



ČSOB BRATISLAVA
MARATHON 2024



19th
edition

06.-07.04.
2024

Online magazine

www.bratislavamarathon.com



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Dear sports and running enthusiasts,

I am excited that the ČSOB Bratislava Marathon is hitting the streets of our city for the 19th time. It is one of the most popular sports events in Bratislava and has captured the hearts of thousands of people regardless of age. This year, it invites us again to compete healthily, refresh our minds and bodies, and enjoy the shared experience. I am glad to join you again at the starting line and run through the beautiful streets of Bratislava together. The most beautiful experiences are those we share.

Bratislava has enormous potential for the development of sports. It is one of my priorities to support amateur sports in our city and create suitable conditions for everyone interested in physical activity. I believe that we are gradually succeeding in fulfilling this ambition. That is why I am pleased that the ČSOB Bratislava Marathon is already a traditional part of our sports-oriented city. We owe this to the organizers, who ensure smooth running and a great atmosphere. I believe that this year's edition will bring unique sports experiences and a lot of good vibes to everyone – athletes, organizers, and also to the supporters, who may be inspired and join us at the starting line next year.

I am looking forward to seeing you all!

Matúš Vallo
Mayor of Bratislava city





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ČSOB Smart účet navždy bez poplatku
a bez podmienok. S jedinečnou aplikáciou
SmartBanking pre váš komfortný život.

ČSOB SMART ÚČET



What excuse do you have?

From time to time, a challenge arises in everyone's life that can propel us forward. If we accept it, it can help us in our careers, in business, change our private life, improve relationships, or simply make us happier. However, the first step is often demanding. Many times, we start making excuses and searching for reasons why we must wait for a more suitable opportunity. But if we don't take that step, we'll forever remain at the starting line.

And that's also the motto of this year's ČSOB Bratislava Marathon. There are indeed many excuses that hinder people from reaching their goals, not just in running. Some claim they don't have enough time to train, others don't like the weather, sometimes fear of failure holds them back. I know this firsthand. However, most of the time, all we need is the right motivation, and that can also be an inspiring personality. For me, it's currently visually impaired runner Pavol Kéri. Despite his handicap, he remains an active athlete for years, conquering even the peaks of the Tatras mountains. In April, he will stand at the starting line of the 19th edition of our marathon event along with many of you.

Let's not look at the excuses, lace up our sneakers, and face the challenges that come our way. Because in a marathon, just like in our lives, it's not the most important to win over others, but to overcome oneself.

Daniel Kollár
CEO of ČSOB





Dear running friends,

Our spring running feast is approaching, and on behalf of the entire event organizing team, I would like to welcome all of you to our beautiful city. The last 5-6 years have been truly dynamic, even for us accustomed to constant change and improvisation :-). The record-breaking editions in 2018 and 2019 were followed by the COVID year of 2020, when we had to cancel the event twice, each time just before its planned start. In 2021, cautiously, we jumped back onto the wave of major sports events, but uncertainty still hung in the air. The 2022 edition confirmed a growing trend, and in 2023, we approached numbers around 10,000 participants.

That's why we appreciate your support even more now. The winter races and the ČSOB Winter Series 2023/2024 alone exceeded all our expectations, with nearly 8,000 runners participating in the events. Not to mention the numbers registered for the individual disciplines of the 19th edition of the ČSOB Bratislava marathon. We're definitely aiming for 13,000 participants, and perhaps even record-breaking numbers. Your interest and trust greatly please us, but we value the overall friendly atmosphere and cohesion of the people who have been participating in our running events in recent times even more. The ČSOB Bratislava marathon 2024, along with its accompanying events, will involve more than 20,000 people, a number we never even dreamed of.

Together with our team, we've worked hard in preparation to elevate the quality of the event to a higher level this year, ensuring you feel comfortable in Bratislava, have a sporty experience, mentally unwind, find time to meet your running friends, enjoy the applause and enthusiasm of the fans, regardless of whether you'll be competing in the kid's race, the mini-marathon, or embarking on the route of the event's royal discipline - the marathon.

At the start, there will be thousands of you, coming to Bratislava from 60 countries around the world. I wish you only one thing: enjoy the event where "everyone is a winner".

Jozef Pukalovič
Race director

FuelCell SuperComp Elite



PROGRAM

WEDNESDAY 03.04.2024

09:00 School marathon games in the Dom športu

THURSDAY 04.04.2024

Opening day

12:00 - 19:00 registration and presentation of the event participants (Eurovea)

12:00 **opening – MARATHON HUB (Eurovea)**

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

FRIDAY 05.04.2024

Warm-up day

10:00 **sports press conference** ČSOB Bratislava marathon 2024 MARATHON HUB (Eurovea)

12:00 - 19:00 registration and presentation of the event participants (Eurovea)

12:00 **opening – MARATHON HUB (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 2024 – RUNNING GALA (Primaciálny palác)**

SATURDAY 06.04.2024

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 MARATHON HUB)
- 09:00** **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)
- 10:45 kid's concert „CUPI A LUPI“
- 11:20 – 11:30 award ceremony – Bratislava's mile and kid's disciplines
- 13:40** **Grand opening of the event** + Opening ceremony (finish corridor area)
- 14:00** **start of the Garmin Run Series Minimaratón** (4,2 km)
- 14:06** **start of the Senior Run & Walk** (4,2 km)
- 14:45 award ceremony – Garmin Run Series Minimaratón
- 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 2023/2024
- 17:30 award ceremony – 10 km run with Birell

SUNDAY 07.04.2024

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)
08:40	introduction of pacers for marathon and half marathon (Pribinova street)
08:45	pre-start warm-up
08:50	ceremonial speeches
08:55	the national anthem of the Slovak Republic
08:59	countdown to start
09:00	start ČSOB marathon 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 of ČSOB Bratislava Marathon
14:00	end of the event



ČSOB winter series

For the thirteenth time, we have organized preparatory races for runners in the winter period, known as the ČSOB Winter Series, to prepare for the largest spring running event - the ČSOB Bratislava Marathon.

A total of almost **8,000 participants** took part in the four parts of the series (the St. Nicholas edition in December, the Three Kings edition in January, the Valentine's edition in February, and the IWD's edition in March). This number represents a significant increase compared to the last, previously record-breaking, year! The Winter Series is gaining increasing popularity.

The absolute winners of the ČSOB Winter Series 2024 in the 10 km discipline were Lívia Mihoková and Alexander Moravčík, and in the 5 km discipline, they were Mária Hiklová and Erik Machú.



WAY TO THE ČSOB BAM 2024



The race also enticed participants with original medals. We continued with the popular design from the previous ČSOB Winter Series, featuring additional **landmarks of Bratislava** on the medals (St. Martin's Cathedral, the Slovak Radio building, the fountain at Námestie slobody (i.e. Freedom Square), Apollo Bridge). The medals fit together nicely, and they can be neatly arranged and displayed next to each other on a special stand, serving as a reminder to runners of their experiences from the ČSOB Winter Series 2024.

This year's novelty is the **motivational special medal**, which we will reward to all runners who successfully complete **all four parts of the winter series and also participate in one of the disciplines at the ČSOB Bratislava Marathon**. In addition to the traditional participant medal, they can also look forward to receiving this special medal at the finish line, symbolizing their journey from the beginning of their preparation to the "D" day.

The absolute winners of the ČSOB Winter Series 2024 in the 10 km discipline were **Anna Szekeres** and **Alexander Moravčík**, and in the 5 km discipline, they were **Mária Hiklová** and **Erik Machů**.

The winners of the classic version of the winter series (TOP 3 in the overall standings + absolute winners of individual age categories) will be announced and awarded on Saturday, **6th April**, at the ČSOB Bratislava Marathon 2024 event.

In the virtual version of the winter series, **Dominika Bednáriková** and **Pavol Petrovič** won in the 10 km distance, while **Magdaléna Mikušová** and **Ivan Bebják** triumphed in the 5 km category.





Winter indoor trainings

During the winter, we provided runners with the opportunity to prepare for the new season with Bratislava Marathon. Winter indoor training sessions (a total of 32 trainings) took place in the soon-to-be-closed Elán athletic hall. Runners had the chance to improve under the guidance of our popular coaches, Romana Komarňanská and Lucia Urbaczková, who helped them prepare to achieve their desired times in their chosen discipline for the ČSOB Bratislava Marathon.

The trainings took place twice a week and were suitable for all recreational runners at various levels – from beginners to advanced.

The trainings were focused on:

- Basic running technique,
- Building endurance foundation,
- Interval training,
- Mobilization, compensation, and strength training,
- Quality stretching.

Halloween Run

Social run on the occasion of All Saints' Day. Approximately a hundred runners, from little ones to grown-ups, came to Eurovea 2 on the evening of **Thursday, October 31st**, wearing delightfully spooky masks.

The Halloween Run was a **non-competitive run** that we organized for fun and relaxation from everyday duties. We prepared it for both children and adults. After the run (or even before it), children with their parents could carve scary pumpkins or draw monsters according to their imagination. The authors of the most original works were **rewarded** with entry fees for the ČSOB Winter Series.



Leap Day Run

"Special day, special training, and a special experience" - that was the motto of the social running event LEAP DAY RUN, where we connected four European capitals in a way we love - through running.

We've organized a special training session on Leap Day back in 2016. However, this year, for the very first time, we prepared the **international Leap Day Run** - hitting the streets of major cities at the same time, just in different locations.

Through more running communities, we brought together over 300 runners from **Bratislava** (Bratislava Marathon, Sheruns, Love Them Running Club), **Prague** (Running2.cz), **Vienna** (Weekly Long Run), and **London** (Best Athletics).

Participants had the choice of 5 km or 10 km routes, running at a comfortable conversational pace. After the group run in each location, a raffle took place with a variety of sports gifts from the participating running communities.

We're already looking forward to 29 th February 2028!



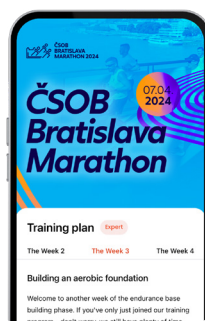
Marathon preparation with RUNology.app

Get marathon-ready with RUNology.app
The ČSOB Bratislava Marathon is around the corner and as they say, luck favors the prepared! That's why this year, we decided to bring a new addition to the ČSOB Bratislava Marathon participants - specialized training programs designed for various disciplines of the ČSOB Bratislava Marathon, all through the mobile running app RUNology.app.

Every runner who downloaded the app gained access to their virtual personal trainer, who has been preparing customized training plans for them every week since January. These plans reflected the user's set goals and their level of running technique based on the unique analysis of their running style, which the RUNology.app includes.

A total of 230 runners of different levels participated in the training programs, diligently preparing for their big day over 14 weeks. And we're rooting for them to fulfill their running dreams during the marathon weekend in Bratislava!

The most popular training discipline during the preparation for the ČSOB Bratislava Marathon was the HALF MARATHON and MARATHON. These are disciplines that require systematic preparation. ***"I like the diversity and challenge in the training plan provided by the RUNology app. Proper and systematic preparation***





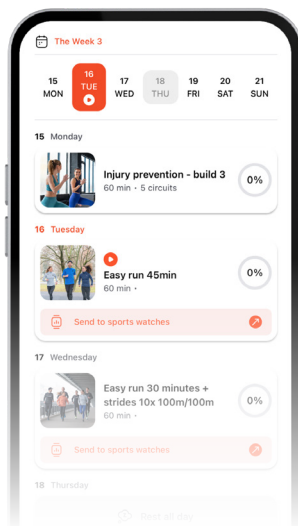
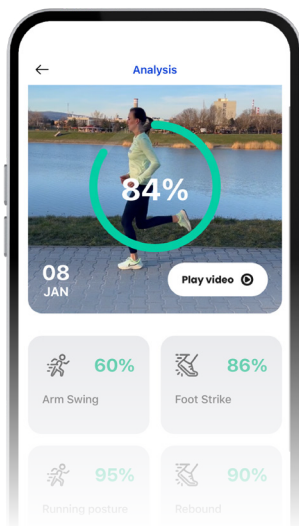
is crucial for a marathon. My goal is to improve my times, running technique, and avoid injuries," says Noro, an experienced runner who prepared for the marathon discipline using the RUNology.app.

Stop by the RUNology.app booth

At the ČSOB Bratislava Marathon, we'll have our booth again, where you can come and try out the running technique analysis using RUNology.app. Stop by on **Saturday - April 6, 2024, between 1:00 PM and 5:00 PM** - besides being greeted by our experienced experts who will advise you on improvements and training focuses, we have prepared a competition for running shoes and other attractive prizes.

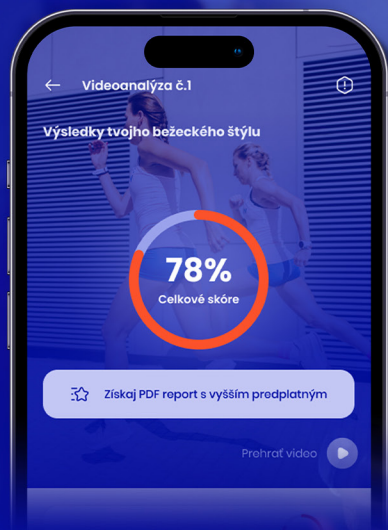
Why not give it a shot with the RUNology.app?

*"The RUNology app created a training plan for me, **and after the first week of training with the app, I felt and saw results.** My heart rate is lower, distances are longer, and I managed to lose a few pounds. **The running technique analysis pleasantly surprised me.** It's simple and provides interesting results - **now I know why my Achilles hurt and what I need to work on,**"* recommends Lukáš, a former professional footballer.



Zanalyzuj svoju bežeckú techniku s RUNology.app a vyhraj bežecké tenisky

Náš stánok
na ČSOB BAM
06.04.2024
13:00 - 17:00



- Stiahni si appku **RUNology.app** z App Store alebo Google Play.
- Urob si **analýzu** bežeckej techniky, náš team ti pomôže ako na to.
- Nechaj nám na seba **email**.
- V sobotu večer **vyžrebujeme** šťastných výhercov!

runology



DNA ERA TEST
k poisteniu Vital



ZRIADTE SI POISTENIE V REKORDNOM ČASE

Životné poistenie si uzatvoríte online
z pohodlia domova už za 10 minút.

**ŽIVOTNÉ POISTENIE VITAL
S ONLINE ZRIADENÍM**



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 fired

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!



Dodáme teplo a elektrinu bez prekážok

veoliaenergia.sk



Instructions for competitors



Saturday 06.04.2024

Toddler's race 09:00 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). The kids 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 kids 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

Kid's runs 10:00 h

The registration and the presentation of children (pick-up of the start package) is possible during the whole period of delivering the start packages from Thursday 4th April 2024 in Eurovea. The pick-up of start packages, as well as a new registration of kids, in case the participation limit for kids' runs (1 500 children) is not met, is possible no later than Friday, 5th April 2024!!!

Kids can't be registered, presented, or pick up their start package on the day of the kid's races (with the exception of kids from outside Bratislava), i.e., on Saturday, 6th April 2024. Thank you for your understanding.

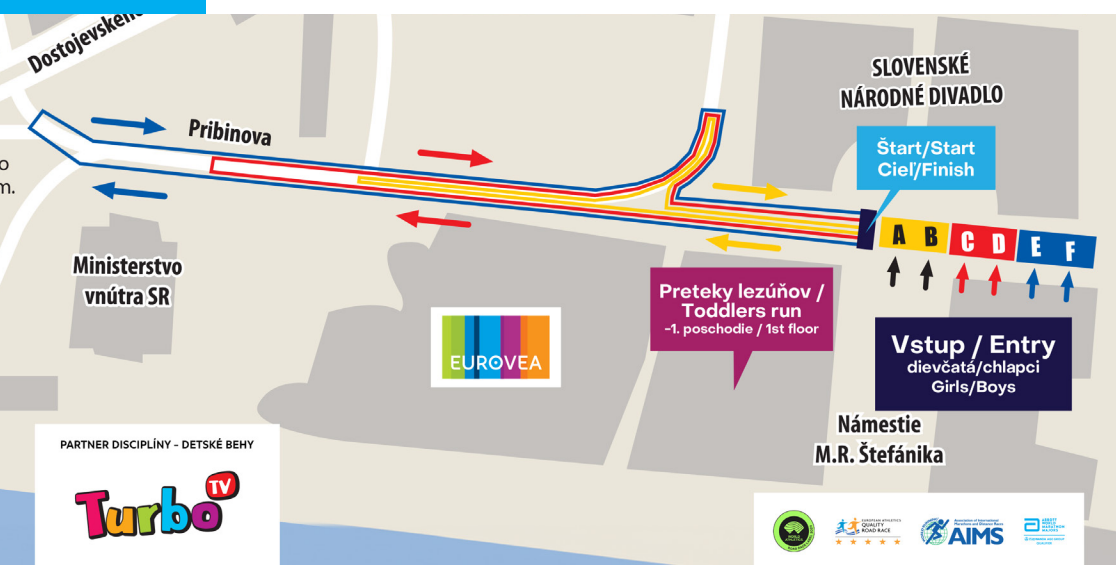
The award ceremony for the kid's runs will take place after the end of the runs directly on the M.R.Štefánik Square in Eurovea.

The kid's races will start according to the following schedule:

1. Bratislava's mile (year of birth 2014 – 2009) – 1600 m (mile)* – start at 10:00
2. A – less than 5 years (year of birth 2019 and younger)
– 300 m – start at 10:10

MAP FOR KIDS' RUNS

3. B – 6 and 7 years (year of birth 2017 and 2018)
– 300 m – start approx at 10:30
 4. C – 8 and 9 years (year of birth 2015 and 2016)
– 600 m – start approx at 10:50
 5. D – 10 and 11 years (year of birth 2013 and 2014)
– 600 m – start approx at 11:00
 6. E – 12 and 13 years (year of birth 2011 and 2012)
– 800 m – start approx at 11:10
 7. F – 14 and 15 years (year of birth 2009 and 2010)
– 800 m – start approx at 11:20
- Children will line up for the start continuously in the start corridor set up near the Eurovea2 building, and they will go there together, guided by the organizers.
 - The start times of individual categories of kid's races are approximate and depend on the completion of the previous category.
 - Children in categories A and B will be divided so that children running without assistance or accompaniment from parents or adults will run in groups of up to 50. Children running with assistance or accompanied by parents will run together regardless of their total number.
 - Children running without assistance or accompaniment will always start first.
 - Girls will always start first, followed by boys (in categories E, F, girls and boys may start together if the numbers are lower). naraz bez ohľadu na ich celkový počet.



Turbo TV

VAŠA NOVÁ
RODINNÁ
TELKA

*nájdete u svojho káblového operátora



ZJEŠTĚ IBA POLOVICU?

MŮŽEM,
ALE
NEMŮŽEM

OTVORÍŠ
A NEPRESTANEŠ

EXLUZÍVNE V **BILLA**



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

Presentation and registration

New registration for the above disciplines is possible no later than Friday, 5th April 2024 (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 event area 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. 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 (WA rules - rule 143 points 7, 8) the competitor will be disqualified. The starting number after the race remains to the competitor.

Running routes

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 28:00 + 10 km under 54:00

B) Minimarathon over 28:00. + 10 km 54:01 - 60:00

C) Senior run/walk + 10 km over 60:01
(participants of Senior run/walk will start behind the last zone of the minimarathon)

All changes in direction on the course will be marked with barriers, directional signs, or participants will be guided by organizers. Every kilometer of the race distance will be indicated on vertical markers.

Refreshment

The refreshment station at 10 km run 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.

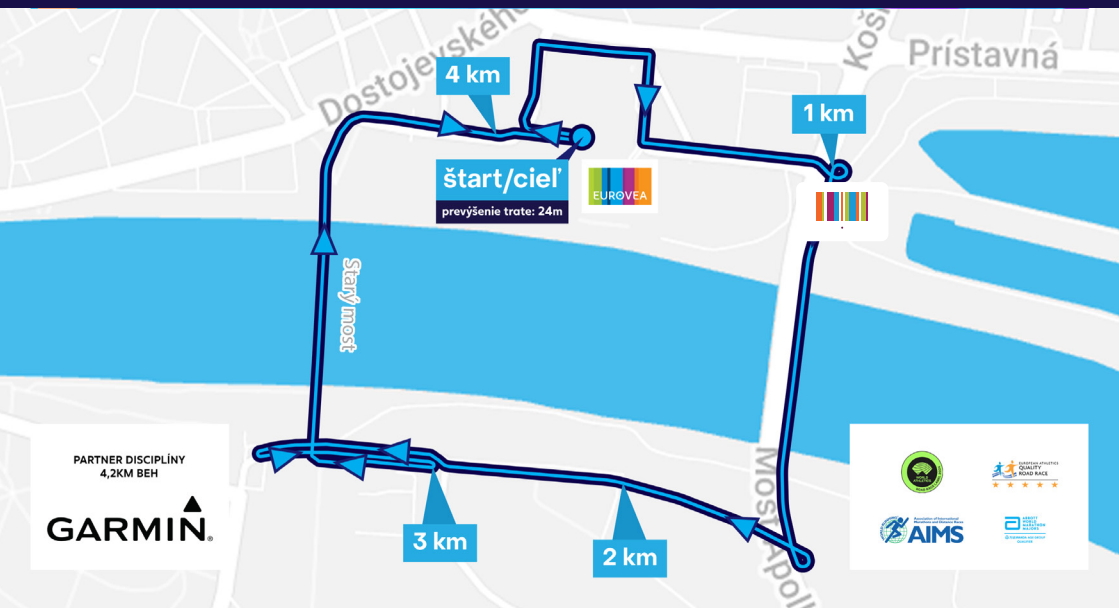
Finish

After crossing the finish line, participants will smoothly pass through a narrowed corridor where they will receive their participant medal and refreshments. The exit from the corridor will be at the square at Eurovea 2, under the skyscraper.

Award ceremony

On the main stage on M.R.Štefánik Square in Eurovea. Minimarathon - at approx. 14:45, 10 km run at approx. 17:30. During the event you can watch the online results at www.sportsofttiming.sk. Results will be published on Saturday 6th April 2024 in the early evening on the websites www.sportsofttiming.sk and www.bratislavamarathon.sk

MAP OF MINIMARATHON



TRÉNUJTE BRILANTNE



FORERUNNER® 165
S JASNÝM AMOLED DISPLEJOM

forerunner.garmin.sk

GARMIN

MAP OF 10 KM RUN



Instructions for competitors

Sunday 07.04.2024



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 07:30 to 15:00.

Storage room

In the tent in the event area 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 07:30 to 15:00. Place the tape on your luggage in advance to speed up the transfer of things.

COLLECTION OF YOUR CLOTHES BEFORE THE START: in the last block before the start / finish arch - A 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 zone + near the start corridor (You can use also the toilets in the shopping mall)
- B) at the bus stop Karadžičova (0.6km - relay handover) - 2 pcs
- C) at refreshment stations - **4.8km/25.9km; 10km/31.1km; 14.3km/35.4km; 19.8km/40.9km** - 2 pcs
- D) at relay handover points - **5.8km (2 pcs); 11.1km (2 pcs); 16.3km (3 pcs)**

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.

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 zones:

- A) marathon under 3:15 + half marathon under 1:45 + Slovak Champ. in half marathon – **start at 09:00**
- B) marathon 3:15 – 3:45 + half marathon 1:45 – 1:55 – **start at 09:04**
- C) marathon 3:45 – 4:15 + half marathon 1:55 – 2:05 + relays – **start at 09:08**
- D) 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.

Štart

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


RENAULT AUSTRAL E-TECH FULL HYBRID

200 koní



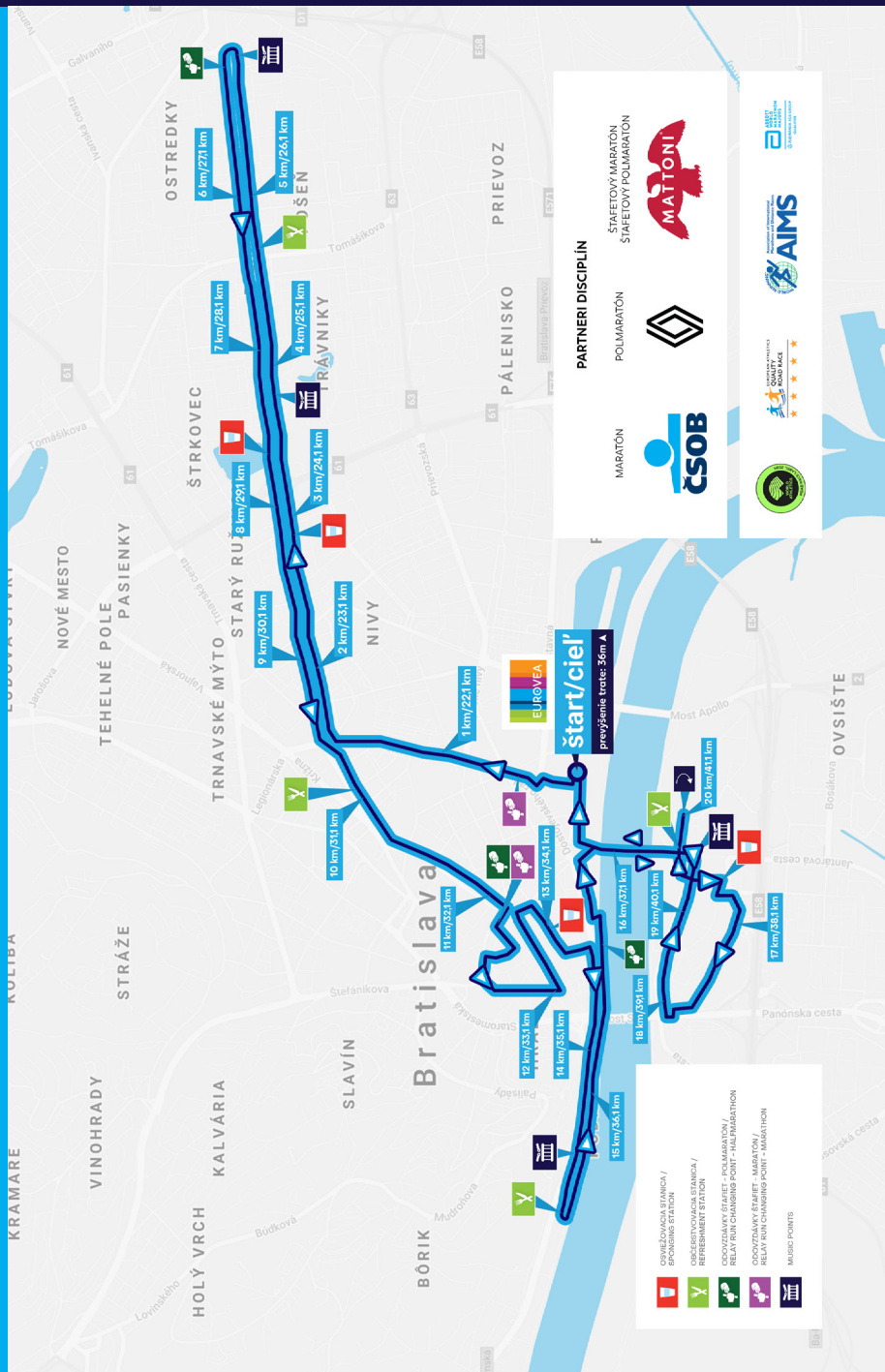
**až 80 % jazdy po meste na elektrinu
až 130 km/h v plne elektrickej prevádzke**

Renault Austral E-Tech full hybrid 200 koní: spotreba 4,6 - 4,7 l/100 km, emisie CO₂ 104 - 106 g/km. uvedené spotreby paliva a emisie CO₂ sú zamerané metódikou stanovenou podľa platných právnych predpisov vyžadovaných pre homologáciu vozidla. vyobrazenie vozidla je iba ilustratívne. čas jazdy, v závislosti od stavu nabitia batérie a štýlu jazdy. zdroj: interné informácie Renault, 2022.

Renault odporúča  Castrol



SUNDAY MAP





MATTONIZUJTE SA

Vyvážený obsah minerálov
pre vaše telo každý deň



JE ŽIVOT

SanaClis 



Embrace the Thrill of the Run: See You at the Finish Line!

SanaClis proudly joins forces with
CSOB Bratislava Marathon. Lace up
and join us for an unforgettable
journey - together, let's run
towards a healthier tomorrow.

SanaClis is a global Contract Research Organization with an integrated clinical supply chain, headquartered in Bratislava, Slovakia. The company is a key player in the R&D space. We strive to create a culture of health consciousness as good health is the cornerstone of all progress.

www.sanaclis.com

Championship of Slovak republic in half marathon

At the 19th edition, the Renault Half Marathon discipline will host the **Slovak Half Marathon Championships**. It is an honor for us that the Slovak Athletic Federation has chosen our event for these championships, and we believe that runners will enjoy it here.

Additionally, **the Slovak Ministry of Interior** and the **Police Force of Slovakia** Half Marathon Championships will also take place on this route. Our fastest endurance runners will meet at the starting line, with many favorites already confirming their participation. The competition will be fierce in both the men's and women's categories.

Juraj Minčík (director of the police sports centre):



At elite sports centres, such as the Police Sports Centre, we strive to create optimal conditions for the best athletes in Slovakia. However, we also do not forget about the ordinary police officers and employees of the Ministry of Interior of the Slovak Republic who engage in sports alongside their daily work. I always appreciate it even more when they manage to prepare for top sports events, show self-sacrifice, willpower, and above all, find the time to approach professional athletes. Their dedication to sports always inspires us and demonstrates that sports are not just about medals, but primarily about the joy of movement.

I'm glad that in 2024, for the third time, the Bratislava Marathon will also host the Slovak Half Marathon Championships of the Ministry of Interior of the Slovak Republic and the Slovak Police Force, and I'm even more pleased that there is a high level of interest in participation. **I wish all participants the good luck and look forward to seeing you on April 7th in Bratislava.**

ĎAKUJEME, ŽE ŠPORTUJETE



BEŽCI SÚ ZDRAVŠÍ,
ŠTASTNEJŠÍ
A SPOKOJNEJŠÍ.
PRETO VÁS
PODPORUJEME
UŽ 10 ROKOV.

 **DÓVERA**
ZDRAVOTNÁ POISŤOVŇA

AKOBUK

NAJVÄČŠIU
LEKÁREŇ
NÁJDETE
V AVIONE

Super **Dr.Max⁺**

Aj proteíny,
aj vitamíny.

Jedno miesto,
nečakane široká ponuka

Instructions for half marathon relay



Sunday 07.04.2024

Organization and guidelines for relay teams and their members

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 the relay baton and to ensure that the relay runners mix 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 (5,8 km) - B (5,3 km) - C (5,2 km) - D (4,8 km)

The relay handover locations are:

A - Eurovea - start at 09:08 h from the 3rd zone 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).

The relay handover point is located at the end of **Ružinovská Street (5.8 km)** after the tram turnaround. After handing over the relay baton, "runner A" will return to the start/finish area at Eurovea either on foot or by the organizer's bus.

The handover area is located within the designated zone along the main road. From the main road (Ružinovská street), turn right after the tram turnaround where the individual handover zones will be situated. Runner B will join the main running route after exiting the relay handover onto the main road.

B - Ružinovská Street (5.8 km) – Runner B runs towards Ružinovská Street. To get to the handover point from the start/finish line at Eurovea, a bus will be provided, which will be stationed on Pribinova Street, opposite the building of the Ministry of Interior of the Slovak Republic. **The buses depart at 08:25 AM.**

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 (700 m, which is approximately an 9-minute walk).

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

C - Námestie Nežnej revolúcie/Stará tržnica (11,1 km) – Runner „C” heads towards Klobučnická Street past the Old Market building. To get to the handover point from the start/finish line at Eurovea, it is a short walk (approximately 700 meters, which takes about 9 minutes).

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 500 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 (16,3 km) – Runner D” runs towards the Šafárikovo Square and to Old Bridge (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.

Notice for competitors

Race bib (start number) - each relay team member will receive one number marked with the letter of their relay section (A-B-C, or D), which they are required to place on the chest. The timing chip is located on the relay baton, which runners will get during the presentation. Running without a relay baton is not allowed, as it contains a chip. The relay baton doesn't need to be returned after the race; it remains with you as a souvenir. The participants of the relay will start from the third zone (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 baton in the handover area (the relay baton 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 zone), 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.





Aj vo vašom meste, aj na vašej ceste.

Sme po celej krajine, na kopcoch i v doline. Veľké, malé, stojace, vidieť cestou do práce.



**UDRŽATEĽNOSŤ JE „DÔLEŽITÁ VIAC
AKO KEDYKOL'VEK PREDTÝM“**

V DHL Express nám záleží na udržateľnosti. Nielen, že sa ju snažíme presadzovať v rámci logistického priemyslu, ale rovnako pracujeme na tom, aby sme s jej pomocou podporili podnikanie našich zákazníkov.

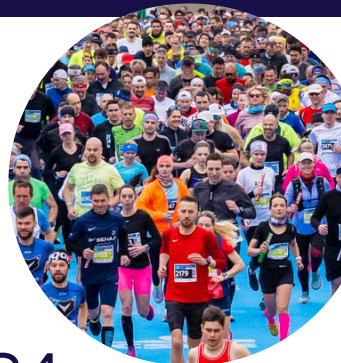
Využite našu službu
GO GREEN PLUS

**GOGREEN
PLUS**

www.dhl.sk



Instructions for marathon relay



Sunday 07.04.2024

Organization and guidelines for relay teams and their members

The handover areas are not directly on the race route but require running a few meters off the main race course – reaching them, and also returning from the handover area back onto the main race route. Pay close attention to navigation just before the handovers.

The aim of this is to achieve a clearer, more sophisticated and safer way of handing over and taking over the relay baton and to ensure that the relay runners mix 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 (11.1 km) - B (10 km) - C (11.1 km) - D (10 km)

The relay handover locations are:

A - Eurovea - The runner starts at 09:08 from the race start together with participants of the marathon, half marathon, and half marathon relay. Runners are assigned to a separate start zone (C). Personal items that the runner A wants to collect at handover point A/B will be handed over to runner B, who will carry them to the handover point (11.1 km).

After handling over the relay to runner B, runner A will return to the start/finish area in Eurovea on foot (approximately 700 m, which is approximately a 9-minute walk). Upon arrival at Eurovea, do not cross the route of runners on Vajanského nábrežie or Šafárikovo námestie!!!

B - Námestie Nežnej revolúcie/Stará tržnica (11,1 km) - Runner B runs towards Klobučnícka Street past the Old Market building. To reach the handover point, the runner will walk from the start/finish area at Eurovea (approximately 700 m, which is approximately a 9-minute walk).

INSTRUCTIONS FOR MARATHON RELAY

Runners B will deposit any personal items they wish to collect at handover point B/C (Karadžičova Street near Twin City – 21.1 km) in the storage area (see Technical Map).

After handing over the relay to runner C, runner B will return to the start/finish area at Eurovea on foot (approximately 200 m, which is approximately a 2-minute walk).

C – Karadžičova ulica (21,1 km) – The handover point is located at the bus stop Čulenova near Twin City, just after the point where marathon runners enter the second lap.

Runners C will hand over any personal items they wish to collect at handover point C/D to runners D, who will then take them to the handover point (32.2 km).

After handing over the relay to runner D, runner C will return to the start/finish area at Eurovea on foot (approximately 700 m, which is approximately a 9-minute walk).

Upon arrival at Eurovea, do not cross the route of runners on Vajanského nábrežie or Šafárikovo námestie!!!

D – Námestie Nežnej revolúcie/Stará tržnica (32,2 km) – Runner D will store any personal items they wish to collect at the finish line in the storage area (Technical Map).

Any personal items brought by runner D to the handover point C/D will be carried to the finish line by runner C, who will hand over the relay to runner D and then return to the finish line on foot.

Runner D will head towards Klobučnická Street past the Old Market Hall. He will go on foot from the start/finish area at Eurovea to the handover point (approximately 700 m, which is approximately a 9-minute walk).

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.

Notice for competitors

Race bib (start number) – each relay team member will receive one number marked with the letter of their relay section (A–B–C, or D), which they are required to place on the chest. The timing chip is located on the relay baton, which runners will get during the presentation. Running without a relay baton is not allowed, as it contains a chip. The relay baton doesn't need to be returned after the race; it remains with you as a souvenir. The participants of the relay will start from the third zone (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 baton in the handover area (the relay baton 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.



SHERATON
Bratislava Hotel

Sheraton Bratislava Hotel

The official hotel of ČSOB
Bratislava Marathon 2024

The hotel is located in the heart of Bratislava, as part of the EUROVEA complex, just a 10-minute walk from most of Bratislava's iconic landmarks. An ideal choice for participants of the ČSOB Bratislava Marathon or other sports events organized by BE COOL, as the start and finish are literally just a few steps from your hotel room. You can rely on comfortable accommodation, a 24/7 fitness center and relaxation after running in the wellness center with swimming pool and saunas.

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Kráčajme spolu pre zdravie a povedzme NIE RAKOVINE

Chráňte sa pred vznikom RAKOVINY HRUBÉHO
ČREVA a konečníka pravidelným pohybom.
Zdieľajte svoje kroky v aplikácii StepApp
a podporte tak pacientov s rakovinou.

Viac na nierakovine.sk



www.nierakovine.sk

Description of the routes

06.04.2024 Kid's runs

Start 10:00 (SQUARE IN FRONT OF THE THEATRE, PRIBINOVA STREET):

Kids will run along Pribinova Street, starting in front of the Slovak National Theatre (SND). Kids will run towards the Ministry of Interior and back along Pribinova Street towards SND to the FINISH (SQUARE IN FRONT OF THE THEATRE, PRIBINOVA STREET).

For the event, we use the traffic lane near Eurovea. Entrances to Eurovea Ružinov and the port will not be restricted.

06.04.2024 Garmin Run Series Minimaratóň / Senior Run & Walk (4,2 km)

Start 14:00 (SQUARE IN FRONT OF THE THEATRE, PRIBINOVA STREET):

Runners will run on Pribinova Street towards the Ministry of Interior of the Slovak Republic, starting in front of the Slovak National Theatre (SND). At the end of SND, runners turn onto Olejkárska Street, run around the SND through the parking, and rejoin Pribinova Street on the cycle path. They continue along the cycle path towards Apollo Bridge, cross over to the Petržalka side, and proceed along the embankment towards the Old Bridge. Runners pass under the Old Bridge and turn around before entering the Tyršovo nábrežie, returning to the intersection of Klokočova and Kočánkova to ascend the Old Bridge. They descend onto Pribinova Street and run towards the **FINISH LINE (SQUARE IN FRONT OF SND, PRIBINOVA STREET)**.

- Pribinova (road, promenade) - traffic direction near Eurovea and the Ministry of Interior, sidewalk on the promenade
- Olejkárska Street - traffic direction near the Slovak National Theatre (SND)
- Apollo Bridge - sidewalk



DESCRIPTION OF THE ROUTES

- Klokočova (road) - road, one traffic lane in the direction of traffic
- Old Bridge (sidewalk) - crossing to the footbridge of the Old Bridge (city side)

06.04.2024 10 km with Birell (10 km)

Start 16:00 (SQUARE IN FRONT OF THE THEATRE, PRIBINOVA STREET):

The route follows Pribinova Street towards the Ministry of Interior of the Slovak Republic, starting in front of the Slovak National Theatre (SND). Alongside Eurovea and the Kolkovňa, runners pass under the Old Bridge and continue across the parking lot towards the personal port along the promenade/sidewalk of Fajnorovo nábrežie, Rázusovo nábrežie, and Dvořákovo nábrežie, all the way to the footbridge of Lafranconi Bridge. After crossing the bridge, the route continues along the Petržalka side of the embankment on the cycle path of Viedenská Street. Subsequently, runners proceed along Klokočova Street to the intersection of Klokočova and Kočánkova, where they ascend to the Old Bridge. They descend onto Pribinova Street and run towards the **FINISH LINE (SQUARE IN FRONT OF SND, PRIBINOVA STREET)**.

- Pribinova (road, promenade) - traffic direction near Eurovea and the Ministry of Interior, sidewalk on the promenade
- Fajnorovo nábrežie - sidewalk
- Vajanského nábrežie - promenade - sidewalk
- Rázusovo nábrežie - promenade - sidewalk
- Dvořákovo nábrežie (promenade) - sidewalk, from SNP Bridge to Lafranconi Bridge
- Viedenská cesta (cycle path)
- Klokočova Street - road, one lane in the direction of traffic



07.04.2024 ČSOB marathon, Renault halfmarathon, Mattoni relay half marathon, Mattoni relay marathon

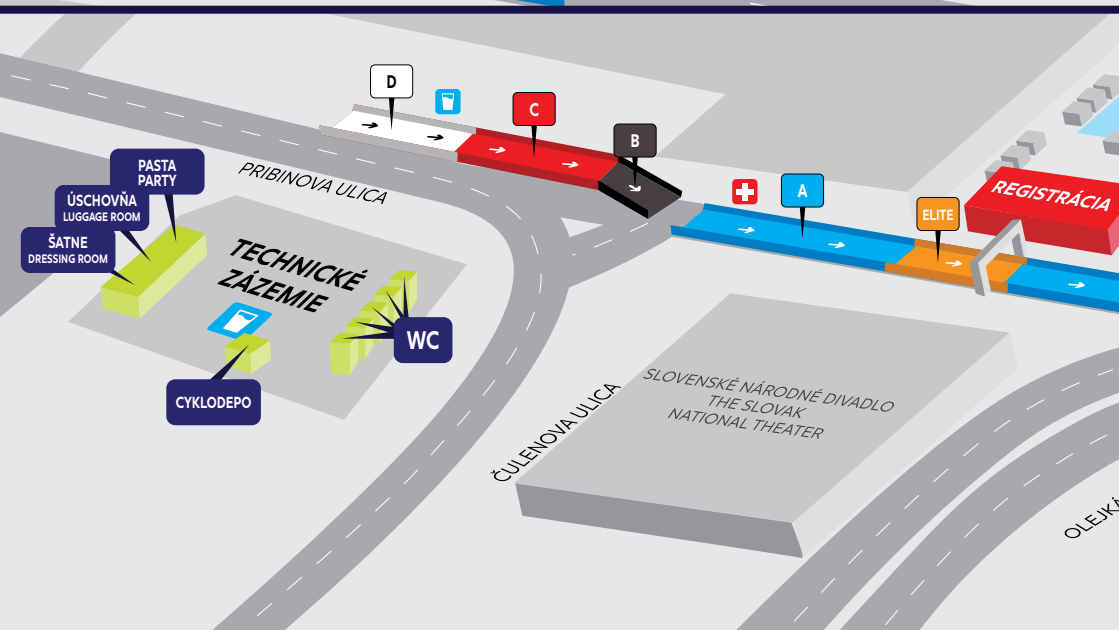
Start 09:00 (SQUARE IN FRONT OF THE THEATRE, PRIBINOVA STREET)

Pribinova street – Olejkárska street – Landererova street – Dostojevského rad – Karadžičova street – Záhradnícka street – Ružinovská street – U-Turn at the end of Ružinovská Street (tram turnaround) – Ružinovská street – Záhradnícka street – Odborárske Square – Americké Square – Špitálska street – Square SNP- Nežnej revolúcie Square – Klobočnícka street – Uršulínska street – Square SNP – Michalská street – Ventúrska street – Pánska street – Laurinská street – Štúrova street – Jesenského street – Mostová street – Square Ľ. Štúra – Rázusovo nábrežie – Dvořákovo nábrežie – U-turn at the River Park Square – Dvořákovo nábrežie – Square Ľ.Štúra – Vajanského nábrežie – Starý most bridge – Viedenská street – Krasovského – Sad Janka Kráľa footpath – Viedenská cesta – Krasovského – Klokočova – Starý most bridge – Pribinova and to the **FINISH** halfmarathoners. (**SQUARE IN FRONT OF SND, PRIBINOVA STREET**).

Runners in the marathon discipline proceed to the **second lap** via Olejkárska Street and rejoin the original route from the first lap starting at the intersection of Landererova/Karadžičova.



TECHNICAL ZONE



Parking and entry/exit information to/from Eurovea and its surroundings

Saturday 06.04.2024

Parking :

1. Entrance/exit „**Ružinov**“ or „**Pristav**“ - no restrictions during the day.
2. Entrance/Exit „**Centrum**“:
 - From 09:00 to 17:30, Pribinova Street will be closed in both lanes closer to Eurovea - from the entrance to Pribinova Street from Šafárikovo námestie to Dopravný podnik Bratislava on Olejkárska Street and the exit from the parking lot behind SND Theatre
 - Access to the underground garages "Centrum" from Krupkova Street or from Pribinova Street will not be possible. The exit from the underground garages of "Centrum" will be unrestricted throughout the day.
 - After 17:30 h – normal mode

If the underground parking lots are full, please use the parking spaces around Eurovea or the parking lots on Vajanského nábrežie, Gondova Street, in the city center, or on Tyršovo nábrežie. Pedestrian access to Eurovea will be unrestricted throughout the day. Please respect the instructions of the city police and event organizers during the organization of the races.

Sunday 07.04.2024

On Sunday, we recommend that all participants and spectators planning to come to Eurovea by car do so by 07:45 a.m.! After this time, traffic around Eurovea will gradually be restricted and regulated by members of the municipal and traffic police.

TRANSPORT AROUND EUROVEA

From 08:50 a.m. to 2:00 p.m., traffic along the race route will be periodically closed by traffic police officers depending on the progress of the race. Traffic restrictions will be temporary and will only last for the necessary time, but they are necessary due to the expected number of 7,000 race participants and ensuring their safety.

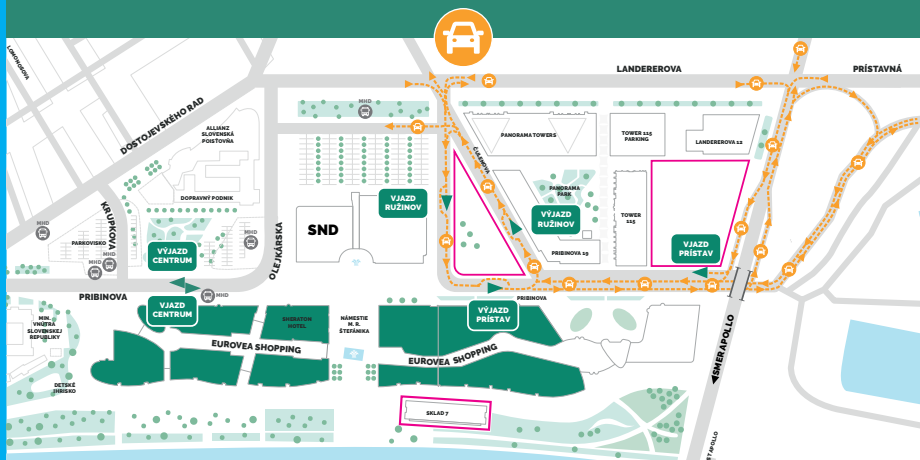
Pedestrian access to Eurovea will be unrestricted throughout the day. Upon arrival by car, we recommend using parking spaces around Eurovea in addition to the underground garages.

Entrance to the "Centrum" garage will be restricted from 07:45 to 2:30 p.m., while exit from the "Centrum" garage, as well as entrance to and exit from the "Ružinov" and "Pristav" garages, will be unrestricted throughout the day. For access to Eurovea during the event, we recommend using Landererova Street. Restrictions along the race route will gradually be lifted after 11:30 a.m., and traffic will be limited only on the waterfront (until approximately 1:20 p.m.).

You can find the exact schedule of substitute public transport lines and adjustments to the public transport timetable on the website of the Bratislava Transport Company www.dpb.sk, as well as on the event's website.

Thank you very much for your understanding and support, and we hope you will participate in the event or support our athletes.

AKO SA DOSTANETE DO EUROVEA



NEPOZERAJ
NEPOČÚVAJ
NERIEŠ VÝHOVORKY
UŽÍVAJ SI
BEH



ČSOB
BRATISLAVA
MARATHON
6. – 7. 4. 2024



Ambassadors of the ČSOB BAM 2024

The ČSOB Bratislava Marathon is an event for everyone, and it is made up of the stories of each of you. At the 19th year of the event, **where everyone is a winner**, our ambassadors will also be participating.



Vanda Trnovcová

Vanda started running in 2015 after winning her battle with tongue cancer, during which she underwent a challenging operation - a transplant. Vanda is a strong young woman who has beaten cancer twice already. She never gave up even in the toughest moments. She loves sports, her family, and her life. At the 18th edition, she was "only" a mother of two. In the meantime, little Alan has also joined the family.

On Saturday, April 6, she will run the minimarathon together with her husband.



Tomáš Benedek

His son was born with an extra chromosome. Down syndrome certainly doesn't make life easy for him, but both parents are trying to show the world that Tomi has the same needs as any other child. Love, patience, and the feeling of being loved despite shortcomings are what everyone needs regardless of the number of chromosomes.

Tomáš will participate in the National Half Marathon Championship.



Pavol Kéri

He lost his sight in a car accident and he doesn't see for 17 years. He started running in 2014 to lose the weight he had gained. Two years later, he ran his first half marathon. Since then, he has completed several marathons, half marathons, 10K races, and also trail runs. He says, "Even though I can't see, life goes on, and I plan for more challenges. It's fantastic that I can, and for that, I express great gratitude."

Pavol will stand at the start line of the half marathon together with his guide.



Simona Mikulová

As a mother of three, she returned to running in adulthood in 2016 when she had health problems and wanted to lose the weight gained from two pregnancies (22 and 33 kg). A poorly functioning thyroid gland affected her metabolism, and later she was diagnosed with a tumour. However, her world did not collapse; rather, the opposite happened. She had a greater desire to live and began training more.

At the 19th edition, she will run the minimarathon and on Sunday, the marathon.



Running2.cz

The constantly smiling running couple, running bloggers, editors, enthusiasts, and promoters of running - Soňa Hrabec Kotulková and Michal Hrabec. Their whole life revolves around running. They met at the Prague half marathon, and after three years, they had an original running-themed wedding.

Michal will run a quick 10K on Saturday, and Soňa can't wait to hit the half marathon course.

On Sunday, April 7th, they will celebrate their 6th wedding anniversary at our event! Congratulations!



Stefan Langer

Stefan Langer and his running group WEEKLY LONG RUN have been participating in our events since 2017. He motivates other runners from Austria to join the 19th edition of the ČSOB Bratislava Marathon. After all, Vienna and Bratislava are only 65 km apart.

On Saturday, he will come to enjoy the great atmosphere at the mini marathon, and on Sunday, he will run the half marathon with his son Nikolaus.



Marco Bornetti

Italian road and trail runner, last year's winner of the 10K. He said: "I fell in love with this sport, it completely changed my life, and thanks to it, I discovered what I am capable of."

This year, he will try to defend his title from last year on the fast 10 km long track.

Pacers



Name and Surname	Time of pacer
MARATHON	
Marian Pavuk	to time 3:15
Stanislav Ďuriga	to time 3:30
Michal Majcher	to time 3:30
Samo Balcár	to time 3:45
Martin Petreje	to time 3:45
Miro Ščibráň	to time 4:00
Jozef Steinhübl	to time 4:00
Marek Fábry	to time 4:30
Jozef Pavlov	to time 4:30
Jozef Pavlov	
Konstantin Zhelezov	to time 1:30
Yevhen Burak	to time 1:30
Tomáš Pavelek	to time 1:40
Lubomír Tvrdoň	to time 1:40
Róbert Beleš	to time 1:45
Peter Randa	to time 1:45
Jeanette Borhyová	to time 1:50
Monika Hurbanová	to time 1:50
Jan Kýška	to time 2:00
Mária Pomajbová	to time 2:00
10 KM RUN	
Peter Ľubušký	to time 40 min.
Lubomír Tvrdoň	to time 45 min.
Roman Švec	to time 45 min.
Róbert Beleš	to time 50 min.
Martin Henc	to time 50 min.
Martin Pavko	to time 55 min.
Valéria Pirová	to time 55 min.
Dárius Major	to time 60 min
Ildiko Muzslayová	to time 60 min

Merchandise



30€

the functional T-shirt
by New Balance



12€

the headband
by Abraka



12€

the headband
by Abraka



12€

the headband
by Abraka



8€

multifunctional buff



8€

multifunctional buff

EVENT MERCHANDISE

59€



event logo bracelet

20€



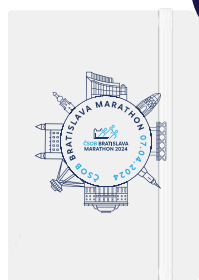
running arm sleeves

20€



towel 50x100cm

7€



notebook

You will find the merchandise stand of the event at the **square in Eurovea** in the EXPO zone next to the 'Registration Stand' from Thursday to Sunday.





25€



ČSOB BRATISLAVA MARATHON

JOZEF JOZEF



Dátum
7.4.2024



Disciplína
Maraton



Štartové číslo
124



Celkový čas
4:25:15



Priemerný čas na km
7:20

Jozef Pukalovič - Race Director

Peter Pukalovič - Executive Director



ŠTÝL

SA DÁ DAROVAŤ



DARČEK,
KTORÝ PRISTANE KAŽDÉMU

EUROVEA



Organizational team

Event director

Zozef Pukalovič

Executive and marketing director

Peter Pukalovič

Sports director

Tomáš Willwéber

Sports coordinator

Dag Bělák, Oliver Libič

Leading referee

Branislav Dročšák

Assistants of leading referee

Renáta Poľanská, Imrich Ozorák

Expert consultant

Ján Košťál

Section coordinators

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

Media and communication

Petra Pukalovičová, Bronislava Chrappa, Gabriel Bogdányi, Tomáš Molnár, René Kondvár

Production

Zdeno Kozlík, Kristína Dirnbergerová, Lenka Malíková

Coaches

Romana Komarňanská, Lucie Urbaczková, Iulia Shapiro

Health service coordinator

Jaroslav Sabol

Event set-up

Nikolas Filipek, Tibor Mišutka, Viktor Kurdi, Tobias Kréva, Nathan Pukalovič, Peter Pukalovič ml.

Registration

Zuzana Kubová, 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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ČSOB BRATISLAVA MARATHON 2025

06.04.
2025

We are launching registration
on **April 8th, 2024**