

The course of the Grassland Marathon is challenging as it is mainly offroad, but technically not very difficult. Other than one short steep climb after 5,5km, the terrain is mainly flat with some rolling hills in the middle section. However, wind can be a factor. In case anybody is wondering: this is not the race to set a new personal best time. The running course mainly covers prime grassland and sand trails. The 2019 course will be roughly the same as in the past years, with some minor modifications - as always - a possibility inside the grasslands. The race has so far always been held in dry conditions, but should it be wet we recommend special trail running shoes, which offer more grip.

Please see "Track Map" for further details

*click on the map to increase the size*



