



SCHEDULE

Stand: 15.05.2023

Thursday, 29. June 2023

TIME	EVENT	LOCATION
10am – 6pm	IRONMAN Frankfurt registration open	Mainkai
10am – 6pm	IRONMAN Merchandise & Expo open	Mainkai
7pm – 9pm	Start NightRun	Mainkai

Friday, 30. June 2023

TIME	EVENT	LOCATION
10am – 6pm	IRONMAN Frankfurt registration open	Mainkai
10am – 6pm	IRONMAN Merchandise & Expo geöffnet	Mainkai
10am	Press conference open	Mainova AG
12pm	Pre-race Briefing PRO-Athletes	Mainova AG
2:30pm	Pre-race Briefing German	Grandstands at the Römerberg
4pm	Pre-race Briefing English	Grandstands at the Römerberg
3pm – 6pm	Distribution of media accreditations	Magistrate's conference room

Saturday, 01. July 2023

TIME	EVENT	LOCATION
10am – 1pm	IRONMAN Frankfurt registration open	Mainkai
10am – 6pm	IRONMAN Merchandise & Expo open	Mainkai
10am - 11:30am	Ironkids	Römerberg
12pm – 6pm	Run-Bag Drop off	Transition 2 at Mainkai
1pm – 6pm	Bike Check-In in Transition	Langener Waldsee
3pm – 4pm	Distribution of media accreditations	Magistrate's conference room

Sunday, 02. July 2023

TIME	EVENT	LOCATION
4:30am – 6:15am	Transition open	Langener Waldsee
6:25am	PRO-Athletes FEMALE Start EM	Langener Waldsee
6:40am – 7am	Age-Group Start / Rolling Start	Langener Waldsee
8am – 10pm	Media Center open	Magistrate's conference room
10am – 6pm	IRONMAN Merchandise & Expo open	Mainkai
from 2pm	Finish Line Party starts	Römerberg
approx. 3:15pm	First Male Athlete at the Finish line	Römerberg
approx. 3:30pm	First Female Athlete at the Finish line	Römerberg
5pm	After Race Press Conference	Magistrate's conference room
5:30pm – 11pm	Bike Check-out	Transition 2 at Mainkai
10pm	Race close	Römerberg

Monday, 03. July 2023

TIME	EVENT	LOCATION
11am - 12:30pm	Athlete's Brunch	Ice rink Frankfurt, Ratsweg
12pm – 2pm	Awards & Slot Allocation IRONMAN World Championship Nice and Hawaii 2023	Ice rink Frankfurt, Ratsweg