



## Copenhagen Marathon 2023

When the sun rises over Copenhagen Marathon 2023, the participants – and everyone around the race – can expect something very special. This year, we are embarking on a new chapter in the 43-year history of the race. This is happening with new colors, a new logo, and new sharp visions that will form the basis of our ambitions to be the largest and most sought-after marathon in the Nordic region.

But that's not the only new thing about this year's race. To provide participants and their families and friends with the best conditions for a fantastic day in Copenhagen, we have built a new start and finish area in green surroundings – in the middle of Fælledparken. There is plenty of space to relax before, during, and after the race, and it is incredibly easy to get to and from the area by metro. This applies both to runners and to spectators who want to take a trip out into the city to see the race.

Last but not least, participants can look forward to a completely new course this year, designed to provide both runners and spectators with a fantastic experience with plenty of festivities and sights along the way.

In other words, the stage is set for a fantastic marathon. This year, it will be led by the strongest elite field in Copenhagen Marathon history, with many pushing the pedal to the metal. In a fantastic spring for marathons, time is running out, so Copenhagen Marathon is one of the last chances to qualify for the World Championships in Budapest. Therefore, it would not be surprising if the day is celebrated with new course records – for both men and women.

And speaking of women, we have an extra surprise up our sleeve. In celebration of the 40th anniversary of women's first participation in the World Championships in the marathon, we will have three very special women to start this year's race.

You can read much more about all of this in this press kit.

Enjoy!





## Welcome to a historic Copenhagen Marathon!

This year's Copenhagen Marathon will be the 44th edition, and 2023 will be a special milestone in the race's history. This year, we can present a new identity, a new route, and a fantastic start area where runners and their friends can enjoy themselves before and after the race.

### New Identity

Since the first Copenhagen Marathon in 1980, more than 200,000 runners have passed through the streets of Copenhagen and left with a fantastic experience. Now it's time to take a step forward in the starting line. We want even more runners to experience Copenhagen Marathon as one of the world's best running experiences in one of the world's best running cities. We do this with new colors that make us stronger in the awareness of runners at home and abroad.

### New logo

In addition, we have a new logo inspired by running legs. It signals movement and progress towards a fantastic goal – alone and yet together. Copenhagen Marathon will unite people from all over the world and give them something to share from the moment they sign up. Although you cannot see others when you train in rain, darkness, and cold, thousands of people worldwide are doing the same thing to prepare for the big day when you meet to stand shoulder to shoulder at the starting line of the Copenhagen Marathon.

### The heart of the race

For years, participants in the Copenhagen Marathon have started their journey through the streets of Copenhagen from the harbor park on Islands Brygge. It has been good, but now we are making it even better. This year, we have created a brand new start and finish area on Øster Allé in Østerbro – in the middle of Fælledparken. Here, there are perfect surroundings for runners to have a wonderful day on the grass with family and friends while enjoying the sun and getting something to eat and drink from food trucks. Additionally, we will have a fantastic starting street on the grand Øster Allé. There is plenty of room to send the many thousands of runners off with their dreams – and to welcome them back at the finish line, 42.195 kilometers later.



### More urban running

The Copenhagen Marathon is known for its course, where there is plenty of celebration and things to see along the way. We are ramping it up even more now. For this year's race, we have designed a brand new course where runners will pass through more of the inner city and see even more of the city's beautiful landmarks and sights. This includes passing by Rosenborg Castle, the Marble Church, Strøget, Christiansborg, Tivoli, the National Bank, Holmen's Church – and much, much more. We have done this to showcase our beautiful capital but also to create even better conditions for celebration along the course. And we can promise that runners will be met with a tornado of cheers, music, and colors as they pass through the inner city and the surrounding neighborhoods of Vesterbro, Frederiksberg, Nørrebro, and Østerbro, where hundreds of thousands of spectators are waiting to welcome them.

### A historic start

Today it is completely natural for men and women to run shoulder to shoulder in a marathon. Anything else would feel strange, but it hasn't always been that way. This year marks the 40th anniversary of the first World Championship in marathon with female participants. It took place in Helsinki, Finland, in 1983 and should of course be celebrated. Therefore, the runners at Copenhagen Marathon 2023 will be sent off by the three strong women who made up the Danish marathon team, namely Lone Dybdal, Mette Holm Hansen and Kjersti Jakobsen. We cannot imagine a better start to the race.

### The hunt for the World Championship

Copenhagen Marathon is the last chance for the elite to qualify for the World Championship in Budapest. And it shows in the starting field, which this year is one of the fastest and deepest in the history of the race. Since the race was founded in 1980, only six runners have completed the Copenhagen Marathon in under 2:10. This year, seven of the participants have previously shown that they can run faster than that, so we would not be surprised if the day ends with new race records.

### A new Danish championship record?

43 years. That is how long the Danish championship record has stood. It was set in 1980 by the runner from Fyn, Jørn Lauenborg, who crossed the finish line at the Danish Championships in Copenhagen in the time of 2:13,44. But perhaps this year, a new king should be crowned. One of the Danish runners who will give it a try at Copenhagen Marathon is Rune Bækgaard, who ran 2:13,57 at Valencia Marathon in December. He will be joined on the course by Jacob Sommer, who ran 2:14,15 at the same race, so we guess we can look forward to an exciting race.



## Participants from all over the world

At Copenhagen Marathon, we love to break records. And this year we have received help from 5,680 people to break one that means a lot to us. It is the number of international runners who have chosen to travel to Denmark to participate in Copenhagen Marathon this year, and we have never had so many foreign participants before. The runners come from no less than 103 nations, and we look forward to having a fantastic day with them all – whether they have driven over the Øresund Bridge from Sweden or flown all the way from the British Virgin Islands.





## Selected profiles

Copenhagen Marathon presents an incredibly strong elite field this year – both nationally and internationally. Here are some of the profiles that are worth keeping an eye on.

### International men

#### Reuben Kiprop Kipyego

With a third place finish in the Rotterdam Marathon last year and a second place at the Milano Marathon in 2021, there is no doubt that Reuben Kiprop is coming to win the Copenhagen Marathon - and set a new race record. In 2019, he became famous when he won the Abu Dhabi Marathon. He was actually registered as a pacer, but when the elite runners dropped out, he ended up running alone to the finish line.

PB: 2:03,55

Country: Kenya

Age: 26

#### Ser-Od Bat-Ochir

It would be an understatement to call Ser-Od Bat-Ochir an experienced man. In the past five(!) Olympics, he has represented Mongolia in the marathon distance, and his PR of 2:08,50 is also a national record. Ser-Od Bat-Ochir has also competed in marathons at 10 world championships, and his resume includes Top 10 finishes at both the London and Berlin marathons.

PB: 2:08,50

Country: Mongolia

Age: 41





## International women

### Adawork Aberta

Adawork Aberta may have only run one official marathon race, the Zurich Marathon de Sevilla in February last year. However, she crossed the finish line in the time of 2:23,39, which was enough for a great 7th place in a tough field of international runners. Adawork also has a half marathon time of 1:11,44 and a 10k time of 32:27 on her resume, so we look forward to seeing how her legs react to the new course of the Copenhagen Marathon.

PB: 2:23,39

Country: Ethiopia

Age: 26

### Juliet Chekwel

The 32-year-old is a strong long-distance runner who comes to Copenhagen with a series of impressive performances in her running shoes. In 2020, she ran 2:23,13 at the Zurich Marathon de Sevilla, which was both a PR and a national record. In October of the same year, she ran 1:08:44 in the half marathon, and the following year she represented Uganda in the marathon distance at the Tokyo Olympics.

PB: 2:23,13

Country: Uganda

Age: 32

### Philippa Bowden, England

In February of last year, the British runner, Philippa Bowden, set a PR in the marathon distance at the Zurich Marathon de Sevilla with a time of 2:34,30.

However, people who have followed Philippa's popular Instagram and YouTube channels know that she is aiming to take a good chunk off that time and finish in 2:28 at the Copenhagen Marathon.

PB: 2:34,30

Country: United Kingdom

Age: 28



## National men

### Rune Bækgaard

The 34-year-old Rune Bækgaard has really caught fire in his shoes in recent years. In May 2022, he ran 2:14,35 at the NN Marathon Rotterdam, and in December he crossed the finish line in 2:13,57 in Valencia, which is the 10th best marathon time in Denmark ever. His next goal is to get under 2:13. It will be exciting to see if it happens at the Copenhagen Marathon.

PB: 2:13,57

Age: 34

### Jacob Sommer Simonsen

At the Copenhagen Marathon in 2022, Jacob Simonsen participated as a pacer. However, this year he is running for himself, and with a time of 2:14,15 from the Valencia Marathon in December, his legs are ready for a big result. Jacob also holds the Danish record in the Beer Mile, where, in short, one has to run 1,609 meters and drink four beers along the way. He has done that discipline in five minutes and 18 seconds.

PB: 2:14,15

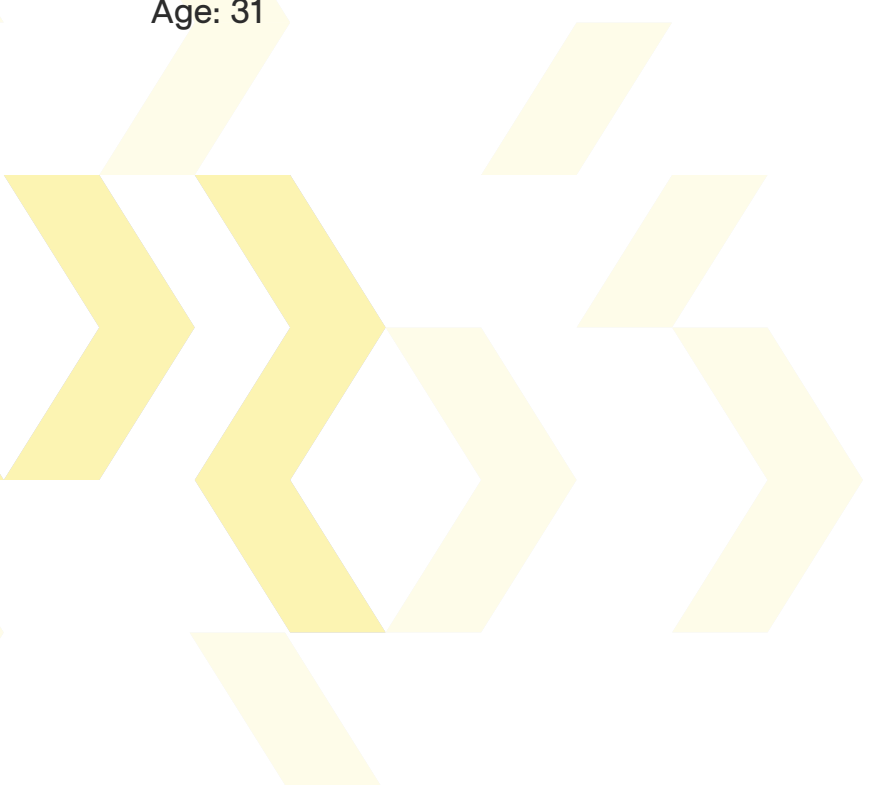
Age: 28

### Andreas Lommer

We look forward to welcoming back last year's Danish winner of the Copenhagen Marathon - and thus also the reigning Danish champion. In 2022, Andreas crossed the finish line in a time of 2:17,21, which earned him an overall 12th place. Almost as impressive is his record from 2019, when he ran a half marathon in a time of 1:08,30 – while pushing a baby jogger.

PB: 2:17,21

Age: 31





## National Women

### Karen Ehrenreich

We are happy to welcome back last year's women's winner, Karen Ehrenreich, to the starting line. Since Karen ran her first marathon in 2017 at the Berlin Marathon, where she ran a time of 2:58,23, she has become faster and faster. Last year, she won the Danish Championships at the Copenhagen Marathon with a time of 2:43,21, and in February she crossed the finish line at the Zurich Marathon de Sevilla in a time of 2:34,15. So keep an eye on Karen Ehrenreich on May 14th.

PB: 2:34,15

Age: 38

[See the entire elite field here.](#)







## Other inspiring runners

Some run towards something, others run despite something, and a few also run away from something. But everyone runs for a reason. Here you can meet some runners who each have their own special reason for running the Copenhagen Marathon this year.

### Tor Rønnow: Ready for marathon number 400

When Tor Rønnow crosses the finish line at the Copenhagen Marathon 2023 and receives his medal, it will be number 400 for his collection. The many marathons have given him a lot of running friends, cultural experiences, and the feeling of belonging in the world.

### Sabine: Running for her deceased mother

When 22-year-old Sabine Julia Beck starts at the Copenhagen Marathon, a very special person will fill her thoughts. Three years ago, Sabine's mother died of cancer, and since her mother was a marathon runner, Sabine has chosen to honor her by running her first marathon on Mother's Day.

If you would like to talk to Tor or Sabine, please contact Sparta Athletics & Running's press officer, Thor Thestrup Schnetler. Phone: +45 2262 2026 Mail: [thor@sparta.dk](mailto:thor@sparta.dk)





## Facts about Copenhagen Marathon 2023

The first Copenhagen Marathon was held in 1980. Today the Copenhagen Marathon is a World Athletics Road Race Label Event. The race has been held every year since 1980 – with the exception of 2020 and 2021, when it had to be canceled due to the Covid-19 epidemic.

### Race records

M 2:08,23: Berhane Tsegay (Eritrea), 2022

W 2:24,10: Helah Jelegat Kiprop (Kenya), 2022

### Fastest marathon times on Danish ground

M 2:08,23: Berhane Tsegay (Eritrea), Copenhagen Marathon 2022

W 2:24,10: Helah Jelegat Kiprop (Kenya), Copenhagen Marathon 2022

### Demographics for Copenhagen Marathon 2023

Men: 74,2 %

Women: 24,9 %

Other: 0,9 %

### Have you run a marathon before?

No, never: 36,9 %

Yes, 1-3 times: 29,9 %

Yes, 4-10 times: 16 %

Yes, 11-30 times: 8,6 %

Yes, more than 30 times: 3,9 %

Didn't answer: 4,7 %

Total nations represented: 103

### Participants

Danes: 52,4 %

Foreigners: 47,6 %



### Top 10 largest nations

Denmark: 6.283

Sweden: 1.225

Great Britain: 771

Norway: 529

Germany: 455

France: 377

Belgium: 323

USA: 218

Italy: 174

Spain: 149

### Oldest participants

M: 81 years

W: 77 years





## The past years' winners of the Copenhagen Marathon

2022

M Berhane Tsegay (Eritrea), 2:08,23 (Record)

W Helah Jelegat Kiprop (Kenya), 2:24,10 (Record)

2020 & 2021: Cancelled due to Covid-19

2019

M Jackson Kibet Limo (Kenya), 2:09,54

W Etalemahu Habtewold (Etiopien), 2:29,29

2018

M William Morwabe (Kenya), 2:11,15

W Shasho Insermu (Etiopien), 2:32,17

2017

M Julius Karinga (Kenya), 2:12,10

W HanaTeklu Zemedkun (Etiopien), 2:47,24

2016

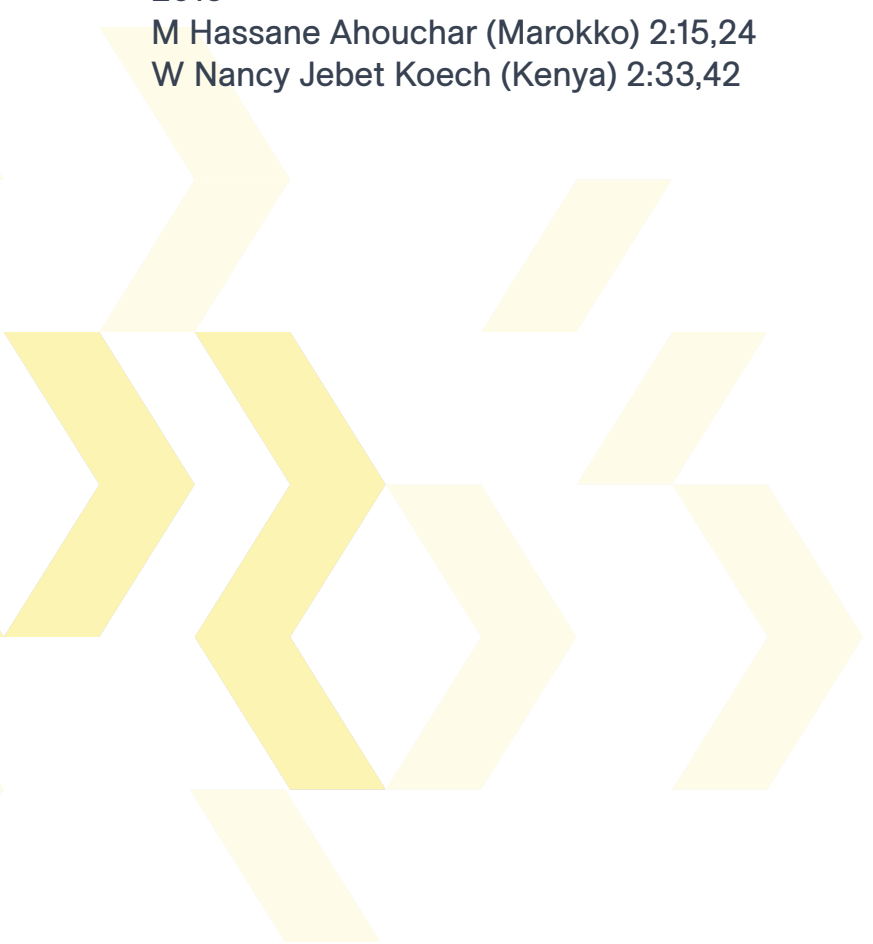
M Aschalew Biru Hunde (Etiopien), 2:20,47

W Gladys Kibiwot (Bahrain), 2:36,58

2015

M Hassane Ahouchar (Marokko) 2:15,24

W Nancy Jebet Koech (Kenya) 2:33,42





## The past years' danish winners of the Copenhagen Marathon

2022

M Andreas Lommer (Odense Atletik), 2:17,21

W Karen Ehrenreich (Aarhus 1900); 2:43,21

2021

M Martin Egebjerg Olesen (Team Hechmann), 2:22,57

W Lene Broberg (Sæby IK80), 2:56,05

2020

Aflyst på grund af Covid-19

2019

M Simon Holbek (Hechmann RC), 2:20,23

W Nanna Løvborg (Sparta), 3:00,59

2018

M Thijs Nijhuis (Viborg AM), 2:19,42

W Sandra Lorentzen (Team Hechmann), 2:52,13

2017

M Jesper Faurshou (Herning LK), 2:19,11

W Louise L. Batting (Aarhus 1900), 2:38,52

2016

M Jesper Faurshou (Herning LK), 2:19,59

W Marna Egholm (Sparta), 2:46,37

2015

M Jesper Faurshou (Herning LK), 2:17,42

W Louise L. Batting (Aarhus 1900) 2:38,57

(Danish championships held in connection with HCA Marathon in Odense 2014-2021)



## Follow the race live!

As always, it will be possible to follow the Copenhagen Marathon live. Here you can watch the race live.

- In the Copenhagen Marathon app, you can both livestream and watch the replay of the race after.
- Stream the race live on Discovery+.
- Watch the race live on Eurosport2.

For questions, please contact Sparta Athletics & Running's press officer, Thor Thestrup Schnetler, at [Thor@sparta.dk](mailto:Thor@sparta.dk) or by phone at 2845 3831.

