vorteilen für
Ihren nächsten Aufenthalt.
Jetzt anmelden.



MARRIOTT
BONVOY

READY
SET
Ford
MÜNCHEN
FÄHRT
VORAUSS.



Jetzt gratis
Probefahrt buchen!



Ford Explorer Energieverbrauch (kombiniert): 16,4-15,4 kWh/100 km; CO₂-Emissionen (kombiniert): 0 g/km; CO₂-Klasse: A; Elektrische Reichweite: 410-444 km; Ford Kuga PHEV Energieverbrauch (gewichtet, kombiniert): 17,5-10,3 kWh/100km plus 3,9-2,8 l/100km; CO₂-Emissionen (gewichtet, kombiniert): 71-55 g/km; CO₂-Klasse: B; Kraftstoffverbrauch bei entladener Batterie (kombiniert): 6,1-5,2 l/100km; CO₂-Klasse bei entladener Batterie: E-D; Elektrische Reichweite: 60-68 km; Ford Capri Standard Range Energieverbrauch (kombiniert): 15,7-14,8 kWh/100 km; CO₂-Emissionen (kombiniert): 0 g/km; CO₂-Klasse: A. Elektrische Reichweite: 433-464 km; Ford Tourneo Connect PHEV: Energieverbrauch (gewichtet, kombiniert): 14,7-14,4 kWh/100km plus 1,9-1,8 l/100km; CO₂-Emissionen (gewichtet, kombiniert): 1: 43-40 g/km; CO₂-Klasse: B; Kraftstoffverbrauch bei entladener Batterie (kombiniert): 1: 7,0-6,2 l/100km; CO₂-Klasse bei entladener Batterie: F-E; Elektrische Reichweite: 103-117 km.

Automobilforum
Kuttendreier
Just drive!

AUTOMOBILFORUM KUTTENDREIER GMBH • ford-kuttendreier-muenchen.de

Hauptbetrieb | Transit Center • Drosselweg 21 • 81827 München • 089 45 312 20

Moosach • Dachauer Straße 463 • 80993 München • 089 15 88 33 86 900

Solln | FORD STORE • Meglinger Str. 30-32 • 81477 München • 089 74 42 99 620

NEU: Aubing • Bodenseestr. 165 • 81243 München • 089 35 88 16 40

→ **OLYMPIC PARK / WERKSVIERTEL**

Clothes drop-off & changing rooms

Clothes drop-off

When you collect your bib number, you will receive your **runner's bag for safe storage of your change of clothes and a sticker for identification** (see illustration on the right). Please attach it to the designated area on the runner's bag.

Clothes can only be stored in the runner's bag. Please hand it in at the designated area in the Olympic Hall or in the Werksviertel. The drop-off stations are organised according to bib number ranges. The organiser accepts no liability for damage or loss.

Would you like to drop off more than just your runner's bag? Additional items of luggage can be dropped off on the day of the event for a fee of €15 at the **special baggage drop-off** in the Olympic Hall (Entrance East), Level 3.

Please note: Baggage can only be dropped off on Sunday. Items of baggage must be clearly marked with your bib number. The organiser accepts no liability for loss or damage.

Changing rooms

Changing before the start or after the run – changing facilities are available for this purpose. In the Olympic Park, you will find the changing rooms in the Olympic Hall (West Entrance). For the 10 KM Run, mobile changing areas are available at Knödelplatz in the Werksviertel district.

Please note: The organiser accepts no liability for personal items left in the changing rooms.

Lost property

Lost items can be handed in or collected at the Service Desk in the Olympic Hall. After the event, enquiries can be made by email to info@marathonmuenchen.org.

All found items will be handed over to the Munich Lost Property Office after one week.

Bib number & timekeeping

Only participants with an official and valid bib number are allowed to take part in the race. It must be attached with safety pins in a clearly visible position on the front at chest height. Any alteration or covering of lettering or sponsor logos will result in disqualification. The bib number is personalised and non-transferable.

Timing is done via the **RFID transponder/MikaTag**, which is integrated into your personal bib number. When you receive it, please check that the chip is attached to the back and is not bent.

For the relay race, **the chip is located in the baton**. Please roll it up according to the instructions before the race and hand it over to your relay teammates at the relay exchange points. Also, make sure to wear your bib number with the word "STAFFEL" clearly visible on your back.

Your bib number and baton do not need to be returned after the event.

Note: Please fill out the emergency pass on the back of your bib number completely so that we can contact your relatives in case of an emergency.

Medal engraving
and your Mika
timing code ➤

Here you will find
your starting block
and your start
time →

MARATHONMÜNCHEN by Brooks

MARATHON2026

VORNAME
12345

A
9:00
Start


Medal
Engraving
Booked


Your Result

BROOKS**schuster**

MARATHONMÜNCHEN by Brooks

Voucher
Shirt 2026



Size:
M

MARATHONMÜNCHEN by Brooks

Voucher
Pasta Party





Your vouchers for
the shirt and the Pasta
Party ➤

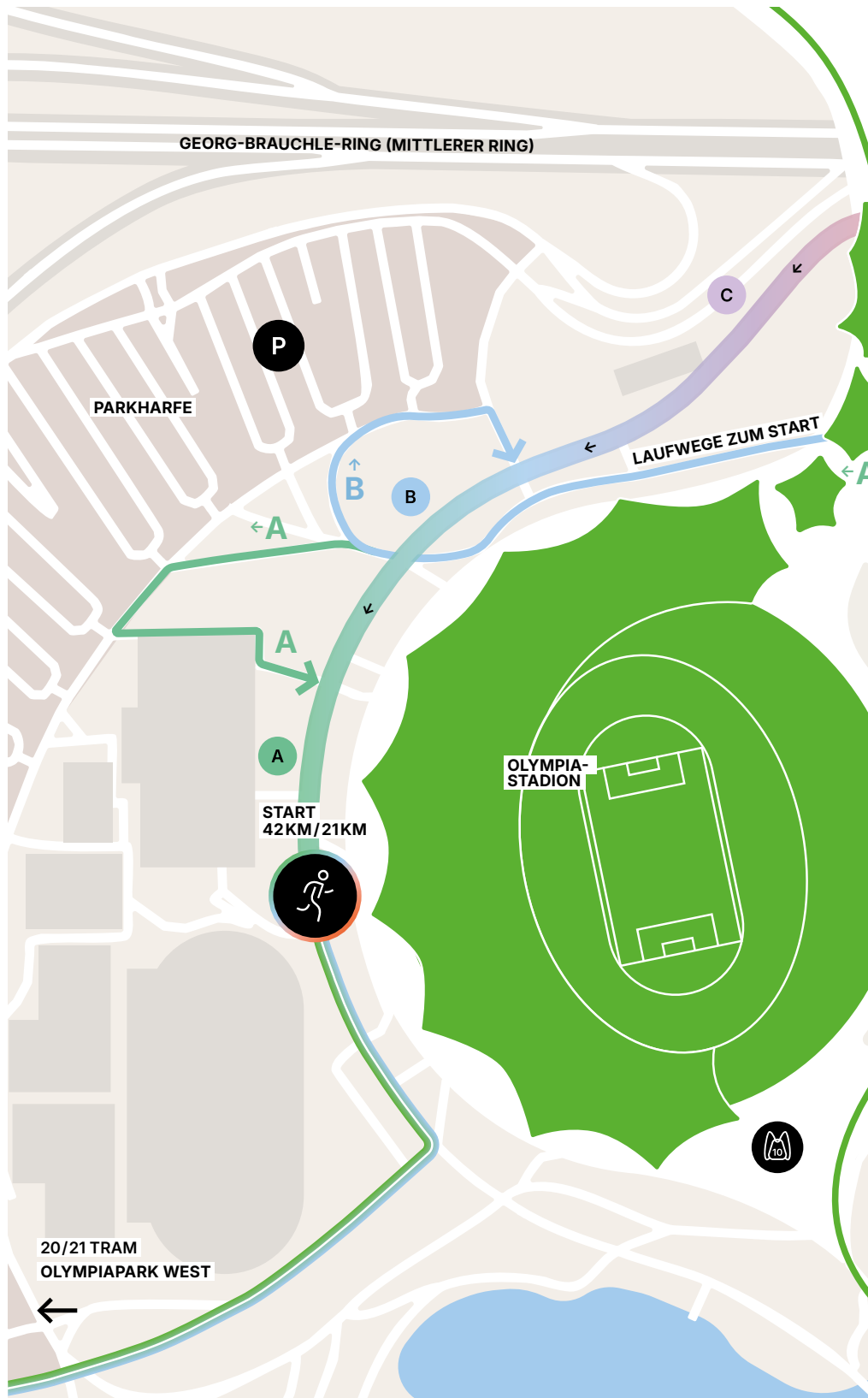


Sticker for labelling your runner's bag ➤

Important: You can only use your runner's bag for the clothes
drop-off if it has the identification sticker.

Start

-  **Start / Start**
42KM/21KM
-  **Ziel / Finish**
42KM/21KM/10KM
-  **Infopoint**
Info point
-  **Sondergepäck**
Special baggage
-  **Friends Club**
Friends Club
-  **Zielverpflegung**
Post-finish refreshment
-  **Kleiderabgabe**
Clothes drop-off
-  **Kleiderausgabe 10 KM Run**
Clothes pick-up 10 KM Run
-  **Umkleiden**
Changing rooms
-  **Startnummernausgabe**
Bib number pickup
-  **Startblöcke A-E**
Starting blocks A-E
-  **Medizinische Versorgung**
First aid
-  **Physio**
Physio
-  **Duschen**
Showers
-  **Runners Festival**
Runners Festival
-  **Medaillengravur**
Medal engraving
-  **Company Area**
Company area
-  **Meetingpoint**
Meeting point
-  **Bühne**
Stage
-  **Service Desk**
Service Desk
-  **Pasta Party**
Pasta Party
-  **Staffel-Sammel-Stelle**
Relay Meeting Point
-  **Siegerehrung Bayerische Meisterschaften**
Award Ceremony Bavarian Championships

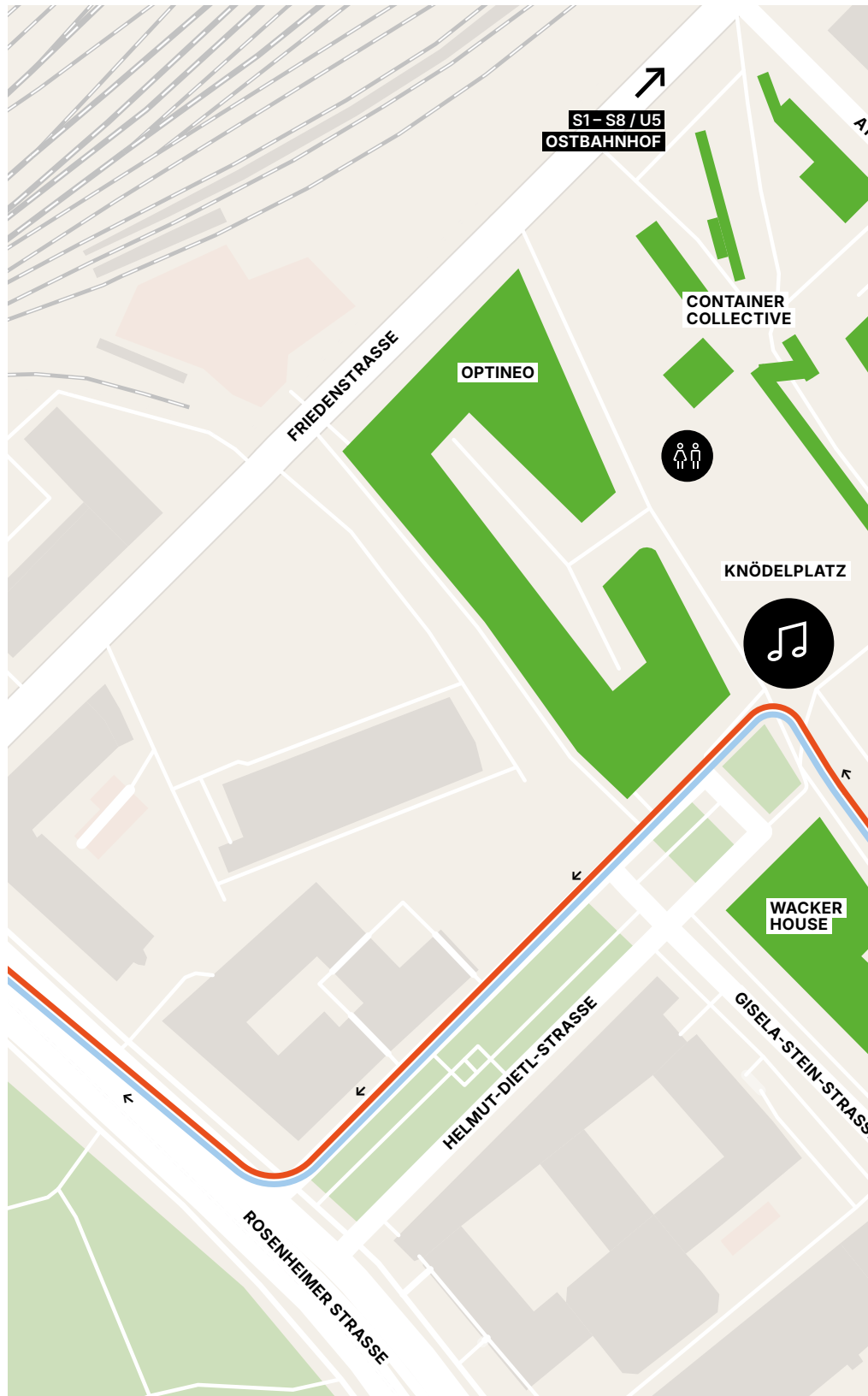


and finish

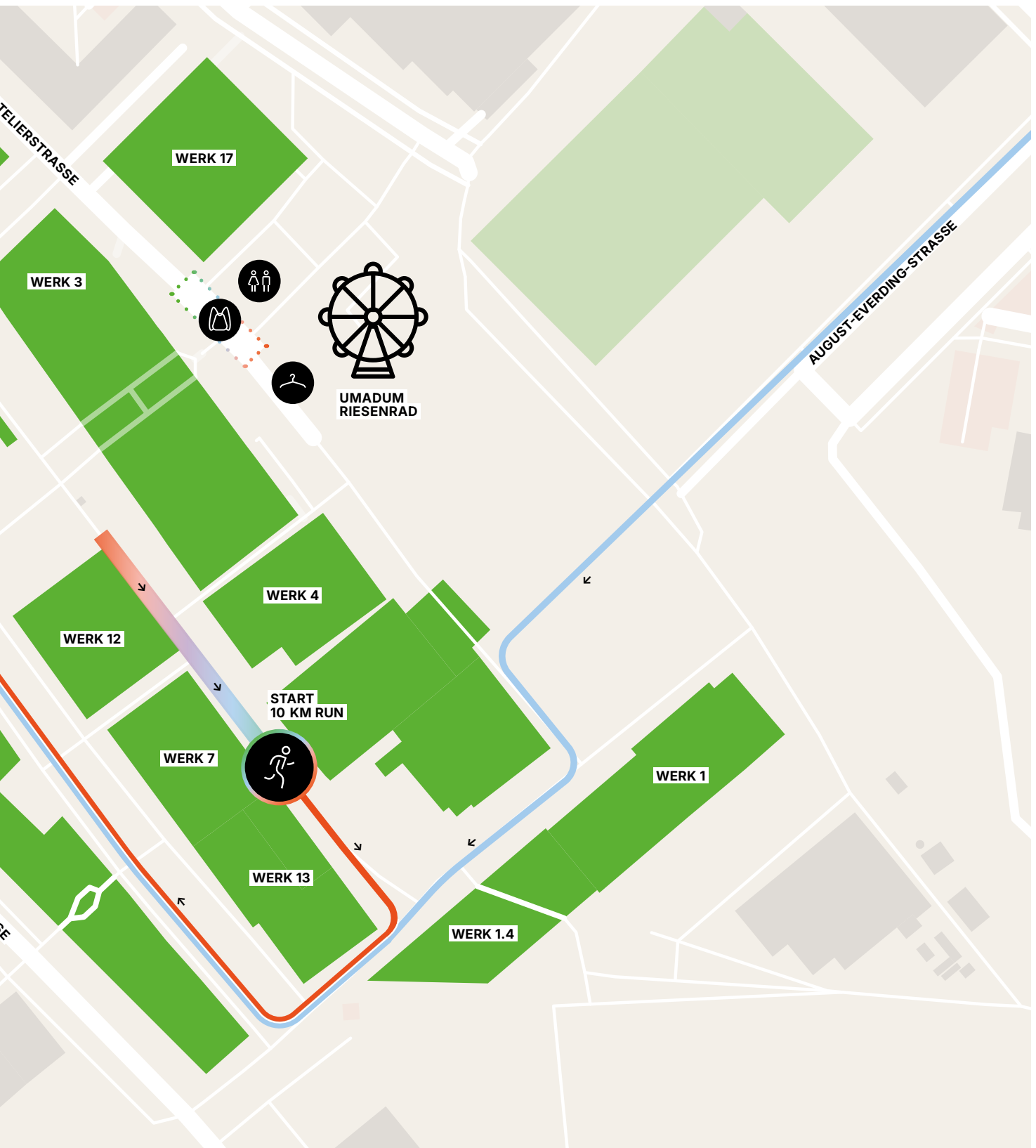


Start

-  **MARATHON STRECKE**
Marathon course
-  **10 KM RUN STRECKE**
10 KM Run course
-  **Aufstellfläche**
Starting area
-  **Start /Start**
10KM
-  **Charivari Bühne**
Charivari stage
-  **Kleiderabgabe**
Clothes drop-off
-  **Umkleiden**
Changing rooms
-  **Toiletten**
Toilets



Werksviertel



Start

Starting area

The start of the **marathon, marathon relay and half marathon** is located at **Spiridon-Louis-Ring** (level with the Marathon Gate of the Olympic Stadium) in the Olympic Park. The start for the **10 KM Run** is at **Knödelplatz** in the Werksviertel district.

Participants are divided into different **starting groups** according to their target times. Your **starting block and start time are noted on your bib number**. The starting blocks will be called individually, directed to the start area and start as separate groups.

You may only switch to a starting block with a later starting time. You can simply line up in that block on site – no re-registration is necessary. Access to the starting blocks will be checked.

Please be in your starting block at least 15 minutes before your start. Access will be controlled and is only possible with an official bib number for the MARATHON MÜNCHEN by Brooks 2026.



Starting times

Marathon & Relay

9:00 a.m. → **Block A + Bavarian Marathon Championships**
9:08 a.m. → **Block B**
9:16 a.m. → **Block C**
9:20 a.m. → **Block D**
9:25 a.m. → **Block E & Marathon relay**

Halbmarathon

10:25 a.m. → **Block A**
10:30 a.m. → **Block B**
10:35 a.m. → **Block C**
10:40 a.m. → **Block D**
10:45 a.m. → **Block E**

10 KM Run

1:30 p.m. → **Block A**
1:35 p.m. → **Block B**
1:40 p.m. → **Block C**

Pacemakers

Pacemakers position themselves in the designated starting group according to their target time. This allows participants to orient themselves and join a pace group that suits them.

For clear recognition, all pacemakers carry a highly visible Suunto flag on which the respective target time is clearly marked.

Marathon pacemaker target times: 3:00 hrs, 3:15 hrs, 3:30 hrs, 3:45 hrs, 4:00 hrs, 4:15 hrs, 4:30 hrs, 4:45 hrs and 5:00 hrs.

Half marathon pacemaker target times: 1:30 hrs, 1:45 hrs, 2:00 hrs, 2:15 hrs and 2:30 hrs.

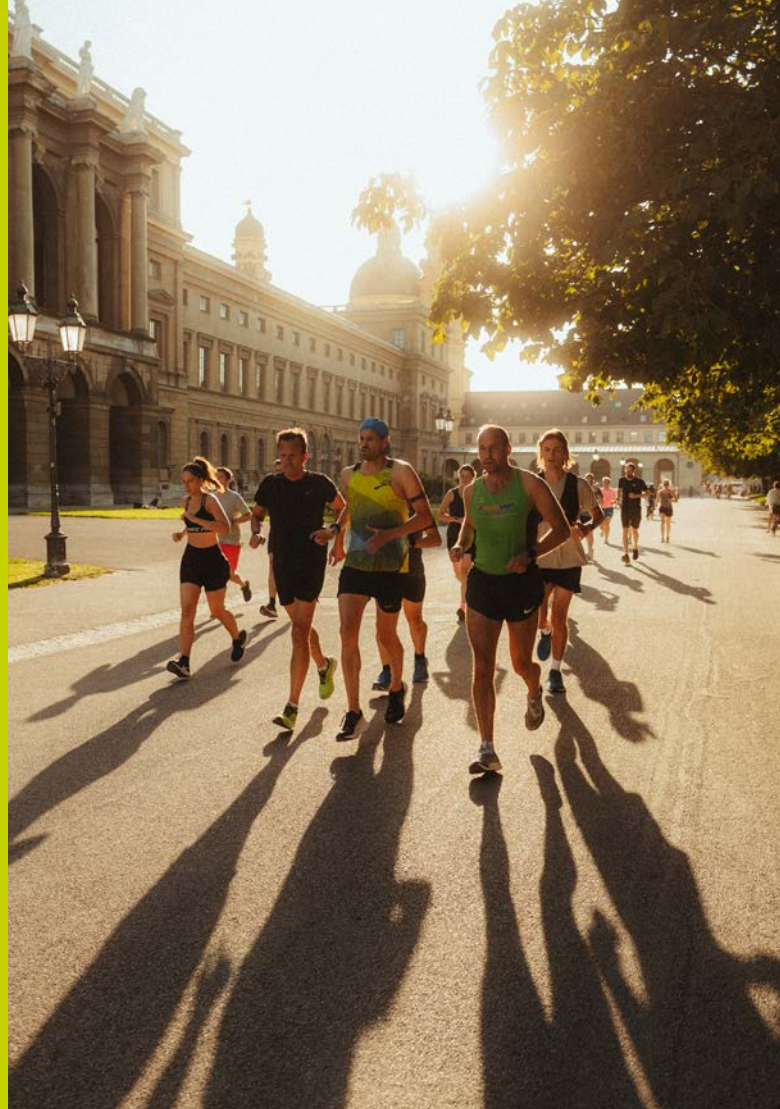
10 KM Run pacemaker target times: 50 min, 55 min and 60 min.

schuster 

Laufen ist Kopfsache. Die richtigen Schuhe helfen trotzdem.

Sporthaus Schuster wünscht dir viel Erfolg
beim MARATHON MÜNCHEN by Brooks.

Dein Sporthaus am Marienplatz
www.sport-schuster.de




SUUNTO



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SUUNTO RUN 2

PLAN. TRAIN. RECOVER. PROGRESS.

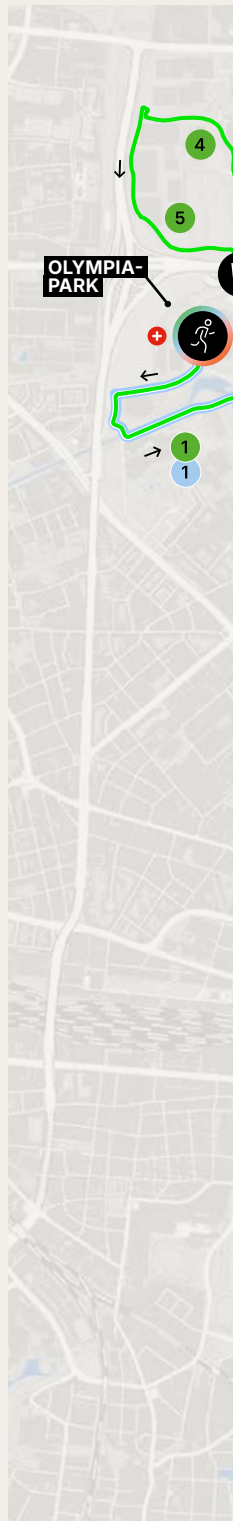
www.suunto.com

Hier findest du den offiziellen
Timetable von Suunto für die
gesamte Marathon Woche.

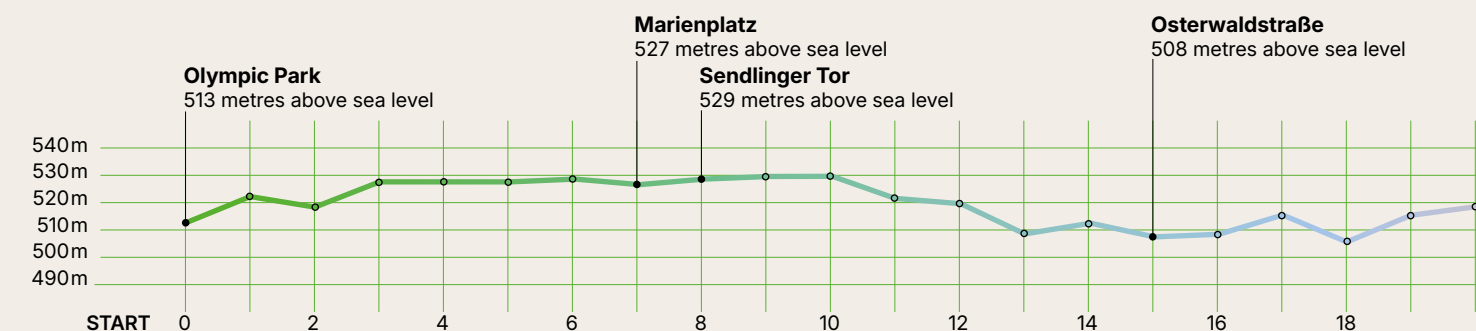


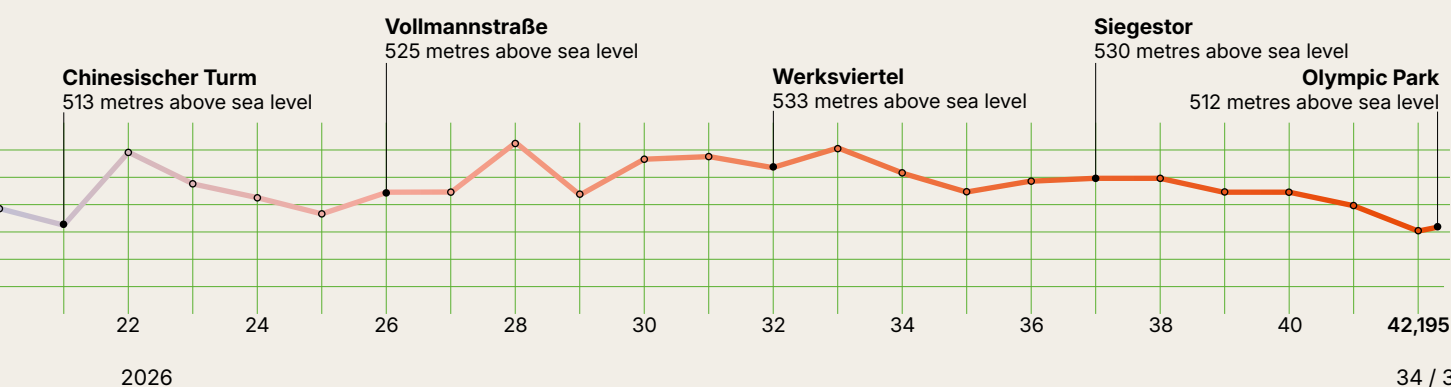
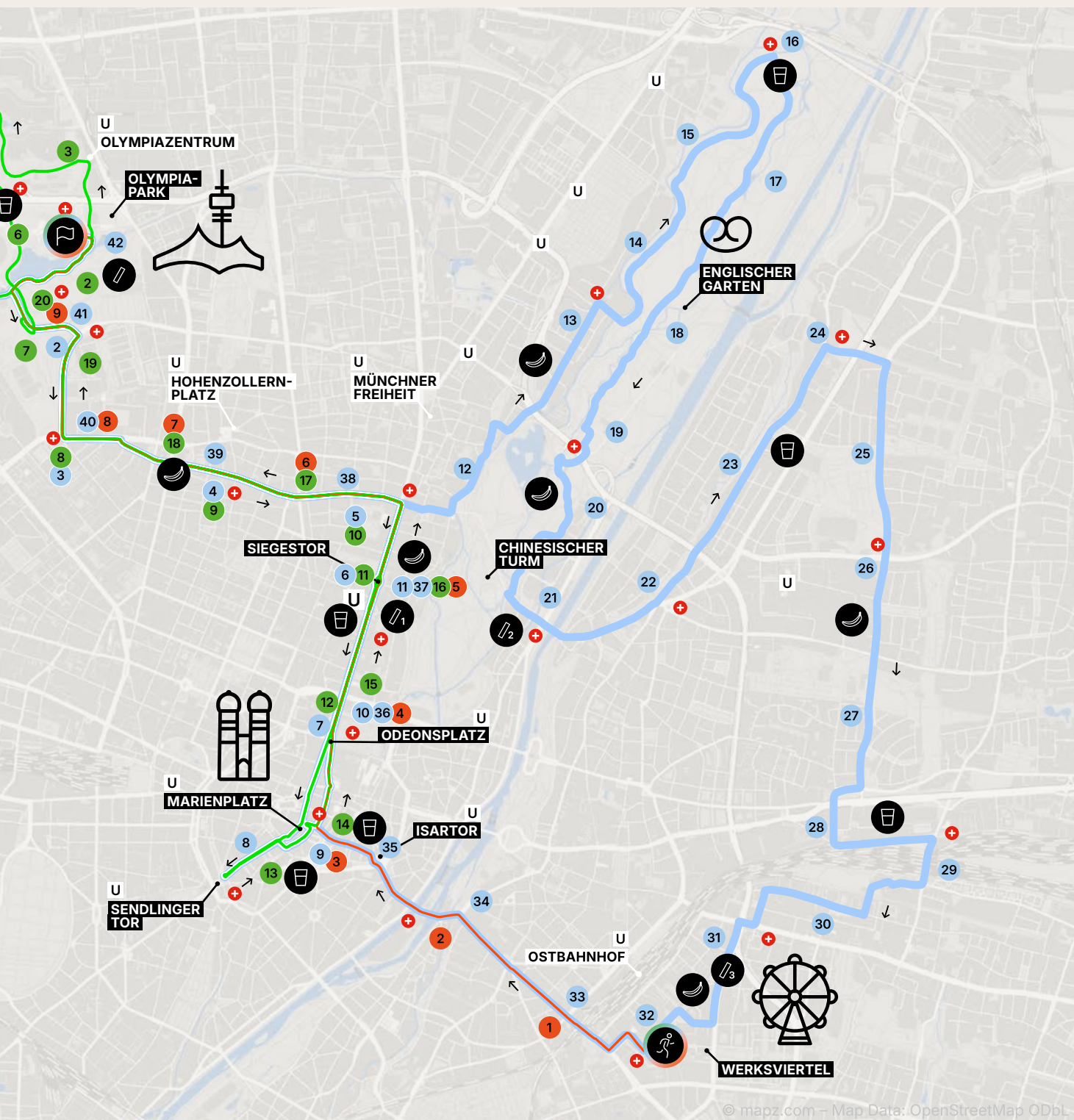
Strecke 2026

-  **MARATHON / MARATHONSTAFFEL**
Marathon / Marathon relay
-  **HALBMARATHON**
Half Marathon
-  **10 KM RUN**
10 KM Run
-  **42 KM MARATHON / MARATHONSTAFFEL**
KM Marathon / Marathon relay
-  **21 KM HALBMARATHON**
KM Half marathon
-  **10 KM 10 KM RUN**
KM 10 KM Run
-  **Start**
Start
-  **Ziel**
Finish
-  **Staffelübergabe**
Relay exchange point
-  **Verpflegungsstellen**
Supply station
-  **Wasserstation**
Refreshment station
-  **Sanitätsstation**
First-aid station
-  **U-Bahn**
Underground



Elevation profile marathon



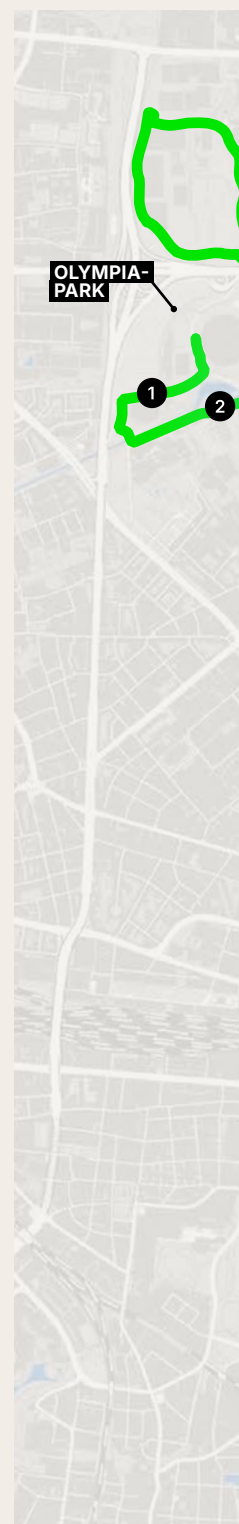


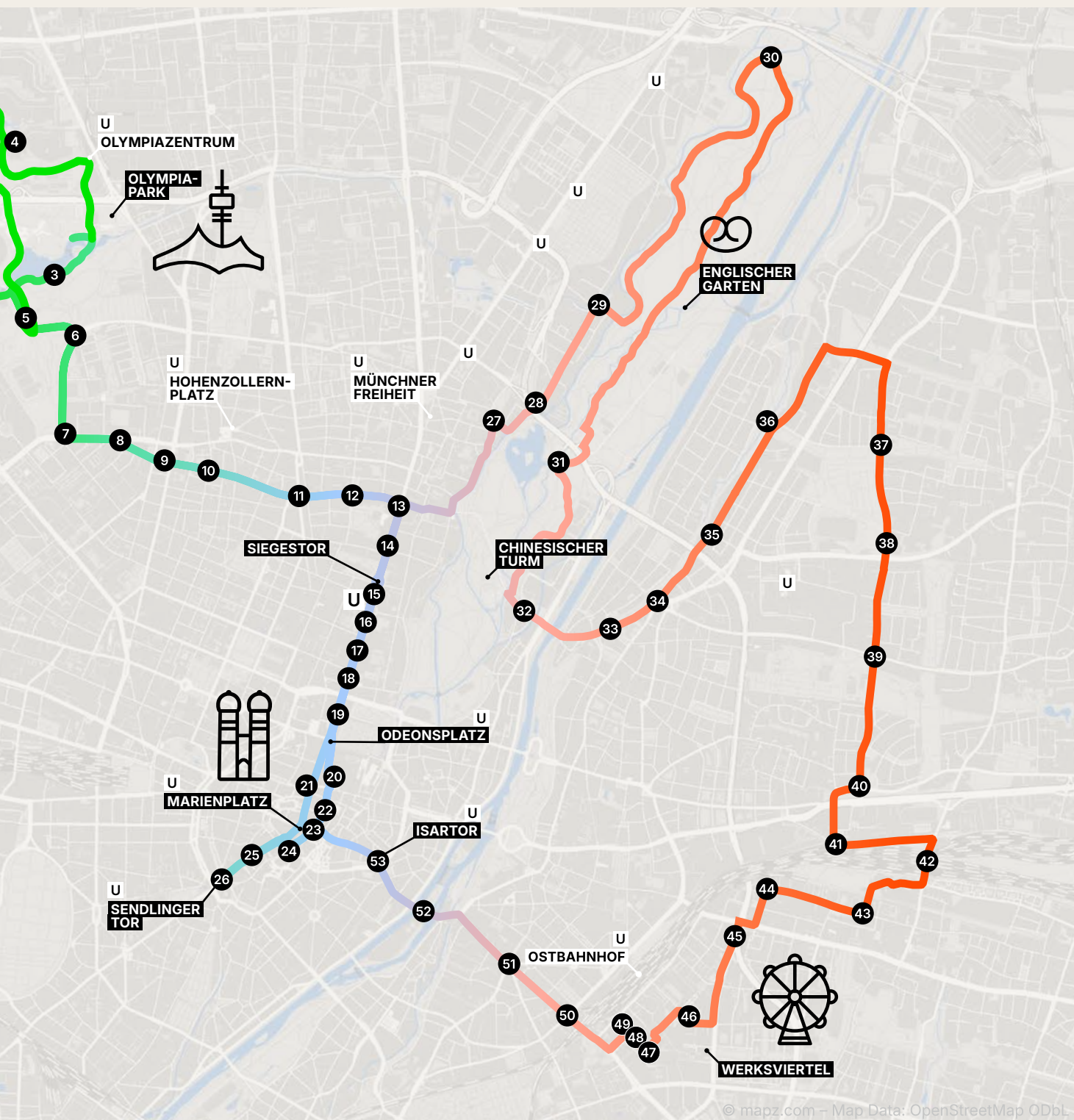
Cheering Zones

The whole city is on your side. Music, hosts, drums, cheers – 53 Cheering Zones carry you through the 42.195 kilometres. Let yourself be celebrated, high-five the crowd, enjoy the moment.

Not running? Then be loud. Pick a zone, bring your cheering sign and make the runners' day. See you on the course!

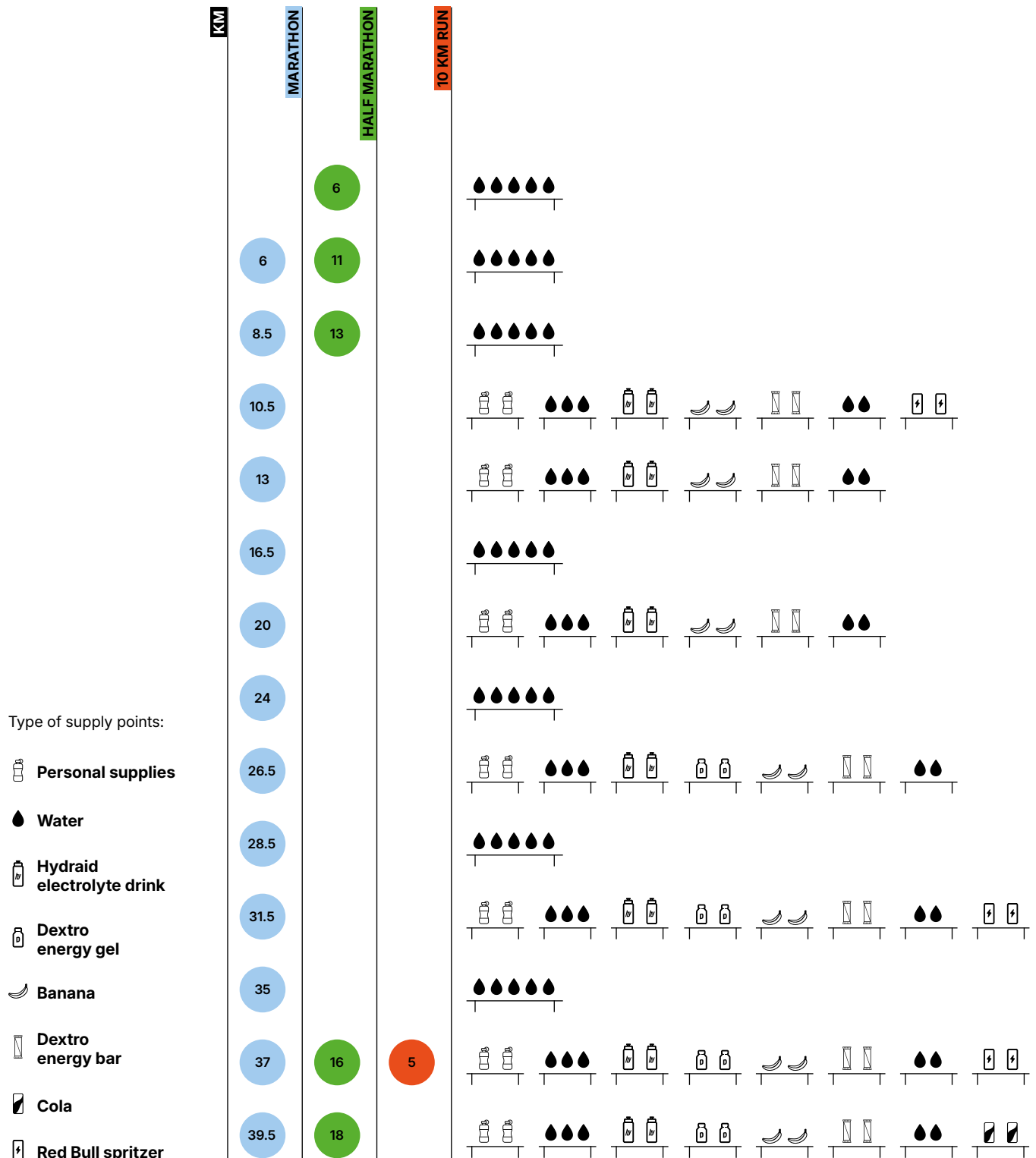
- 1 Munich Cheer Allstars, Cheerleaders
- 2 1860 Running, Community cheering
- 3 Dynamic Cheer, Cheerleaders
- 4 TUM Cheerleader, Cheerleaders
- 5 Naani Kiri & Friends, Drum show
- 6 Showtanzgruppe Karlsfeld, Dance show
- 7 União do Samba, Percussion
- 8 Nymphenruns & Run and Chill, Community cheering
- 9 Hydraid, Cheering Zone
- 10 DSRC, Community cheering
- 11 DJ Jens, Music
- 12 NVRSTP & Oace Club, Community cheering
- 13 KRAFT Runner & bold. Running club, Community cheering
- 14 26.Miles & Wellpass Running Club, Community cheering
- 15 Asphalt Rock/Klaus Ruscher, Music
- 16 Adidas Runners & runningclub.regensburg & Munich Running Society, Community cheering
- 17 OSC-Onma Sports Club, Community cheering
- 18 Sport Schuster, Cheering Zone
- 19 Brooks, Cheering Zone
- 20 Bateria Z, Percussion
- 21 Cheering Point
- 22 Dallmayr Coffee Club/results may vary, Cheering Zone
- 23 SALTY SPORTS CLUB & kinto Running Club, Community cheering
- 24 Sunday Running Club by Another Cotton Lab, Community cheering
- 25 Friends and Friends Munich, Community cheering
- 26 Neurieder Blasmusikanten, Brass band
- 27 Harmonie Neubiberg, Brass band
- 28 Cheering Zone, Music
- 29 Cheering Point
- 30 Freimanner Klang e.V., Brass band
- 31 Cheer Affair München, Dance show
- 32 dieReisenden, Music
- 33 Early Birds Urban Movement, Community cheering
- 34 Maracatu Munique, Percussion
- 35 La Bähm, Music
- 36 DJ Alex, Music
- 37 DJ Parcival, Music
- 38 SambaSoleLuna, Percussion
- 39 Cheerleader München Rangers, Cheerleaders





- | | | | |
|----|---|----|---|
| 40 | Via-Jante, Percussion | 47 | Bad Wolf Running Club & Munich Miles & Bandoleros, Community cheering |
| 41 | „Laut-Los!“ der RTM Ottobrunn, Percussion | 48 | Cheerleader Munich Cowboys, Cheerleaders |
| 42 | Richi Meindl, Music | 49 | Charivari Bühne, Entertainment |
| 43 | Cheerleader Munich Ravens, Cheerleaders | 50 | Samba Batedura, Percussion |
| 44 | DJ Tobi LostThoughts, Music | 51 | KWONG, Community cheering |
| 45 | Möbel Höffner, Cheering Zone | 52 | Münchner Ruhestörung, Music |
| 46 | Red Bull, Cheering Zone | 53 | Drumadama, Percussion |

Along



the course

Supply stations

At the supply stations you will receive: water from Stadtwerke München, **Hydraid Hydration Helper** electrolyte drink mix (lemon flavour), **Dextro** Energy Bar* (chocolate and vanilla flavours), **Dextro** Energy* pro Line Gel 40 (mango-passion fruit flavour), bananas from REWE, and your personal supplies. See illustration on the left.

Additionally

KM 32 + 37 : Red Bull spritzer — KM 39 : Cola

Requirements for personal supplies

- Only **plastic bottles** are permitted.
- Your supplies must be labelled **with the kilometre mark of the supply station and your bib number**.
- Your bottles will be **provided on a separate table at the beginning of the supply stations**.
- Personal supplies can be handed in at the Service Desk at bib number pickup on **Friday, 09 October, 1–7 p.m., Saturday, 10 October, 10 a.m.–6 p.m., or Sunday, 11 October 2026, 7–7:30 a.m.**

The organiser accepts no liability for the loss of or damage to personal supplies.

Refreshment stations

At the refreshment stations you will receive: water from Stadtwerke München.

Personal supplies

You can hand in personal supplies in advance, which the organiser will provide at the supply stations. Running with a hydration vest is generally permitted.

Personal supplies can only be handed in for the half marathon and marathon disciplines under the following conditions:

- For runners with a target time of up to 3:30 hours (marathon) or 1:30 hours (half marathon)
- For **medical reasons**
- In the case of proven **intolerances or allergies**

Toilets

Mobile toilets are available in the start and finish area and at all supply/refreshment stations. Before the start in the Olympic Park, the toilets in the Olympic Hall can be used. In the starting area in the Werksviertel, sanitary facilities and mobile toilets are available.

First-aid stations

Your health comes first. **First-aid stations are set up along the course and in the finish area**, ready to help quickly in an emergency.

In the Olympic Park, there is a central first-aid station directly in the finish area at Willi-Daume-Platz. In addition, mobile teams are deployed along the course approximately every 2 KM. The exact locations are marked on the course map.

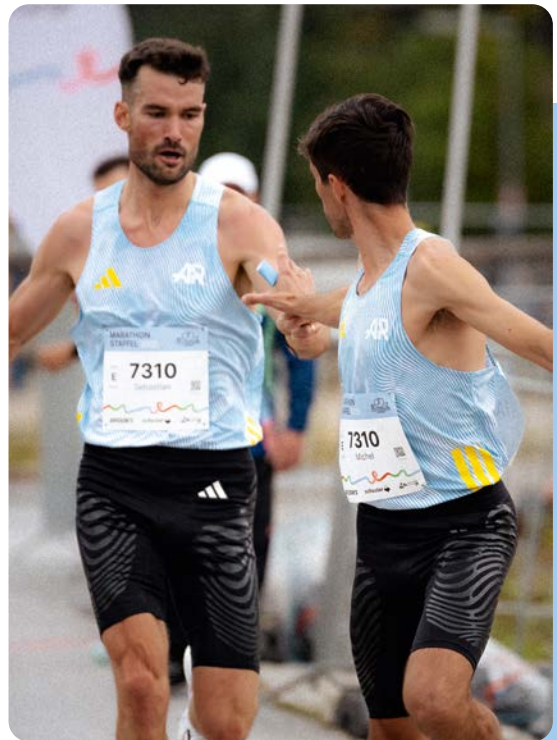
Medical professionals and first-aid materials are available at all stations. If you experience any discomfort during the run, do not hesitate to seek help or to alert other participants.

Höffner Marathon Relay

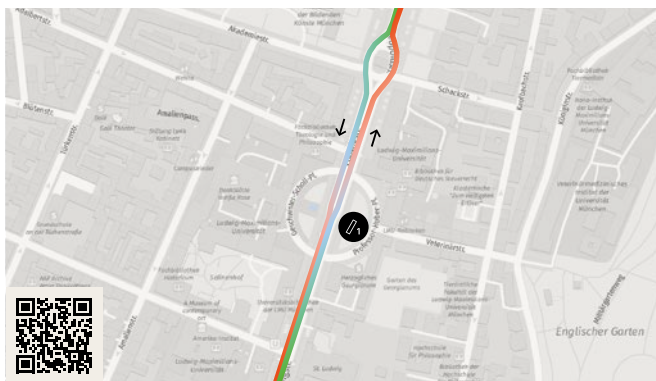
Relay exchange points

Relay changes may only take place at the official exchange points along the course. The exchange points are marked and divided into areas according to bib numbers so that each team can find its changeover point quickly and easily. As soon as the running team member reaches the relay exchange zone, the baton is handed over to the next member.

In the **Olympic Park**, there is a **meeting point** approximately 300 metres before the finish line so that teams can run to the finish line together.



Relay exchange point 1 → Professor-Huber-Platz KM 10



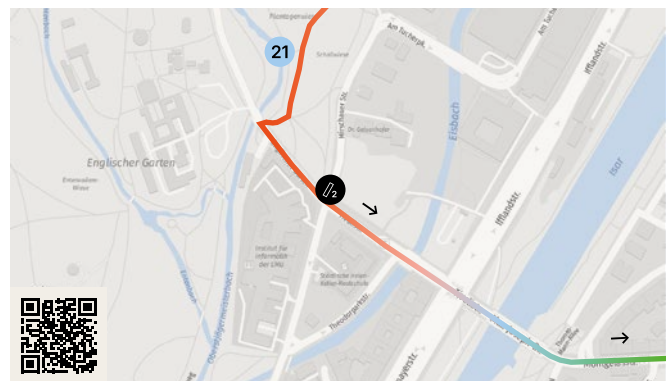
Getting there

U U3/U6 to the “Universität” stop

Travel to the meeting point at the finish line

U U3 towards “Moosach/Olympiazentrum”
to the “Olympiazentrum” stop (+ approx. 10 min walk)

Relay exchange point 2 → Tivolistraße KM 21



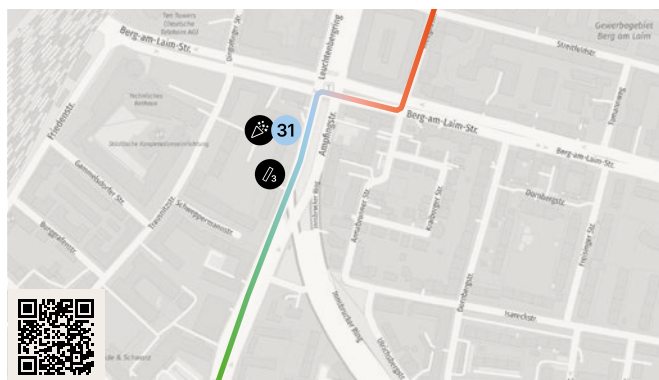
Getting there

U U3/U6 to the “Giselastraße” stop (+ approx. 12 min walk)

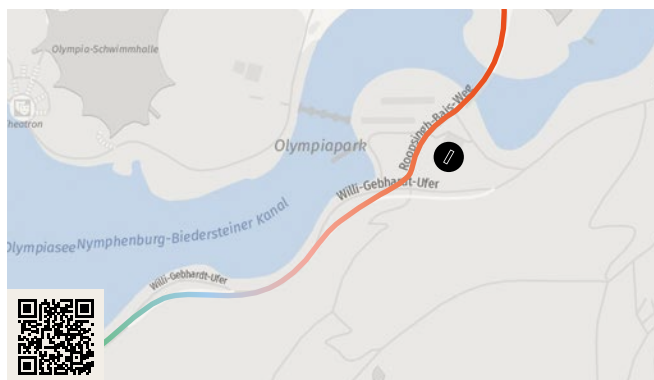
Travel to the meeting point at the finish line

U U3 towards “Moosach/Olympiazentrum”
to the “Olympiazentrum” stop (+ approx. 10 min walk)

Relay exchange point 3
→ Ampfingstraße KM 31



Meeting point
→ Willi-Gebhardt-Ufer



Getting there

S S1, S2, S4, S6 or S8 to the “Leuchtenbergring” stop
(+ approx. 9 min walk)

Travel to the meeting point at the finish line

S S1, S2, S4, S6 or S8 towards “Marienplatz”
then **U** U3 towards “Moosach/Olympiazentrum”
to the “Olympiazentrum” stop (+ approx. 10 min walk)

Getting there

U U3 towards “Moosach/Olympiazentrum”
to the “Olympiazentrum” stop (+ approx. 10 min walk)

Mit
Höffner[®]
läuft's

Wenn's frei ham,
kommen's nach Freiham



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Running times & road closing times

Whether it's the marathon, half marathon, marathon relay or 10 KM Run – there are fixed running and closing times for each course. That way, you always know where the runners are, so you can cheer them on at just the right moment. You can find all the times in the overview:



Ranking

Only runners who pass the start and finish lines and all control mats along the course in the correct manner will be included in the official rankings. Your effective running time ("net running time") will be used for the rankings. The first 10 finishers (women and men) will be ranked according to their gross running time and marked accordingly in the results list.

All MARATHON MÜNCHEN by Brooks competitions are measured and certified according to the official regulations of the DLV and WA.

Participants who leave the officially measured marathon course, shorten it or use technical aids will be disqualified and removed from the rankings.

The 10 km course is not eligible for record times due to a net elevation drop of 21 metres and cannot be used for direct qualification for championships. The times achieved are included in the World Athletics ranking with a points deduction in accordance with Rule 7.2.4.

The marathon and half marathon courses are certified and recognised for records.

Live tracking

With our **event and tracking app**, you'll always stay informed and connected – before, during and after the race. The app offers you:

- Live tracking of your running performance and position on the course
- Real-time updates on your progress and target time
- Information about the course, supply stations and relay exchange zones
- Push notifications with important information about the event
- Locations of all Cheering Zones along the course
- The opportunity to be cheered on by friends and family

Whether you're running yourself or accompanying someone else, the app provides guidance, motivation and an all-round good feeling on the day of the event.



Download the **MARATHON MÜNCHEN by Brooks** app now:



Bavarian Marathon Championships 2026

In 2026, the MARATHON MÜNCHEN by Brooks hosts the Bavarian Marathon Championships. Whether you're a title contender, a club team or an age-group specialist – over 42.195 kilometres through the city, Bavarian championship titles are at stake in the individual and team competitions and in all advertised age groups.



Competitions

Bavarian Championships

Men and women (born 2008 and earlier)

Bavarian Senior Championships

Men: M35, M40, M45, M50, M55, M60, M65, M70, M75+

Women: W35, W40, W45, W50, W55, W60, W65, W70+

Award ceremony

The award ceremony of the Bavarian Marathon Championships takes place from 2:15 p.m. at Hans-Jochen-Vogel-Platz (level with the West Entrance of the Olympic Hall).



Rankings

Individual ranking

In the Bavarian Championships, men and women are each ranked by finishing order (gross time) – regardless of age group. For the Masters Championships, there is an additional ranking in all advertised age groups.

Team ranking

Three runners from one club form a team. The ranking is based on the combined total time. With six or more finishers, several teams are formed automatically (1st team, 2nd team, etc.).

For the masters, there are additional team rankings in the advertised age-group blocks.

Please note: An age-group team is only ranked if all three team members belong to the corresponding age group or were registered for it.

All details of the announcement:



Finish

Finish & post-finish refreshments

As soon as you cross the finish line, your personal finish time will be recorded automatically. Please do not stop or go back immediately after crossing the finish line, but keep moving so that the process runs smoothly for all participants.

You will receive your **finisher's medal** at the start of the **post-finish refreshment area**, where you can also chat with other runners about your success.

This is followed by the post-finish refreshments – refuel, breathe, celebrate! Everything your body deserves after the race awaits you:

- Fruit from REWE: bananas, apples and grapes
- Bars: REWE Power protein bars, REWE wafer bars and BE-KIND bars
- Savoury & sweet: pretzel sticks and cake
- For your fluid balance: water from Stadtwerke München and Hydraid electrolytes
- To raise a glass: lemonade, Spezi and non-alcoholic Paulaner wheat beer 0.0 %

Please note that it is not possible to return to the post-finish refreshment area after crossing the finish line or leaving the area. If you would like to meet up with friends, family or your running team, please use the meeting points at Hans-Jochen-Vogel-Platz. There you will have the opportunity to meet up in a relaxed atmosphere and celebrate your run together. The finish for all competitions closes at 3:30 p.m. at the Olympic Park (Willi-Daume-Platz). The event period is limited. Road closures are only in effect during the official running times. Participants who exceed the time limit are asked to stop running immediately and move to the pavement.

Meeting points

The **meeting points** are located at **Hans-Jochen-Vogel-Platz** and are marked with the **letters A–E**. For better orientation, they are marked with clearly visible beach flags.

Please arrange with friends, family or teammates before the race where you will meet after crossing the finish line.

Results & certificates

The **results lists and certificates** will be available for download and printing immediately after you cross the finish line at → www.marathonmuenchen.org or in the MARATHON MÜNCHEN by Brooks app:



Photos

24 hours after the MARATHON MÜNCHEN by Brooks, you can view and purchase your personal souvenir photo or video at → www.marathonphotos.live.

Award ceremonies

The award ceremony for the first three finishers (women and men) takes place on the Charivari Stage at Hans-Jochen-Vogel-Platz at the following times:

- **Marathon:** 12:50 p.m.
- **Halbmarathon:** 1:00 p.m.
- **Marathonstaffel:** 1:10 p.m.
- **10 KM Run:** 2:45 p.m.

The Bavarian marathon champions will be honoured by the Bavarian Athletics Association at Hans-Jochen-Vogel-Platz (level with the West Entrance of the Olympic Hall), starting at 2:15 p.m.

Medal engraving

Add the finishing touch to your success – with a **personal engraving of your name and finish time!** The medal engraving station is located in the Olympic Park, on the roof of the Small Olympic Hall. If you have ordered the engraving in advance, this will be noted on your bib number. However, you can also decide spontaneously on site: for €16, in cash or by card, your medal will be engraved immediately. Engraving is only possible on the day of the event until 4:30 p.m.

Missed it? On Friday, 16 October, and Saturday, 17 October, 10 a.m. – 8 p.m. each day, you can have your medal engraved at Sport Schuster on Rosenstraße. Just bring your medal with you. For €20, payable in cash or by card. If you pre-ordered the engraving, bring your bib number as well – then you only pay the €5 surcharge.

Showers & physio

After the race, **free showers will be available in the Olympic Swimming Hall from 11 a.m. to 5 p.m.** – just show your bib number and relax! The entrance is located between the entrance to the Olympic Swimming Hall and the east entrance to the Olympic Hall.

Immediately afterwards, around **85 physiotherapists** will be waiting for you with a soothing massage. To ensure everything remains hygienic, we ask that you shower beforehand.

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Sustainability & Social Responsibility

We are **committed to using resources responsibly** – during and after the event:

Food donations: All uneaten food goes to Münchner Tafel e.V. Around 1,000 volunteers there provide more than 22,000 people across the city with rescued food every week – so nothing that is still needed ends up in the bin.



Free travel on public transport: Your MVV ticket for 11th October, 2026, is included in your race bib.

Clothing donations: Clothing left behind in the start channel on the day of the event is collected and handed over to local Munich charities.

Reusable instead of disposable: Only reusable cups are used in the finish area to avoid waste.

Please help: Use the collection containers provided for cups and waste so that the Olympic Park stays clean.

And because we also think of sustainability in social terms, we prepare the event together with organisations for people with disabilities – for example, when packing the runner's bags. This way, inclusion is not just a big word, but is actively lived.

Health notice

Your health comes first. To enjoy the run safely, you should listen to your body and avoid possible risks.

Before the race – don't forget your health check

- It is recommended that you have a sports medical examination once a year to check your physical fitness.
- If you are unsure whether you can start, seek medical advice.

During the race – watch for warning signs

- React to unusual complaints or warning signals from your body.
- When in doubt, it is better to stop the race to avoid damage to your health.

When starting is not advisable

- In the case of acute infections or health complaints, you should refrain from taking part.

This recommendation applies to all course lengths and disciplines. Be mindful of your body – a healthy finish is the most important goal.

Note: Please fill out the emergency pass on the back of your bib number completely so that we can contact your relatives in case of an emergency.

First aid

In an emergency, every second counts. Everyone can help! The most important thing is to offer help and call the emergency number.

Immediate measures in an emergency

- Call the emergency number 112.
- Our on-site medical service is on standby in the Olympic Park and along the course.

Important information for the emergency services

- Where did something happen?
- Who is reporting the emergency?
- What happened?
- How many people are affected?
- Wait for questions from the control centre.

With this information, you enable fast and targeted help. Your support can make all the difference!



**Ein Ziel, das sich
schmecken lässt.**

Paulaner Weißbier 0,0%

GUT, BESSER, PAULANER.

Make it yours. Run Munich.

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Michael Nagy – page 03; Norbert Wilhelmi – pages 17 and 42

All map data: © mapz.com – Map Data: OpenStreetMap

Printed by

Druck-Ring, Kirchheim bei München

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September 2026

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