



Stichting DE 4DAAGSE

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Facts and figures 106th 4Days Marches

Statistics as of 24 June 2024

Total registrations: 47.000

Number of civilian registrations: 40.574

Number of military registrations

The number of military participants registered in 2024 is 6,426, of which 2,446 are from the Netherlands, 3,530 from delegation countries, and 450 from small contingents.

Nationalities

The number of different nationalities among all participants in the 106th 4Days Marches is 86. For the first time, we welcome participants from the following countries: Burkina Faso and North Macedonia.

	Country		
1	Afghanistan	44	Lithuania
2	American Virgin Islands	45	Luxembourg
3	Argentina	46	Malaysia
4	Aruba	47	Mexico
5	Australia	48	Moldavia
6	Austria	49	Mongolia
7	Belarus	50	Morocco
8	Belgium	51	Namibia
9	Brazil	52	Nepal
10	Bulgaria	53	Netherlands
11	Burkina Faso	54	New Zealand
12	Canada	55	Nicaragua
13	China	56	Nigeria
14	Colombia	57	North Macedonia
15	Congo	58	Norway
16	Costa Rica	59	Oman
17	Croatia	60	Palestine
18	Czech Republic	61	Peru
19	Denmark	62	Poland
20	Dominican Republic	63	Portugal
21	East Timor	64	Romania
22	Ecuador	65	Russia

23	Eritrea	66	Rwanda
24	Estonia	67	Saint Vincent and the Grenadines
25	Ethiopia	68	Serbia
26	Finland	69	Singapore
27	France	70	Slovenia
28	Germany	71	Slovakia
29	Ghana	72	Spain
30	Greece	73	South Africa
31	Guinea	74	South Korea
32	Hungary	75	Sweden
33	Ireland	76	Switzerland
34	India	77	Suriname
35	Indonesia	78	Syria
36	Iraq	79	Thailand
37	Israel	80	Turkey
38	Italy	81	Ukraine
39	Jamaica	82	Venezuela
40	Japan	83	United Kingdom
41	Kenya	84	United Arab Emirates
42	Latvia	85	United States of America
43	Liberia	86	Vietnam

Number of different nationalities among military participants 34.

	Country		
1	Aruba	18	Lithuania
2	Australia	19	Luxembourg
3	Asutria	20	Morocco
4	Belgium	21	Nepal
5	Bulgaria	22	Netherlands
6	Canada	23	Norway
7	Czech republic	24	Poland
8	Denmark	25	Portugal
9	Finland	26	Romania
10	France	27	Saint Vincent and the Grenadines
11	Germany	28	Singapore
12	Ghana	29	Slovenia
13	Hungary	30	Spain
14	Ireland	31	Sweden
15	Indonesia	32	Switzerland
16	Italy	33	United Kingdom
17	Jamaica	34	United States of America

Participants with a non-Dutch nationality

In total, 14.8% (6,956) of the registered participants have a nationality other than Dutch.

Participants aiming for specific awards

Award	Male	Female	Total
1	9144	8109	17.253
2	3747	3065	6.812
5	1141	854	1.995
10	697	451	1.148
25	128	55	183
40	36	4	40
50	9	2	11
51	7	1	8
52	11	1	12
53	5	1	6
54	5	2	7
55	4	0	4
56	5	0	5
57	4		4
58	1	1	2
59	1		1
60		1	1
61	1	1	2
64	1		1

Number of debutants

The number of participants registered for their first award is 17,253, which is 36.7% of the total number of participants. In 2019, this was 30.06%, in 2022 it was 36.5%, and in 2023 it was 36.9%.

Age distribution of participants

Category (birth year)	Total	Percentage	2023
11 to 15 years (2009 - 2012)	1332	2,83%	2,13%
16 to 20 years (2004 - 2008)	1397	2,97%	2,46%
21 to 30 years (1994 - 2003)	8524	18,14%	18,42%
31 to 40 years (1984 - 1993)	5883	12,52%	13,07%
41 to 50 years (1974 - 1983)	4398	9,36%	9,89%
51 to 60 years (1964 - 1973)	9085	19,33%	21,09%
61 to 70 years (1954 - 1963)	10946	23,29%	23,26%
71 to 80 years (1944 - 1953)	5077	10,80%	8,92%
81 to 90 years (1934 - 1943)	354	0,75%	0,76%
91+ (1933)	5	0,01%	0%

The average age in 2024 is 47.9 years. In 2019, it was 53; in 2022, it was 49.5; and in 2023, it was 48.8 years.

Number of participants born in 2012

For the 106th 4Days Marches, 358 participants were born in 2012, including 187 men and 171 women (58% men and 42% women).

Participants born in 2011 and 2010 include 337 and 345 respectively.

Number of wheelchair participants

The number of participants in a wheelchair in 2024 is 14.

Registrations by distance

30km (blue wristband): 11,812 (25% of registrations)

40km (yellow wristband): 18,358 (39% of registrations)

50km (red wristband): 10,833 (23% of registrations)

40km (green wristband): 5,997 (13% of registrations)

Gender distribution by distance

Of the 47,000 registered participants, 25,991 (55.3%) are men and 21,009 (44.7%) are women. In 2023, these percentages were 58.6% and 41.4%, respectively.

30km: 57.3% men and 42.7% women (2023: 56.8% and 43.2%)

40km: 36.8% men and 63.2% women (2023: 37.4% and 62.6%)

50km: 82.3% men and 17.7% women (2023: 83.9% and 16.1%)

End of press release

Note for editorial staff:

For more information, please call Babs Rijke, spokesperson for Stichting DE 4DAAGSE, on +31 (0)6 26360635 or email communicatie@4daagse.nl.