

**PARTICIPANT**

# INFO



STOCKHOLM  
MARATHON

GETTING READY TO RUN THE adidas STOCKHOLM MARATHON!





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# PARTICIPANT INFORMATION

## **Welcome to This Year's Running Celebration – Saturday, May 31**

Get ready for the 46th edition of the adidas Stockholm Marathon, taking place on Saturday, May 31. The first wave starts at 12:00, and the second wave follows at 12:10.

Below you'll find everything you need to know to prepare for an unforgettable race day.

## Bib Pickup, Kitbag & adidas Stockholm Marathon Expo

Welcome to the adidas Stockholm Marathon Expo — the perfect place to soak up the race atmosphere as you collect your bib number and kitbag! Simply show your start confirmation on your phone when picking up your bib. If you're collecting on behalf of a friend, you'll need to show their confirmation.

Did you know the Expo is open to the public? Bring along family, friends, or colleagues to enjoy the buzz and festivities. We kindly ask all visitors to avoid bringing large bags, as any carried items may be subject to security checks. Thanks for your understanding!

Plan to spend some extra time at the Expo — explore exclusive offers from our partners, discover the latest products, and enjoy our stage program, running Thursday and Friday from 4 PM to 7 PM. The full schedule will be available on the Expo website one week before race day.

A large adidas store is open on-site, where you can shop shoes, apparel, and accessories. Outside the venue, enjoy delicious options from food trucks serving snacks and meals.

### Mini Marathon Bib Pickup

If your child is running the Mini Marathon on June 1, you can also pick up their bib and T-shirt at the Expo on Thursday or Friday (not Saturday). Visit the marked counters and show their Mini Marathon confirmation.

Please note: This does not apply to Leo's Minsta Maran — those T-shirts are only available for pickup at the start area at Östermalms IP on the Mini Marathon race day.

### Zeta Pasta Party – Friday, May 30

If you're picking up your bib on Friday, don't miss the Zeta Pasta Party at Stockholm Olympic Stadium, open 12:00–20:00. You'll receive your pasta party ticket at the Expo. Friends and family can also purchase a ticket at the Expo for 100 SEK (10 EUR), subject to availability.

## Expo Opening Hours & Location

**Location:** Lejonhallen, Östermalms IP

Thursday, May 29: 12:00–18:00

Friday, May 30: 10:00–20:00

Saturday, May 31: 09:00–11:00

Bib numbers are only distributed during these times as they are live-printed on-site. Expect large crowds Friday after 5 PM and Saturday morning. For a smoother experience, we recommend visiting on Thursday (public holiday) or earlier in the day on Friday.

→ **More about the expo here.**

## Race bib & Kitbag

At bib pickup, you'll receive:

- Your personal bib number
- A large kitbag with a self-adhesive tag showing your start number

Use the kitbag for your spare clothes or valuables, which can be checked at Östermalms IP. Please note: No other bags are allowed at Östermalms IP or Stockholm Olympic Stadium on race day. However, your official kitbag is allowed — just show your bib at the entrance.

## Important Bib Guidelines:

- Your bib is **personal and non-transferable**
- It must be **clearly visible on your chest** during the entire race
- It displays a **letter (A–J)** indicating your start group
- The **back of the bib** includes space for:
  - Your **name**
  - An **emergency contact number**
  - Any **medical conditions** or medications you're taking — important for our first aid team
- Your **timing chip** is located on the back of the bib
- Do **not damage the chip** with safety pins or sharp objects
- It is **water-resistant, but not waterproof** — avoid soaking it
- Your bib must be worn **as the outermost layer** — nothing should cover it, including hydration systems









## Getting Here – Go Green with Public Transport

The best and most eco-friendly way to get to both the adidas Stockholm Marathon Expo and the race start on Saturday is by subway or bus. Want an even greener – and refreshing – option? Ride your bike! There's bike parking available outside the Expo (please note: not available on Saturday).

To reach both the Expo and the start area, simply take the Red Line (T14) of the subway towards Mörby Centrum and get off at either Stadion or Tekniska Högskolan. It's just a short walk from both stations to the event area. You can plan your trip at [sl.se](https://sl.se) or on the SL mobile app.

Leave the car at home – or park it at one of Stockholm's Park & Ride lots. You can download a parking permit that's valid as a parking ticket on May 31–June 1, 2025 at the designated lots listed on the permit.

→ [Download your permit here.](#)

## Taxi Service

Need a taxi? Please note that road closures on May 31 due to the race will make it difficult for taxis to reach the event area directly. The easiest option is to get dropped off or picked up at Storängsvägen, near the turnaround. It's just a 5-minute walk from Östermalms IP.

## ZETA Pasta Party at the Stadium

Fuel up for race day the tasty way! Join us as ZETA hosts a high-energy carb-loading pasta party at Stockholm Olympic Stadium on Friday, May 30, from 12:00 to 20:00. Enjoy pasta, drinks, and live entertainment at the iconic Marathon Gate stage.

If you're picking up your bib on Thursday or Friday, you'll also receive your pasta ticket – just follow the map on the back of the ticket to find your way to the party.

# RACE RULES

adidas Stockholm Marathon – May 31, 2025

## Age Categories

The adidas Stockholm Marathon features the following age categories for men, women, and a category for runners who identify with another gender:

- Seniors: Born 1986–2007
- 40 years: Born 1981–1985
- 45 years: Born 1976–1980
- 50 years: Born 1971–1975
- 55 years: Born 1966–1970
- 60 years: Born 1961–1965
- 65 years: Born 1956–1960
- 70 years: Born 1951–1955
- 75 years: Born 1946–1950
- 80 years: Born 1945 or earlier

Please note: Only runners born in 2007 or earlier are eligible to participate in the adidas Stockholm Marathon.

## Racing Shoes

Elite runners wearing shoes that do not meet World Athletics' requirements for "public availability" risk being removed from the official results after the race.

You can find the list of approved road shoes from World Athletics → [here](#).

## Safety Regulations During the Race

For safety reasons, wheeled devices are not permitted in the adidas Stockholm Marathon, with the exception of registered wheelchair athletes. This includes strollers, baby joggers, bicycles, joelettes, rollerblades, roller skis, handcycles, and skateboards – unless explicitly approved by race management. Walking poles and dogs are not allowed on the course.

Your bib number must be visible on your chest throughout the race. Face coverings or masks that obscure your identity are not permitted. You're welcome to carry a hydration pack during the race.

All participants must follow the instructions of police officers and race officials.

Elite athletes are not allowed to wear headphones, and we strongly recommend that all runners go without headphones to stay alert and hear important announcements along the route.

For safety reasons, no pacing cyclists are allowed on the course.

The adidas Stockholm Marathon follows the competition rules of Swedish Athletics and World Athletics (formerly IAAF).



## Gear Drop – Östermalms IP

Use the clear kitbag and self-adhesive baggage tag provided when you pick up your bib to check in your warm-up clothes before the start. If possible, please avoid bringing valuables to the event.

Your kitbag must be transparent with visible contents – closed bags placed inside are not allowed. Only official kitbags will be accepted at Östermalms IP, and they must be dropped off by 11:00 on race day. No other bags will be permitted inside Östermalms IP. After the race, you can collect your kitbag from the same location by showing your bib number.

## Changing Facilities

- Seeded elite runners (Group A) change at Stockholm Olympic Stadium.
- Start Group B changes at The Swedish School of Sport and Health Sciences, just behind the stadium.
- All other runners (Groups C–J) can change at Östermalms IP, where locker rooms are open from 09:00 to 19:00 on May 31. Do not leave any items in the changing rooms – use the official gear drop for your belongings.

## Pre-Race Assembly

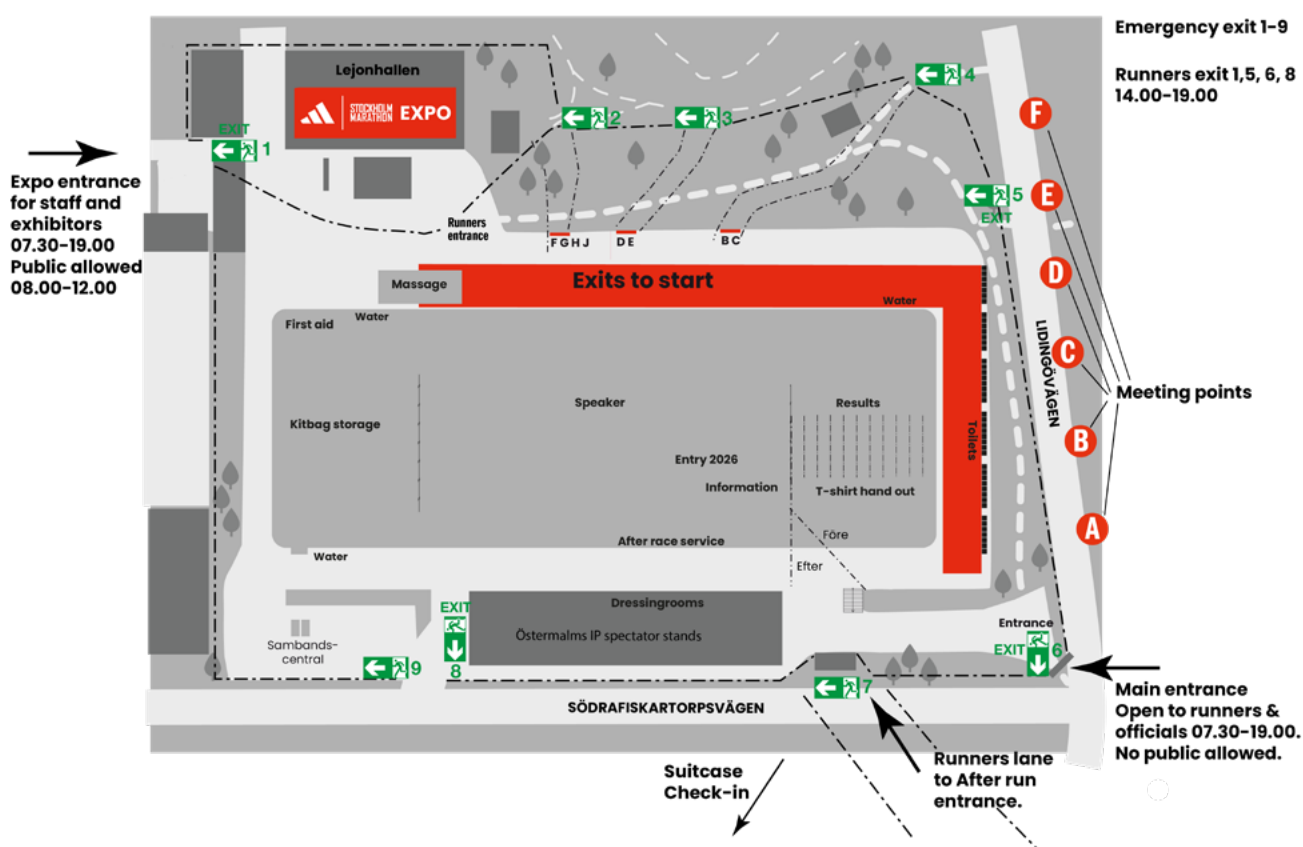
- Seeded elite runners (Group A) gather at Stockholm Olympic Stadium.
  - All other runners (Groups B–J) gather at Östermalms IP starting at 09:00.
- All runners enter their start corrals via Östermalms IP, and each group has its own designated corral on Lidingövägen.

Start corral entrances open at 11:00. You must be in your corral by 11:45 for Groups A–E and by 11:55 for Groups F–J.

The three exits from Östermalms IP will be clearly marked with your start group letter:

- Groups B & C exit directly toward Lidingövägen.
- Groups D & E exit to the left of the yellow building in the oak grove.
- Groups F, G, H & J exit to the right of Lejonhallen, heading toward Ryttsarstadion.

Each runner must be in their assigned corral no later than 15 minutes before their start time. Water stations are located on the right-hand sidewalk (toward Östermalms IP), and toilets are on the left-hand side of Lidingövägen in the direction of the race.



## Race Start

The adidas Stockholm Marathon starts in two waves on Lidingövägen outside Östermalms IP:

### Wave 1 – 12:00

Group A (Elite runners): Bibs 1–400

Group B: Bibs 401–2000 (wheelchair athletes line up to the left)

Group C: Bibs 2001–5000

Group D: Bibs 5001–8000

Group E: Bibs 8001–12000

### Wave 2 – 12:10

Group F: Bibs 12001–16000

Group G: Bibs 16001–20000

Group H: Bibs 20001–24000

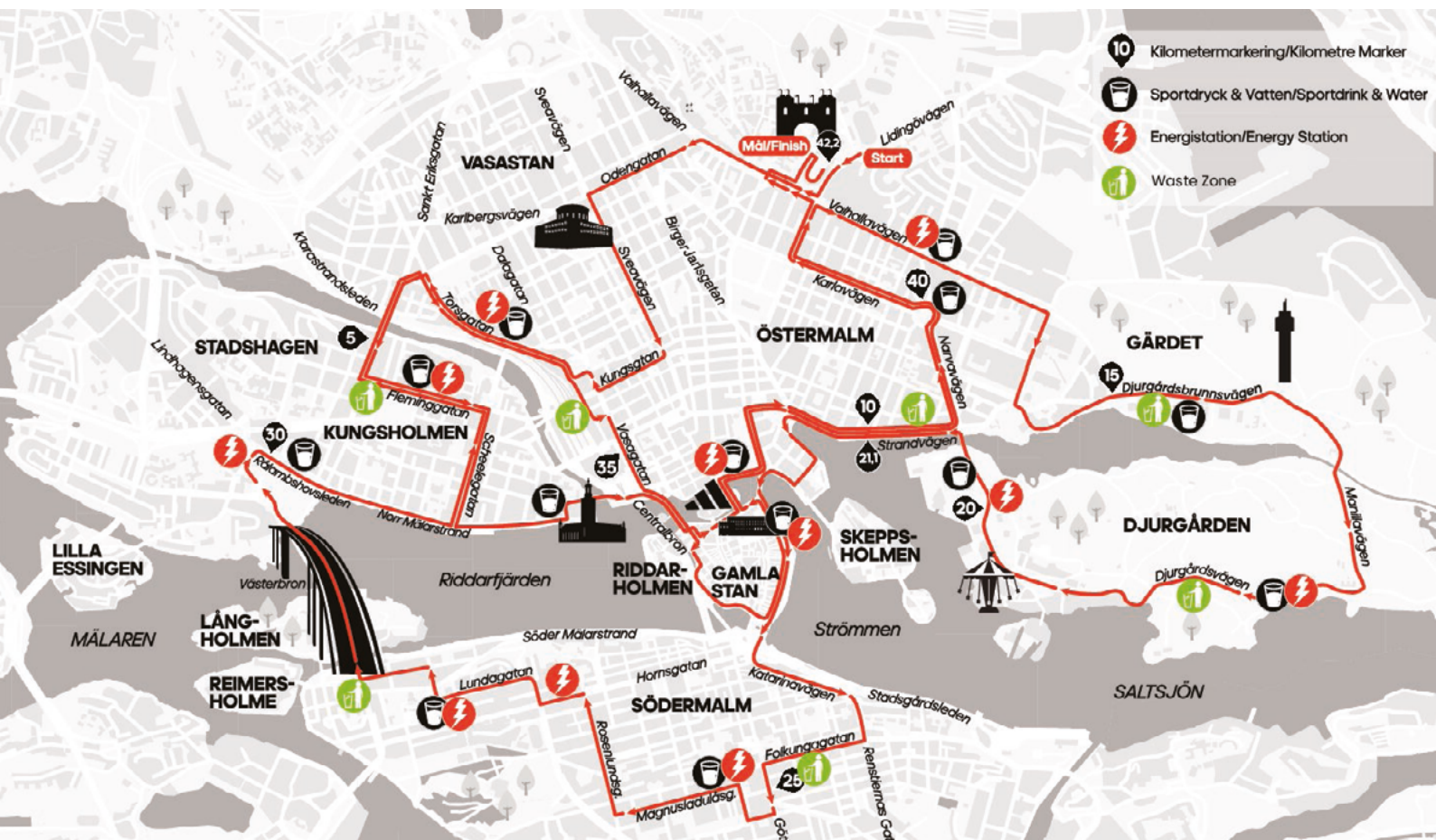
Group J: Bibs 24001 and higher

You'll find your bib number in the official start list.

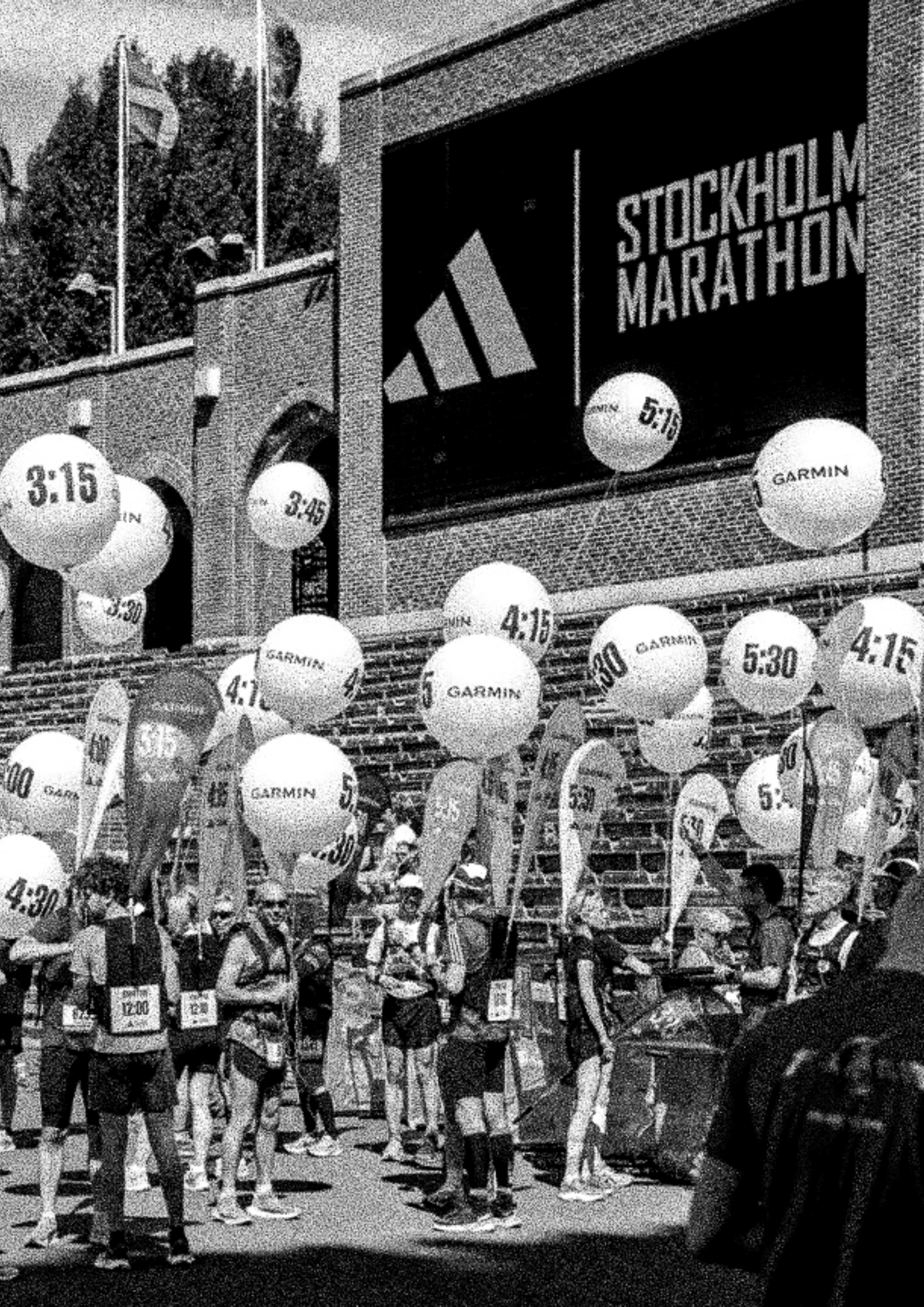
Note: The first few kilometers may be crowded – take it easy and enjoy the energy!

# THE COURSE 2025

The course is 42,195 meters and has been officially measured and certified by both the Swedish Athletics Federation and World Athletics. The latest control measurement was completed in May 2025 by World Athletics course measurer Mikael Hill from Stockholm. Every kilometer is clearly marked with a sign. → [Click here for an interactive map](#)









## Split Timing

Split clocks will be placed at 5 km, 10 km, 15 km, 20 km, 21.1 km (halfway), 25 km, 30 km, 35 km, and 40 km on either the left or right side of the road, allowing you to check your pace.

Please note: the clocks start counting from the first wave at 12:00. If you're starting in the second wave at 12:10, subtract 10 minutes from the displayed time to track your actual race time.

Your split times will be recorded at each checkpoint and included in the official results list on our website. They'll also appear on your personal race diploma, available for download after the race.

## Cut-Off Times & Max Time Limit

The official time limit is 6.5 hours, in accordance with the permit from the Swedish Police Authority. Along the course, there are four official cut-off points – runners must pass each before the listed time to continue:

- 21.1 km – Strandvägen by 15:25
- 27 km – Rosenlundsgatan by 16:20
- 32 km – Scheelegatan by 17:05
- 35.5 km – Vasagatan by 17:40

These cut-off times apply regardless of your start time.

If you're unable to continue the race, you can get transport from the nearest aid station. Runners who miss a cut-off time will also be transported back to an area near Stockholm Olympic Stadium / Östermalms IP. You may also use the subway if you have an SL card, bank card, or phone (digital bank card).

## Pacers

Not sure what pace to aim for? Let Garmin's official pace setters guide you! Experienced marathon runners will help you stick to a steady pace, targeting finish times from 3:00 to 5:45 hours.

They adapt their pace to the terrain, which means their average speed may vary slightly to

meet the goal time. Pace setters also slow slightly at aid stations to allow time for hydration and fueling.

They'll be aiming for the following net finish times:

Finish Time	Avg. Pace	Flag Color	Start Groups
3:00	4:16 min/km	Black	B,C
3:15	4:37 min/km	Red	C, D
3:30	4:58 min/km	Gray	C, D, E
3:45	5:20 min/km	Orange	D, E, F
4:00	5:41 min/km	White	E, F
4:15	6:03 min/km	Yellow	F, G
4:30	6:24 min/km	Black	F, G, H
4:45	6:45 min/km	Red	G, H, J
5:00	7:06 min/km	Gray	G, H, J
5:15	7:28 min/km	Orange	H, J
5:30	7:49 min/km	White	H, J
5:45	8:10 min/km	Yellow	J

Each pacer wears a colored flag on their back indicating their finish time, and a bib with their start group.

Visit the Pacer Booth at the Expo to pick up a pacing wristband with target split times!

## Hydration Station Locations

There are 17 hydration stations along the route. At stations 1, 3, 7, 9, 12, 14, and 16, only water is served. At all others, Enervit G Sport (orange flavor) is served first, followed by water.

- 3,8 km – Torsgatan
- 5,6 km – Fleminggatan
- 7,2 km – Stadshuset
- 8,8 km – Strömgatan
- 11,2 km – Karlaplan
- 12,9 km – Valhallavägen
- 15,5 km – Djurgårdsbrunnsvägen
- 17,4 km – Manillavägen
- 20,2 km – Nordiska Museet
- 22,5 km – Skeppsbron
- 25,5 km – Magnus Ladulåsgatan

- 27,9 km – Varvsgatan
- 30,1 km – Rålambshovsparken
- 32,2 km – Fleminggatan
- 34 km – Torsgatan
- 37,4 km – Strömgatan
- 40 km – Karlaplan

**Eco-friendly Note:** Please use the green Sortera bags provided at each station.

## Energy Stations

There are 14 energy zones offering a mix of sweet, salty, and energizing treats. They are typically placed just before hydration stations.

- 8,8 km – Strömgatan – Cola
- 11,2 km - Karlaplan - Gummy Frogs
- 12,9 km – Valhallavägen – Bananas
- 17,4 km – Manillavägen – Bananas
- 20,2 km – Nordiska Museet – Pickles
- 22,5 km – Skeppsbron – Cola
- 25,5 km – Magnus Ladulåsgatan – Enervit Gel (Cola flavor)
- 27 km – Hornsgatan – Apple slices
- 27,9 km – Varvsgatan – Bananas
- 32,2 km – Fleminggatan – Vegetable broth
- 34 km – Torsgatan – Dextrose
- 34,5 km – Torsgatan – Red Bull
- 37,4 km – Strömgatan – Coffee
- 40 km – Karlaplan – Gummy Frogs

## Cooling Zones

Just before many hydration stations, you'll find cool-down areas with showers or flowing water channels – perfect for splashing your cap or face.

Please drink from the cups – don't use them for rinsing!

## Cooling availability:

- Station 1 & 15: Showers
- Station 2 & 14: Water channels
- Station 3–13 (except 6 & 13): Showers

## Optional:

Enervit Personal Nutrition Service

Want to personalize your fueling strategy?

Add Enervit's bottle handoff service at 9 km, 17.5 km, and 38 km for optimal performance.

If you didn't purchase it during registration, you can still buy it via the race website or directly at the Enervit booth at the Expo. That's also where you collect the armband required to receive your bottles during the race.





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## Respect the Course: Waste Zones & Clean Running

Every year, over 20,000 runners turn the adidas Stockholm Marathon into one of the city's biggest and most exciting public events — a true celebration of running and community. And we're incredibly proud of that!

But large gatherings also bring big environmental challenges. Unfortunately, we see a lot of litter left behind on the course. While we clean up thoroughly, scattered waste is nearly impossible to collect in full — and what isn't picked up often ends up in our open waters.

Littering is illegal in Sweden, including during races. We ask all runners to plan their energy intake and hold on to their waste until they reach a designated disposal area. Dropping litter outside of these areas may result in disqualification.

To improve, we're introducing more Waste Zones along the course this year — clearly marked drop-off areas placed every 5 km. Please dispose of all trash (gels, wrappers, etc.) in the provided large bins. If it's crowded, toss your waste as close to the bin as possible.

There are 17 hydration stations and 13 energy stations along the route. All waste must be disposed of in the marked bags at these stations. Do not discard trash between stations — even small items like gel wrappers must be carried to the next Waste Zone or hydration station.

Other sports like cycling and skiing have already adopted this culture — and it works. Let's do the same in running. Together, we can keep Stockholm clean and protect our environment for the future.

## Crowd Support That Powers You Through

Running a marathon is a massive achievement — and we're here to cheer you every step of the way! Expect an atmosphere like no other, with DJs, announcers, and cheering zones all along the course.

This year, we're turning it up a notch! Runners from the top-represented countries — Sweden, the UK, Finland, Norway, Germany, and France — will enjoy special national DJ stations playing music from home. These spots are perfect for friends and family to gather, sing along, and boost their runners with familiar beats.

## Toilets

Toilets are available at:

- Östermalms IP
- Start corrals on Lidingövägen
- Every hydration station along the course

## Medical Support: Your Safety First

The adidas Stockholm Marathon is a serious physical challenge. Start smart and pace yourself — 42.195 km is no joke, especially the final stretch.

First aid teams are stationed at most hydration points, as well as at the start and finish areas. Their role is to provide immediate care and, when necessary, arrange transport to medical facilities.

Please note: The medical team is not there to help you continue if you are unwell or visibly injured. They are empowered to remove exhausted or injured runners from the course in the interest of safety.

If you need assistance returning to the event area, we offer motorbike or support vehicle transport from the nearest hydration station. Just notify a course marshal.

Take care of yourself. Do not start the race unless you're 100% healthy, and there's no shame in stopping if you feel unwell or exhausted. If you're unsure whether to start, speak to the medical team at Östermalms IP — they'll be available all day on Saturday to offer guidance.

## Stockholm Olympic Stadium – The Finish Line

Right after you cross the finish line inside the Stockholm Stadium, you'll receive your well-deserved finisher's medal. Just outside the stadium's Clock Tower (about 50 meters from the finish line), you'll be handed a water bottle — please keep it and refill it at hydration points on your way to Östermalms IP and inside the post-race service area.

All finishers can download their official race diploma from the adidas Stockholm Marathon website after the race.

Awards for top male and female finishers will be handed out immediately after the race at the Stockholm Stadium. The top three runners in each age category will also receive prizes, which will be sent by mail after the event.

To recover effectively, please keep moving after the finish line and make your way toward the post-race services at Östermalms IP — walking is the best first step in your recovery!

## Östermalms IP – Runners Only Zone

About 300 meters from the finish, Östermalms IP is open exclusively to participants. Here, you'll receive your official 2025 adidas Stockholm Marathon finisher shirt. Race results will be available near the shirt distribution area.

After receiving your shirt, you'll be offered water, soft drinks, snacks, coffee, fruit, sausage & bread, and non-alcoholic beer to help you refuel and recover. There's plenty of space to relax and chat with fellow runners.

**Please note:** Only registered runners are allowed inside Östermalms IP on race day. You'll meet friends and family outside the post-race area on **Lidingövägen**, where **lettered meeting points (A–F)** are set up for easy coordination.

## Foot Care & Massage

Before the race, certified therapists from Axelsons Institute offer foot care and massage (feet and lower legs) at Östermalms IP. After the race, post-run massage is available at the same location.

## Race Results

Live split times and preliminary results will be available during the race at [→stockholmmarathon.se](https://stockholmmarathon.se)

The official results list will be published approximately one week after the race.

## Live Tracking

Your friends and family can follow your progress in real time via the adidas Stockholm Marathon app or the “Tracking & Replay” feature on our website.

With the app, spectators receive live updates





at every 5 km split and can see your live GPS position (if enabled). The app costs 40 SEK per runner, and one user can follow up to 20 runners.

To follow a runner, simply enter their name or bib number.

A link to the app and tracking page will be shared during race week — stay tuned at [→stockholmmarathon.se](https://stockholmmarathon.se)

## Waste Sorting & Sustainability

adidas Stockholm Marathon works in close partnership with Sortera to make the event as sustainable as possible. All event areas are equipped with clearly marked recycling stations — please help us by sorting your waste correctly.

You may need to walk a few extra meters to reach a recycling station, but your effort makes a difference! Along the race route, look for green Sortera bags near hydration and energy stations and in the special Waste Zones. Thank you for being a part of our mission to protect the environment.

## Safety & Security

Your safety is our top priority. To ensure a secure experience for runners, spectators, and staff, we've implemented several safety measures:

Östermalms IP is restricted to participants and event personnel only. Spectators must wait outside on Lidingövägen, where designated meeting zones are provided.

[→ See our Östermalms IP map for details](#)

Bags (such as backpacks) are not allowed in the start corrals. Only hydration vests or belts are permitted during the race.

Your bib must be worn visibly on your chest, and you may not cover your face with a mask or other headwear during the race.

Stockholm Olympic Stadium is a bag-free zone for spectators on Saturday, May 31 — with the exception of medical or baby bags. All entrances will be staffed and checked starting at 12:30 when the stadium opens to the public. Spectators can enter via Marathon Gate on the Valhallavägen side.

If you'd like to return to the stadium after your finish to watch others complete the race, you must keep wearing your bib and carry your belongings in your official kitbag.

[→ View our Stockholm Stadium map here](#)

Throughout race day, you'll see security staff and safety personnel around the stadium and event zones. Please don't hesitate to approach them — or any of our volunteers — if you need help, have questions, or feel unsure about anything. We're here for you!







## Looking for More Information?

If you have any questions ahead of the adidas Stockholm Marathon, we're here to help!  
Feel free to contact us at +46 (0)8 545 664 40 (available Tuesday–Thursday, 9:00–12:00 & 13:00–15:00) or email us at [info@stockholmmarathon.se](mailto:info@stockholmmarathon.se)

The adidas Stockholm Marathon is officially sanctioned by AIMS (Association of International Marathons and Distance Races), World Athletics, and the Swedish Athletics Federation.