



01-02.04. 2023

Onine Magazin

www.bratislavamarathon.com





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CEREMONIAL SPEECHES



Dear sportsmen and sportswomen, dear fans of running,

we are waiting for another year of one of the most important spring running events - already the 18th year of the ČSOB Bratislava Marathon. An event that will once again bring together not only those who like running and are actively involved in it, but also those who come purposefully or randomly to encourage runners, with those who seek the event simply for the atmosphere it offers.

Events that promote the interest of people from Bratislava in exercise and sports are important for the life in the city.

Supporting amateur sports of any kind is also one of my priorities. In cities where amateur sports are successfully developed, which provide sufficient possibilities and opportunities for sports activities. life is better.

During the first weekend of April, everyone will be able to come and run together with others - those who dare to run a marathon, as well as those who feel comfortable with a mini-marathon, seniors and children can run. We will again be able to run in a different way than usual.

Thank you to everyone who will run and especially to the organizers of the ČSOB Bratislava Marathon 2023 event, thanks to whom Bratislava is richer in sporting experiences. May there be more and more of us and more of those who enjoy the active life.

Another year, we will continue, friends!

Matúš Vallo Mayor of Bratislava city



Dear Friends of the ČSOB Bratislava Marathon.

It is a pleasure for me to congratulate the whole organization team as well as the Bratislava city itself for their 18th edition of your marathon, showing a strong believe in the positive aspects that such a competition brings to so many people around the World.

From the Association of International Marathons and Distance Races AIMS, and on behalf of its international membership, receive our best wishes of the success you all deserve for your determination to bring back your race to the highest level of athletics.

Again, we at AIMS feel proud of such a great event within our membership!

With all my wishes for a wonderful event,

Paco Borao AIMS President



LÍSTKY NA VLAK A BRATISLAVSKÚ MHD V ČSOB SMARTBANKING



ČSOB PRE VÁS OSOBNE



CEREMONIAL SPEECHES



Hard on the training ground, easy on the marathon

Already a traditional part of the preparation is the

Preparation for the biggest running event in our capital, for many also the peak of their running season, is usually long and difficult. However, this year, ČSOB, as a long-term general partner of the ČSOB Bratislava Marathon event, together with the organizer BE COOL, brings you news that can make your preparation even more thorough and comfortable.

ČSOB Winter Series, which gives you, the runners, the opportunity to compete even in the winter season. This series of events started with the St. Nicolas edition in December 2022, continued with the Three King's run in January 2023, the Valentine's run in February and ended with the IWD's run in March. A new feature in the preparation for the ČSOB Bratislava Marathon is the **special outdoor training at Cvičko areas**, the creation of which was financially supported by our ČSOB Foundation last year, and which allow all residents of Bratislava to flush endorphins out of their bodies throughout the year at 6 different locations on both banks of the Danube River.

To help runners and visitors decide which form of transport to choose for the event, we will allow all users of our ČSOB SmartBanking mobile application to purchase a 24-hour ticket for Bratislava public transport for free on Sunday, 2nd April 2023, the day of the main events.

At ČSOB, we support not only a healthy lifestyle, but also the protection of health as such. Therefore, careful preparation for the event is also connected with choosing the right insurance. If you choose a marathon, half-marathon, 10 km run or mini-marathon as your discipline, you can take out **Spirit insurance** free of charge from our ČSOB Insurance company, which will cover you financially in the event of an injury while running during the event.

Do not forget that honest preparation is the basis of your success. It is not for nothing that they say that "hard on the training ground, easier on the battlefield". And that battlefield will be the 18th ČSOB Bratislava Marathon on 1st and 2nd April 2023, to which I invite you all.

Daniel Kollár CEO of ČSOB



CEREMONIAL SPEECHES



Dear runners,

At the time of writing these lines, the month of March begins and our starting list is already filled up with more than 7,000 runners. Based on statistics from previous years, it is clear that more than 10,000 runners from at least 50 countries around the world will take part in the start of one of the disciplines of the 18th year of the event.

After the two-times canceled year 2020, the "semi-covid" years 2021 and 2022, I believe that a year is coming that will slowly bring us back to the event, as you are used to it.

ČSOB Bratislava Marathon is celebrating 18 years since its establishment, and I hope that we will step into the world of adults with full strength and on the right foot.

The successful 4 parts of the ČSOB winter series, in which almost 6,000 runners took part, high-quality indoor training and special training sessions on the riverside "cvičko areas" testify to the fact that even the winter transitional period was rich in sports experiences.

Today we are already on the threshold of the next year of the event and our goal is to impress you again.

We expanded the program of the event with other attractive elements, we "played" with more organizational details to confirm the good credit that our young marathon has built up. I am particularly pleased that more than 1,000 competitors will again take part in the start of the royal discipline - the marathon - after several years.

Toddlers, kids, mini marathoners, 10 km runners, relay's runners, half marathoners or marathoners, young or seniors, enjoy the next year of the big running holiday in the capital of Slovakia and enjoy everything that we have prepared for you together with our team and partners.

We look forward to seeing all of you at the finish line, where you don't forget to smile, because "here in Bratislava, everyone is a winner".

Jozef Pukalovič Race director



PROGRAM

THURSDAY 30.03.2023

Opening day

10:00 School marathon games in the sport hall Elán
12:00 - 19:00 registration and presentation of the event participants (Eurovea)

16:00 opening – MARATHON HUB powered by Nový čas

(Eurovea)

19:00 SHEruns training of the women's running community

FRIDAY 31.03.2023

Warm-up day

10:00 sports press conference ČSOB Bratislava marathon

2023 MARATHON HUB (Eurovea)

12:00 - 19:00 registration and presentation of the event

participants (Eurovea)

12:00 opening – MARATHON HUB powered by Nový čas

(Eurovea)

17:00 HISTORY RUN – running tour of the centre of

Bratislava with a guide (6km) - meeting point is

Sheraton Hotel Eurovea

18:00 Grand opening of ČSOB Bratislava marathon 2023

+ Running gala (Sheraton hotel).

The partner of the Running gala is Nový čas



SCHEDULE OF EVENT

SATURDAY 01.04.2023

Hobby day

08:00 - 19:00	registration and presentation of the event
	participants (Eurovea)
08:30	GOOD MORNING RUN joint pre-marathon warm- up (5km) along the race route with Bratislava marathon team coaches and ambassadors (starting at Vajanského nábrežie – Propeller)
09:00	opening – MARATHON HUB powered by Nový čas (Eurovea)
09:15	autograph session with Danka Barteková and Ján Volko (Marathon HUB)
09:30	Toddler's race (-1. floor Eurovea)
10:00	start of the Bratislava's mile (1600m)
10:10	start of "TURBO TV" kid's runs (300 m - 600 m - 800 m)
11:00	kid´s concert "malinyJAM"
11:20 - 11:30	award ceremony – Bratislava's mile + kid's disciplines
13:40	Grand opening of the event + Opening ceremony (finish corridor area)
14:00	start of the Garmin minimarathon (4,2 km)
14:05	start of the Senior Run & Walk (4,2 km)
14:45	award ceremony - Garmin minimarathon
14:00 - 18:00	BILLA Pasta party (Eurovea – technical zone)
16:00	start of the 10 km run with Birell
16:00	HISTORY RUN – running tour of the centre of Bratislava with a guide (6km) – meeting point is Sheraton Hotel Eurovea
17:15	award ceremony - ČSOB winter series 2022/2023



SCHEDULE OF EVENT

SUNDAY 02.04.2023

Race day

06:30 - 08:00	presentation of the event participants (Eurovea)		
07:30	opening of changing rooms and storage rooms (Eurovea - technical zone)		
08:15	opening of the start corridor (Pribinova street)		
08:30	introduction of pacers for marathon and half marathon (Pribinova street)		
08:45	ceremonial speeches		
08:55	The national anthem of the Slovak Republic		
08:59	countdown to start		
09:00	start ČSOB marathonn		
	Renault half marathon		
	Mattoni relay half marathon		
Mattoni relay marathon			
10:06	expected finish of the first half-marathoners in the men's category		
10:16	expected finish of the first half-marathoners in the women's category		
11:25	expected finish of the first marathoners in the men's category		
11:50	expected finish of the first marathoners in the women's category		
12:30	award ceremony		
14:00	end of the event		



MARATHON HUB

THURSDAY 30.03.2023

Running and women

16:00 opening - MARATHON HUB

16:00 charity sale of sports clothes and shoes

18:30 workshop for women - How to prepare for the race

- SHEruns team

19:00 SHEruns training of the women's running

community

FRIDAY 31.03.2023

Introduction of the new running app

10:00 sports press conference ČSOB Bratislava

marathon 2023

12:00 opening - MARATHON HUB

presentation of partners and their activities

17:00 RUNOLOGY App Launch



SCHEDULE OF THE MARATHON HUB

SATURDAY 01.04.2023

Meeting with ambassadors, elite runners and sports guests

09:00	opening – MARATHON HUB
09:15	autograph session - Danka Barteková and Ján Volko
13:00	introduction of the event ambassadors and their stories
14:00	running married couple and authors of the book "Manželé v běhu" Soňa and Michal Hrabec - Running2.cz
14:30	Running events in Budapest and new running challenges Arpad Kocsis – director of the Budapest marathon
	RunCzech season 2023 – presentation of the running season Thomas Arnholtz – RunCzech promotional manager
15:00	running as a community affair
	Stefan Langer (Austria) – presentation of the running group from Vienna – Weekly Long Run
	Soňa Hrabec Kotulková (Czech Republic) – presentation of the running group from Prague – Running2
	Petra Pukalovičová (Slovakia) – presentation of the running group from Bratislava – SHEruns
	presentations of our guests + moderated discussion
15:45	the runner's psyche before and during the race
	Marek Hladik (SVK) – multiple Slovak champion in the road running
	Richard Varga (SVK) – two-time triathlon participant at the Olympic Games – aquathlon world champion
	Roman Fosti (EST) – two-time marathon participant at the Olympic Games – moderated discussion
16:30	why it is good to have a system in your trainings
	Michal Uličný – RUNOLOGY
17:00	presentation of the elite runners of the Sunday's races
17:15	meeting with pacers for the marathon and half marathon



WAY TO ČSOB BAM 2023



ČSOB winter series 2022/2023:

For the twelfth time, we continued the tradition of preparatory races for the ČSOB Bratislava marathon, which you know under the name ČSOB winter series. Almost 5,000 runners competed in the four parts of the series (St. Nicolas edition in December, Three King's edition in January, Valentine's edition in February and IWD's edition in March). Up to 6,000 runners registered, which is almost twice the number of the last year! The winter series gained popularity again this year.

Adults competed at distances of 5 km and 10 km, kids at 300 m, 600 m and 1,000 m. Runners had a choice between virtual and classic versions.

Competitors were also attracted by original medals, with Bratislava's landmarks displayed (UFO observation tower, Michael's gate, Kamzík TV tower and Bratislava Castle). The medals fit together nicely, and on a **special stand** (new this year) they can be nicely stacked and displayed next to each other to remind runners of the experiences of the ČSOB winter series 2022/2023.

We have also brought many other novelties. Whether it was a collection of clothes for homeless people, distribution of gifts and a competition for runners in a costume at the St. Nicolas edition, a buffet for spectators and runners or various competitions and "photo booths" at individual races.





WAY TO ČSOB BAM 2023



The absolute winners of the ČSOB winter series 2022/2023 were **Petra Pukalovičová** (SheRuns Bratislava) and **Rastislav Srnánek** in the 10 km event, and **Romana Komarňanská** (SheRuns Bratislava) and **Filip Lizák** (BMSC Bratislava/3NT Bratislava) in the 5 km event.

The winners of the classic version of the winter series (TOP 3 in absolute order + absolute winners of individual age categories) will be announced and awarded on Saturday, **April 1 at the ČSOB Bratislava marathon 2023 event.**

In the virtual version of the winter series, **Andrea Boháčová** and **Dávid Matis** won at a distance of 10 km and **Katarína Sivoková** and **Ivan Bebják** won the 5 km race





Cvičko

Hard on the training ground, easy on the marathon! That was the motto of the preparatory training at Cvičko area.

This year, in cooperation with ČSOB, we have prepared for all runners the opportunity to participate in special training sessions led by professional trainers from the Bratislava marathon team. The goal was to show the runners that when preparing for the ČSOB Bratislava marathon, in addition to running training, strength training and compensatory exercises should not be forgotten.

All this in the fresh air in the company of other sports enthusiasts at various Cvičko areas (note: public exercise grounds in the running circuit on the banks of the Danube, where you can exercise different muscle parts).

We prepared five training sessions, at each of them there was an excellent atmosphere thanks to our trainers Julka, Romana and Lucia. The trainings were free and you could win great sports prizes at each one (four Cvičko t-shirts and one main prize from ČSOB worth up to 150 euros).

CVIČKO is a place for everyone who lives an active life. You can train on it throughout the year and in the fresh air. Thanks to the cooperation of the Bratislava Marathon with ČSOB and the capital of the Slovak Republic – Bratislava, you can exercise on 6 different Cvičko areas on both banks of the Danube. As sports lovers and supporters of a healthy lifestyle, we are very happy about this activity.

For more information, visit www.cvicko.sk





Spirit insurance from ČSOB

ČSOB insurance company launched a new product – f**ree SPIRIT accident** insurance to the registration for individual disciplines of the 18th ČSOB Bratislava Marathon.

The insurance is valid on the day of the event and covers injuries that may occur during sports competition. After entering the basic personal data during registration, it is enough to mark the option of free accident insurance.

Free benefit - Spirit accident insurance includes:

- Additional insurance for hospitalization due to an accident
 10 EUR/day
- Additional insurance in case of accident with accelerated payment
 10 EUR/day
- Additional insurance for permanent consequences of an accident
 EUR 10,000
- Additional insurance for death as a result of an accident EUR 10,000
- Death insurance FUR 500.
- Mountain rescue service EUR 10,000

For more information visit

www.csob.sk/poistenie-urazu-a-zivota-spirit





SPIRIT ÚRAZOVÉ POISTENIE







Tips and recommendations before the RACE DAY

Weather

Check the weather forecast, adjust your clothes on the day of the start.

In the spring, the temperature usually rises rapidly during the day, do not put too much clothes unnecessarily so that you do not overheat during the run.

There will be portable containers in the start corridor (on Sunday) where you can drop your top layer just before you start your discipline. Mark your clothes with your start number, you will find it after the run in the storage room, where we will transfer it after the start.

If the forecast reports sunny weather, avoid thermal clothing and black clothing, this increases the overheating of your body during the run.

Day before the race day

Give yourself sufficient time for rest and regeneration.

Go for an easy run and stretch yourself, also include a few short fartlek. You can also take a part in our new "Good morning run" on Saturday at 08:30.

Regularly replenish water in smaller volumes during the day, or even magnesium, the body will return it to you the next day.

Evening before the race day

Prepare a scenario for your RACE DAY.

Prepare your clothes, nutritional supplements, everything you need to feel good about being ready.

Give yourself a dinner full of carbohydrates so you have enough energy for the next day.

Clothes and nutritional supplements

Do not experiment with clothes – wear things you have already run and felt comfortable in

Avoid new running shoes, use shoes that you have already train in.

If you decide to take nutritional and energy supplements for the race, use only those that you have already tried in training



Morning rituals

Eat a breakfast you are used to before a more demanding sports workout. If you have no experience, you won't spoil anything with muesli or a piece of bread with jam.

Avoid coffee and dairy products.

Have a good tea or juice and a glass of water.

Protect sensitive areas where you may be scratched or rubbed (with cream or bandage).

Arrival at the start

Do not arrive to the start at the last minute – do your pre-race rituals that make you feel calm.

Take your belongings to the storage room well in advance so that you have time for the last tune-up before entering the start corridor.

Warm up, it will warm you up and you will be able to put off extra layers of clothing, it is quite normal that in the morning you will be colder.

A mild feeling of cold before the start is not a problem, in the start corridor full of runners it is always warmer, adrenaline starts to work and you will warm up in the first hundreds of meters after the start.

If you can't get rid of stress, try to close your eyes and take a few deep breaths. Imagine, in the minds your loved ones, remember why you are at the start. A short "meditation" can help you bring peace of mind.

After the starting shot is firedD

Enjoy the race, keep refreshing, try to keep a constant pace. Feel the encouragement of the audience, this is your big day, so enjoy it. When you do not feel well, relax or walk a few meters and breathe, no races and no sports result are worth gambling with your health.

You have your goals and plans, but we will wait in the finish corridor with respect and pride for each and every one of you, regardless of your final time.

Good luck runners!





Instructions for competitors

Saturday 01.04.2023



Toddlers race 09:30 h

Kids (toddlers) do not need to be presented after online registration, it is enough if you come with them to the place of the race, which will be in the interior of Eurovea, on the -1st floor (in case of hot and dry weather, a variant on the square is also possible). Here the children will also receive a start number (sticker number on the back).

If you did not manage to register your "toddler" online, all you have to do is come to the event, report to the organizers and "put" the child on the start. You will receive the start number from the organizers before the start. We ask you to tolerate the start of children whose older siblings will then take part in kids' runs, which start at 10:00, so that their parents can complete both kids' disciplines in peace and encourage their children.

Kids' runs 10:00 h

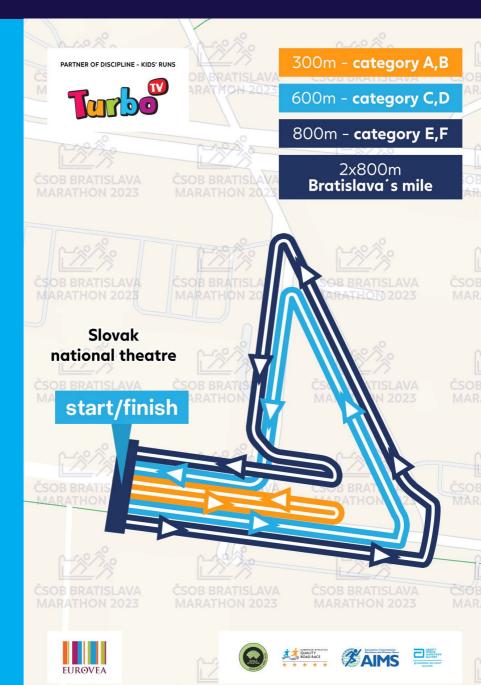
Registration and presentation of children (pick-up of the start package) is possible during the whole period of delivering the start packages from Thursday 30.03.2023 in Eurovea. The pick-up of start packages, as well as a new registration of children, in case the participation limit for kids' runs (1300 children) is not met, is possible no later than Friday, 31.03.2023!!!

It is not possible for children to register, present or pick up the start package for them on the day of the kids' runs (with the exception of children outside the Bratislava city), i.e. on Saturday 01.04.2023 !!! Thank you for understanding.

The award ceremony for the kids 'runs will take place after the end of the runs directly on the M.R.Štefánik Square in Eurovea.



MAP FOR KIDS' RUNS





vaša nová RODINNÁ TELKA

*nájdete u svojho káblového operátora





GARANCIA

KONTROLY KVALITY

U DODÁVATEĽA

STAROSTLIVO
VYBRANÍ
DODÁVATELIA

OD ODBORNÍKOV NA MÄSO DO ŠPIKU KOSTÍ











KÚPITE EXKLUZÍVNE V

BILLA



INSTRUCTIONS FOR COMPETITORS

Minimarathon + Senior run 14:00 h and 10 km run 16:00 h

Presentation and registration

New registration for the above disciplines is possible no later than Friday, 31st March 2023 (if the participation limit is not met earlier). The presentation – pick-up of start packages – ends at 13:00 for minimarathon and at 15:00 for 10 km run).

Changing rooms

At the event area on Pribinova Street (Eurovea - Technical zone) in a large-capacity tent divided into men's and women's changing rooms. Only competitors with a start number will have access to the changing rooms. The changing rooms will be open from 13:00 to 18:00.

Storage room

In the tent in the marathon village on Pribinova Street (Eurovea - Technical zone). Use the tape included with your start number to mark your luggage. The organizer is not responsible for the destruction or loss of personal belongings. The depository will be open from 13:00 to 18:00. Place the tape on your luggage in advance to speed up the transfer of things.

Toilets

Portable toilets will be located in the event area on Pribinova Street (Eurovea - Technical zone), close to the changing and storage rooms. The toilets are also located directly in the Eurovea shopping centre.

Timing

Times will be measured by using a chip that is a part of the start number. The runner's final time will be determined by the gun time of the zone in which the runner starts. The start of both runs will be divided into 3 start waves, start corridors / zones according to the reported times and your current running form. Senior run / walk participants will join the last corridor at the end of the minimarathon – 3rd corridor.

Chip placement: The chip is part of the start number (do not manipulate with it, it may be damaged). After reaching the finish line, there is no need to return the chip, you can keep it as a memory together with the start number.

Start number

When picking-up a start number, carefully check your name and surname, year of birth and discipline to avoid confusion with the namesakes and the resulting problems.



POKYNY PRE PRETEKÁROV

Runners will receive one number, which they are obliged to **place visibly on their chest !!!,** it is strictly forbidden to place the number on the thighs or on the back. The start number must be worn as it was made, it must not be cut, folded or covered. Any modification and intervention in the starting number before and during the race is forbidden. For a violation of this rule (IAAF rules - rule 143 points 7 and 8) the competitor will be disqualified. The starting number after the race remains to the competitor.

Running route

We would like to ask all runners to consider their actual sports performance in the starting corridor and let go "faster" runners to the front of the corridor. You will also show mutual consideration and the whole course of the start will be smoother and safer.

The corridor is divided into 3 zones for both runs:

- A) Minimarathon under 27:00 + 10 km under 53:00
- B) Minimarathon over 27:00. + 10 km 53:01 59:00
- C) Senior run/walk + 10 km over 59:01 (participants of Senior run/walk will start behind the last zone of the minimarathon)

All changes of direction on the track will be marked by barriers, directional lanes, or competitors will be guided by the organizers. Each kilometre of race distance will be marked on vertical indicators.

Refreshment

The refreshment station at 10 km run (called "Desiatka s Birellom") discipline is located approximately 5 km (water) when you run off the bridge of Most Lafranconi on the Petržalka side.

Medical help

There will be a medical service and rescue vehicles on the route, as well as in the finish

Finish

After crossing the finish line, the competitors will walk smoothly through the narrowed corridor, where they will receive a participant's medal and refreshments.

Award ceremony

On the main stage on M.R.Štefánik Square in Eurovea. Minimarathon – at about 14:45, 10 km run at about 17:30. During the event you can watch the online results at www.sportsofttiming.sk. Results will be published on Saturday 01.04.2023 in the early evening on the websites www. sportsofttiming.sk and www. bratislavamarathon.sk



MAP OF MINIMARATHON







MAP OF 10 KM RUN





INSTRUCTIONS FOR COMPETITORS

Instructions for competitors

Sunday 02.04.2023



Changing rooms

At the event area on Pribinova Street (Eurovea - Technical Map) in a large-capacity tent divided into men's and women's changing rooms. Only competitors with a start number will have access to the changing rooms. The changing rooms will be open from 07:30 to 15:00.

Storage room

In the tent in the marathon village (Eurovea - Technical zone). Use the tape included with your start number to mark your luggage. The organizer is not responsible for the destruction or loss of personal belongings. The storage room will be open from 07:30 to 15:00 hod. Place the tape on your luggage in advance to speed up the transfer of things !!!

CLOTHING COLLECTION BEFORE THE START: in the last block before the start / finish arc - ČSOB block - there will be **2 x 2 pieces of portable boxes** from the outside of the corridor just before the start line (approximately 20-40m) so that you can put into them your running jackets/ blankets that you will be wearing in the corridor just before the start.

We will then transfer the boxes to the storage room, where you can search for and pick up your belongings after the race. If you also state your start number on the items, the organizers in the depository will try to sort things out clearly so they can prepare them for you!!!

Portable toilets

will be located.

- A) close to the changing and storage rooms on Pribinova Street (Eurovea) technical map + near the start corridor;
- B) next to refreshment stations 4,3 km/25,4 km; 10,1 km/31,2 km; 15,1 km/36,2 km; 19,8 km/40,9 km 2pcs;
- c) at the relay "handover" locations 4,2 km (2pcs) 10,3 km (2pcs) 16 km (3pcs) 21,1 km (finish WC).



INSTRUCTIONS FOR COMPETITORS

Timing

Times will be measured by using a chip that is a part of the start number. The first and last member of the relay marked with the letters "A" and "D" receive the chip for the relay.

Runners' results will be presented in accordance with WA rules, according to the official start time of the runner's zone and the moment the runner crosses the finish line. The results will also include the so-called net time (time of the runner that has elapsed between crossing the start and finish lines). This time is not official.

Start number

When picking-up a start number, carefully check your name and surname, year of birth and discipline to avoid confusion with the namesakes and the resulting problems.

- **a) marathon and half marathon** runners will get one number, which they are obliged to place visibly on their chest;
- **b)** relay run each member of the relay will receive one, different number with letter A-B-C, resp. D, which they are obliged to place visibly on their chest;

The start corridor will be divided into 4 blocks:

- A) ČSOB marathon under 3:15 + half marathon under 1:45 + SR Champ. MI and PF start at 09:00
- B) Renault marathon 3:15 3:45 + half marathon 1:45 1:55 start at 09:04
- C) New Balance marathon 3:45 4:15 + half marathon 1:55 2:05 + relays start at 09:08
- D) Veolia marathon above 4:15 + half marathon above 2:05 start at 09:12

The start number must be worn as it was made, it must not be cut, folded or covered. Any modification and intervention in the starting number before and during the race is forbidden. For a violation of this rule (WA rules) the competitor will be disqualified. The starting number with the chip remains to the competitor after the race.

There is a **medical form** on the back of the start number. It is voluntary, but it can provide us with important information about you in case of possible health problems and the need for medical intervention and treatment during the run, so we ask you to fill in the data responsibly, the information provided is for your protection only.

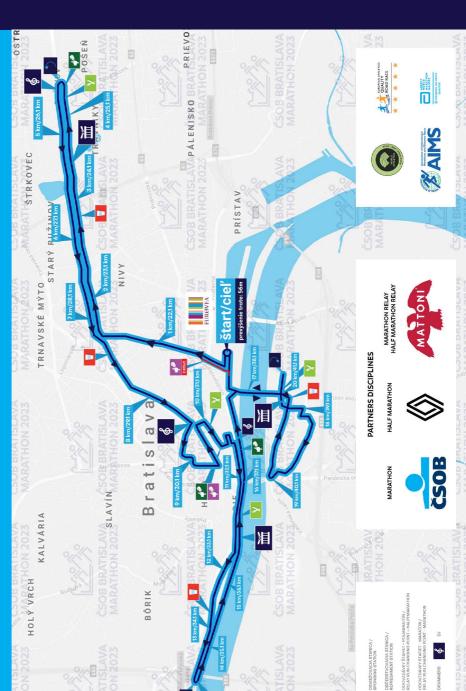
Start

Sorting into the start corridor on Pribinova street - the corridor will open at 08:15.





MAP FOR MARATHON, HALF MARATHON AND RELAYS RUNS









Championship of the Ministry of Interior and the Police Force of Slovak Republic in the half marathon



Juraj Minčík (director of the police sports centre)

"I am very happy that, after last year's successful premiere, the 18th year of the ČSOB Bratislava Marathon event will also be the Slovak half-marathon championship of the Ministry of Interior and the Police Force of Slovak Republic.

Among the police officers and employees of the ministry there are many sports enthusiasts, but I dare say there are also almost professionals who are dedicated to sports and

running in particular at practically

the highest level. Well, we organize such an event not only for them.

I respect every single person who can overcome himself/herself and find the strength, time and will to start with sports.

The competition itself and comparing one's performances with each other is then just the icing on the cake of the delightful feeling that sport brings to people."





CHAMPIONSHIP OF MI OF SLOVAKIA AND PF



Gabriel Švajda and Jana Šimunková, who are also a couple in private, triumphed at the premiere of the Championship of MI and PF of Slovak republic in the marathon at our event. In addition to their profession, they also have a common passion for running. We asked them a few questions:

1) After last year's victory, are you also going to the Slovak championship of MI and PF in the half marathon?

Yes, we are going, as the ČSOB Bratislava
Marathon is a matter of our hearts, because we
have the opportunity to run through the streets
of Bratislava where we work as police officers. Our
colleagues are involved in the safety of the runners at the
event and we have great support from them all along the course as
they cheer us on. This makes the atmosphere really special for us.

2) Do you have any goals, expectations of yourself that you would like to fulfil?

We will definitely try to run as fast as possible and place ourselves as best as possible, even though the competition is strong between police officers. The titles will be more difficult to defend, but our goal is to finish in the top three in our categories and at the same time qualify for the European Track Police Championships, which will take place this year in Prague.

3) What is it like when both partners runs? Do you sometimes run together or do you train separately?

We have a common trainer, Ján Bötcher, who, despite our different performance, tries to create training units so that we can support and encourage each other during interval training. We try to run a regeneration runs together.

4) How do you like the ČSOB Bratislava Marathon event? What do you think makes it special?

The atmosphere of this event is unique for us, because we perceive the upcoming event several days before the start, as there are many runners in the city who are preparing for one of the disciplines. The vicinity of the shopping centre where the race takes place comes alive a few days before the race with accompanying events, which we like to participate in and pump up positive energy. The organization itself is at a high level, which, in our opinion, contributes to the fact that more and more people are interested in this event and the runners take home great experiences and performances they performed on the route.

Endorfíny sa neskrývajú len v behaní. Odmeňte sa za skvelý výkon nezabudnuteľným zážitkom!





Instructions for half marathon relay

Sunday 02.04.2023



The handover areas are not located directly on the running route, but it is necessary to reach them a few meters outside the main run route, as well as to return from the handover area in the direction of the main run route.

The aim of this is to achieve a clearer, more sophisticated and safer way of handing over and taking over relay wristband and to ensure that the relay runners mixes only minimally with the runners of the main runs in close proximity to the track.

The handover points will be properly marked with directional signs, as well as by the organizers, so pay increased attention to both the run-in the handover area and the moment when you re-enter the main run route from the handover area to avoid collisions with other runners.

You can store your personal belongings directly in the storage room in the technical zone. Things, which you want to have in the handover area after you finish your run, will be handed over to you by your colleague from the relay, which runs after you.

Thank you

The length of each section – A (4,2km) – B (6,1km) – C (5,7km) – D (5,1km)

The relay handover locations are:

A - Eurovea - start at **09:08 h** from 3rd corridor marked "C". Personal belongings that "runner A" is interested in taking over at the A / B handover point will be transferred to him by the "runner B" (transported by bus).



INSTRUCTIONS FOR HALF MARATHON RELAY

The handover area is located in a park **on Ružinovská Street (4.2 km)**. After handing over the relay, the "runner A" will return to the start / finish point in Eurovea on foot or by the organizer's bus.

The handover area is located in the park next to the main road. From the main road (Ružinovská street) turn right where the individual handover zones will be located. Runner B joins the main run route at the exit from the park to the main road, just before the refreshment station and a rotation before the crossroad with Tomašikova Street.

B - Ružinovská street (4,2km) - "runner B" runs towards Ružinovská Street. From the start / finish in Eurovea, he will be transported by the bus to the handover point. The bus will be on Pribinova Street next to the "technical zone" - opposite the building of the Ministry of Interior of Slovak Republic. The **departure of the buses is 08:25**.

The personal belongings that "runner B" wants to take at the handover point B / C will be transferred to him at the handover point by "runner C".

After handing over the relay to "Runner C", "Runner B" will return to the start / finish point in Eurovea on foot (600 m, which is approximately an 8-minute walk).

When arriving in Eurovea, do not cross the route with runners on Vajanské nábrežie, resp. Šafárik Square !!!

C- Jesenského ulica/Námestie E. Suchoňa (10,3km) - "runner C" runs towards the Mostová street by the Reduta building and further along the road towards the SNP Bridge. He will reach the handover point on foot from the start / finish in Eurovea (600 m, which is approximately an 8-minute walk).

The personal belongings that "runner C" wants to take at the handover point C / D will be transferred to him by the "runner D" (the handover point is located approximately 300 m from the B / C handover point).

After handing over the relay to "Runner D", "Runner C" will return to the start / finish point in Eurovea on foot (500 m, which is approximately an 6-minute walk).

When arriving in Eurovea, do not cross the route with runners on Vajanské nábrežie, resp. Šafárik Square !!!

D - Vajanského nábrežie - Propeler (16km) - "runner D" runs towards the Šafárik Square and to Old Brifge (Starý most). He will reach the C / D handover point on foot from the start / finish in Eurovea (500 m, which is approximately a 6-minute walk).

"Runner D" will keep his personal belongings directly in the storage room in the start / finish area, resp. he hands them over to "runner C", who brings them to the finish line.

Runner D has a start number with a chip and during the finish he will receive a medal for other members of the relay !!! We ask runners running section A-C not to run into the finish line together with "runners D", but to wait when exiting the finish corridor at the end of the finish line on Pribinova Street.



INSTRUCTIONS FOR HALF MARATHON RELAY

Notice to competitors

Starting number - each member of the relay will receive one, each number in different color, which he is obliged to place visibly on his chest.

The timing chip is located on the starting number of the first (A) and last member (D) of the relay team. The chip is part of the starting number - you don't have to return it after crossing the finish line, it remains to you as a memory for the race.

The participants of the relay will start from the corridor C. In the event that the relay starts from an earlier zone, the team can be penalized by the organizer (referee) + 10 minutes.

Relay handover areas will be properly marked. The handover will be realized by exchanging the relay pin in the handover area (the relay pin is part of the starting package).

The handover areas are located so that there is no collision with other runners during the handover. We ask relay runners to follow the referees' instructions and FAIR PLAY rules in the transfer areas. In the handover areas, line up so that you do not interfere with the handover of other relays. It is clear to us that each of you is curious about where the runner from your relay is, but if you push yourself into the running route, unnecessary collisions can occur.

Runners get in the buses and pick-up their belongings based on their proof of start number! At the same time, respect the instructions of the members of the event organizing group - "bus drivers".

Leave in the bus only things that you absolutely need to put there. The organizer is not responsible for any loss of items left in the bus. After the event, all uncollected items from the buses will be transferred to the storage room (Eurovea – Pribinova street – technical area), where you can pick them up. After the end of the event, uncollected items will remain stored for another 30 days with the organizer BE COOL, s.r.o.



INSTRUCTIONS FOR MARATHON RELAY

Instructions for marathon relay

Sunday 02.04.2023



The handover areas are not located directly on the running route, but it is necessary to reach them a few meters outside the main run route, as well as to return from the handover area in the direction of the main run route, so follow the navigation just before the relay handover.

The aim of this is to achieve a clearer, more sophisticated and safer way of handing over and taking over relay wristband and to ensure that the relay runners mixes only minimally with the runners of the main runs in close proximity to the track.

The handover points will be properly marked with directional signs, as well as by the organizers, so pay increased attention to both the run-in the handover area and the moment when you re-enter the main run route from the handover area to avoid collisions with other runners

You can store your personal belongings directly in the storage room in the technical zone. Things, which you want to have in the handover area after you finish your run, will be handed over to you by your colleague from the relay, which runs after you.

Thank you

The length of each section: - A (10,3km) - B (10,8km) - C (10,3km) - D (10,8km)

The relay handover locations are:

A - Eurovea - start at **09:08 h** together with the marathon, half marathon and half marathon relay runners. Runners will be ranged in the separate start corridor marked "C". Personal belongings that "runner A" is interested in taking over at the A / B handover point (10,3 km) will be transferred to him by the "runner B".

After handing over the relay to the "runner B", the "runner A" will return to the start / finish point in Eurovea on foot (600 m, which is approximately a 8-minute walk).

When arriving in Eurovea, do not cross the route with runners on Vajanské nábrežie, resp. Šafárik Square !!!



INSTRUCTIONS FOR MARATHON RELAY

B - Jesenského street/ E. Suchoň Square (10,3km) - "runner B" runs towards Mostová Street by the Reduta building and further along the road towards the SNP Bridge. He will reach on foot the handover point from the Eurovea start / finish (600 m, which is approximately an 8-minute walk).

The "runner B" will store his personal belongings that he wants to put on at the B / C handover point (Karadžičova street next to Twin city - 21.1 km) in the storage room (Technical Map).

C - Čulenova street (21,1km) - The handover point is located at the bus stop at Čulenova next to the Twin city, just behind the place where the marathon runners run into the 2nd round.

Personal belongings that "runner C" is wants to take on at the C/D handover point (31,4 km) will be transferred to him by the "runner D".

After handing over the relay to "Runner D", "Runner C" will return to the start / finish point in Eurovea on foot (600 m, which is approximately an 8-minute walk).

When arriving in Eurovea, do not cross the route with runners on Vajanské nábrežie, resp. Šafárik Square!!!

D - Jesenského street/ E. Suchoň Square (31,4km) - Runner D" will store his personal belongings that he wants to take on in the finish, to the storage room (Technical Map).

The personal belongings that "runner D" brings to the C / D handover point will be transferred to the finish line by "runner C", who hands over the relay wristband to him and then walks to the finish line.

"Runner D" runs towards Mostová Street by the Reduta building and further along the road towards the SNP Bridge. He will reach on foot the handover point from the Eurovea start / finish (600 m, which is approximately an 8-minute walk).

Runner D has a start number with a chip and after the finish he will receive a medal for other members of the relay !!! We ask runners running section A-C not to run into the finish line together with "runners D", but to wait when exiting the finish corridor at the end of the finish line on Pribinova Street.

Notice to competitors

Starting number - each member of the relay will receive one, each number in different color, which he is obliged to place visibly on his chest.

The timing chip is located on the starting number of the first (A) and last member (D) of the relay team. The chip is part of the starting number - you don't have to return it after crossing the finish line, it remains to you as a memory for the race.

The participants of the relay will start from the corridor C.

In the event that the relay starts from an earlier zone, the team can be penalized by the organizer (referee) + 10 minutes.

Relay handover areas will be properly marked. The handover will be realized by exchanging the relay pin in the handover area (the relay pin is part of the starting package).

The handover areas are located so that there is no collision with other runners during the handover. We ask relay runners to follow the referees' instructions and FAIR PLAY rules in the transfer areas. In the handover areas, line up so that you do not interfere with the handover of other relays. It is clear to us that each of you is curious about where the runner from your relay is, but if you push yourself into the running route, unnecessary collisions can occur.

Bezplatný online magazín (nielen) pre bežcov

- · rozhovory s odborníkmi
- tipy, ako správne behať
- rady, ako sa udržať v psychickej pohode



AKOBUK akobuk.sk

Hodnotný obsah vám bezplatne prináša







Description of the routes

01.04.2023 Garmin Minimarathon/Senior Run & Walk (4,2km)

Start 14:00 (Pribinova street, promenade in front of the theatre):

You will run along Pribinova Street in the direction of the Ministry of Interior of Slovak Republic. Along Eurovea and "Kolkovňa" you will run under the Starý most (Old bridge) and continue through the parking of the port on the promenade / sidewalk of Fajnorovo nábrežie, by the walkway through the Gondova street and on the walkway to Šafárik square they run to the footbridge of Old bridge in the direction to Petržalka. In Petržalka, runners run along the sidewalk around the Toll House at the intersection of Vienna Road and Krasovského, and continue along the cycle path on Vienna Road towards the SNP Bridge. Before the restaurant Au Cafe runners turn right onto the Danube promenade and return across the Tyršovo nábrežie to the crossroad Klokočova, Kočánkova where they run to the Old Bridge. Runners run down to the Pribinova street and run to the FINISH in front of the theatre.

01.04.2023 Desiatka s Birellom (10 km run)

Start 16:00 (Pribinova street, promenade in front of the theatre):

You will run along Pribinova Street in the direction of the Ministry of Interior of Slovak Republic. Along Eurovea and "Kolkovňa" you will run under the Starý most (Old bridge) and continue through the parking of the port on the promenade / sidewalk of Fajnorovo nábrežie, Rázusovo nábrežie and Dvořákovo nábrežie to the footbridge of bridge Lafranconi. After crossing the bridge , you will continue on the Petržalka side of the dam on the cycle path on Vienna Road, where behind the SNP Bridge, runners turn left onto the Danube promenade and return across the Tyršovo nábrežie to the crossroad Klokočova, Kočánkova where they run to the Old Bridge. Runners run down to the Pribinova street and run to the FINISH in front of the theatre.



DESCRIPTION OF THE ROUTES

02.04.2023 ČSOB marathon, Renault half marathon, Mattoni half marathon relay, Mattoni marathon relay

Start 9:00 (Pribinova street, promenade in front of the theatre):

Pribinova street – Olejkárska street – Landererova street – Dostojevského rad – Karadžičova street – Záhradnícka street – Ružinovská street – turn at the crossroad Ružinovská/Tomášiková street – Ružinovská street – Záhradnícka street – Odborárske square – Americké square – Špitálska street – square SNP – Uršulínska street – Františkánska street – Františkánske square – Biela street – Michalská street – Ventúrska street – Pánska street – Laurinská street – Štúrova street – Jesenského street – Mostová street – Ľ. Štúr square – Rázusovo nábrežie – Nábrežie arm. gen. Ludvika Svobodu – run through the walkway of PKO – Dvořákovo nábrežie – turn under the bridge Most Lanfranconi – Dvořákovo nábrežie – Ľ. Štúr square – Vajanského nábrežie – footbridge of Starý most – Viedenská road – Krasovského – walkway in Janko Král park – Viedenská road – Krasovského – Klokočova – footbridge of Starý most – Pribinova and to the FINISH in front of the theatre.

Runners in the marathon discipline run to the second round through Olejkárska street and run on the original route from the first running loop from the Landererova / Karadžičova crossroads.

Start/finish - Eurovea

- 2,7 km 1. Water station Zahradnícka/Mraziarenská
- 4,2 km 1. Relay handover (half marathon relay) Ružinovská
- 4.3 km 1. Refreshment station Ružinovská/Tomášikova
- 7,4 km 2. Water station Martin Benka square
- 10.1 km 2. Refreshment station Jesenského
- **10,3 km** 2. Relay handover (half marathon and marathon relay) Eugen Suchoň square
- 12,5 km 3. Water station PKO
- 15.1 km 3. Refreshment station Zuckermandel
- 16 km 3. Relay handover (half marathon relay) Propeler
- 17.3 km 4. Water station Krasovského/Viedenská
- 20km 4. Refreshment station Starý most (Old bridge)



TECHNICAL ZONE



NA NA VÁČŠIE RUNDE SIMIESTOMI







Stories from our Ambassadors

ČSOB Bratislava Marathon is an event for everyone.

ČSOB Bratislava Marathon is the biggest running event in Slovakia thanks to you and your stories.

ČSOB Bratislava Marathon is mainly YOU.

The 18th ČSOB Bratislava Marathon will therefore be inspired by your stories. We care about you, your health, your good mood, your fulfilled (not only running) goals and the emotions you experience together with us. We admire your passion, energy, enthusiasm, dedication, or ability to overcome obstacles. And that's exactly why we collected the stories on the way to the 18th ČSOB Bratislava Marathon from you, our loyal runners. Also through these stories, we want to show others that there is enormous power hidden in every single person. You just need to take courage

Meet our story ambassadors:

Vanda Trnovcová

"I started running in 2015 after winning the battle with tongue cancer, when I underwent a difficult operation – a transplant. I ran with the motto: as long as I can run, I know I'm healthy. Then came two pregnancies relatively soon after each other. After the second child, I started to train more intensively with the desire to run a trail running race. However, it was my first

and at the same time my last race, right after it, in 2021 I was told another bad news... and that the cancer is back.."

Vanda is a strong woman and she beat cancer a second time. You can come cheer on this sports lover, loving mother and wife on Saturday, April 1, on the mini-marathon route.



STORIES FROM OUR AMBASSADORS

Pavol Kéri

"I lost my sight in a car accident, I haven't been able to see for 16 years. It took some time before I got back to life with the help of my family and friends and I slowly found out what I can do as a blind person. I started running in 2014 to lose the extra pounds I had gained. Two years later I ran my first half marathon. I still remember how devastated I was after it. Since then, many things have changed and I already have 5 marathons, half marathons, tens, but also trail runs on my account. Even though I can't see, life goes on and I'm planning more challenges. It's fantastic that I can and I'm very arateful for that."

Together with his running mate Liliana, Pali will stand at the start of the half marathon.

Simona Mikulová

"I used to run as a child. As an adult, I returned to running in 2016, when I had health problems. In addition, I wanted to lose the weight gained after two pregnancies (22 and 33 kg). An underactive thyroid has affected the functionality of my metabolism, but I am fighting it. I only ran a few runs when I was diagnosed with a tumour the following year. However, my world did not collapse, quite the opposite. I wanted to live much more. I set myself big goals that I still fulfil today. After a successful operation, I started running again."

Simi is a multifunctional smiling mother of three children. At the ČSOB Bratislava Marathon 2023, she will give you her energy on the route in a mini-marathon in which she will run with a stroller and on Sunday she will run it alone at the half-marathon distance.

Zuzana Durcová

"Running has a special meaning for me, it helped me heal from the disease – anorexia nervosa, which I was diagnosed with 9 years ago after being hospitalized. Anorexia nervosa is a mental illness – not a choice, and treatment involves much more than "just eating". Running in itself is not therapy, but it is a miracle ingredient for me – what gave me extra motivation to start healing. I felt that when I ate more, I could run faster and longer, that I was getting better. That there are moments when I'm happy with myself – and it's not related to how I look. And above all, I started to enjoy running – a lot."

Zuzka runs for the Bratislava Marathon Sport Club. She will run with you on the half marathon distance. If you can run with her, you have a chance for a great result, because she is really fast!



STORIES FROM OUR AMBASSADORS



"Don't try to overcome others, but yourself - that's my motto, which I also tell my son. Tomi was born with an extra chromosome. Down syndrome certainly doesn't make life easy for him, but we try to show that Tomi has the same needs as any other child. Love, patience, and the feeling that someone loves you even with your flaws is what everyone needs, regardless of the number of chromosomes."

Examinations by specialists, endless physiotherapy, expensive rehabilitation stays... Combining all this with Tomi's needs, time with family, shift work and running is not easy. Tomáš still manages to find time for training. He will be a pacer for a young man with Down's syndrome in a mini-marathon, and on Sunday he will run a half-marathon.

Maroš Kudlik

"I have beaten cancer three times in the past. Even after my health problems and losing my leg, I haven't lost the fighting spirit that makes me overcome obstacles in life like a Spartan race. Actually, since losing my leg, I manage everything "left-back". (note: Maroš really does not lack humour). I want to show people that a handicap does not have to be an obstacle or an excuse. My motto is: Never give up, strength and perseverance is hidden in each of us."

Maroš is an example of the fact that it is possible to progress in sports (or in any other area of life) even with a handicap, which no longer has to be an obstacle or an excuse. He successfully completed 56 Spartan races (extreme obstacle races), even Ultra (50 km off-road, 60 obstacles of various nature). He will run a half-marathon with his girlfriend here.

Žany Jakubíková

"I'm an (un)ordinary mother of two wonderful children. I was very obese, but I wanted to catch up with my children, so I started to exercise more and managed to lose more than 70 kg. And somewhere during this period, I fell in love with running. I decided to run every day (from April 2020). I am lucky that I can and still want to and there is still room to move. Through running, I get to know myself, nature, but also other people."

Žany wanted to catch up with her children, so she decided to lose weight. She is a beautiful proof that when one really wants something, (s)he can do anything! In Bratislava, she will run the main discipline - the marathon

FOREIGN AMBASSADORS

Foreign ambassadors

Ambassador from Austria

Stefan Langer and his running group WEEKLY LONG RUN have been participating in our events since 2017. He motivates other runners from Austria to participate in the 18th ČSOB Bratislava Marathon. After all, Vienna and Bratislava are only 65 km apart.

"My name is Stefan, I am 54 years old and I work in Vienna as a lawyer. I love running and my favourite distance is the marathon. At the ČSOB Bratislava Marathon 2023, however, I will run half the distance, together with my older son Nikolaus, for whom it will be the first ever half marathon in his life."

Ambassadors from Czech Republic

Constantly smiling running couple, running bloggers, editors, lovers and promoters of running - Soňa Hrabec Kotulková and Michal Hrabec. Their whole life revolves around running. They met at the Prague half-marathon, three years later they had an original running wedding. They have been writing a blog called Running2.cz about their running life for the seventh year, and they even published a book about running called "Manželé v běhu".

"We are very much looking forward to Bratislava. It's our favourite place. We have run here several times and we always discover new beautiful places, new challenges and above all great (not only running) friends here! What we also like about the Bratislava marathon is that you can qualify for the World marathon championship in age group and thus get to one of the six largest marathons in the world!".



Loyal marathoners

"Lucky four" has only four members left. They are our loyal marathoners, who have not missed a single year since the first year of the marathon in Bratislava in 2006 and they have successfully completed it. The lucky four are:

Eva Seidlová

Slovak record holder in the number of completed marathons. In 2018, she completed her 400th marathon in Bratislava, and at the ČSOB Bratislava Marathon 2023 she will reach the number 500 on her marathon list. Amazing, isn't it? And she ran her first marathon at the age of 38!

"Compared to the world's largest marathons, the ČSOB marathon is more intimate, but for that I feel more comfortable there and, above all, I am at home. I am proud of the fact that I completed all years of this marathon, there are not many of us like that anymore. The organizers have come a long way. In the conditions they have and the current trend of organizing marathons, they are literally doing their best."

Ondrej Székeli

"For me, as a native of Bratislava, running a marathon in my own city is a holiday. I think this is also the reason why many runners are at the start. And those from outside Bratislava can have the experience of a nice circuit and a wide range of distances, where everyone can try to overcome themselves. I like that the marathon does not choose the path of elite runners, but wants to be an event for everyone."



LOYAL MARATHONERS

Josef Oborný

Josef belongs to the more experienced runners by age, we asked him what motivates him to continue running and what his goal is at the ČSOB Marathon on Sunday, April 2, 2023.

"I always look forward to endorphins, I look forward to beautiful places in the forest, I want to keep in shape (which some of my peers envy). At the 18th ČSOB marathon, I have a specific goal: 4:59:59 and stay loyal! If it goes better, I don't care."

David Nagy

"I was led to sports since my childhood. I started running seriously in 2004, when I ran my first marathon. I was interested in this royal athletic discipline and therefore I decided to participate in the first year of the ČSOB marathon in my hometown. From year to year, the organization of this event improves, and the track is also ideal."





Pacers

Name and Surname	Time of pacer
MAR	RATHON
Marek Pavúk	to time 3:15
Marian Pavúk	to time 3:15
3:15 Stanislav Ďuriga	to time 3:30
Miroslav Bátovský	to time 3:45
Róbert Chrastina	to time 4:00
Martin Petreje	to time 4:00
Marek Fábry	to time 4:30
Jozef Pavlov	to time 4:30
HALF N	MARATHON
Konstantin Zhelezov	to time 1:30
Tomáš Belovič	to time 1:30
Peter Ľubušký	to time 1:40
1:30 Ľubomír Tvrdoň	to time 1:40
Róbert Beleš	to time 1:45
Emil Haas	to time 1:45
Martin Veselý	to time 1:50
Jana Halušková	to time 1:50
Jan Kýška	to time 2:00
Mária Pomajbová	to time 2:00
10 KM RUN	
Ľubomír Tvrdoň	to time 45 min.
Roman Švec	to time 45 min.
4:30 Róbert Beleš	to time 50 min.
Martin Henc	to time 50 min.
Zuzana Krajčová	to time 55 min.
Jozef Palka	to time 55 min.
Dárius Major	to time 60 min
Martin Pavko	to time 60 min



Merchandise





EVENT MERCHANDISE











Veľké predstavenie RUNology.app na ČSOB Bratislava Marathon

1. - 2. apríla na námestí v Eurovea

Príď si vyskúšať appku medzi prvými.





ORGANIZATIONAL TEAM



Organizational team

Event director

Jozef Pukalovič

Executive and marketing directorPeter Pukalovič

Sports director

. Tomáš Willwéber

Sports coordinator

Dag Bělák

Leading referee

Renáta Poľanská

Assistants of leading referee

Miroslav Helia, Imrich Ozorák, Branislav Droščák

Expert consultant

Ján Koštial

Section coordinators

Peter Novák, Marek Šlosár, Juraj Kmeť, Viktor Matys, Karol Skladan, Erik Baláž

Media and communication

Petra Pukalovičová, Bronislava Chrappa, Gabriel Bogdányi

Production

Zdeno Kozlík, Kristína Dirnbergerová, Lenka Malíková

Coaches

Romana Komarňanská, Lucie Urbaczková, Iulia Shapiro

Health service coordinator

Jaroslav Sabol

Event set-up

Nikolas Filípek, František Kuba, Tibor Mišutka, Viktor Kurdi

Registration

Zuzana Ježíková, Radka Suchá

VIPs, volunteers, ceremony

Jana Baginová, Monika Tažarová

Graphics

Martin Klementis, Michal Rentka

Timing and results service

Dušan Richter a Norbert Švec

Traffic marking

Matúš Kováč

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