

HAI HANNOVER MARATHON >>>



EVENT INFO

HANNOVER
MARATHON >>> START



7 April 2019

www.haj-marathon.de/en
#runnover



EDITORIAL

Dear participants in the 29th HAJ Hannover Marathon,

welcome to Hannover at the largest running event of Lower Saxony. We are delighted that you have decided to start in our beautiful city and hope that you will be fully convinced of this decision after the marathon weekend.

The info booklet you are holding in your hands right now is designed to make your stay in Hannover and your participation in the HAJ Hannover Marathon as pleasantly as possible. Timetables, route plans, information regarding the refreshment and nutrition points; we have summarized everything worth knowing for you.

Whether the starting numbers pick-up, the EXPO, the pasta party, the children's and family day, the showers, the massage and much more – the HAJ Hannover Marathon is a marathon of short distances. We are offering you a compact organization with the start and finishing area in front of and a close and centrally located event area in and around the wonderful city hall.

We would like to wish all of you fantastic and emotional running experiences, no matter what discipline you have chosen, and what targets you have set for yourself. Enjoy your run and the good atmosphere on and along the route. Have fun during the sightseeing tour through the city together with like-minded people and collect as many great experiences as possible on your way across the city.

Let's meet on the route – and especially with a smile on the face in the finish!



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TRAVEL INFORMATION

Confirmation of registration serves as a special ticket

Each participant, who registered before 2 April 2019, receives a confirmation of registration before 5 April 2019. It legitimates the corresponding participant for free use of the transportation by all GVH partners (2nd class) in the entire zone of the GVH.

Important: Both the confirmation and the starting number are valid at the race day mentioned on the confirmation as an all day special ticket for the Greater Hannover Transport (GVH).

Getting to HAJ Hannover Marathon

by rail (point of departure: main station)

3 7 9 to station "Markthalle/Landtag"

1 2 8 to station "Aegidientorplatz"

In each case you'll only have a short two-minute walk to the starting and finishing area. (see map on page 6–7)

by car

Caution: There are no public parking areas in the immediate vicinity of the starting point of the event. Normally available public parking areas around the course might not be accessible due to traffic regulations. Please use the Park and Ride parking areas, as well as the public transportation to the underground stations "Markthalle/Landtag" or "Aegidientorplatz".

Optimal Navigation

Lower Saxony digitizes its traffic management – our tip for smartphone users who cannot forego their car during the marathon: In cooperation with the Ministry of Transport we are offering residents and road users a chance to stay mobile by car despite road closures and rush of visitors. Anyone who wants to drive during the event in Hannover will be guided around possible traffic jams and through the crossing points by an app. The NUNAV Navigation app is ad-free and free of charge.



NUNAV Navigation



HELPING ON THE RUN – OUR CHARITY PARTNERS

Selbsthilfe nierenkranker Kinder und Jugendlicher e. V.

For many years now the HAJ Hannover Marathon has been actively engaging in different social projects. 30,000 Euros were raised 2018 for the “Verein für krebskranke Kinder e. V.” This year the association „Selbsthilfe nierenkranker Kinder und Jugendlicher e. V.“ is the charity partner for the HAJ Hannover Marathon. The association closely cooperates with the children’s hospital of the MHH, has been founded 30 years ago and assists children and parents with exchange of experiences, information events, legal advices, financing of psychological support and much more.

Selbsthilfe nierenkranker
Kinder und Jugendlicher e.V.



If you wish to support the association “Selbsthilfe nierenkranker Kinder und Jugendlicher e. V.” with a small donation, please indicate this on your application or on the day of the race at the association’s stand.

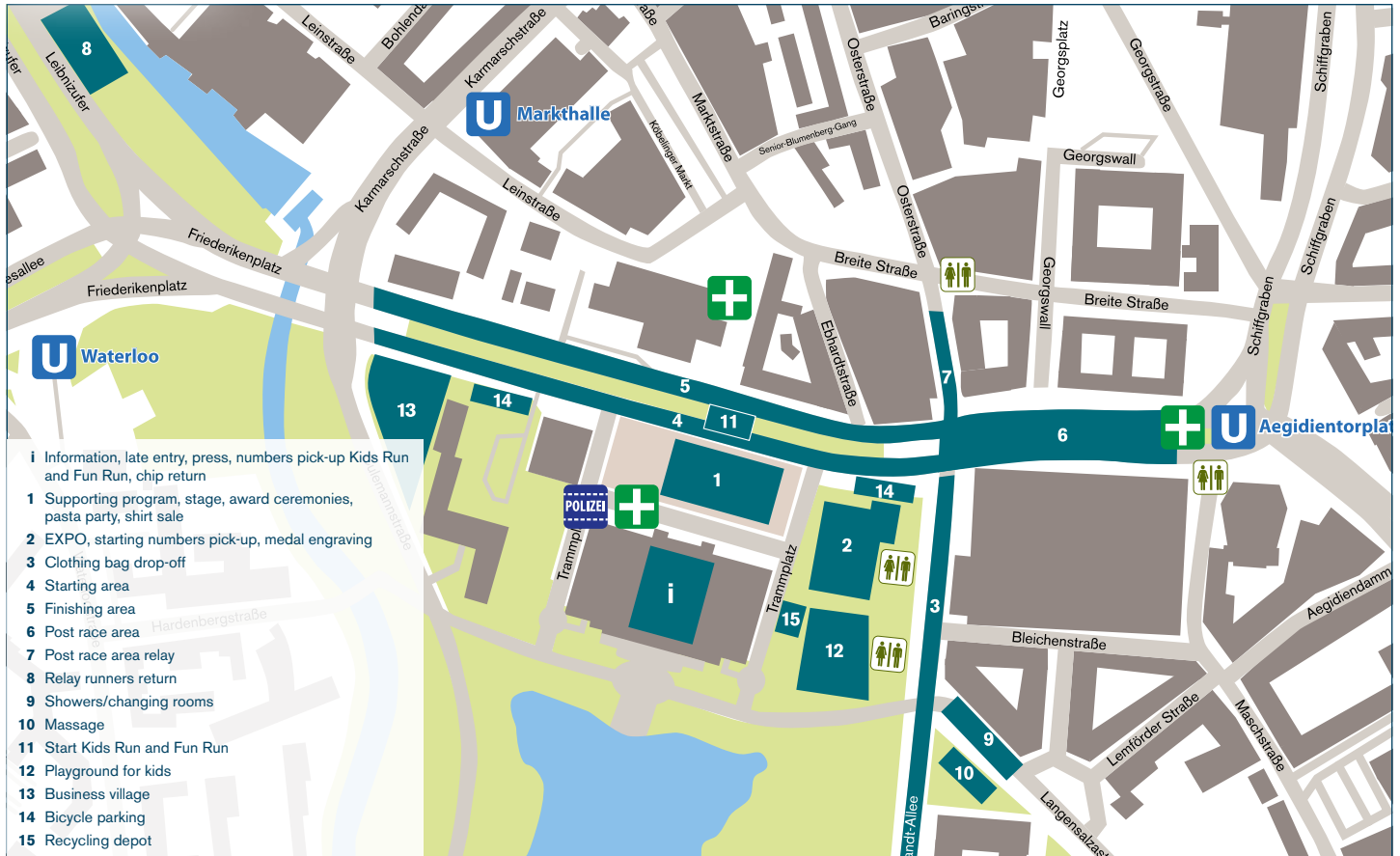
Aktion Sonnenstrahl e. V.

“Aktion Sonnenstrahl” is a non-profit association that supports children and young people from socially disadvantaged families for 10 years giving them the chance of a better future.

Participants can drop off not used food of the Finisher-Bag at the association’s booth situated behind the post race area.



THE EVENT AREA





FACTS AND FIGURES

The marathon has a length of 42.195 km, and 25,714 runners participated in total in 2018. The course record is 2:08:32, held by Lusapho April from 2013. These facts and figures might already be well-known by a lot of participants and fans of marathon races. When on April 7th 2019 the starting signal for the 29th HAJ Hannover Marathon race is given, numerous smaller and bigger numbers are of importance.

Here are the most important facts and figures:

1,400

no-parking signs will be put up along the route and around the event area.

100

physios take care of the participant's heavy legs after the race.

157

garbage containers will be placed in the event area and along the route and looking forward to be filled.

25,000

meters of barrier tape and

8,000

meters barriers guarantee the safety of the athletes on the route.

1

350,000

Around paper cups will be filled at the refreshment and nutrition points and in the post race area.

goal unifies all participants: To cross the finish line healthy and successful.



PROGRAM OVERVIEW, TIMES

Friday, 5 April 2019

Starting numbers pick-up/Marathon EXPO 2 pm – 7 pm

Event venue at the "Neues Rathaus",
in the EXPO pavilion, Trammplatz 2, 30159 Hannover

For Kids Run/Fun Run:
"Neues Rathaus", Trammplatz 2, 30159 Hannover

Saturday, 6 April 2019

Frühstüxlauf – powered by Bosselmann 8 am – 11 am

Starting numbers pick-up/Marathon EXPO 10 am – 7 pm

Event venue

Program/stage events 1 pm – 7 pm

Event venue

Kids Run from 3 pm

Start and finishing area in front of the "Neues Rathaus"
Age group 2007 and younger

Fun Run 4.45 pm

Start and finishing area in front of the "Neues Rathaus"
Age group 2011 and older

Pasta Party 4 pm – 7 pm

Event venue

Oecumenical ceremony 6 pm

Kreuzkirche, Kreuzkirchhof 1, 30159 Hannover

Sunday, 7 April 2019

Starting numbers pick-up/Marathon EXPO 7 am – 4 pm

Event venue

Starts from 8.40 am

Friedrichswall, more information on page 18

Award ceremony marathon 12.30 pm

Closing of the finish line 3 pm



FAMILY DAY

One popular highlight takes place the day before the Marathon: The Kids Run with a course of 800 meters and the Fun Run. The Fun Run is a race for young and old with a total length of 3,200 meters.

In addition to the running competitions there will be various offers of sports, fun and games in the meadow next to the EXPO on Saturday.

Kids Run and Fun Run

The start is located on the Friedrichswall in front of the "Neues Rathaus" and the 800 meter route leads the participants around the Trammplatz and the town hall. The course has to be completed once by the kids and four times by the participants in the Fun Run.

Starting numbers pick-up

The starting numbers can be picked up in the "Neues Rathaus" at the following times:

Friday, 5 April 2019 2 pm – 7 pm

Saturday, 6 April 2019 10 am – 4.45 pm

Starting times Kids Run/Fun Run

agegroup	starting times	color
2007–2009	3 pm	orange
2010	3.10 pm	yellow
2011	3.25 pm	red
2012	3.40 pm	green
2013	3.55 pm	lilac
2014 and younger	4.15 pm	blue
Fun Run, 2011 and older	4.45 pm	

Mascot parade

At 2.30 pm numerous mascots will meet at the stage on the Trammplatz. Together with the participating kids they will walk to the starting area.

Finishing area

The finishing area will be secured so that excessive crowds can be avoided. The runners are led to the post race area where each participant receives a medal and a certificate!

Area and course map



- 1 Supporting program and stage
- 2 Late entry, starting numbers pick-up Kids Run and Fun Run
- 3 Starting numbers pick-up marathon and other disciplines, EXPO, Help Desk
- 4 Playground for kids



Crossing point



Family meeting point

SUPPORTING PROGRAM AND MARATHON EXPO

NEW! Frühstückslauf – powered by Bosselmann

The “Frühstückslauf – powered by Bosselmann” takes place on Saturday, 06 April in the period between 8 and 11 am. Once the free registration has been successfully completed via the Bosselmann-app the participants can arrive at the northern bank of the Maschsee to run the 5.8 km long route. Places are limited.



Playground for kids

Our sponsors will be providing multiple entertainment options for kids on the playground next to the EXPO pavilion. The opening hours are on Saturday from 1 pm to 7 pm and on Sunday from 8.30 am to 5 pm. Different activities will be offered, such as a bouncy castle, a climbing mountain and numerous attractions for play and fun.

Pasta Party

On Saturday from 4 pm to 7 pm the traditional Pasta Party takes place on the Trammplatz. All athletes who pre-ordered this additional service are eligible to participate. Those wishing to attend the Pasta Party at short notice may do so on payment of a fee of 7.50 Euros (payable at the cash desk in the entrance area). The number of participants is limited.

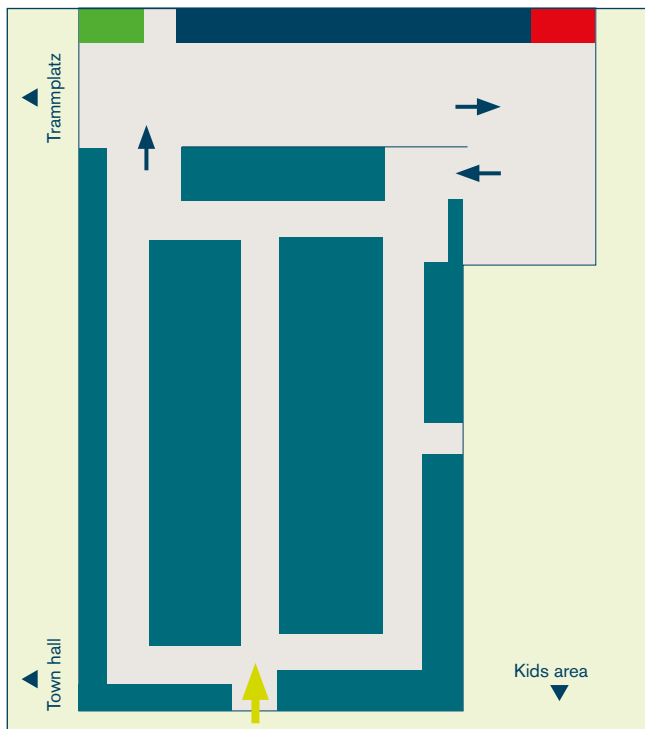
Oecumenical ceremony for runners

All athletes are invited to visit the oecumenical ceremony in the Kreuzkirche on Saturday, 6 pm. The address of the church is Kreuzkirchhof 1, 30159 Hannover.

Marathon EXPO


The fair will be held in a pavilion with an area of 1,800 sqm, showing sports items as well as health, wellness and tourism products from about 35 regional, national and international exhibitors.

The exhibition pavilion with starting numbers pick-up




 Help Desk

 Starting numbers pick-up

 Help desk relay Pick-up relay

 Exhibitors

 Main entrance

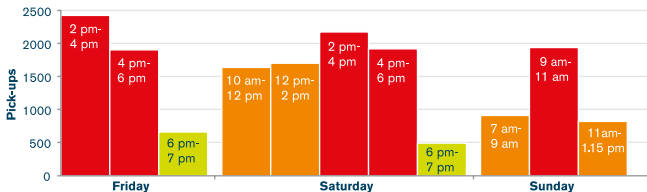
 Entrance and exit starting numbers pick-up

STARTING NUMBERS PICK-UP

The starting number can be picked up personally or by a third person against production of the corresponding confirmation during the following times:

Friday, 5 April 2019	2 pm – 7 pm
Saturday, 6 April 2019	10 am – 7 pm
Sunday, 7 April 2019	from 7 am

Notice: The graphic below shows the pick-up times from 2018. During the highly frequented periods the waiting times can be longer at the numbers pick-up.



Pre-ordered services

All participants will find a printed QR code both on their registration confirmation and on their starting number. To be able to make use of auxiliary services, these codes need to be presented at the issuing stands. When picking up the jersey, visiting the Pasta Party or getting the medal engraving, the QR code will automatically detect any pre-ordered auxiliary services.

ChampionChip

Your rental chip will be provided together with your starting number.

Help Desk

Changes to existing registrations and of the discipline can be made at the Help Desk in the area of the numbers pick-up. In case of a change of the discipline please go immediately to the Help Desk.

STARTING NUMBER

Marking of the disciplines:

F: Female marathon, half marathon and 10 km run

H: Handbiker

R: Marathon relay

W: Walking and nordic walking

Starting blocks: A – E



Pre-ordered additional services:

QR code for pasta party, shirt and medal engraving



Marathon and handbike marathon

Color: green, starting number ranges:

Marathon: 1 – 9999 (m), F1 – F9999 (f)

Handbike marathon: H1 – H9999 (m/f)



Marathon relay

Color: yellow, additionally „Staffel“ on the runners back, starting number range: R 1 – R 9999 (m/f)



Half marathon

Color: orange, starting number range:

Half marathon: 20001 – 29999 (m), F20001 – F29999 (f)



10 km run, walking/nordic walking

Color: blue, starting number ranges:

10 km run: 10001 – 19999 (m), F10001 – F19999 (f)

Walking/nordic walking: W1 – W9999 (m/f)



BEFORE THE START

Entrance to the starting area

For security reasons, the starting area can only be entered by participants with an official starting number. **There will be no access for accompanying persons to the starting area.**

Clothing bag drop-off

You receive a clothing bag and a label with your starting number for the marking at the numbers pick-up. The drop-off is located in the Willy-Brandt-Allee. Bags left unattended on the event area will be immediately disposed of by our staff.

The clothing bags return is possible only by presenting the starting number until 3.30 pm. Not collected bags are ready for pickup from Wednesday, 10 April in the organization office, Kleine Düwelstraße 21, 30171 Hannover.

Tip: We recommend that you take your valuables, such as hotel card, car key, etc. with you or leave them with friends or family. The organizer is not liable for any damage to or loss of your items.

Changing rooms and toilets

Please use the toilets located in the Willy-Brandt-Allee. There are no toilets in the starting area! The changing rooms are located in the Langensalzastraße near the clothing bag drop-off. The Plan on page 6–7 shows you the exact location.

Please do not leave your personal belongings unattended.

Personal refreshments

If you prefer, you can drop off your own personal refreshments for the various refreshment points. Please deliver your refreshment by 8 am at the Info Counter in the "Neues Rathaus".

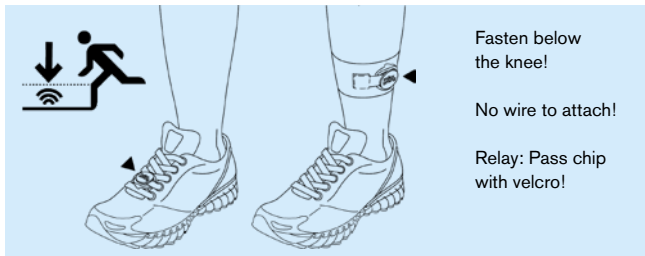
A drop-off on Friday or Saturday is not possible!

Please label your containers (no glas!) with your starting number and refreshment point. You will find an overview of the refreshmentpoints on page 21.

TIMEKEEPING

mika:
timing®

There will be no time measurement without a chip or if the chip is fixed incorrectly! Please fix the Chip in the following way:



In case of forgetting the own ChampionChip: A Chip can be rented at the late entry in the "Neues Rathaus" for a fee of 6 Euros.

Return of the chips is possible up to 2 hours after the run at the Info Counter in the "Neues Rathaus". If the chip is not returned, we will charge 25 Euros on your account.

HAJ HANNOVER MARATHON TRACKING APP



Keep your friends and family up to date – download the HAJ Hannover Marathon App to track your race and show your position.

Features:

- Live-Tracking
- Latest news and information
- Results

You can download the app on the App Store or at Google Play.

Find further information at: www.marathon-hannover.de/app

STARTING TIMES AND STARTING BLOCK DIVISION

Start Sunday, 7 April 2019

	Start	Finish
Handbike marathon	08.40 am	3 pm
Marathon	09 am	3 pm
Marathon relay	09.30 am	3 pm
Half marathon	from 10.35 am	3 pm
10 km run	from 1 pm	3 pm
Walking – 10 km	1.20 pm	3 pm
Nordic Walking – 10 km	1.25 pm	3 pm

Subject to change!

The start will be divided into designated blocks according to the personal best times submitted. The letter (A – E) on your starting number shows your starting block. Please follow the helpers' instructions and just use the block entrance printed on your starting number.



Block A

Marathon:	< 03:00:00 h
Marathon relay:	< 03:30:00 h
Half marathon:	< 01:29:00 h
10 km run:	< 00:49:59 h

Block B

Marathon:	03:00:01–03:30:00 h
Marathon relay:	> 03:30:01 h
Half marathon:	01:29:01–01:44:59 h
10 km run:	00:50:00–01:00:00 h

Block C

Marathon:	03:30:01–04:00:00 h
Half marathon:	01:45:00–01:59:59 h
10 km run:	> 01:00:01 h

Block D

Marathon:	> 04:00:01 h + n.P.B.T.
Half marathon:	> 02:00:00 h
10 km run:	n.P.B.T.

Block E

Half marathon:	n.P.B.T.
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All runners who are participating without submitting a personal best time (n.P.B.T.) will start in the last block. A change of the starting block division can be made at the Help Desk in the area of the starting numbers pick-up!

PACEMAKER

You can recognize our pacemaker by a large balloon, a flag and the special shirt with the estimated finishing time.



Pace times marathon

03:00:00 h
 03:15:00 h
 03:30:00 h
 03:45:00 h
 04:00:00 h
 04:15:00 h
 04:30:00 h
 04:45:00 h
 05:00:00 h

Pace times Half marathon

01:30:00 h
 01:45:00 h
 02:00:00 h
 02:15:00 h
 02:30:00 h

SHIRTS OF THE HAJ HANNOVER MARATHON

Event shirt: All participants had the opportunity to book this functional shirt during the registration process. Still available at the artiva booth at the event area while stocks last.



Crew shirt:
 All of our volunteers wear this shirt.



Ambassador shirt: This shirt identifies the 29 ambassadors, who have specifically focused their training on the 2019 Haj Hannover Marathon.





ON THE COURSE

Disqualification

The event is organized according to the guidelines of the DLV and to the specifications of the organizer. Disregarding those rules can lead to disqualification. Possible reasons for a disqualification are:

- Starting without the starting number or ChampionChip
- Starting with more than one ChampionChip
- Defacing, covering or removing the sponsor logos or something else on the starting number
- Passing the starting number and/or the ChampionChip to other persons (exception: relay teams)
- Leaving and/or shortening the route
- Carrying or using technical aids
- Using baby joggers
- Having animals on the course
- Using wheeled vehicles to accompany the runners along the course
- Taking forbidden performance-enhancing substances (doping)
- Violating the sporting rules of the DLV or the IAAF
- Wearing headphones during the competition
- Participating in the handbike marathon without a helmet

Take care when passing:

Please watch out for runners besides you when changing lanes or approaching a refreshment point.

REFRESHMENT- AND NUTRITION POINTS

VP/EP-No	Location	KM marathon	KM half marathon	KM 10 km run	Water	Cola	Apple spritzer	Erdinger	Fruits	MAXPROSION (non-alc. beer)	Sponge water	Personal refreshm.	Toilets
VP 1	Rudolf-von-Bennigsen-Ufer/Riepestraße	4.2	4.2	5.0	•				•	•	•		•
EP 2	Schützenallee	5.0			•						•	•	•
VP 3	Hildesheimer Straße/Bothmerstraße	10.0			•			•	•	•	•	•	•
EP 4	Hildesheimer Straße/Geibelstraße	12.5	6.6	7.4	•						•		•
VP 5	Fernroder Straße	15.0	9.0		•			•	•	•	•	•	•
EP 6	Waldchausee	17.5			•						•		•
VP 7	Groß-Buchholzer Straße/Leiblstraße	20.0			•			•	•	•	•	•	•
EP 8	Podbielskistraße	22.5			•						•		•
VP 9	Waldstraße/Walderseestraße	25.0			•	•	•		•	•	•	•	•
EP 10	Bödekerstraße	27.5	10.1		•	•	•		•	•			•
VP 11	Jakobistraße	30.0	12.8		•	•	•		•	•	•	•	•
EP 12	Isernhagener Straße	32.2	14.7		•	•	•			•			•
VP 13	Karl-Imhoff-Weg	35.0			•	•	•		•	•	•		•
VP 14	Kopernikusstraße	37.4	16.3		•	•	•		•	•	•		•
VP 15	Wilhelmshavener Straße	40.0	19.0		•	•	•		•	•	•	•	•
	Friedrichswall	Finish	Finish	Finish	•	•	•	•	•	•	•	•	•

FIRST AID

You will find medical assistance in the starting/finishing area, the event area and along the course. If there is no medical staff around please call the following emergency number.

Emergency number: 0800 0192140 (no charge)

Note: Our volunteers have this emergency number ready to hand on their volunteer card. Please do not hesitate to contact our team in case of emergency.

For your own safety please complete the emergency form on the back of the starting number with your personal data and important information for the initial medical care.

GVH
100km Marathon Hamburg
2. April 2017

Bestandteil eines für den Teilnehmer/innen vorgesehenen 6 x 10 cm A4-Blatt des 100km Marathon Hamburg. Diese Formulare werden bei der Startnummernausgabe an den Teilnehmer/innen verteilt. Die Teilnehmer/innen sind verpflichtet, das Formular vor dem Start zu füllen. Die Teilnehmer/innen sind verpflichtet, das Formular vor dem Start zu füllen. Die Teilnehmer/innen sind verpflichtet, das Formular vor dem Start zu füllen. Die Teilnehmer/innen sind verpflichtet, das Formular vor dem Start zu füllen.

Special notice for the 100km Marathon Hamburg on April 02, 2017: An essential part of the 100km Marathon Hamburg is the starting number. The starting number is distributed to the participants at the start of the race. The participants are obliged to fill out the form before the start. The form is available in both German and English.

Wir wünschen allen Startern einen guten Start!
For all runners a very good start!

Zu Ihrer Sicherheit / For your safety:

Bitte füllen Sie dieses Formular vor dem Start aus (mit Kugelschreiber)
Please fill out this form before the start (use ball point pen!)

name / family name _____ Vorname / first name _____ Muttersprache / primary language _____

Im Notfall/Befehle ausgeben / In case of emergency please phone

Medizinische Vorerkrankungen (z.B. Allergien, Diabetes, Dauermedikationen)
Health risk factors (i.e. allergies, diabetes, present medication) _____

weitere wichtige Informationen / further important information _____

What should I be aware of when calling the emergency number:

- **Where** has something happened?
- **What** happened?
- **Which** starting number (if necessary with letter before it) is concerned?
- **How** many people are injured?
- **Of which kind** are the injuries?
- **Who** calls?
- **Waiting** for further inquiries!

INFORMATION ON MARATHON RELAY

The relay team consists of a minimum of two up to six runners. Depending on the amount of runners and personal preferences, the Marathon Distance can be split up. There are a total of 6 (sub-) sections ranging between 5.5 km and 9.2 km. Each transition zone at the end of each section can be used or overrun according to the runners wishes. The distribution of the segments falls to the participants. The marathon relay race starts separately at 9.30 am on the Friedrichswall.

Where are the transition areas?

- 1 Wilkenburger Straße 8-10, left side, km 7.5
- 2 Ernst-August-Platz, left side, km 14.5
- 3 Podbielskistraße/Klingerplatz, left side, km 21.8
- 4 Emmichplatz (Musikhochschule), right side, km 27.3
- 5 Jahnplatz, left side, km 36.5

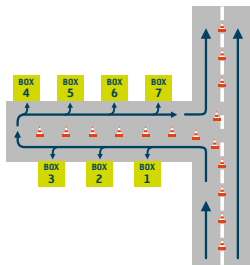
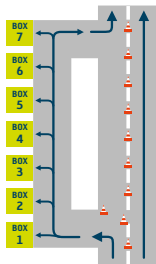
How to hand over to the next runner:

1. The relay participant A runs in the designated area for changing to the suitable change box. These are divided into starting numbers (e.g. 1-100).
2. Relay participant B waits behind the change box until he sees participant A.
3. The handing over of the Champion-Chip takes place in the change box. Participant B starts his track section.

The participants get water in the transition areas.

Finish as a team

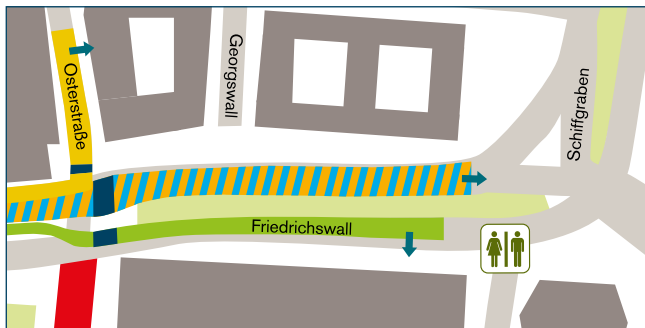
Teams that would like to cross the finishing-line together can use the üstra relay stop. All team members can wait for the last runner at this pickup point and finish together. The relay stop is located approx. 400 meters from the finish at the Leibnizufer/Schloßstraße. The relay stop is a 5-minute walk from the subway station Markthalle/Landtag.




THE FINISH

Post race area

The post race area is located directly after the finishing line on the "Friedrichswall". We established an own post race area for relay teams in the "Osterstraße" to ensure a faster supply for all runners.



 Medals distribution

 Nutrition half marathon,
10 km run, walking

 Clothing bag
drop-off

 Nutrition marathon,
handbike marathon

 Nutrition relay

Finisher-Bag

The participants receive a finisher bag in the post race area. This bag contains the following products:

- Cereal bar
- Savory snack
- Crispbread sandwich
- Chocolate bar
- Fruit gums
- Dextro Energy

As usual there will be also water, ERDINGER (alcohol free), MAXXPROMION, bananas, apples, apple spritzer and Coca Cola available.

SHOWERS AND MASSAGE, PHOTO SERVICE, MEDAL ENGRAVING, RESULTS

Shower and massage area

The shower and massage area is located in the "Langensalzastraße" in the immediate vicinity of the clothing bag drop-off. Please use the plan of the event area on page 6–7 to find the exact location.

Please do not leave your personal belongings unattended.

Official photo service

Photographers from our partner marathon-photos.com will be positioned at various spots along the course and in the finishing area. It is important that your starting number is well visible on your chest in order to match the names to the numbers. After the race you can review and order your photos online at www.marathon-photos.com by entering your surname or starting number.

Medal engraving

If booked in advance, the QR-Code on your starting number holds all information for the medal engraving. The medal engraving is located in the numbers pick-up area and has to be done on race day. Last-minute bookers can buy the medal engraving on-site.

Results and certificate

The results can be found on www.marathon-hannover.de. Your personalized certificate can be downloaded from the result list as well.



ANOTHER IMPORTANT MATTER!

Where is the late entry?

The late entry is in the "Neues Rathaus". Please follow the signs.

Where I am able to change my discipline or my data at the event area?

Changes of the discipline or to the existing registrations can be made at the Help Desk in the EXPO pavilion. A fee of 5 Euros will be charged for exchanging a participant. The fee will also be charged to any changes made in the marathon relay.

What is the QR code on the confirmation or the starting number about?

Both codes serve to use the following services: To pick-up your starting number and, if pre-ordered, to participate in the Pasta Party and/or to pick up the event shirts and/or the medal engraving (p. 14).

I forgot my ChampionChip. Where can I get a rental chip?

At the late entry in the "Neues Rathaus".

Where do I give my ChampionChip back?

Return of the chips is possible at the Info Counter in the "Neues Rathaus" or at the post race area. Look for the marked tons.

What happens if I do not return the ChampionChip?

If the chip is not returned, it will be considered as purchased and the stated bank account will be charged with 25 Euros as agreed.

I am not in the result list.

Information on the results are available at the Help Desk in the EXPO pavilion.

**SAVE THE DATE:
30th HAJ Hannover Marathon
on 26th April 2020!**

CHECKLIST FOR PARTICIPATION IN THE HAJ HANNOVER MARATHON

Do I have my confirmation ready to hand?

The confirmation can be produced digital or via printout.

Did I make use of my pre-ordered additional services?

(QR-code on your starting number, see page 15)

The Pasta Party takes place on Saturday, 6th april from 4 pm to 7 pm.

The event shirt can be picked up at the artiva booth.

Your rental chip will be provided together with your starting number.

The medal engraving is made after the race at the Expo.

Did I fill in the form on the back side of the starting number with my personal data and with the information for the initial medical care?

Did I fix the ChampionChip properly on the shoe?

If not: There will be no time measurement.

Did I return my rental chip after finishing the race?

If not: Please send the chip in a wadded envelope until 30 April to:

eichels: Event GmbH
Kleine Düwelstraße 21
30171 Hannover
Germany



Street	Handbike marathon		Marathon		Half marathon		10 km run	
	Top	Finish	Top	Finish	Top	Finish	Top	Finish
	Walderseestraße	09.17	10.57	10.15	12.38	⊖	⊖	⊖
Bernadotte-Allee	09.19	11.03	10.18	12.46	⊖	⊖	⊖	⊖
Fritz-Behrens-Alle	09.20	11.08	10.21	12.55	⊖	⊖	⊖	⊖
Emmichplatz					11.05	12.30	⊖	⊖
Hohenzollernstraße							⊖	⊖
Bödekerstraße							⊖	⊖
Friesenstraße	09.22	11.14	10.24	13.03	⊖	⊖	⊖	⊖
Lister Meile					⊖	⊖	⊖	⊖
Hamburger Allee	09.23	11.19	10.27	13.11			⊖	⊖
Celler Straße					11.11	12.48	⊖	⊖
Edenstraße	09.25	11.25	10.30	13.20			⊖	⊖
Jakobstraße					11.14	12.56	⊖	⊖
Voßstraße							⊖	⊖
Moltkeplatz							⊖	⊖
Ferdinand-Wallbrecht-Str.	09.26	11.30	10.33	13.28			⊖	⊖
Wöhlerstraße							⊖	⊖
An der Lister Kirche							⊖	⊖
Lister Kirchweg					11.17	13.05	⊖	⊖
Isernhagener Straße	09.28	11.36	10.36	13.36	11.20	13.13	⊖	⊖
Werderstraße							⊖	⊖
Phillipsbornstraße	⊖	⊖	⊖	⊖			⊖	⊖
Vahrenwalder Straße	09.29	11.41	10.39	13.45	⊖	⊖	⊖	⊖
Vahrenwalder Straße	09.31	11.47	10.42	13.53	⊖	⊖	⊖	⊖
Büttnerstraße					⊖	⊖	⊖	⊖
Karl-Imhoff-Weg	09.32	11.52	10.45	14.01	⊖	⊖	⊖	⊖
Im Othfelde					⊖	⊖	⊖	⊖
Daimlerstraße					⊖	⊖	⊖	⊖
Henschelweg					⊖	⊖	⊖	⊖
Büssingweg	09.34	11.58	10.48	14.10	⊖	⊖	⊖	⊖
Guts-Muths-Straße					⊖	⊖	⊖	⊖
Phillipsbornstraße					⊖	⊖	⊖	⊖
Kopernikusstraße	09.35	12.03	10.51	14.18	11.23	13.22	⊖	⊖
An der Lutherkirche							⊖	⊖
Rehbockstraße							⊖	⊖
Schaufelderstraße							⊖	⊖
Schneiderberg	09.37	12.09	10.54	14.26	11.26	13.30	⊖	⊖
Nienburger Straße	09.38	12.14	10.57	14.35	11.29	13.39	⊖	⊖
Königsworther Platz							⊖	⊖
Jägerstraße							⊖	⊖
Lodyweg	09.40	12.20	11.00	14.43			⊖	⊖
Wilhelmshavener Straße					11.32	13.48	⊖	⊖
Grotefendstraße							⊖	⊖
Königsworther Straße							⊖	⊖
Brühlstraße	09.41	12.25	11.03	14.51	11.35	13.56	⊖	⊖
Leibnizufer							⊖	⊖
Friederikenplatz							⊖	⊖
Karmarschstraße							⊖	⊖
Finish Friedrichswall	09.43	12.31	11.06	15.00	11.38	14.05	13.31	15.00

⊖ = Street/Section is not part of the course

GENERAL TIMETABLE

Street	Handbike marathon		Marathon		Half marathon		10 km run	
	Top	Finish	Top	Finish	Top	Finish	Top	Finish
Start Friedrichswall	08.40	08.40	09.00	09.10	10.35	11.05	13.00	13.15
Friederikenplatz								
Lavesallee								
Am Waterlooplatz							13.03	13.24
Waterloostraße								
Bruchmeisterallee	08.41	08.45	09.03	09.18	10.38	11.13		
R.-Enke-Str./A.-Menge-Ufer							13.06	13.34
Kurt-Schwitters-Platz								
Rudolf-von-Bennigsen-Ufer	08.43	08.51	09.06	09.26	10.41	11.22	13.09	13.43
Rudolf-von-Bennigsen-Ufer	08.44	08.56	09.09	09.35	10.44	11.30	13.12	13.53
Rudolf-von-Bennigsen-Ufer	08.46	09.02	09.12	09.43	10.47	11.39		
Riepestraße							13.15	14.02
Schützenallee	08.47	09.07	09.15	09.51	⊖	⊖	⊖	⊖
Brückstraße					⊖	⊖	⊖	⊖
Schwarzer Weg	08.49	09.13	09.18	10.00	⊖	⊖	⊖	⊖
Wilkenburger Straße	08.50	09.18	09.21	10.08	⊖	⊖	⊖	⊖
Wilkenburger Straße	08.52	09.24	09.24	10.16	⊖	⊖	⊖	⊖
Hildesheimer Straße	08.53	09.29	09.27	10.25	10.50	11.47	13.19	14.12
Hildesheimer Straße	08.55	09.35	09.30	10.33	10.53	11.56	13.22	14.21
Hildesheimer Straße	08.56	09.40	09.33	10.41	10.56	12.05	13.25	14.31
Hildesheimer Straße	08.58	09.46	09.36	10.50			⊖	⊖
Hildesheimer Straße	08.59	09.51	09.39	10.58			⊖	⊖
Aegidientorplatz					10.59	12.13	⊖	⊖
Georgstraße	09.01	09.57	09.42	11.06			13.28	14.40
Kröpcke								
Karmarschstraße	⊖	⊖	⊖	⊖	⊖	⊖		
Platz der Weltausstellung	⊖	⊖	⊖	⊖	⊖	⊖		
Bahnhofstraße							⊖	⊖
Ernst-August-Platz							⊖	⊖
Luisenstraße							⊖	⊖
Femroder Straße	09.02	10.02	09.45	11.15	11.02	12.22	⊖	⊖
Berliner Allee							⊖	⊖
Schiffgraben							⊖	⊖
Emmichplatz	⊖	⊖	⊖	⊖			⊖	⊖
Fritz-Behrens-Allee	09.04	10.08	09.48	11.23	⊖	⊖	⊖	⊖
Waldchausee	09.05	10.13	09.51	11.31	⊖	⊖	⊖	⊖
Waldchausee	09.07	10.19	09.54	11.40	⊖	⊖	⊖	⊖
Steuernieb					⊖	⊖	⊖	⊖
Gehägestraße	09.08	10.24	09.57	11.48	⊖	⊖	⊖	⊖
Hermann-Bahlsen-Allee					⊖	⊖	⊖	⊖
Groß-Buchholzer Straße	09.10	10.30	10.00	11.56	⊖	⊖	⊖	⊖
Groß-Buchholzer Kirchweg	09.11	10.35	10.03	12.05	⊖	⊖	⊖	⊖
Gehaplatz					⊖	⊖	⊖	⊖
Podbielskistraße	09.13	10.41	10.06	12.13	⊖	⊖	⊖	⊖
Böcklinplatz					⊖	⊖	⊖	⊖
Walderseestraße	09.14	10.46	10.09	12.21	⊖	⊖	⊖	⊖
Walderseestraße	09.16	10.52	10.12	12.30	⊖	⊖	⊖	⊖

⊖ = Street/Section is not part of the course