

IRONMAN
70.3  **KRAKÓW**
POLAND

**Feel
the fire!**

FAN GUIDE

Kraków 03/08/2025

MIASTO GOSPODARZ



PARTNERZY STRATEGICZNI



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We are just days away from the inaugural edition of IRONMAN 70.3 Kraków! We can't wait to welcome you to the royal city and together write a new chapter in the history of Polish triathlon. Watch the video below and feel the excitement that awaits you on the course!





**IRONMAN 70.3
Kraków
August 3**



**22nd H.J. Wagner
Memorial
August 29-31**



**Children's run
Mini Melts
Kraków Run
September 20**



**18th PKO
Three Mounds'
Run
September 21**



**11th PKO
Cracovia Royal
Half Marathon
October 12**



**Ninja European
Championships
Poland 2025
November 14-16**

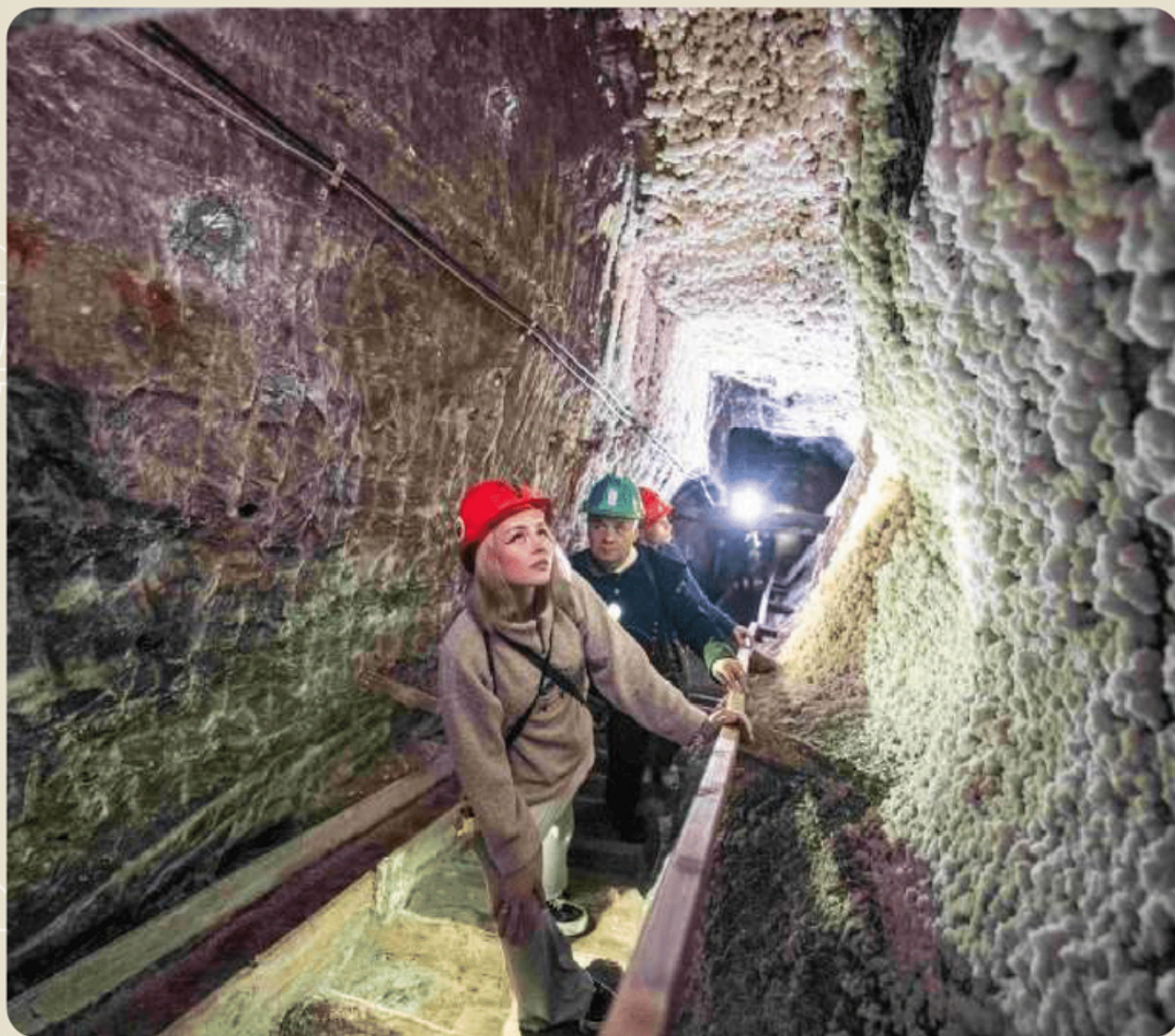
**Kraków - the city
of sports emotions**



Zarząd Infrastruktury
Sportowej
w Krakowie



Zejdź pod ziemię, odkryj historię!
Go underground. Discover history!



KOPALNIA SOLI BOCHNIA / BOCHNIA SALT MINE

Najstarsza kopalnia soli kamiennej w Polsce, działająca
nieprzerwanie od 1248 roku. / *The oldest salt mine in Poland,
operating continuously since 1248.*

TOP 5 THINGS TO SEE



WAWEL ROYAL CASTLE

Wawel is a historic hill featuring the Royal Castle and the Cathedral, where Polish kings were crowned and buried. Visitors can explore richly decorated chambers, the armory, royal tombs, and the Dragon's Den. It is the heart of Polish history and national identity.

Website: wawel.krakow.pl



ST. MARY'S BASILICA

Located on the Main Square Square, St. Mary's Basilica is one of Kraków's most important landmarks. It is renowned for its Gothic altarpiece by Veit Stoss, its soaring towers, and the hourly bugle call. The interior captivates with its vibrant colors, starry vaulted ceiling, and stained glass windows.

Website: mariacki.com



KAZIMIERZ DISTRICT

Kazimierz is a uniquely atmospheric district that blends Jewish heritage with modern culture. Its narrow streets are home to synagogues, museums, art galleries, and trendy cafés. In the evening, it transforms into a vibrant nightlife hub, filled with concerts and cultural events.

Website: www.krakow.pl



WIELICZKA SALT MINE

Wieliczka is an extraordinary underground site where salt was mined for centuries. During the tour, you'll see chapels carved out of salt, underground lakes, and impressive sculptures. With over 700 years of history, the mine is listed as a UNESCO World Heritage Site.

Website www.kopalnia.pl



KOPALNIA SOLI W BOCHNI

The oldest salt mine in Poland, operating continuously since 1248. Its underground corridors, chambers, and chapels form a unique labyrinth that now serves both tourism and therapeutic purposes. The site has been inscribed on the UNESCO World Heritage List as part of the Royal Salt Mines.

Webiste: kopalnia-bochnia.pl



NAJWAŻNIEJSZE IMPREZY SPORTOWE NA JEDNEJ PLATFORMIE ONLINE



- Indywidualne konto użytkownika z historią startów i wyników



- Szybka i wygodna rejestracja na wiele eventów



- Innowacyjne usługi z poziomu formularza



- Płatności online



- Ocena eventu



- ZNAJDŹ TRENERA - wyszukiwarka trenerów personalnych w sportach wytrzymałościowych

Za pośrednictwem SlotMarket.pl możesz:

- zapisać się i opłacić swój udział w imprezie
- prowadzić rejestrację na swój event
- korzystać z innowacyjnych usług e-commerce





Zakrzówek Reservoir

A picturesque body of water in Kraków, formed in a former limestone quarry. Surrounded by cliffs and greenery, it is a popular spot for walking, swimming, and diving.

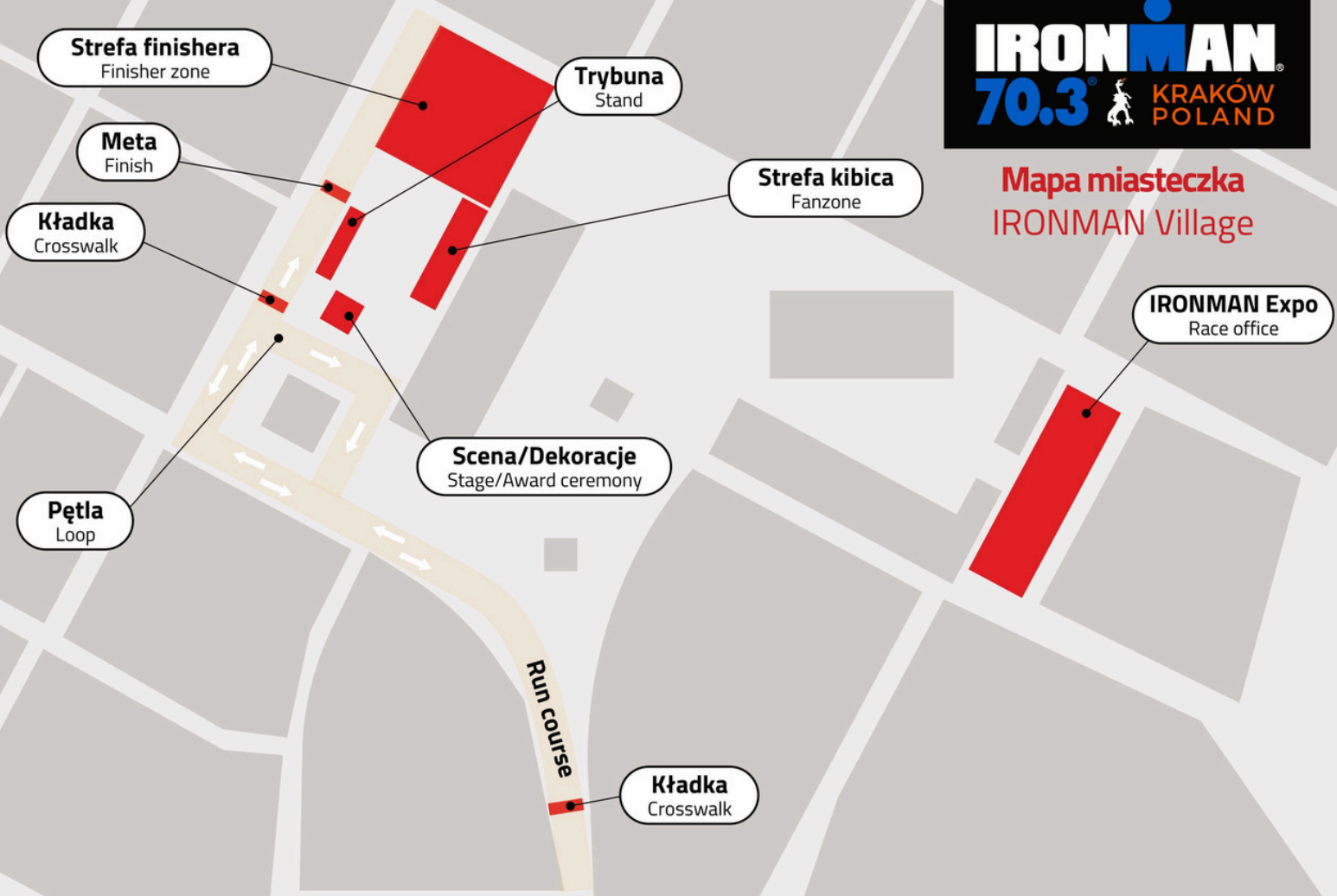


Check the location





Mapa miasteczka
IRONMAN Village



Kościuszko Mound

A symbolic monument in Kraków, constructed between 1820 and 1823 in honor of Tadeusz Kościuszko. Situated on a hill, it offers a panoramic view of the city and its surroundings.



Check the location



SCHEDULE



FRIDAY 1st AUGUST

Opening hours	Description	Location
15:00 - 20:00	Registration <i>IRONMAN 70.3, Relay, IRONKIDS, Good Morning Run</i>	Small Market Square
15:00 - 20:00	Opening hours <i>Expo and Official Merchandise Store</i>	Small Market Square

SATURDAY 2nd AUGUST

Opening hours	Description	Location
8:00 - 10:00	Deposit <i>Good Morning Run</i>	Main Square
9:00	Start <i>Good Morning Run</i>	Main Square
9:45	Awards <i>Good Morning Run</i>	Main Square
10:00 - 20:00	Opening hours <i>Expo and Official Merchandise Store</i>	Small Market Square
10:00 - 20:00	Registration <i>IRONMAN 70.3, Relay</i>	Small Market Square
10:00 - 12:30	Registration <i>IRONKIDS</i>	Small Market Square
12:00	Start <i>IRONKIDS</i>	Main Square
12:00 - 20:30	Run bag (red bags) check-in T2 zone	Międzyszkolny Ośrodek Sportowy Kraków Zachód
12:00 - 21:30	Bike and bike bag (blue bag) check-in T1 Zone	Zakrzówek Park, Wyłom Street
14:15	Awards <i>IRONKIDS</i>	Main Square



SCHEDULE



SUNDAY
3rd AUGUST

Opening hours

Description

Location

6:00 - 7:30

T1 zone and deposit
opening hours*

Zakrzówek Park,
Wyłom Street

6:00 - 8:30

Deposit
opening hours

Zakrzówek Park,
Norymberska Street

8:00

Start
IRONMAN 70.3, Relay

Zakrzówek Reservoir

9:00 - 17:00

Opening hours
Expo and Official Merchandise Store

Small Market Square

11:30

Expected finish of the winner
IRONMAN 70.3

Main Square

11:30 - 17:40

Deposit bag pick-up

Finish Line Zone
Main Square

14:30 - 19:30

Check-out bike and bags
T2 zone

Międzyszkolny Ośrodek
Sportowy Kraków Zachód

17:40

Expected finish time of the last athlete
IRONMAN 70.3

Main Square

17:45

Awards Ceremony
IRONMAN 70.3

Main Square

18:45

Slot allocation

Assembly Hall, Collegium
Novum, Jagiellonian University

**No possibility for bike and bags check-in*

See how to get to key locations

EXPO / RACE OFFICE

SMALL MARKET SQUARE

[CHECK ON THE MAP](#)

T1 ZONE

ZAKRZÓWEK RESERVOIR, WYŁOM STREET

[CHECK ON THE MAP](#)

T2 ZONE

MIĘDZYSZKOLNY OŚRODEK SPORTOWY
KRAKÓW ZACHÓD, PLAC NA GROBLACH

[CHECK ON THE MAP](#)

START

ZAKRZÓWEK RESERVOIR

[CHECK ON THE MAP](#)

FINISH LINE

MAIN SQUARE

[CHECK ON THE MAP](#)

SLOT ALLOCATION

COLLEGIUM NOVUM
JAGIELLONIAN UNIVERSITY

[CHECK ON THE MAP](#)



Opening hours

15:00 - 20:00	Friday, August 1 st
10:00 - 20:00	Saturday, August 2 nd
9:00 - 16:00	Sunday, August 3 rd

Info point

If you have any questions please visit the info point.

Opening hours

15:00 - 20:00	Friday, August 1 st	Main Square
10:00 - 20:00	Saturday, August 2 nd	Main Square
9:00 - 18:00	Sunday, August 3 rd	Main Square

The list of exhibitors

226ERS	MIZUNO
ALAB	NUTREND
FITCAST	PRESSMATIC
FUNDACJA IM. MAI DĘBSKIEJ	PSI BUFET
HUSKY ENDURANCE	RAMY NA MEDAL
HYDREX	RASO WEAR
IDC TRADE POLSKA	SHIMANO
KAWAIRNIA KSODA	SPORT CENTER
KOPALNIA SOLI BOCHNIA	SPORTANO
LEVEL SPORT CONCEPT	THE ROOTS
MALOKEE	TRI STYLE
MARSQUEST EUROPE	VELOTEAM
MARTOMBIKE	VEOLIA
MB WEAR	WERTYKAL
	ZONE3



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OFFICIAL MERCHANDISE STORE

MAŁY RYNEK
KRAKÓW



GODZINY OTWARCIA | OPENING HOURS

PIĄTEK | FRIDAY
15:00 – 20:00

SOBOTA | SATURDAY
10:00 – 20:00

NIEDZIELA | SUNDAY
9:00 – 17:00

Wawel Royal Castle

The former residence of Polish kings and one of the most important historical sites in the country. It impresses with its Renaissance architecture, arcaded courtyard, and rich museum collections, including royal apartments and the treasury.



[Check the location](#)





PHO3NIX SPORT WITH PURPOSE

AT PHO3NIX, WE HARNESS THE POWER OF SPORT TO INSPIRE, UNITE, AND TRANSFORM LIVES. BY BREAKING BARRIERS AND CREATING OPPORTUNITIES, WE EMPOWER CHILDREN, ATHLETES AND COMMUNITIES TO REACH THEIR FULL POTENTIAL AND BUILD BRIGHTER, STRONGER FUTURES.

[PHO3NIXFOUNDATION.COM](https://pho3nixfoundation.com)

sportano.pl

SKLEP SPORTOWY

HUUB

HOKA

ZONE3

2XU

g



Twój biznes, nasza pasja.

razem możemy więcej!

Wiemy, że to, co robisz, wymaga wytrwałości, siły i otwartości na współpracę.
Sprawdź, co globalny bank może zrobić dla Ciebie i Twojej firmy.

citi handlowy®

URBAN GAME



Sunday, 3rd August

Hours	Description	Lokalizacja
11:00 - 16:00	Urban Game	Run course

On Sunday, August 3, between 11:00 and 16:00, we invite fans and Warsaw residents to take part in a unique urban game during IRONMAN 70.3 Kraków!


What's the game about?


Your mission is to visit all cheering zones along the run course and collect a special stamp at each one. From the Info Point (Main Square), pick up the stamp map and read the game rules.


Full set of stamps = a gift!


You can pick up your prize at the Info Point, located right next to the finish line.

Who will you meet at the cheering zones?

 **Kapela Krakowska** – traditional outfits, live music, and a folk vibe. Together with a DJ spinning a folk-inspired playlist, they'll bring extra energy during one of the most exciting moments of the race.

 **Domofonia** – a charismatic MC and freestyle master who will be cheering on the athletes.

 **Maleo Conga & DJ Andy Bart** – one of the most high-energy duos on the course. Maleo has been performing nonstop for over 20 years, while DJ Andy Bart is a house music expert with experience on both Polish and international stages.

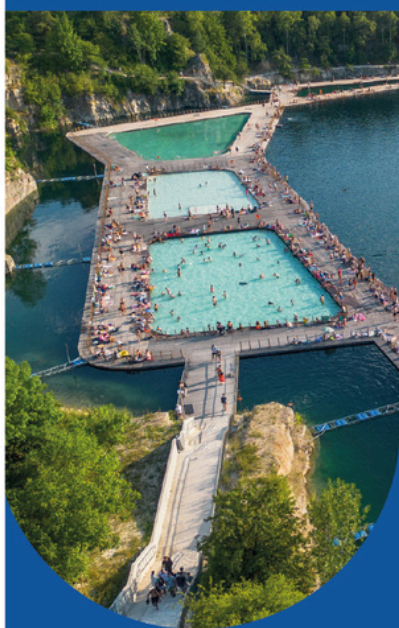
 **DJ Domson & Michał "SAX Mike"** – a pop music journey with over two decades of DJ experience. DJ Domson will lead the party, and SAX Mike — vocalist, multi-instrumentalist, and showman — will add live saxophone sounds to the mix.

 **Come, have fun, cheer!**



The urban game and musical journey with IRONMAN 70.3 Kraków is the perfect way to experience the excitement of triathlon up close – no matter your age or sporting experience!

INWESTYCJE OBIEKTY WYDARZENIA



**Zarząd Infrastruktury
Sportowej
w Krakowie**

Sukiennice

A historic market hall located in the Main Square, it is one of the city's iconic landmarks. For centuries, it has served a commercial function, and today it houses galleries, souvenir shops, and a branch of the National Museum.



Check the location



FAN ZONE IN BOCHNIA



Sunday, 3rd August

Hours

Description

Lokalizacja


9:00 - 13:00

Faz Zone

Market Square in Bochnia

The Market Square in Bochnia is one of the most energetic spots along the bike course of IRONMAN 70.3 Kraków. This is where the athletes will turn back on the route — the perfect moment to give them an extra boost with your cheers!

We've set up a special Spectator Zone packed with attractions:

 **IRONMAN tattoo painting for kids** – creative fun with the event logo and a great keepsake for the little ones

 **Slack line and skills zone** – games, contests, and light activity while waiting for the athletes

 **Energy bike** – hop on a stationary bike and feel the sporting energy yourself

 **DJ and announcer** – good music, course updates, and a great live atmosphere

Bring your friends, your family, and lots of positive energy — we'll see you on August 3rd at the Market Square in Bochnia!

 **MEDICAL
SPORT**

 **Hyperice**

System do drenaży limfatycznego

Normatec

-10%

z kodem

START

8.06 - 15.06.2025



www.sportmed24.pl



SWIM VENUE





Trasa pływacka 1900 m
/ Swim course

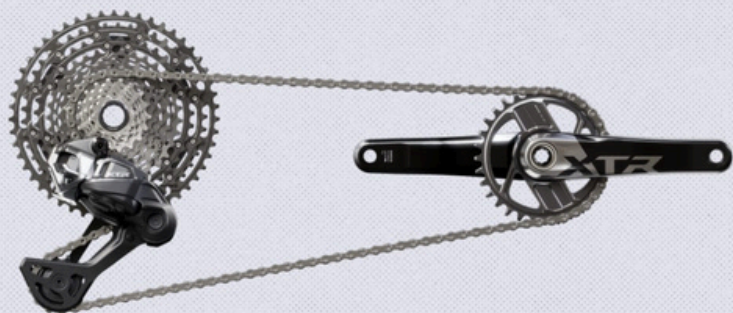
IRONMAN
70.3  **KRAKÓW**
POLAND

[GPX FILE](#)



XTR

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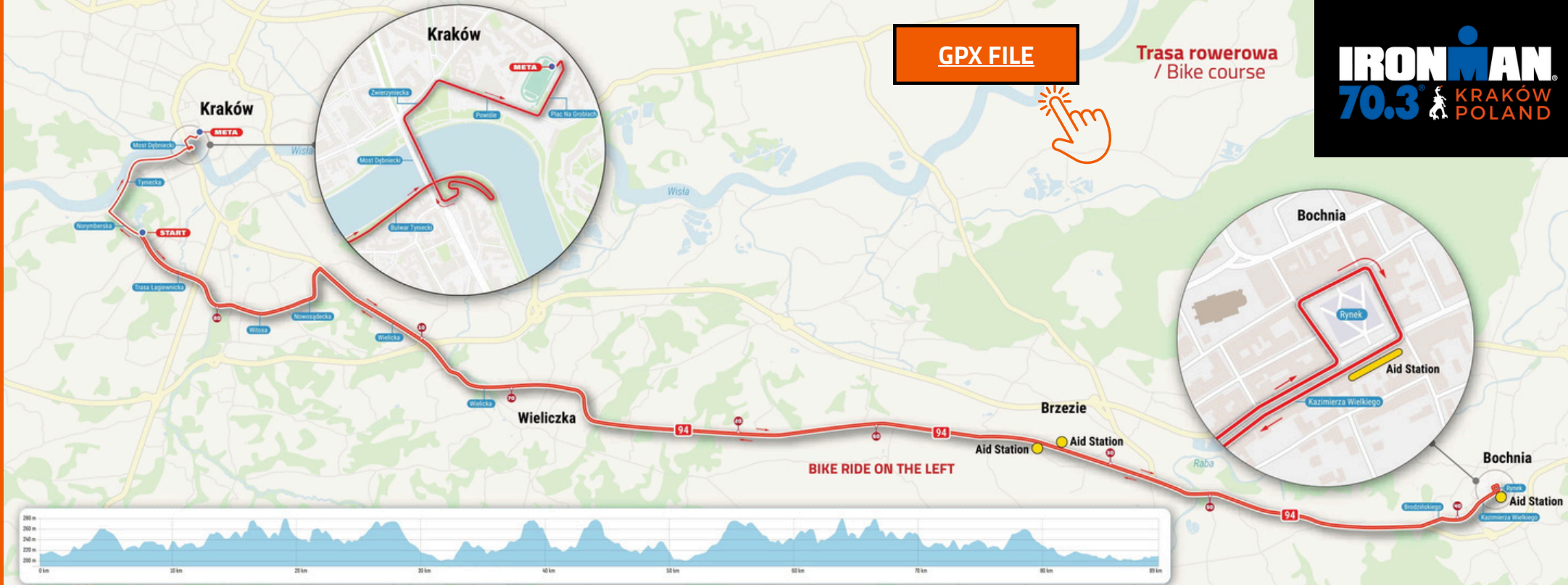


CISOWIANKA
NATURALNIE BOGATA
W MINERAŁY



Z każdą kroplą bliżej celu. Cisowianka sport.

CISOWIANKA

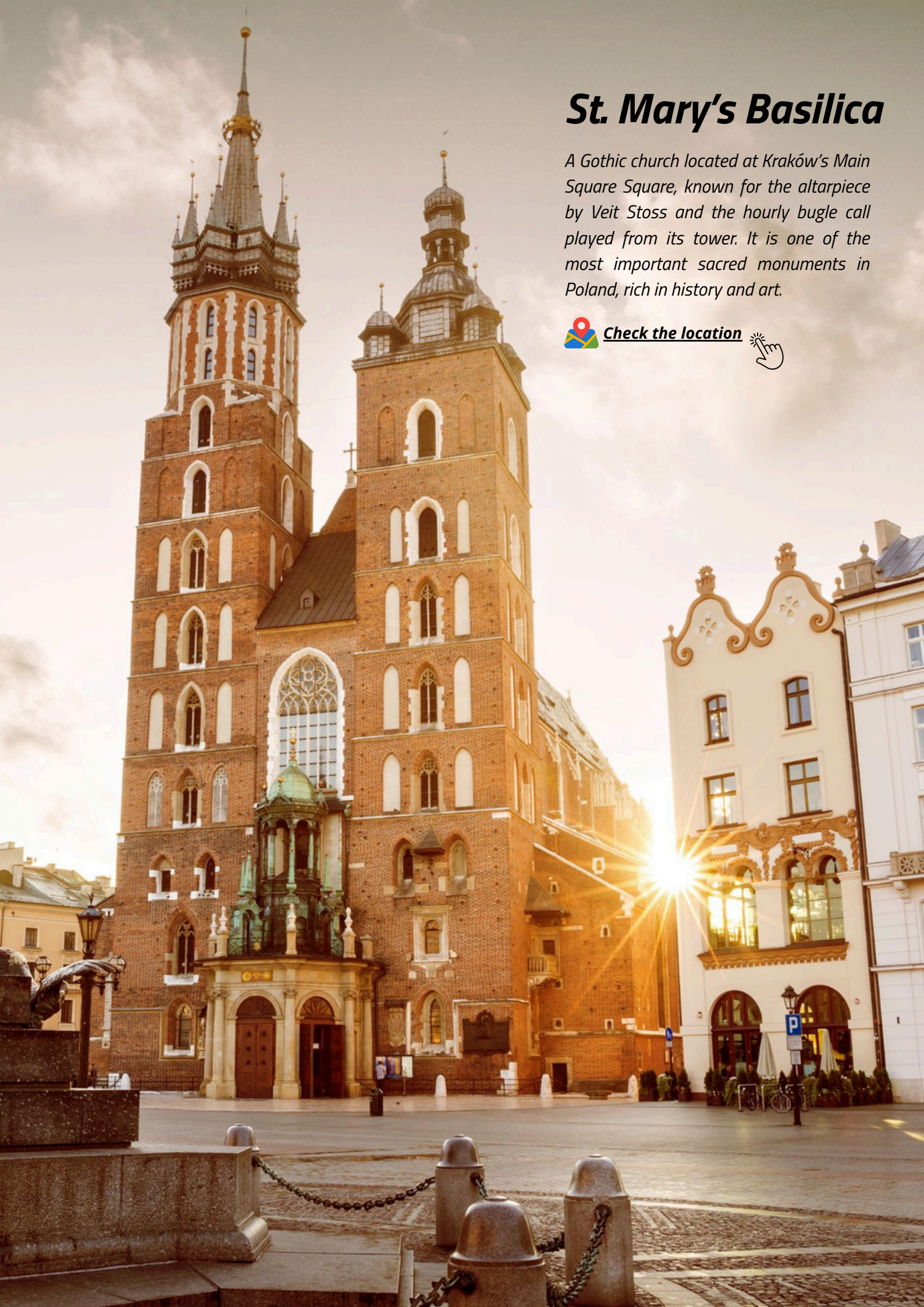


St. Mary's Basilica

A Gothic church located at Kraków's Main Square Square, known for the altarpiece by Veit Stoss and the hourly bugle call played from its tower. It is one of the most important sacred monuments in Poland, rich in history and art.



Check the location



PRZYJDŹ PO BIEGU WYGRAWEROWAĆ SWÓJ MEDAL

uwiecznij swój występ
i zapamiętaj ten mecz na zawsze!

Twoje imię i nazwisko

Umieść swoje imię
i nazwisko na medalu

Twój czas

Umieść na medalu czas
uzyskany w biegu



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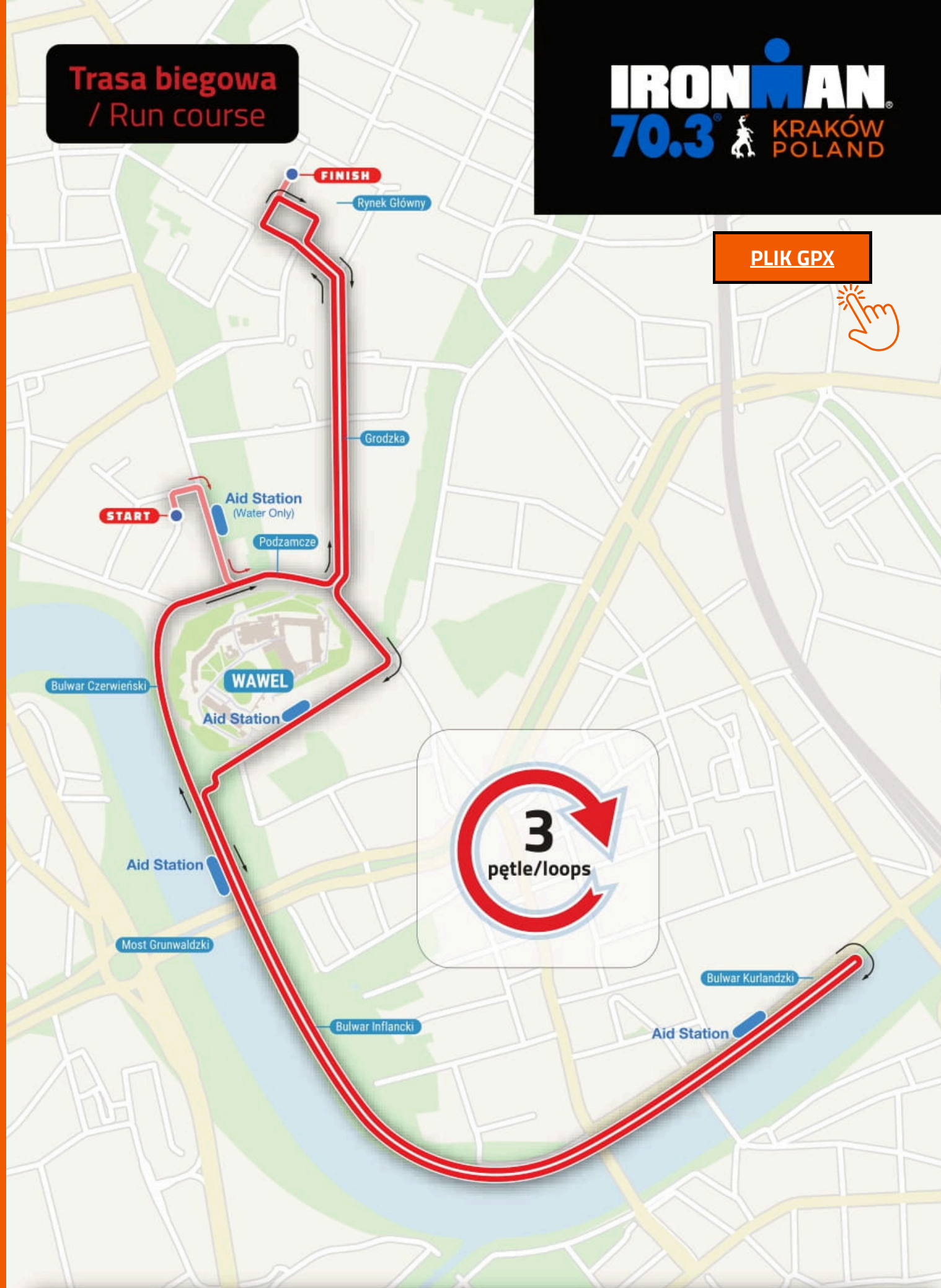
Discover more at **WWW.NUTREND.PL**



Trasa biegowa / Run course

IRONMAN
70.3  **KRAKÓW
POLAND**

[PLIK GPX](#)



AWARDS CEREMONY



Saturday, August 3rd

Hours	Description	Location
17:45	Awards	Main Square

- Trophy for the Top 5 PRO Men / Women
- Trophy for the Top 3 of each age group category
- Trophy for the Top 3 Relays Team (Men, Women, Mixed)
- Trophy for the Top 3 TriClubs
- Trophy for the Best Female and Male athlete from Kraków

**Attendance is mandatory at the Awards ceremony,
no awards will be sent afterwards**

MARATOMANIA

ZDJĘCIA ONLINE



MARATOMANIA.PL



Wejdź
na maratomania.pl



Wpisz
numer startowy



Pobierz
swoje zdjęcie

Wawel Dragon

A legendary creature tied to the origins of Kraków. Its statue stands at the foot of Wawel Hill and breathes fire every few minutes, drawing crowds of tourists. It is one of the city's most recognizable attractions, especially beloved by children.



Check the location



GOOD MORNING RUN



Friday, August 1st

Hours	Description	Location
15:00 - 20:00	Registration	Small Market Square

Saturday, August 2nd

Hours	Description	Location
8:00 - 10:00	Deposit	Main Square
9:00	Start	Main Square
9:45	Awards	Main Square





PORANNA KAWA PRZED STARTEM TO NIE TYLKO RYTUAŁ

TO MOMENT
SKUPIENIA I ENERGII

Właśnie dlatego na **MECIE czekać będzie** nasza
starannie skomponowana mieszanka - idealna dla tych, którzy
lubią łączyć intensywność smaku z naturalną dawką kofeiny.



WPADNIJ DO NASZEJ KAWOWEJ STREFY REGENERACJI

— TU LICZY SIĘ SMAK, NIE WYNIK NA ZEGARKU.

PHO3NIX IRONKIDS KRAKÓW



Before IRONMAN 70.3 Kraków, young athletes will take to the course! Once again, the youngest participants will start in the Pho3nix IRONKIDS Kraków event to tackle the running course!

Pho3nix IRONKIDS Kraków, young athletes aged 3-15 will participate. The course length will depend on the age category.

Children will start in waves according to the distances—the first wave at 12:00, with subsequent waves every 20 minutes. The exact start time for each athlete is indicated on the start list and the QR ticket.

Friday, August 1st

Hours	Description	Location
15:00 - 20:00	Registration	Small Market Square

Saturday, August 2nd

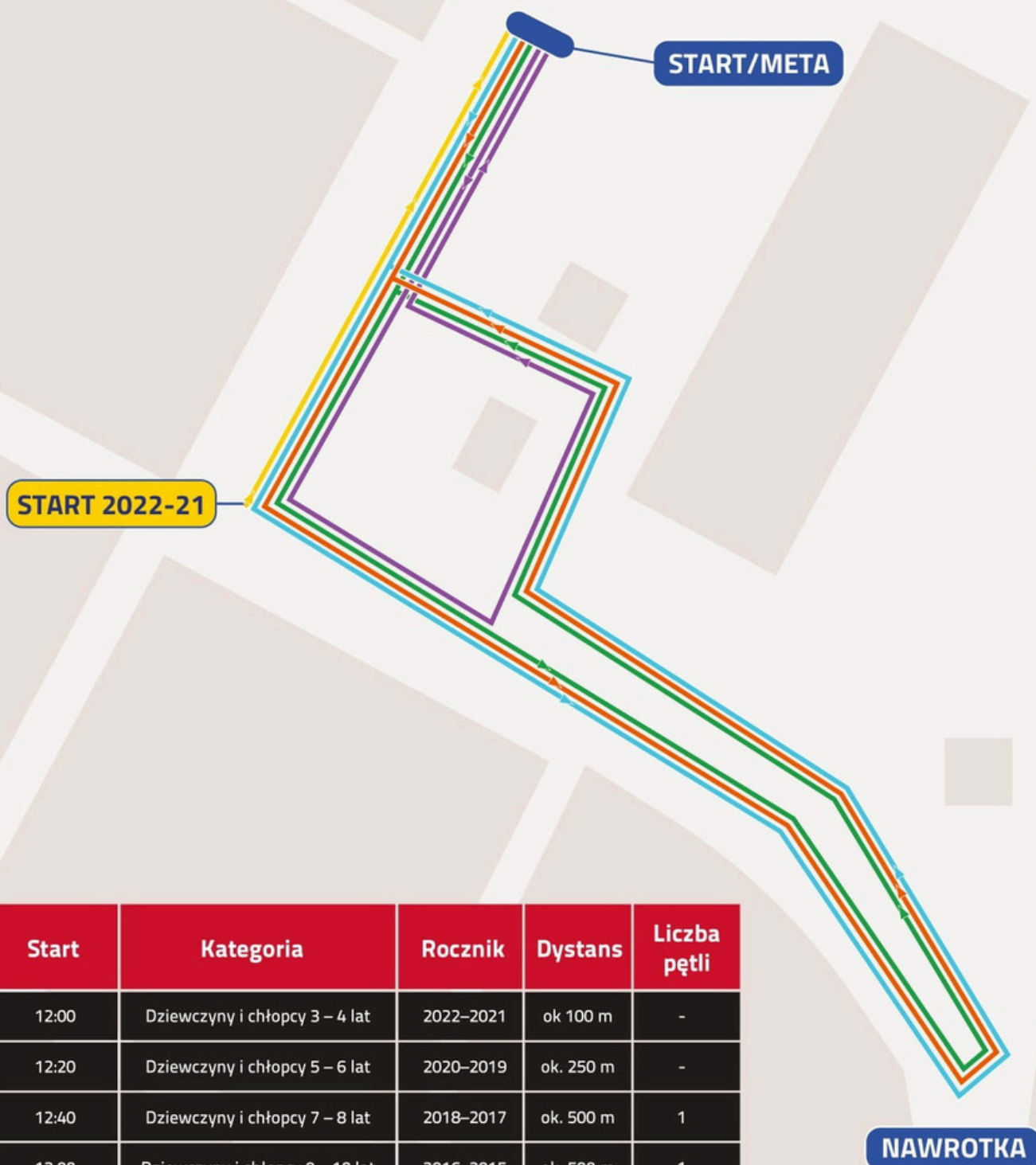
Hours	Description	Location
10:00 - 13:30	Registration	Small Market Square
12:00	Start	Main Square
14:15	Awards	Main Square





IRON KIDS®

KRAKÓW • POLAND



	Start	Kategoria	Rocznik	Dystans	Liczba pętli
	12:00	Dziewczyny i chłopcy 3 – 4 lat	2022–2021	ok 100 m	-
	12:20	Dziewczyny i chłopcy 5 – 6 lat	2020–2019	ok. 250 m	-
	12:40	Dziewczyny i chłopcy 7 – 8 lat	2018–2017	ok. 500 m	1
	13:00	Dziewczyny i chłopcy 9 – 10 lat	2016–2015	ok. 500 m	1
	13:20	Dziewczyny i chłopcy 11 – 12 lat	2014–2013	ok. 1000 m	2
	13:40	Dziewczyny i chłopcy 13 – 15 lat	2012–2010	ok. 1500 m	3



Transformacja ekologiczna to nasz cel

Odnawiamy zasoby świata  **VEOLIA**

www.veolia.pl

GOOD TO KNOW



LOST AND FOUNDS

Lost and found items will be available at the Info Point.

Once the event is over, please contact krakow70.3@ironman.com, to find the missing items and arrange for their return. Shipping charges will apply.

SAFETY AND SECURITY

Athletes: Safety first, please do not take any unnecessary risks.

Make sure you have provided your ICE (In Case of Emergency) contact on your account at SlotMarket.pl portal.

Supporters: If an athlete is no longer visible on the tracker, it may only be a fault chip. In the event of an incident, the organization will reach out to the emergency contact directly

IRONMAN TRACKER

Features include live participant tracking, instant notifications, leaderboards, map tracking, event notifications, event information and more!

- **Live Web Tracker:** See times and current pace within seconds of a participant crossing each checkpoint. Estimated times will be provided based on current pace.
- **Live Leaderboard:** See who is winning via the Live Leaderboard. Top runners in each category will be displayed in real-time as they lead the way through the course.
- **Live Map Tracking:** Participant locations will be plotted on the Interactive Course Map as progress is made on course. The position of each participant is estimated based on the most recent timing received from the bib read.

Athletes' data will appear in the app on race day.



[DOWNLOAD APP](#)

TRAFFIC DISRUPTIONS



Organizing large sports events in urban areas always involves temporary inconveniences for drivers and changes in public transport schedules.

For more information regarding road closures due to the event, please click the link below.

TRAFFIC DISRUPTION NOTICE

HELPLINE

A special helpline will be available for drivers and residents to provide information about detours and possible crossing points on the race route.

The helpline will operate on the following days and times:

- Friday, August 1: 20:00 - 23:00
- Saturday, August 2: 10:00 - 20:00
- Sunday, August 3: 7:00 - 17:00

 + 48 500 261 000

WAZE

We also encourage you to use the free Waze navigation app, which will include temporary road closures related to the event.

MIASTO GOSPODARZ

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w Krakowie



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