

Title partner:



Host city:



ENERGA GDAŃSK + MARATON

APRIL 2025

ATH LETES GUIDE



Partners

Title partner:



Host city:



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Dear Marathon Runners!!

It is with great joy that I welcome you to Gdańsk for the Energa Gdańsk Marathon – an event that combines sports competition with the beauty of our city.

Running to the goal is a beautiful metaphor for human struggles – with one's own weaknesses, with adversities of fate, but also with dreams that become reality thanks to determination and effort. The marathon, with its demanding distance, is a test of character, perseverance and strength of spirit. I wish you to find not only sports satisfaction on the route, but also the joy of overcoming your own barriers and the support provided by the community of runners.

I extend a special welcome to those who are visiting Gdańsk for the first time. I hope that our hospitality, history and the unique atmosphere of the city will make you want to come back to us – not only for more runs, but also to discover Gdańsk in all its charm.

Good luck! May strength and energy lead you to the finish line!

Aleksandra Dulkiewicz
Mayor of the City of Gdańsk



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SOLIDARITY
10-13 JUNE GDANSK

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and shape the future of cycling.



Dear Runners and sports enthusiasts!

#EnergaTurnonSport, that is why we got involved as a sponsor of the Gdańsk marathon with great satisfaction. I know with what impatience all runners are waiting for this event.

Preparing to overcome such a demanding distance is a great sacrifice, not only in terms of physical issues. These are long hours spent outside the house, in sports shoes covering subsequent kilometers - sometimes at dawn, and sometimes even at night. But the satisfaction of achieving a goal, overcoming your weaknesses, is the best reward. What is extraordinary in the running community is that it unites people of different ages, with different professions, interests or views. The goal is one and the same for everyone - to reach the finish line. This will also be the case on April 6 in Gdańsk.

I invite you to this event with great joy. I keep my fingers crossed for all the marathon participants and each one individually. I am sure that you will find the strength and determination to achieve your goal! I would like to cordially invite your supporting families, friends, and all residents along the route to the Energa points in Zaspa, Brzeźno and Nowy Port, as well as to the stand full of attractions – also for the youngest – at the Gdańsk stadium.

See you on the route!

Sławomir Staszak

President of the Management Board of Energa SA



Dear Athletes!

I welcome you to Gdańsk at the Energa Gdańsk Marathon, which is returning to the running map!

I would like to thank the city of Gdańsk and the Mayor Aleksandra Dulkiewicz for trusting us and entrusting us with the mission of organizing such an important sports event for Gdańsk.

I would also like to thank our Title Sponsor Energa S.A. and President Sławomir Staszak. #EnergaTurnonSport and that makes me very happy! I hope that we will stay together for a long time.

The marathon is a distance that teaches competitors humility, and it demands even more from the organizer and does not forgive mistakes. Almost 800 people work directly at this event and I would like to thank everyone who contributed to this event for their commitment and professionalism.

It is impossible not to mention all the services that help us organize this event: the police, medical support, route security, technical services, coordinators, race office staff, bus drivers and finally our green power, the volunteers, whom you will meet on the route. The best way to

thank them for their hard work is to give them a smile and a kind word. Remember this in your pre-race stress!

The route of our marathon leads through the biggest tourist attractions in Gdańsk - you will see the European Solidarity Centre, the Historic Gate of the Gdańsk Shipyard, the beautiful Gdańsk Old Town, you will run along a unique footbridge to the Granary Island and along Długa Street next to the Neptune Monument and Artus Court, you will see Ergo Arena on the border with Sopot, the famous Gdańsk wave bridges, the longest skyscrapers in the world, to reach the trainers intended for recreation and rest of residents and tourists - Ronald Reagan Park and the pier in Gdańsk - Brzeźno, and from here it is only a moment and you will be back in the amber arena.

Let our slogan „Run in the city of freedom!” guide you during the run.

See you at the finish line!

Adam Greczyło
Director
Energa Gdańsk Marathon 2025

 SUUNTO

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starts
here



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the performance watch



General information

	Distance	Start	Limit	Polish Athletics Certificate
Energia Gdańsk Marathon	42 195 m	04/06/2025 9:00 AM	5:30	✓
Run 5 km	5 km	04/06/2025 9:45 AM	60 min	✗
Energia Gdańsk Marathon Junior	200 – 1000 m	04/05/2025 4:30 PM	NONE	✗



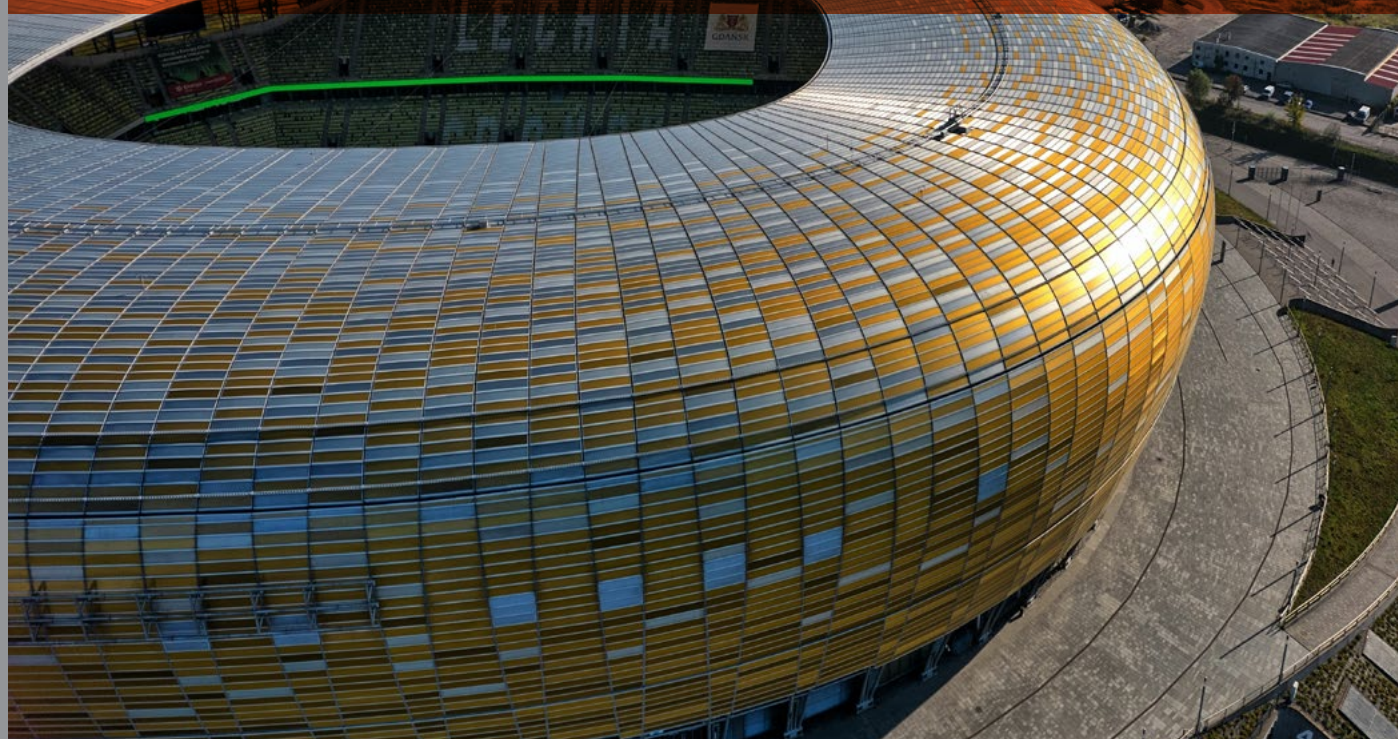
Race office

Opening hours: April 5, 2025 (Saturday), 12:00 PM – 9:00 PM



Deposit

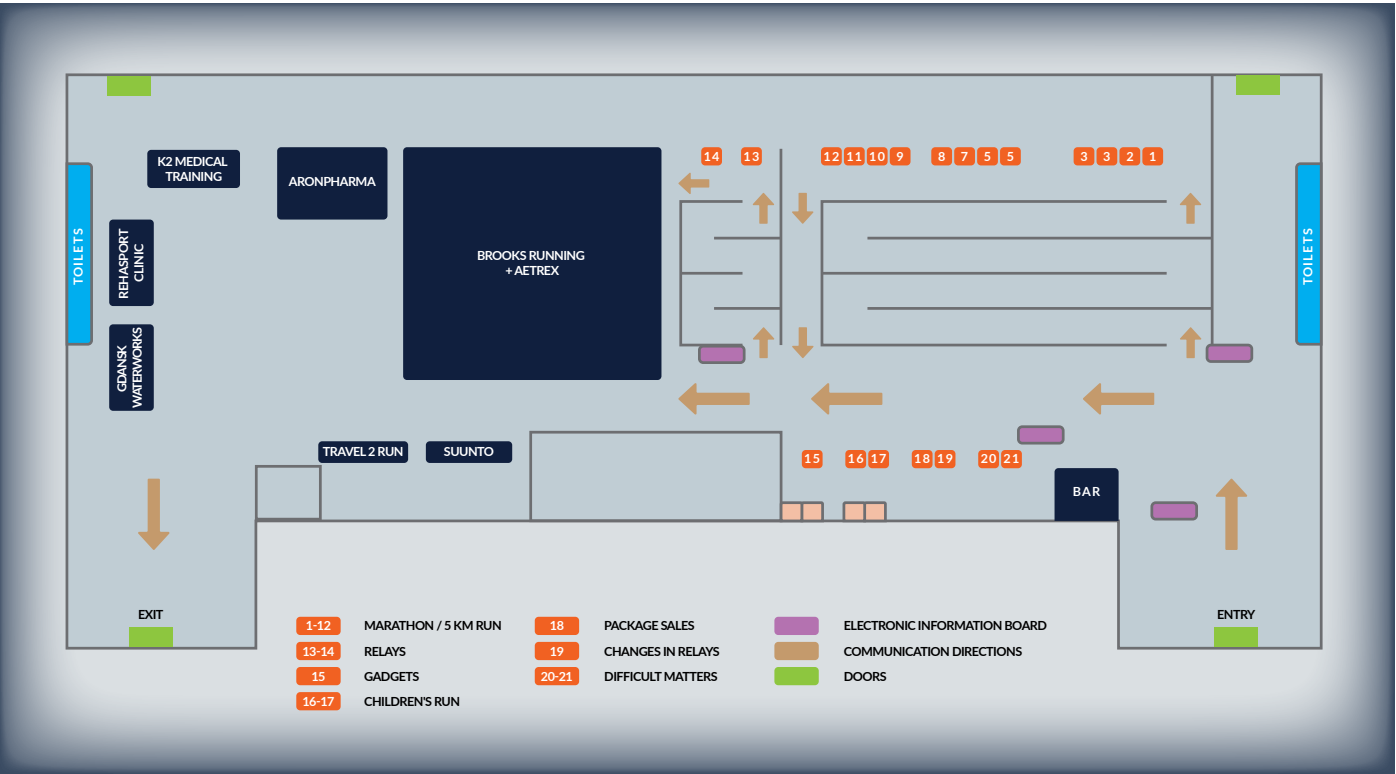
Location: Polsat Plus Arena Gdańsk, arcade at the entrance to the secretariat
Opening hours: April 6, 2025 (Sunday), 7:30 AM – 3:30 PM



Map of the event area



Race office





Event Program

5.04.2025 (Saturday)

12:00 – 15:30	Race Office, collection of starter packages for the Junior Energa Gdańsk Marathon
12:00 – 21:00	Race Office, collection of starter packages
12:00 – 21:00	EXPO Zone
16:30	START – Energa Energa Gdańsk Marathon Junior – 1000 m distance (12 – 15 years old)
16:55	START – Energa Energa Gdańsk Marathon Junior – 500 m distance (7 – 11 years old)
17:15	START – Energa Energa Gdańsk Marathon Junior – 200 m distance (1 – 6 years old)
17:40	Junior Energa Gdańsk Marathon Decoration

6.04.2025 (Sunday)

7:30 – 15:30	Opening hours of deposits for Energa Gdańsk Marathon participants
8:20	Opening of starting sectors
8:40	Brooks Warm up before the start of the Energa Gdańsk Marathon
9:00	START Energa Gdańsk Marathon
9:30	Opening of the starting sector for the 5 km Run
9:40	Brooks Warm up before the start of the 5 km Run
9:45	START of the 5 km Run
10:45	5 km Run Decoration
14:45	Energa Gdańsk Marathon Decoration



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Let's run there

Na hasło **"Biegiem po Glicerynę"** -100 zł rabatu
na zakupy Brooks w **Sklepie Biegacza w Gdańsku**.

Kod **"gm2025g"** upoważnia do rabatu -100 zł na zakupy na **www.brooks-running.pl**.

W obydwu przypadkach promocja obowiązuje do końca kwietnia, jedynie na nieprzecenione produkty o minimalnej wartości 500 zł.

How to pick up starter pack?



By Yourself



You must show the QR code received by email or text message and an ID with a photo (passport, driving license, ID card). NOTE! The QR codes will be sent on Wednesday or Thursday (April 2/3, 2025).

Authorize any person

If you cannot collect the bib number in person, you can authorize anyone to collect your bib number. This person must appear at the race office with the authorization on the organizer's form and a scan or photo of your ID document, and must also identify themselves with an ID document.

AUTHORIZATION
DOWNLOAD HERE



How do relay teams collect the bib numbers?



The relay team captain designated during the relay team registration collects the relay bib numbers and relay baton. The captain must identify themselves with an ID document with a photo (ID card, passport, driving license).

The relay team captain can authorize any person (it does not have to be a member of the relay team) to collect the bib numbers. The authorized person must show an ID with a photo when collecting the bib numbers.

AUTHORIZATION
DOWNLOAD HERE



If a minor is a part of the relay team, it is mandatory to provide consent from parents / legal guardians to participate in the race when collecting the package.

LEGAL GUARDIAN
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How to collect the bib number for the Energa Gdańsk Marathon Junior?



The bib number for the Energa Gdańsk Marathon Junior is collected by the child's parent or legal guardian. To collect the bib number, the parent or legal guardian must present an ID with a photo (ID card, passport, driving license) and provide con-

sent from parents / legal guardians on the organizer's form.

LEGAL GUARDIAN
DOWNLOAD HERE



Marathon route

ENERGA
+ GDAŃSK
+ MARATON



Refresh points

	WATER	ISOTONIC	GELS	BARS	BANANAS	WC	DROP ZONE
5,3 km							
10,1 km							
15,5 km							
20,9 km							
25,2 km							
28,2 km							
30,9 km							
33,4 km							
35,9 km							
38,1 km							
40,7 km							



HERBELIN

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**CAP CAMARAT SQUARE
AUTO**



Start organization



ENERGA
GDAŃSK
MARATON

Energa Gdańsk Marathon participants start in 9 starting waves. The competitor's number contains information about the starting zone to which they have been assigned.

The competitor may only change the starting zone to a slower one. Moving from a slower to a faster zone is prohibited. Such a change will be punished by adding 5 minutes to the final result.

Each competitor was assigned to a starting zone based on the declared time of completion of the race provided in the registration form.

People who registered after March 23, 2025 were assigned to the last starting zone.

Entrances to the starting zones will open at 8:20, then at 8:40 the Brooks Warm Up! warm-up will begin.

Starting Zones Energa Gdańsk Marathon

Zone A	Below 3:00:00
Zone B	From 3:00:00 to 3:29:59 + All Relays
Zone C	From 3:30:00 to 3:44:59
Zone D	From 3:45:00 to 3:59:59
Zone E	From 4:00:00 to 4:14:59
Zone F	From 4:15:00 to 4:29:59
Zone G	From 4:30:00 to 4:44:59
Zone H	From 4:45:00 to 4:59:59
Zone I	From 5:00:00 to 5:30:00

Marking of the purchased medal engraving



Start zone marking on the start number

Energa Gdańsk Marathon
– 5 km race competitors start
in one starting zone.

PACE MAKERS

+ **+**

3:00



Piotr Maksymiuk
Personal record: 2:46:07

+ **+**

3:00



Dariusz Kokociński
Personal record: 2:57:20

+ **+**

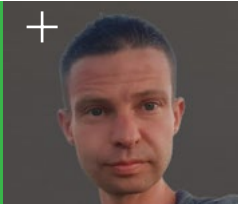
3:15



Arkadiusz Wincebach
Personal record: 2:56:00

+ **+**

3:15



Piotr Grzebin
Personal record: 2:58:05

+ **+**

3:15



Tomasz Wojciechowicz
Personal record: 2:50:55

+ **+**

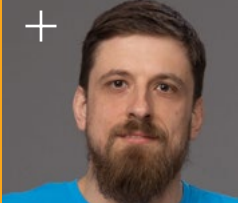
3:30



Marcin Kulczyk
Personal record: 3:07:00

+ **+**

3:30



Sebastian Marszałek
Personal record: 3:13:42

+ **+**

3:45



Michał Piotrowski
Personal record: 3:14:47

+ **+**

3:45



Paweł Szulwach
Personal record: 3:13:54

+ **+**

3:45



Michał Krasicki
Personal record: 3:12:35

+ **+**

4:00



Zibi Jukubek
Personal record: 3:19:22

+ **+**

4:00



Sławek Hoffman
Personal record: 3:24:03

+ **+**

4:00



Adam Szyborski
Personal record: 3:12:18

+ **+**

4:15



Karolina Węgrzyńska-Górzyńska
Personal record: 3:53:58

+ **+**

4:15



Kasia Zatorska
Personal record: 3:58:42

+ **+**

4:15



Agnieszka Machalica
Personal record: 3:39:39

+ **+**

4:30



Zbigniew Kordula
Personal record: 4:11:27

+ **+**

4:30



Paweł Szwed
Personal record: 3:50:07

+ **+**

4:45



Tomasz Golec
Personal record: 3:45:00

+ **+**

4:45



Ewa Kulczyk
Personal record: 4:50:12

+ **+**

5:00



Alina Żyźniewska
Personal record: 4:15:00

+ **+**

5:00



Joanna Sawczuk
Personal record: 4:04:04

The colors correspond to the starting zone markings

BALTIC HOME SPA

NAJLEPSZE SPA W TWOIM DOMU

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ziaja



Information for relay teams

Transport to relay transition zones

The organizer will provide transport from the start to the transition zones of individual relay teams.

Buses to the relay transition zones will depart at **8:35** from the designated bus stop at Pokoleń Lechii Gdańsk Street, next to the Tesla showroom. The organizer will not provide transport for people who are late for the bus to the transition zone.



IMPORTANT! To board the bus, you must have your start number.

There is no obligation to use transport to the transition zone, each participant can also reach the transition zone on their own.

The organizer will not provide a deposit in the relay transition zone.

Return transport to the stadium from the relay change zones

The organizer will provide return transport to the finish line for all relay participants who have finished their run in the transition zone.



IMPORTANT! The organizer does not guarantee that every runner will reach the stadium before the last athlete of their relay.

The departure of the bus will be coordinated by the organizer's services after the last relay team has reached the change zone and, if possible, the bus has left the transition zone.



IMPORTANT! The person from the last shift of the relay at the finish line hands over the relay baton and after handing over the baton receives 4 medals for all members of the relay.



The most important rules for relay competitions

A Each relay consists of 4 people.

B It is not permissible for the same person to cover two sections of the route.

C A change of relay participant not reported to the organizer and not approved by the organizer in the competition office on April 5, 2025 means disqualification of the relay.

D A change in the order of participants in the relay that was not reported to the organizer and not approved by the organizer means disqualification of the relay.

E Each relay must reach the finish line with the relay baton that the captain received when receiving the starting package.

F A relay without a baton means disqualification of the relay.

G Passing the baton in the transition zone must take place between the start and finish lines of the zone, passing the baton outside the transition zone means disqualification of the relay.

H If, during the transfer of the baton in the transition zone, the baton falls to the ground, the person passing it (ending the shift) must pick it up and pass it to the person starting the next shift.

I If, during the transfer of the baton in the transition zone, the baton falls and rolls out of the transition zone, the person passing it (ending the shift) must pick it up and return to the transition zone so as to pass the baton again within the changeover zone.

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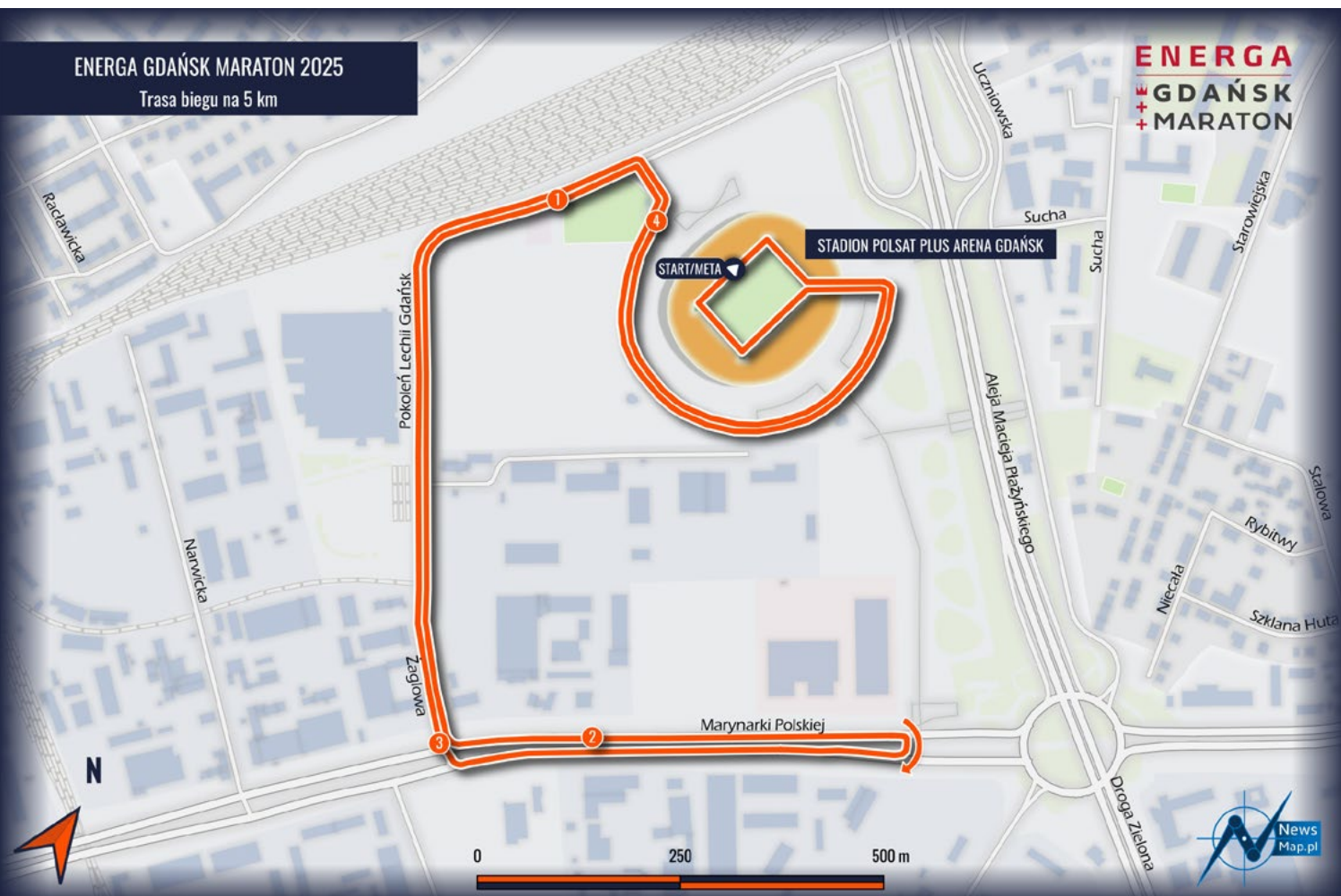


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ENERGA GDAŃSK MARATON 2025

Trasa biegu na 5 km

ENERGA
GDAŃSK
MARATON



Energa Gdańsk Marathon

- 5 km run

5
KM

The accompanying event of the competition over a distance of 42,195 m is a 5 km run. Athletes in the 5 km run will start from one starting zone. The start of the 5 km run is planned for **9:45**.

Before the run, the Brooks brand invites you to an energetic warm-up!

In the 5 km run, only the three fastest women and three fastest men are decorated.



Energa Gdańsk Junior Marathon!



ENERGA
GDAŃSK
MARATON

Because what the skin of youth soaks up... as the saying goes, we invite the youngest to the start of the Energa Gdańsk Junior Marathon!

On the eve of the marathon competition, the youth will compete in 200, 500 and 1000 m races. The youngest competitors will finish at the same finish line where the Energa Gdańsk Marathon competitors will appear the next day. The beginning of the youngest competition on Saturday, April 5 at **16:30!**

Categories Energa Gdańsk Marathon Junior

Year of birth	Age category	Distance
2022 - 2024	1-3 years	200 m
2019 - 2021	4-6 years	200 m
2017 - 2018	7-8 years	500 m
2014 - 2016	9-11 years	500 m
2012 - 2013	12 - 13 years	1000 m
2010 - 2011	14 - 15 years	1000 m



Program - 5.04.2025 (Saturday)

12:00 - 15:30	Race office collection of starter packages for Junior Energa Gdańsk Marathon
16:30	START - Energa Gdańsk Marathon Junior - distance 1000 m (12 - 15 years)
16:55	START - Energa Gdańsk Marathon Junior - distance 500 m (7 - 11 years old)
17:15	START - Energa Gdańsk Marathon Junior - distance 200 m (1 - 6 years old)
17:40	Decoration Junior Energa Gdańsk Marathon



#gdanskakranowka to woda:

świeża – wydobywana i dostarczana na bieżąco

zdrowa – bogata w składniki mineralne

bezpieczna – pod stałą kontrolą sanitarną

ekologiczna – nie generuje plastikowych butelek

dostępna – wystarczy odkręcić kran

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100% wody dostarczanej mieszkańcom Gdańska spełnia wymagania dla wody pitnej zawarte w Rozporządzeniu Ministra Zdrowia z dnia 7 grudnia 2017 roku w sprawie jakości wody przeznaczonej do spożycia przez ludzi [Dz.U. 2017 poz. 2294].



Gdańskie
Wodociągi

After the race

Marathon and Relay

After crossing the finish line, each athlete will receive a medal, and the person from the last relay shift will receive four medals (one for each relay participant) when handing over the relay baton.

Go to the finisher's zone outside the stadium - that's where we have prepared for you:

In a large white tent you will receive:

- a regenerating meal in a vegetarian and meat version (to choose from),
- water, isotonic drink, fruit, Red Bull
- massage

We will set up shower containers (28 stations) by the tent, in the starter package you will receive shower gel from our Partner ZIAJA - after the race you will be able to take a bath.

The engraved station will be set up by the finisher's zone. If you have purchased an engraving, this information can be found on your bib number. Report to the point with your number and medal. The service will take care of the rest.

The engraving fee on the day of the competition is PLN 50, purchasing on the day of the event may involve a longer wait.

5 km run

After crossing the finish line, each competitor will receive a medal.

Go to the finisher's zone outside the stadium - there we have prepared for you:

In a large white tent you will receive:

- water, isotonic drink, fruit, Red Bull

We will set up shower containers (28 stations) by the tent, in the starting package you will receive shower gel from our Partner ZIAJA - after the race you will be able to take a bath.

The engraving station will be set up by the finisher's zone. If you have purchased an engraving, this information can be found on your starting number. Report to the point with your number and medal. The staff will take care of the rest.

The engraving fee on the day of the competition is PLN 50 and may involve a longer wait.



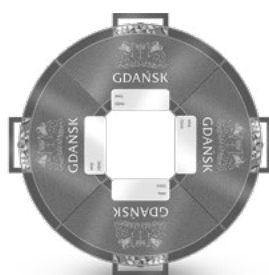


Award ceremony

On Saturday after the Energia Gdańsk Marathon Junior, the decoration ceremony will begin at 5:40 p.m. Three people in each age category will be decorated, in accordance with the competition regulations.

On Sunday, the 5 km race decoration will begin at approximately 10:45 a.m.,

while the Energia Gdańsk Marathon decoration will begin at 2:45 p.m. In the 5 km race, the top three women and top three men will be decorated. During the Energia Gdańsk Marathon decoration, three people in each age category will be decorated in accordance with the regulations, as well as the top three relay teams in each classification.





Additional services

T-shirts and backpacks are issued at the gadgets stand in the race office.

Medal engraving is marked with an

icon on your start number. After finishing the race, report with your start number to the medal engraving point and based on this, the staff will engrave your name and time on the medal.





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wynajem skuterów

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Sprawdź naszą ofertę:

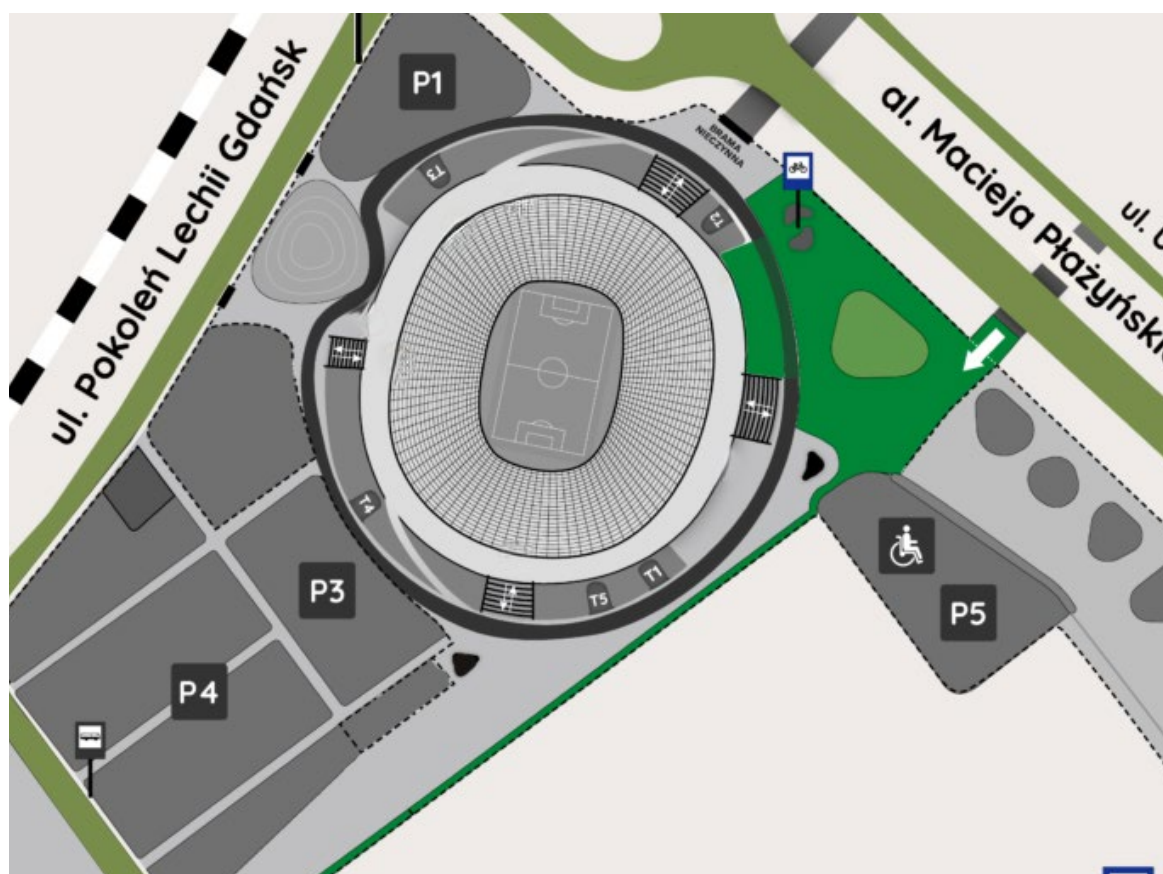
www.dvrent.pl

733-100-660

Parking

There is a parking lot for about 2,500 cars at Polsat Plus Arena Gdańsk on Pokoleń Lechii Gdańsk 1 Street. Entry to

the parking lot on Sunday will be possible until 8:00. When parking, do not forget to pay the fee in the parking meter!



Cheering points

ENERGA
GDAŃSK
MARATON

There will be 11 music zones and cheering points on the Enea Gdańsk Marathon route - below is a map showing their locations



Title partner:



Host city:



Energa



włącza sport

Wspieramy sport i zdrowe aktywności.

Pomagamy drużynom i wspieramy wydarzenia, które dodają emocji, inspirują małych i dużych do codziennego ruchu i sportu. Tego, któremu kibicujesz, i tego, który jest twoją pasją.



**Włącz się do gry
i poczuj energię
w swoim mieście!**
EnergaWlacza.pl



Energa

GRUPA ORLEN