



Stichting DE 4DAAGSE

Postbus 1269 6501 BG Nijmegen

www.4daagse.nl



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Nijmegen, July 2026

Facts and figures 108th 4Days Marches

Figures 1 July 2026

Total number of registrations: 47.000

Civilian participant registrations: 40.545

Number of military participants

The number of military personnel registered in 2026 is 6,455. Of these, 2,498 come from the Netherlands, 3,548 from delegation countries and 409 from small contingents.

Nationalities

The number of different nationalities of all participants in the 108th 4Days Marches is: 77.

	Country		
1	Afghanistan	40	Kenya
2	Algeria	41	Latvia
3	Argentina	42	Liberia
4	Australia	43	Lithuania
5	Austria	44	Luxembourg
6	Belarus	45	Malawi
7	Belgium	46	Malaysia
8	Bonaire, St. Eustatius and Saba	47	Mexico
9	Brazil	48	Moldova
10	Bulgaria	49	Morocco
11	Canada	50	Nepal
12	Chile	51	Netherlands

13	China	52	New Zealand
14	Colombia	53	Norway
15	Croatia	54	Oman
16	Curaçao	55	Poland
17	Czech Republic	56	Portugal
18	Democratic Republic of the Congo	57	Romania
19	Denmark	58	Russia
20	Dominican Republic	59	Saint Vincent and the Grenadines
21	East Timor	60	Singapore
22	Ethiopia	61	Slovakia
23	Fiji	62	Slovenia
24	Finland	63	South Africa
25	France	64	South Korea
26	Germany	65	Spain
27	Ghana	66	Sudan
28	Greece	67	Suriname
29	Guernsey	68	Sweden
30	Guinea	69	Switzerland
31	Hungary	70	Syria
32	India	71	Taiwan
33	Indonesia	72	Turkey
34	Iran	73	Ukraine
35	Iraq	74	United Arab Emirates
36	Ireland	75	United Kingdom
37	Israel	76	United States
38	Italy	77	Vietnam
39	Japan		

The number of different nationalities of military participants is: 38.

	Land		
1	Argentina	20	Luxembourg
2	Australia	21	Malawi
3	Austria	22	Nepal
4	Belgium	23	Netherlands
5	Canada	24	New Zealand
6	Chile	25	Norway
7	China	26	Poland
8	Czech Republic	27	Portugal
9	Denmark	28	Saint Vincent and the Grenadines
10	Fiji	29	Singapore
11	Finland	30	Slovakia
12	France	31	Spain
13	Germany	32	Sweden
14	Ghana	33	Switzerland
15	Greece	34	Taiwan
16	Hungary	35	Turkey
17	Ireland	36	United Arab Emirates
18	Italy	37	United Kingdom
19	Lithuania	38	United States

Number of participants with a nationality other than Dutch

In total, 13.2% (6,212) of the registered participants have a nationality other than Dutch. In 2025, this was 13.9%.

Number of participants eligible for reward X

Reward	Men	Women	Total
1	7084	6046	13134
2	3841	3751	7592
5	1535	1145	2680
10	535	390	925
25	137	52	189
40	40	5	45
50	11	2	13
51	4	3	7
52	3	1	4
53	7		7
54	10	1	11
55	5	1	6
56	5	1	6
57	4		4
58	4		4
59	2		2
60	1	1	2
61	1	1	2
63	1		1
66	1		1

Number of debutants

The number of participants registered for reward 1 is 13,134. That is 27.9% of the total number of participants.

In 2022 this was 36.5%, in 2023 it was 36.9%, in 2024 it was 36.7% and in 2025 32.2%

Age distribution of participants

The average age in 2026 is 46.8 years.

In 2019, it was 53 years, in 2022 it was 49.5 years, in 2023 it was 48.8 years, in 2024 it was 47.9, and in 2025 47.2 years.

Age category (years of birth)	Total	Percentage	2025
11 to 15 years (2011 – 2014)	2024	4,31%	3,33%
16 to 20 years (2006 – 2010)	1560	3,32%	2,89%
21 to 30 years (1996 – 2005)	9643	20,52%	19,39%
31 to 40 years (1986 – 1995)	6255	13,31%	13,61%
41 to 50 years (1976 – 1985)	4384	9,33%	9,34%
51 to 60 years (1966 – 1975)	8455	17,99%	18,54%
61 to 70 years (1956 – 1965)	10580	22,51%	23,24%
71 to 80 years (1946 – 1955)	3790	8,06%	8,92%
81 to 90 years (1936 – 1945)	304	0,64%	0,72%
91+ (1935)	5	0,01%	0,01%

Number of people born in 2014

For the 108th 4Days Marches, 560 people born in 2014 are registered, of whom 307 are men and 253 are women (54.8% men and 45.2% women).

From the birth years 2013 and 2012, respectively, 483 and 383 participants are registered.

Number of wheelchair participants registered

The number of participants participating in a wheelchair in 2026 is 15.

Numbers per distance

30km (wristband blue) = 11.991 (25.5% of the registrations)

40km (wristband yellow) = 18.665 (38.7% of the registrations)

50km (wristband red) = 10.456 (22.1% of the registrations)

40km (wristband green) = 5,888 (13.7% of the registrations)

Distribution male/female by distance

Van de 47.000 deelnemers die staan ingeschreven, zijn er 26.799 (57%) man en 20.201 (43%) vrouw. Deze percentages zijn gelijk aan 2025.

Of the 47,000 registered participants, 26,799 (57%) are men and 20,201 (43%) are women. These percentages are the same as for 2025.

The distribution per distance in 2026 is as follows:

30 km: 57.1% men and 42.9% women (2025: 57.2% and 42.8%)

40 km: 35.8% men and 64.2% women (2025: 36.4% and 63.6%)

50 km: 80.1% men and 19.9% women (2025: 80.9% and 19.1%)

Distribution by province in the Netherlands

Province	Number of participants	Percentage
Gelderland	15.294	38,6%
Noord-Brabant	7.408	18,7%
Zuid-Holland	4.716	11,9%
Noord-Holland	2.930	7,4%
Utrecht	2.853	7,2%
Limburg	2.070	5,2%
Overijssel	1.839	4,6%
Drenthe	628	1,6%
Friesland	561	1,4%
Groningen	488	1,2%
Flevoland	475	1,2%
Zeeland	393	1,0%
Total	39.655	100%

There are a total of 5,486 participants residing in the municipality of Nijmegen. In 2025, there were 5,118.

End of press release

Note for editors:

For more information, please contact Babs Rijke of Stichting DE 4DAAGSE, e-mail: communicatie@4daagse.nl.