

## LAUFSTRECKE MARATHON

| km | Straße                       | Beginn Sperrung | 1. Inliner, Handbiker | 1. Marathon | 1. Staffel | Aufhebung Sperrung |
|----|------------------------------|-----------------|-----------------------|-------------|------------|--------------------|
| 00 | Bertaallee/Kruppstraße Start | 7:00            | 8:00                  | 8:30        | 8:50       | 10:40              |
| 01 | Koloniestraße                | 7:00            | 8:01                  | 8:33        | 8:53       | 10:40              |
| 02 | Neudorfer Straße             | 7:30            | 8:02                  | 8:36        | 8:56       | 10:50              |
| 03 | Neudorfer Straße             | 7:30            | 8:04                  | 8:40        | 9:00       | 11:00              |
| 04 | Landfermannstraße            | 7:30            | 8:05                  | 8:43        | 9:03       | 11:10              |
| 05 | Schifferstraße               | 7:30            | 8:07                  | 8:47        | 9:07       | 9:50               |
| 06 | Ruhrorterstraße              | 7:30            | 8:08                  | 8:50        | 9:10       | 10:00              |
| 07 | Karl-Lehr-Brücke             | 7:30            | 8:09                  | 8:53        | 9:13       | 10:05              |
| 08 | Pontwert                     | 7:30            | 8:11                  | 8:57        | 9:17       | 10:10              |
| 09 | Pontwert                     | 7:30            | 8:12                  | 9:00        | 9:20       | 10:15              |
| 10 | Kiffward                     | 7:30            | 8:14                  | 9:04        | 9:24       | 10:20              |
| 11 | Symphestraße                 | 7:30            | 8:15                  | 9:07        | 9:27       | 10:30              |
| 12 | Emmericher Straße            | 7:30            | 8:17                  | 9:11        | 9:31       | 10:35              |
| 13 | Bahnhofstraße                | 7:30            | 8:18                  | 9:14        | 9:34       | 10:45              |
| 14 | Auf dem Damm                 | 7:30            | 8:19                  | 9:17        | 9:37       | 10:50              |
| 15 | Unter den Ulmen              | 7:30            | 8:21                  | 9:21        | 9:41       | 11:00              |
| 16 | Am Nordhafen                 | 7:30            | 8:22                  | 9:24        | 9:44       | 11:05              |
| 17 | Amtsgerichtstraße            | 7:30            | 8:24                  | 9:28        | 9:48       | 11:15              |
| 18 | Friedrich-Ebert-Brücke       | 7:30            | 8:25                  | 9:31        | 9:51       | 11:25              |
| 19 | Augustastraße                | 7:30            | 8:26                  | 9:34        | 9:54       | 11:30              |

