

Catch the GOAT!

FAN GUIDE

Poznań 07/09/2025

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YEAR 2024



Experience or relive the thrill and energy of race day—watch the 2024 highlights video and get in the spirit for what's ahead!



The background of the entire image is a solid blue color. Overlaid on this background is a dense, repeating pattern of white line-art figures. These figures represent various sports activities: some are running, some are jumping, some are on bicycles, some are holding tennis rackets, and others are in dynamic poses suggesting movement. The figures are stylized and minimalist, creating a textured, energetic backdrop.

SPORT

POZnań*



Pobierz już dziś

Przejdź do aplikacji i korzystaj z e-faktury!

Pobierz aplikację Moja Enea i załatwiaj wszystko w jednym miejscu. Wygodne sposoby płatności, dostęp do historii zużycia energii, informacje o umowach oraz e-faktury, a także szeroki wybór form kontaktu z Eneą. Moja Enea to komfort, szybkość i wygoda!



**Łatwy dostęp
do e-faktur**



Wygoda korzystania



**Wygodne sposoby
płatności**



**Personalizacja
ekranu głównego**

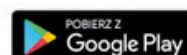


**Dostęp do danych
o zużyciu energii**



**Szeroki wybór form
kontaktu z Eneą**

**Pobierz aplikację
i aktywuj e-fakturę!**



Szczegółowe informacje oraz Regulamin dostępne na enea.pl/aplikacja

TOP 5 THINGS TO SEE



POZNAŃ MARKET SQUARE

Poznań Market Square is the heart of the city, filled with colorful townhouses, charming cafes, and historic landmarks. The central point is the Town Hall with its famous goats, which attract crowds of tourists every day at noon. Walking through the square, you can feel the unique atmosphere of Poznań and discover its rich history and culture.



CATHEDRAL IN THE CATHEDRAL ISLAND

In the underground of Poznań's cathedral church you can see the relics of the first Polish cathedral from the 10th century, the tombs of Poland's first rulers - Mieszko I and Bolesław the Brave as well as a supposed baptistery from 966. Next to the cathedral, a state-of-the-art interactive Heritage Center of Cathedral Island "Brama Poznania" was built.



CITADEL PARK

The Poznań's largest urban Citadel park is located in the center of the city, on the remains of a former Prussian fortress. Until the 19th century it was a hill with a picturesquely located village of Winiary and afterwards it had been transformed into a massive fort. After WW2 it became an urban park. A huge meadow in the middle of the park is a place of various events and music concerts.



FORMER IMPERIAL CASTLE

The former Imperial Castle is the last and youngest monarchical residence in Europe, created at the beginning of the 20th century for German Emperor Wilhelm II. After WW1, the Zamek (Castle) housed among others the Mathematical Department of the Poznań University, whose alumni broke the code of the German ciphering machine - Enigma. Zamek is a cultural facility, with many exhibitions, a cinema and a children's animation theater.



CROISSANT MUSEUM OF POZNAŃ

The Croissant Museum of Poznań is a unique place where tourists can learn about the history and tradition of baking the famous St. Martin's croissants. The museum offers interactive shows where visitors can see how these delicious pastries are made and even try their hand at preparing them. It's an attraction that combines education with fun and allows you to taste an authentic Poznań specialty.

Website: www.rogalowemuzeum.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



Town Hall

The historic Town Hall in the center of Poznań, located on the Old Market Square. It impresses with its Renaissance façade and the tower with the famous mechanical goats, which attract crowds every day at noon. It is one of the city's most recognizable landmarks, popular with both tourists and locals.



Check location





SCHEDULE



FRIDAY 5th SEPTEMBER

Opening hours

Description

Location

15:00 - 20:00	Athlete check-in <i>IRONMAN 70.3, 5150 Triathlon Series, Relay, IRONKIDS</i>	MTP Pavilion No. 3
15:00 - 20:00	Opening hours <i>Expo and Official Merchandise Store</i>	MTP Pavilion No. 3
15:00 - 21:30	Athlete check-in <i>Night Run</i>	MTP East Hall
21:00 - 23:00	Deposit <i>Night Run</i>	MTP, PeWuKa, Finisher Zone
22:00	Start <i>Night Run</i>	MTP PeWuKa Square
22:45	Awards <i>Night Run</i>	MTP PeWuKa Square

SATURDAY 6th SEPTEMBER

Opening hours

Description

Location

10:00 - 20:00	Registration <i>IRONMAN 70.3, 5150 Triathlon Series, Relay</i>	MTP Pavilion No. 3
10:00 - 20:00	Opening hours <i>Expo and Official Merchandise Store</i>	MTP Pavilion No. 3
10:00 - 13:30	Registration <i>IRONKIDS</i>	MTP Pavilion No. 3
12:00	Start <i>IRONKIDS</i>	MTP PeWuKa Square
12:00 - 20:30	Run bag (red bags) check-in T2 zone	MTP St Mark's Square
12:00 - 21:30	Bike and bike bag (blue bag) check-in T1 Zone	Kiekrz Arka Kiekrz football field
14:15	Awards <i>IRONKIDS</i>	MTP PeWuKa Square
15:00	Mini Bike Competition powered by Sportano.pl	MTP Trade Fair Spire

MTP - Poznań International Fair

How to get to key locations

EXPO / RACE OFFICE	POZNAŃ INTERNATIONAL FAIR PAVILION NO. 3	CHECK ON THE MAP
T1 ZONE / START	KIEKRZ ARKA KIEKRZ FOOTBALL FIELD	CHECK ON THE MAP
T2 ZONE	POZNAŃ INTERNATIONAL FAIR ST MARK'S SQUARE	CHECK ON THE MAP
FINISH LINE	POZNAŃ INTERNATIONAL FAIR PEWUKA SQUARE	CHECK ON THE MAP
TRAIN TO KIEKRZ	TRAIN STATION POZNAŃ GŁÓWNY	CHECK ON THE MAP

SCHEDULE



SUNDAY 7 th SEPTEMBER	Opening hours	Description	Location
	6:30 – 7:30	T1 zone and deposit – opening hours** <i>5150 Triathlon Series and Relay</i>	Kiekrz Arka Kiekrz football field
	7:30 – 9:30	T1 zone and deposit – opening hours <i>IRONMAN 70.3*</i>	Kiekrz Arka Kiekrz football field
	8:00	Start <i>5150 Triathlon Series and Relay</i>	Kierskie Lake
	9:00 – 17:00	Opening hours <i>Expo and Official Merchandise Store</i>	MTP Pavilion No. 3
	9:30	Start <i>IRONMAN 70.3</i>	Kierskie Lake
	9:50	Expected finish of the winner <i>5150 Triathlon Series</i>	MTP PeWuKa Square
	10:00 – 19:30	Deposit bag pick-up <i>5150 Triathlon Series</i>	MTP, PeWuKa, Finisher Zone
	11:00 – 16:00	Urban Game	Run course
	12:15	Expected finish time of the last athlete <i>5150 Triathlon Series</i>	MTP PeWuKa Square
	12:15	Awards <i>5150 Triathlon Series and Relay</i>	MTP PeWuKa Square
	13:00 – 16:00	Check-out bike and bags – T2 zone <i>5150 Triathlon Series</i>	MTP St Mark's Square
	13:00	Expected finish of the winner <i>IRONMAN 70.3</i>	MTP PeWuKa Square
	13:00 – 19:30	Deposit bag pick-up <i>IRONMAN 70.3</i>	MTP, PeWuKa, Finisher Zone
	16:00 – 20:30	Check-out bike and bags – T2 zone <i>IRONMAN 70.3</i>	MTP St Mark's Square
	18:45	Expected finish time of the last athlete <i>IRONMAN 70.3</i>	MTP PeWuKa Square
	18:45	Awards <i>IRONMAN 70.3</i>	MTP PeWuKa Square
	19:45	Slot Allocation	Poznań International Fair, Green Hall, Eastern Entrance Hall
*No possibility for bike and bags check-in MTP - Poznań International Fair			

mtp
GRUPA

Życzy wszystkim startującym

ŻELAZNEJ KONDYCJI!





Citadel park

A vast park and former fortress area in the northern part of Poznań. Full of greenery, pathways, and monuments, it attracts walkers, runners, and history enthusiasts. It is one of the residents' favorite places to relax.



Check location



EXPO

Opening hours

15:00 - 20:00	Friday, September 5 th
10:00 - 20:00	Saturday, September 6 th
9:00 - 17:00	Sunday, September 7 th

Info point

If you have any questions, please visit the info point located at the entrance to Pavilion No. 3 at the Poznań International Fair.

Opening hours

15:00 - 20:00	Friday, September 5 th
10:00 - 20:00	Saturday, September 6 th
9:00 - 17:00	Sunday, September 7 th

The list of exhibitors

ALAB	MARTOMBIKE
ENEA	MEDICAL SPORT
ENTERPRISE	PSI BUFET
EVENTMACHINE	RUBICON
HYDREX	SPORTANO.PL
INONI	SPORT CENTER
LEVELSPORT	TRI STYLE
MANA LAKE	VELOTEAM
MARSQUEST	



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POZNAŃSKIE, PAWILON NR 3
POZNAŃ



GODZINY OTWARCIA | OPENING HOURS

PIĄTEK | FRIDAY
15:00 – 20:00

SOBOTA | SATURDAY
10:00 – 20:00

NIEDZIELA | SUNDAY
9:00 – 17:00



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

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ZONE3

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razem możemy więcej!

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Sprawdź, co globalny bank może zrobić dla Ciebie i Twojej firmy.

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URBAN GAME



Sunday, 7th September

Hours

Description

Location

11:00 - 16:00

Urban Game

Trasa biegowa

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.

Musical cheering points!



Classical and film music



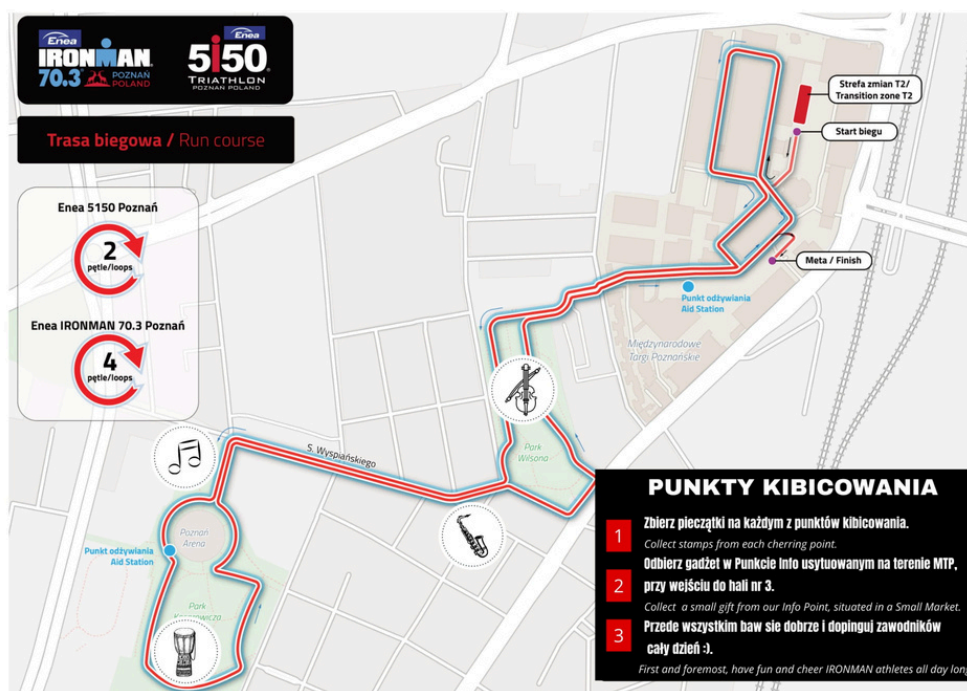
Freestyle / hip-hop



Latino / Salsa



House / electro



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

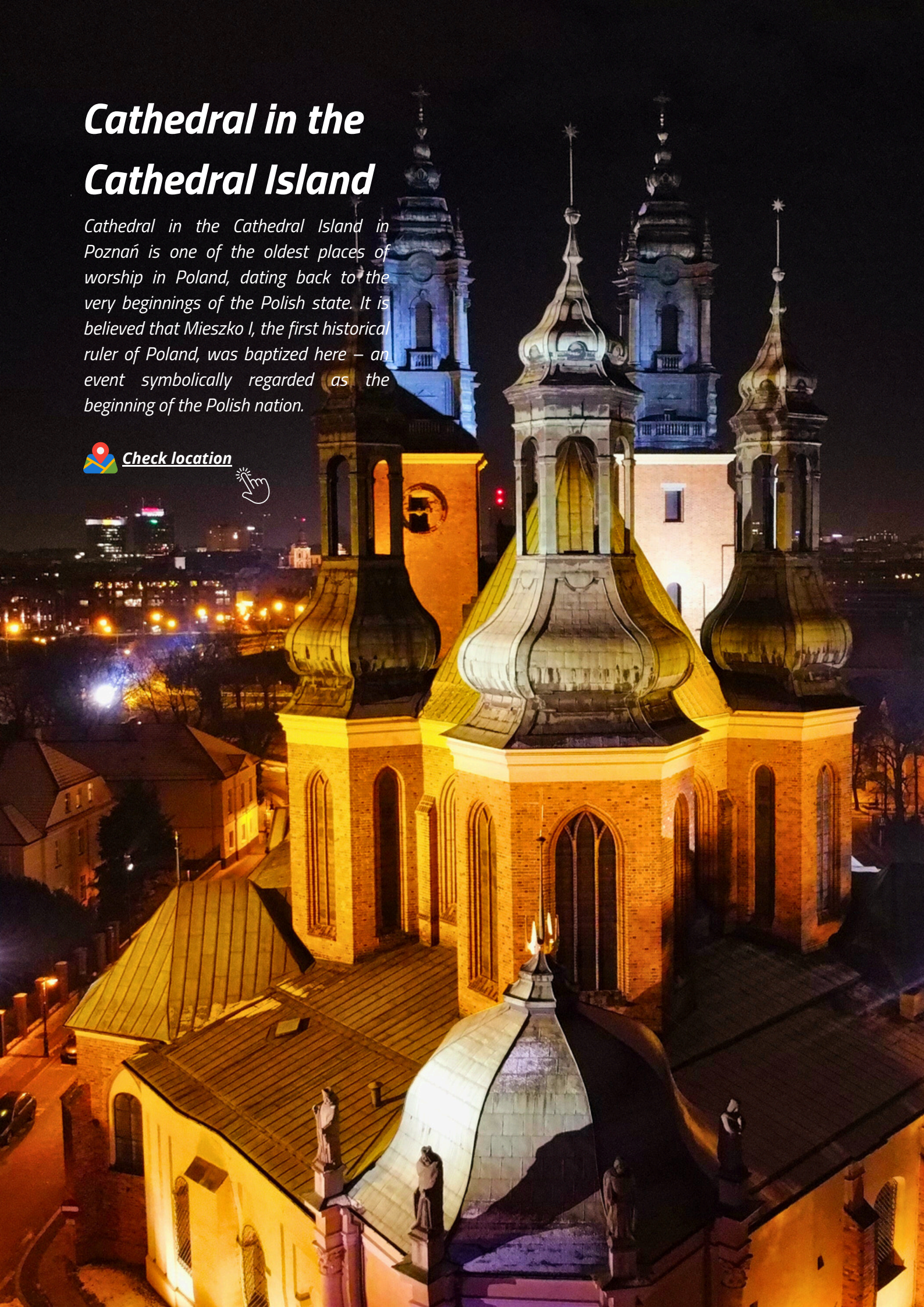
COME, HAVE FUN, CHEER!

Cathedral in the Cathedral Island

Cathedral in the Cathedral Island in Poznań is one of the oldest places of worship in Poland, dating back to the very beginnings of the Polish state. It is believed that Mieszko I, the first historical ruler of Poland, was baptized here – an event symbolically regarded as the beginning of the Polish nation.



[Check location](#)



An aerial photograph of Lake Malta, a large artificial lake in a city. The lake is a deep blue color. On the left side, there is a large, colorful building with a green roof and yellow accents, which appears to be a recreational facility. The building has a curved, modern design. To the right of the building, there is a sandy beach area. In the background, a dense urban area with various buildings and houses is visible. The sky is clear and blue. The text "Lake Malta" is overlaid on the right side of the image in a white, bold font.

Lake Malta

A popular spot for leisure and outdoor activities, located close to the city center. This artificial lake is surrounded by walking and cycling paths, as well as attractions such as a narrow-gauge railway, thermal baths, and a summer toboggan run. It also hosts international rowing and canoeing competitions.



Check location





Wyjazd na trasę rowerową

T1

Dobieg do strefy T1

Rolling start

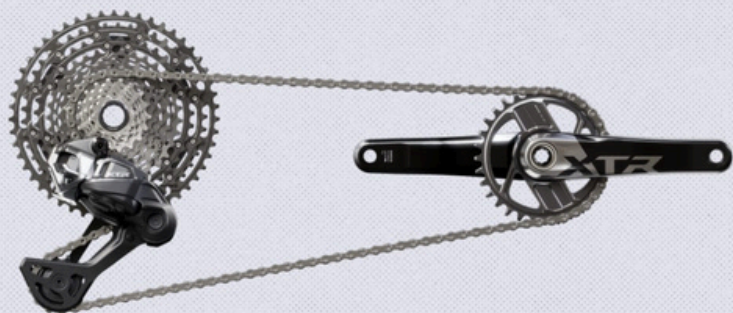
Enea 5150 Poznań 1500 m

Enea IRONMAN 70.3 Poznań 1900 m



XTR

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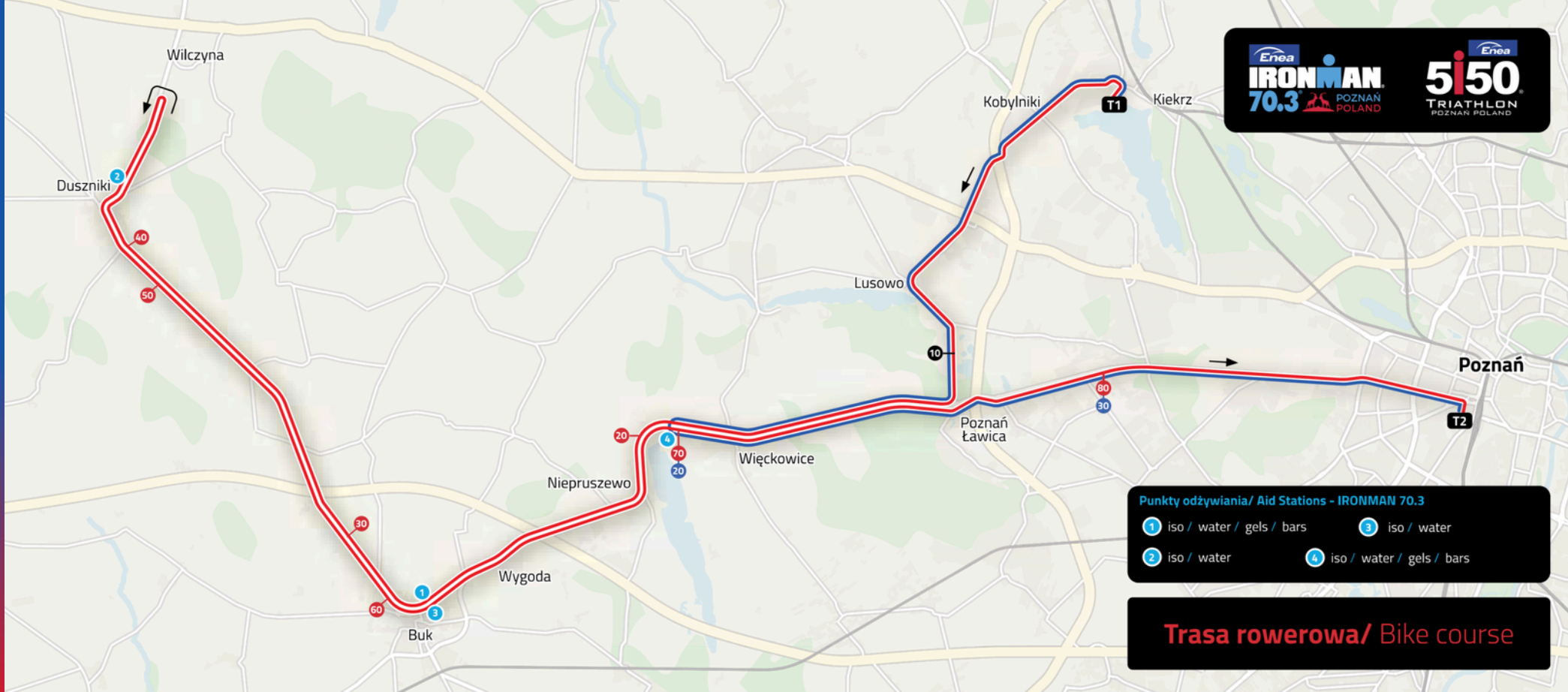


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NATURALNIE BOGATA
W MINERAŁY



Z każdą kroplą bliżej celu. Cisowianka sport.

CISOWIANKA



- Punkty odżywiania/ Aid Stations - IRONMAN 70.3**
- | | |
|-----------------------------|-----------------------------|
| 1 iso / water / gels / bars | 3 iso / water |
| 2 iso / water | 4 iso / water / gels / bars |

Trasa rowerowa/ Bike course

Enea Stadion

One of the largest and most modern stadiums in Poland, located in the western part of the city. It is the home ground of Lech Poznań – one of the country's most successful football clubs – and can hold over 40,000 spectators. The venue gained international recognition as one of the arenas of UEFA EURO 2012, hosting group stage matches.



[Check location](#)



PRZYJDŹ PO BIEGU WYGRAWEROWAĆ SWÓJ MEDAL

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i nazwisko na medalu

Twój czas

Umieść na medalu czas
uzyskany w biegu



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IRONMAN
70.3 POZNAŃ
POLAND

Enea
5i50
TRIATHLON
POZNAŃ POLAND

[GPX FILE](#)

Trasa biegowa / Run course

Enea 5150 Poznań



Enea IRONMAN 70.3 Poznań



Punkt odżywiania
Aid Station

Poznań
Arena

Park
Kasprzowicza

S. Wyspiańskiego

Park
Wiłsona

Międzynarodowe
Targi Poznańskie

Punkt odżywiania
Aid Station

Strefa zmian T2/
Transition zone T2

Start biegu

Meta / Finish



AWARDS



Sunday, September 7th

Hours	Description	Location
12:15	Awards <i>5150 Triathlon Series</i>	MTP PeWuKa Square
18:45	Awards <i>IRONMAN 70.3</i>	MTP PeWuKa Square

- Trophy for the Top 5 PRO Men / Women, only IRONMAN 70.3
- Trophy for the Top 3 of each age group category
- Trophy for the Top 3 Relays Team (Men, Women, Mixed), only 5150 Triathlon Series
- Trophy for the Top 3 TriClubs, only IRONMAN 70.3
- Trophy for the Best Female and Male athlete from Poznań

**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



NIGHT RUN POZNAŃ



Friday, September 5th

Hour	Description	Location
15:00 - 21:30	Athlete check-in <i>Night Run</i>	MTP East Hall
21:00 - 23:00	Deposit <i>Night Run</i>	MTP, PeWuKa Square, Finisher Zone
22:00	Start <i>Night Run</i>	MTP PeWuKa Square
22:45	Awards <i>Night Run</i>	MTP PeWuKa Square

FI Hyperice

**MEDICAL
SPORT**

www.sportmed24.pl

Normatec
-10%

z kodem

START

6.09 - 21.09.2025



Regeneracja na najwyższym poziomie



NIGHT RUN POZNAŃ

NIGHT RUN



PHO3NIX IRONKIDS POZNAŃ



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

Pho3nix IRONKIDS Poznań, 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, September 5th

Hour	Description	Location
15:00 - 20:00	Registration <i>IRONKIDS</i>	MTP Pavilion No. 3

Saturday, September 6th

Hour	Description	Location
10:00 - 13:30	Registration <i>IRONKIDS</i>	MTP Pavilion No. 3
12:00	Start <i>IRONKIDS</i>	MTP PeWuKa Square
14:15	Awards <i>IRONKIDS</i>	MTP PeWuKa Square



PHO3NIX IRONKIDS POZNAŃ



Schedule

Start	Category	Distance
12:00	Born in 2021 – 2022	200 m run
12:20	Born in 2019 – 2020	200 m run
12:40	Born in 2017 – 2018	600 m run
13:00	Born in 2015 – 2016	600 m run
13:20	Born in 2013 – 2014	1000 m run
13:40	Born in 2010 – 2012	1400 m run

Biegi dziecięce



DYSTANSE (około)

- Roczniki 2022-2021: dystans 200m
- Roczniki 2020-2019: dystans 200m
- Roczniki 2018-2017: dystans 600m
- Roczniki 2016-2015: dystans 600m
- Roczniki 2014-2013: dystans 1000m (2 okrążenia)
- Roczniki 2012-2010: dystans 1400m (3 okrążenia)

(IGLICA MTP)

START

FINISH



MINI BIKE COMPETITION



Saturday, September 6th

Hour	Description	Location
15:00	Mini Bike Competition powered by sportano.pl	Trade Fair Spire

On 6 September at 15:00 we will meet at the Trade Fair Spire on St. Mark's Square, in the heart of the Poznań International Fair, to experience something truly special together. Mini Bike Competition powered by sportano.pl is an event where joy, laughter, and positive energy matter most, and all entry fees will be donated to a charity chosen by the winner. Thanks to this, every start is not only fun but also real help.

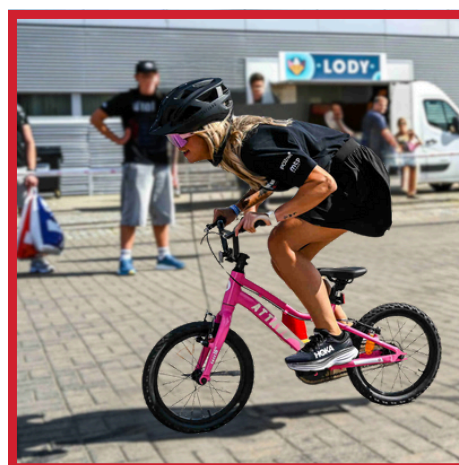
To join this unique competition, simply register by 5 September via slotmarket.pl. The entry fee is 20 PLN, and the registration process takes just a moment. Every athlete will receive a commemorative diploma at the finish line, as a reminder that on this day we are all part of an event where everyone is a winner.

During the competition, athletes will line up at the start ready to race in an event we treat with a big dose of humor from beginning to end. Last year, the excitement was huge – both kids and adults tried their luck on children's bikes, and the audience had just as much fun as the riders. This year's edition promises to be even more colorful and lively.

Join us, feel the thrill of sport in an unusual form, and help us turn fun into something that truly matters.

[REGISTER](#)

Online registration is open until 5 September. On 6 September, it will also be possible to register on site.





Imperial Castle

One of the youngest royal residences in Europe, built at the beginning of the 20th century for the German Emperor Wilhelm II. This monumental building, inspired by Romanesque architecture, has witnessed the city's turbulent history. Today, the Castle serves as a center of culture and art – it houses a cinema, theater, galleries, as well as spaces for numerous artistic events, lectures, and meetings.



[Check location](#)



GOOD TO KNOW



LOST AND FOUND

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

Once the event is over, please contact poznan70.3@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](#)

MINI BIKE COMPETITION



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, September 5: 20:00 - 23:00
- Saturday, September 6: 10:00 - 20:00
- Sunday, September 7: 7:00 - 17:00

 **+ 48 500 261 000**

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

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