



Stichting DE 4DAAGSE

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Nijmegen, July 2025

Facts and figures 107th 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

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

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

	Land		
1	Austria	19	Luxembourg
2	Australia	20	Malawi
3	Belgium	21	Netherlands
4	Canada	22	Nepal
5	Czech Republic	23	New Zealand
6	Denmark	24	Norway
7	Finland	25	Poland
8	Fiji	26	Portugal
9	France	27	Romania
10	Germany	28	Singapore
11	Ghana	29	South Africa
12	Grenada	30	Spain
13	Hungary	31	Sri Lanka
14	India	32	Sweden
15	Ireland	33	Switzerland
16	Italy	34	Vanuatu
17	Latvia	35	United Kingdom
18	Lithuania	36	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 50 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 107th 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.