



Stichting DE 4DAAGSE

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**Press release 2025.06**

**Nijmegen, July 2025**

## Facts and figures 107<sup>th</sup> 4Days Marches

Figures 1 July 2025

**Total number of registrations: 47,000**

**Civilian participant registrations: 40,512**

### Number of military participants

The number of military personnel registered in 2025 is 6,488. Of these, 2,465 come from the Netherlands, 3,563 from delegation countries and 460 from small contingents.

### Nationalities

The number of different nationalities of all participants in the 107th 4 Days Marches is: 82.

	Country		
1	Afghanistan	42	Lebanon
2	Albania	43	Liberia
3	Angola	44	Lithuania
4	Argentina	45	Luxembourg
5	Australia	46	Malawi
6	Austria	47	Malaysia
7	Belarus	48	Moldova
8	Belgium	49	Morocco
9	Brazil	50	Nepal
10	Bulgaria	51	Netherlands
11	Canada	52	New Zealand
12	China	53	Norway
13	Colombia	54	Oman
14	Cyprus	55	Palestine
15	Czech Republic	56	Philippines
16	Democratic Republic of the Congo	57	Poland
17	Denmark	58	Portugal
18	Egypt	59	Puerto Rico
19	Estonia	60	Romania
20	Ethiopia	61	Russia
21	Fiji	62	Serbia
22	Finland	63	Singapore

<b>23</b>	France	<b>64</b>	Slovenia
<b>24</b>	The Gambia	<b>65</b>	South Africa
<b>25</b>	Germany	<b>66</b>	South Korea
<b>26</b>	Ghana	<b>67</b>	Spain
<b>27</b>	Greece	<b>68</b>	Sri Lanka
<b>28</b>	Grenada	<b>69</b>	Suriname
<b>29</b>	Guinea	<b>70</b>	Sweden
<b>30</b>	Hong Kong	<b>71</b>	Switzerland
<b>31</b>	Hungary	<b>72</b>	Syria
<b>32</b>	India	<b>73</b>	Thailand
<b>33</b>	Indonesia	<b>74</b>	Timor-Leste
<b>34</b>	Iran	<b>75</b>	Turkey
<b>35</b>	Iraq	<b>76</b>	Ukraine
<b>36</b>	Ireland	<b>77</b>	United Arab Emirates
<b>37</b>	Israel	<b>78</b>	United Kingdom
<b>38</b>	Italy	<b>79</b>	United States
<b>39</b>	Japan	<b>80</b>	Vanuatu
<b>40</b>	Kazakhstan	<b>81</b>	Vietnam
<b>41</b>	Latvia	<b>82</b>	Zimbabwe

The number of different nationalities of military participants is: 36.

	<b>Land</b>		
<b>1</b>	Austria	<b>19</b>	Luxembourg
<b>2</b>	Australia	<b>20</b>	Malawi
<b>3</b>	Belgium	<b>21</b>	Netherlands
<b>4</b>	Canada	<b>22</b>	Nepal
<b>5</b>	Czech Republic	<b>23</b>	New Zealand
<b>6</b>	Denmark	<b>24</b>	Norway
<b>7</b>	Finland	<b>25</b>	Poland
<b>8</b>	Fiji	<b>26</b>	Portugal
<b>9</b>	France	<b>27</b>	Romania
<b>10</b>	Germany	<b>28</b>	Singapore
<b>11</b>	Ghana	<b>29</b>	South Africa
<b>12</b>	Grenada	<b>30</b>	Spain
<b>13</b>	Hungary	<b>31</b>	Sri Lanka
<b>14</b>	India	<b>32</b>	Sweden
<b>15</b>	Ireland	<b>33</b>	Switzerland
<b>16</b>	Italy	<b>34</b>	Vanuatu
<b>17</b>	Latvia	<b>35</b>	United Kingdom
<b>18</b>	Lithuania	<b>36</b>	United States

## Number of participants with a nationality other than Dutch

In total, 13.9% (6,519) of the registered participants have a nationality other than Dutch. In 2024, this was 14.8%.

## Number of participants eligible for reward X

Reward	Men	Women	Total
1	8205	6940	15145
2	3909	3662	7571
5	1212	936	2148
10	621	425	1046
25	141	69	210
40	27	7	34
50	5	3	8
51	5	2	7
52	6		6
53	11	1	12
54	5	1	6
55	5	1	6
56	3		3
57	4		4
58	3		3
59	1	1	2
60	1		1
61		1	1
62	1	1	2
65	1		1

## Number of debutants

The number of participants registered for reward 1 is 15,145. That is 32.2% of the total number of participants.

In 2019, this was 30.06%, in 2022 it was 36.5%, in 2023 it was 36.9%, and in 2024 it was 36.7%.

## Age distribution of participants

The average age in 2025 is 47.2 years.

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

Age category (years of birth)	Total	Percentage	2024
11 to 15 years (2010 – 2013)	1567	3,33%	2,83%
16 to 20 years (2005 – 2009)	1356	2,89%	2,97%
21 to 30 years (1995 – 2002)	9114	19,39%	18,14%
31 to 40 years (1985 – 1994)	6396	13,61%	12,52%
41 to 50 years (1975 – 1984)	4391	9,34%	9,36%
51 to 60 years (1965 – 1974)	8715	18,54%	19,33%
61 to 70 years (1955 – 1964)	10922	23,24%	23,29%
71 to 80 years (1946 – 1954)	4192	8,92%	10,80%
81 to 90 years (1935 – 1944)	339	0,72%	0,75%
91+ (1934)	7	0,01%	0,01%

## Number of people born in 2013

For the 107<sup>th</sup> 4 Days Marches, 444 people born in 2013 are registered, of whom 247 are men and 197 are women (55.6% men and 44.4% women).

From the birth years 2012 and 2011, respectively, 367 and 404 participants are registered.

## Number of wheelchair participants registered

The number of participants participating in a wheelchair in 2025 is 16.

## Numbers per distance

30km (wristband blue) = 11.858 (25.2% of the registrations)

40km (wristband yellow) = 18.762 (39.8% of the registrations)

50km (wristband red) = 10.509 (22.3% of the registrations)

40km (wristband green) = 5,907 (12.7% of the registrations)

## Distribution male/female by distance

Of the 47,000 registered participants, 26,773 (57%) are men and 20,227 (43%) are women. In 2024, this was 55.3% men and 44.7% women, respectively.

The distribution per distance in 2025 is as follows:

30 km: 57.2% men and 42.8% women (2024: 57.3% and 42.7%)

40 km: 36.4% men and 63.6% women (2024: 36.8% and 63.2%)

50 km: 80.9% men and 19.1% women (2024: 82.3% and 17.7%)

End of press release

### **Note for editors:**

For more information, please contact Babs Rijke of Stichting DE 4DAAGSE, telephone number: +316-26360635, e-mail: [communicatie@4daagse.nl](mailto:communicatie@4daagse.nl).