

2025 腾冲马拉松持续运营微信公众号腾冲马拉松，赛中、赛前、赛后结合赛事重要节点进行赛事信息推送

内容标题	发表时间	总阅读次数	链接
腾冲马拉松完赛 极边奔跑记忆永久珍藏	20251126	66	http://mp.weixin.qq.com/s?_biz=MzlzODAzNzI5Ng==&mid=2654917977&idx=2&sn=d852e3812a0797ffff45a52aa8cf2795&chksm=f2f50506c5828c10da25c6188b67b86a39b365e2ca4947197eccf1c8045ab7d89774dc44092f#rd
腾马十一载:平凡脚步，英雄征程	20251126	36	http://mp.weixin.qq.com/s?_biz=MzlzODAzNzI5Ng==&mid=2654917977&idx=1&sn=20c2f9077a0412a5f8474c1cd230fa31&chksm=f2f50506c5828c10fa774aae713b89bda6d4566045e454338ae345b5bb73a43396676937b90b#rd
成绩公示 2025 腾冲马拉松奖金登记通道开启~	20251125	2411	http://mp.weixin.qq.com/s?_biz=MzlzODAzNzI5Ng==&mid=2654917580&idx=1&sn=2ffd59e854fe70d22203a314aa4ed9d4&chksm=f2f50393c5828a850b6d0602e963fe752f3ac77f4d31ea9e70e089dccc3fa65ec323ea7de588#rd
“怡”路相伴，腾马赛道之上共赴热爱	20251125	32	http://mp.weixin.qq.com/s?_biz=MzlzODAzNzI5Ng==&mid=2654917580&idx=2&sn=9279f045261d9cb0cba04bed0470dd69&chksm=f2f50393c5828a85b48ee9fd29b30760de89b010d7d21d779991f3411c890eb83e9a481dfc49#rd
2025 腾冲马拉松官方手册	20251121	1308	http://mp.weixin.qq.com/s?_biz=MzlzODAzNzI5Ng==&mid=2654916975&idx=2&sn=06955bf51246ed37ff07e1d9e51324cc&chksm=f2f50130c5828826b9cddd5789631937b693c5730febcbcb53cbff3faca333f4addfca0cdeb39#rd
致腾冲市民的一封信	20251121	493	http://mp.weixin.qq.com/s?_biz=MzlzODAzNzI5Ng==&mid=2654916975&idx=1&sn=a429243147d8f4f73650d43a60cfc549&chksm=f2f50130c58288269a218f8b325b59af42cb8a2632edf20c60358eaa0f08907e5c463b04dcd5#rd
参赛包邮寄 2025 腾冲马拉松参赛装备赛后邮寄说明	20251120	1974	http://mp.weixin.qq.com/s?_biz=MzlzODAzNzI5Ng==&mid=2654916814&idx=1&sn=a27c19c6a2f75b9f29f4d1d3f4b90dcd&chksm=f2f50091c582898755a3335620339d49b706f18e4fcf37eb89023638b4844984b5e02c69a717#rd

腾冲马拉松专属 礼遇 医疗级温 泉赛后恢复+星 空野奢住宿,解锁 赛后疗愈新体验!	20251120	198	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzI5Ng==&mid=2654916814&idx=2&sn=52c78264e5011bf3569d1e21fa28f9f6&chksm=f2f50091c5828987031eeb26845770ea39e1918bd87940f862acafa395f11b78cd6831076b17#rd
关于 2025 腾冲 马拉松赛风赛纪 和反兴奋剂告知	20251119	276	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzI5Ng==&mid=2654916796&idx=1&sn=6cfb1bdd99efa98ee163c4f26b17d367&chksm=f2f500e3c58289f5ce3b43d10afc7d3d950549f06a2b1c3a65ce0c6ea7725a31e9fb85130e67#rd
参赛服公布 专 属战袍伴您顺利 完赛	20251118	2340	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzI5Ng==&mid=2654916770&idx=2&sn=f19df69491db2b3bdd9ac4fd3c9a1bd3&chksm=f2f500fdc58289eb55141ac6209856d31eb7974d9ac1609c78e7c21dfdc94b43bf802b46b904#rd
文明参赛倡议 书 致 2025 腾 冲马拉松全体参 赛者	20251118	659	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzI5Ng==&mid=2654916770&idx=1&sn=19543d507726033f1b7e1d53876105c5&chksm=f2f500fdc58289eb4a18607f123689e9803dea90c7ef176c87135d1acc4a5e5e46c8d845667f#rd
官方配速员亮 相 他们将和您 一起唤醒心中的 英雄	20251117	2380	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzI5Ng==&mid=2654916726&idx=1&sn=6ba33ef3859ed7050bd7da86f223e7ad&chksm=f2f50029c582893f9e0815973c27aec519fa0be7e34f359f95ffa6461a895d8d472cb32a88cb#rd
官方急救跑者亮 相 腾马安全守 护使者上线	20251117	1984	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzI5Ng==&mid=2654916726&idx=2&sn=7cd797f2f2fb6b2250fcca4f5da9384c&chksm=f2f50029c582893f68c3636df4330735a0719152ba03f3f4dc29e4cb579b4578836d5a13d28d#rd
备赛小贴士 开 赛倒计时,这些高 原备赛要点您得 知道!	20251112	235	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzI5Ng==&mid=2654915696&idx=1&sn=a5cd7ce779e6b829ddde4572d4380ebb&chksm=f2f51c2fc5829539df466e30a2d156393823ffa96cbd7942d71c2434ff9392db32bebdfe7d39#rd
2025 腾马交通攻 略 腾马高铁专 属车厢今日开售! 一站式直达领物 现场	20251111	3435	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzI5Ng==&mid=2654915631&idx=1&sn=9d880780d3fe8efb71516f724f418cf5&chksm=f2f51c70c582956628c95bd932f36f544a7878c4cb5bf9ea739ff4512c6acd5b92c6a22b254f#rd

2025 腾冲马拉松 官方配速员英雄 训练营名单公布!	20251105	3516	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654915429&idx=1&sn=744d6727a85ce0015d2ffe31433f4d09&chksm=f2f51b3ac582922ce7b49faa78566217c6c9ca13a2d00664d80135011e6b51142d241ccb14f8#rd
护航腾马 官方 急救跑者初选名 单公布	20251105	1480	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654915429&idx=2&sn=79190e3b01e656f8112b2098dcc6b96a&chksm=f2f51b3ac582922c09a0787f00023f4d2f5d91542310478d2929277963e575cd0401d9dee19f#rd
关于对 2025 腾 冲马拉松违规选 手处罚公告	20251203	8792	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654917990&idx=1&sn=43d9404a7389be10e7e129d2befd857b&chksm=f2f50539c5828c2feee62b48560692b9927cc11fd0261f79d5515c0f1e164a07b7025e543da2#rd
2025 腾冲马拉 松 十一载荣光, 跑见极边风华	20251123	4379	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654917386&idx=1&sn=08a0a1abdcaa14e77b2464208431d2cd&chksm=f2f50355c5828a43419074c5e202aa83faa48f36aadd06ced297fddaea39841b6c685bb4d569#rd
赛后问卷调查 赛道有终点,心声 是回响!	20251123	299	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654917386&idx=2&sn=51feb570b26ff85b0dd1f3df87d6420c&chksm=f2f50355c5828a439f73d2fda8776b825f0fef559db1afd6c7aa882d017662a37439ec49950f#rd
极边燃跑高黎贡! 石药果维康助力 2025 腾冲马拉松 鸣枪开跑	20251123	259	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654917386&idx=4&sn=783292cd82f7858155c2d9e185438e15&chksm=f2f50355c5828a43c6320894d763046c8592051abb5e48d6bcd3f580616eb9a63e71e12dae82#rd
感谢信 感恩同 行,致敬每一步坚 持!	20251123	249	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654917386&idx=3&sn=c156560f817a355b1c8de6f560b73e2d&chksm=f2f50355c5828a439bab10330b03e8f3a9a29fc46de3a018027ef113cf4beeb9400251d09ef9f#rd
2025 腾冲马拉松 文明观赛, 相约 腾马!	20251122	4116	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654917006&idx=1&sn=6d9fac0f8363c3a0187b1f7c4b1a21d1&chksm=f2f501d1c58288c7d89e6bf88e1fef4b8cccf48e994008c97775630e7248ef01e2a95cbc99cb#rd

2025 腾冲马拉松 安检注意事项来啦!	20251122	1081	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654917006&idx=3&sn=262be3be2fb339fc35d74386738d93e2&chksm=f2f501d1c58288c71676d6f85a20ef4a4f9ed1f19a3e01baaf49647bc18c9ee4ef4c06c93247#rd
存取包须知, 请查收~	20251122	939	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654917006&idx=2&sn=56294cdb967b2bfb1e9198ec7f750c50&chksm=f2f501d1c58288c7afda6a08cf77a460d0a79a12203e3092867e6054e66a44d836b6025c3268#rd
咽立爽口含滴丸: 小小一粒, 大有可为	20251122	565	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654917006&idx=5&sn=4842ff038c40ba7821c84007def613f7&chksm=f2f501d1c58288c7646057e62d2d383593c2e8027cd978564549c7bf4c5250a55021392b89c3#rd
Bten 蓓盾 2025 腾冲马拉松, 守护每一次运动	20251122	179	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654917006&idx=6&sn=4d3df91a248e136294042ce633453a5a&chksm=f2f501d1c58288c7dc4bfd83444a90a7b50242eebe2daa5871a0f23dc212edbfac4fbbb1a9f3#rd
2025 腾冲马拉松 倒计时 中国太 保产险云南分公司 助您热血出发!	20251122	137	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654917006&idx=4&sn=b9bfaceac208f368b29590eb968d1894&chksm=f2f501d1c58288c75bf76ecf49816fff8ebd9bab7e0fc80ae77c3cf6b8345ca83151a4e52505#rd
领物须知 选手们 注意啦! 腾马喊 你来领物啦!	20251115	10342	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654916301&idx=1&sn=77d4699b526075ca09247b44062f4324&chksm=f2f51e92c5829784c8c9db7f23b19e8236f19aff76c478da84041f4e79506b018c507f302f9a#rd
腾冲市人民政府 2025 腾冲马拉松 赛系列活动临时 交通管制通告	20251115	2971	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654916301&idx=2&sn=5cf5ee88c8cdd635b8d31de48d84f048&chksm=f2f51e92c58297840906339e16e1b653540e2aeb e1e7fe54dbe8c85ae157a59688edd722c6de#rd
景区福利 腾马 邀您免费游景区 啦!	20251115	1747	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654916301&idx=3&sn=3bae0150a6a4539484f60861baab3605&chksm=f2f51e92c58297847d87043b3ed6cca66dda1834c79b19aeece41cb97940a48c5bae231938ea#rd

2025 腾马交通攻略 腾马高铁专属车厢今日开售! 一站式直达领物现场	20251115	1040	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654916301&idx=5&sn=ee6f98565c67a6bb99651fea0d04b151&chksm=f2f51e92c5829784b3ee2dee12eb023efe5953acfdcce4d54273fd746c79e1688878590b5f46#rd
温泉福利 腾马喊你来泡温泉啦!	20251115	872	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654916301&idx=4&sn=87de0c71610be9b71846ddc2b8edcb57&chksm=f2f51e92c5829784f3c6254aa779fee00a2ac8ad6fba57c1c9f6b41ebced8c012819c44071e5#rd
备赛小贴士 开赛倒计时, 这些高原备赛要点您得知道!	20251115	489	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654916301&idx=6&sn=8a7377091a5257ecaabc656b526106d2&chksm=f2f51e92c58297840ab1cf942d02392afbbe764c66915165812c080d9720f028eb30d292d6ce#rd
2025 腾冲马拉松抽签结果&参赛号正式公布! 跑者群开启集结	20251107	7440	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654915494&idx=1&sn=a69d24cc6d5dda3ec9000c79e85c1ae1&chksm=f2f51bf9c58292ef14542735db261cffe3cc321613a646f16ac03eb53a9757291fd981e1f58#rd
迈胜 PB 计划来袭, 助您在腾马迈向 PB	20251107	662	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654915494&idx=2&sn=224cc79f95c0c142c117d2cd29b9f523&chksm=f2f51bf9c58292efd192c2ded10ad0505ba7943da093b095dd211968ec092bf0d59f179e6d00#rd
重磅揭晓! 2025 腾冲马拉松奖牌正式公布!	20251031	11369	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654915268&idx=1&sn=4fe713dd948b49b10748412c39bece3f&chksm=f2f51a9bc582938d446fc8518098c970829421fd44e3698225ed2196b11851bdfc704bc79300#rd
关于调整 2025 腾冲马拉松赛事欢乐跑、亲子跑项目的公告	20251030	22802	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654915229&idx=1&sn=632e8aa5d4384c10a5f31c7f5ba1e71d&chksm=f2f51ac2c58293d4f075a4e43f9bdaf32a7ac47d7ad5f417e2303c71145c0820a20a4d5e4715#rd
英雄召集令 2025 腾冲马拉松官方配速员招募开启!	20251030	3088	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654915229&idx=3&sn=5fd92708af4f2459d714d4e8f9c77c93&chksm=f2f51ac2c58293d4d454e79a6937bf4177a63a5c5ee946b06a29fe7b927cabaf84c9595444b4#rd

官方急救跑者招募 期待与您一起护航英雄之路	20251030	1781	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654915229&idx=4&sn=ad6efa64a197f5bf6452e36e7bd389b9&chksm=f2f51ac2c58293d4a14ee0f0deb052b3bb6a806dd7b5222e34b1f0cdf580bc85b21cd56d63dd#rd
十星跑者召集令 十年坚守赴英雄之约, 专属荣耀福利待遇君领	20251030	1244	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654915229&idx=2&sn=9409fbb03b77a2f8468eb7177a5da7b5&chksm=f2f51ac2c58293d483fa7c3b7f2da2cb783e79a53cf890304850d7c853d8cb29532fe5d2e862#rd
报名开启 2025 腾冲马拉松, 赴英雄之城, 用脚步唤醒心中的英雄	20250929	38859	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654914980&idx=1&sn=155a2f9ed85ca118babdec6f772c4a94&chksm=f2f519fbc58290edc4c1e52606419783246f5a0cd9ded652a774868f32268a198f1876358513#rd
英雄不朽 2025 腾冲马拉松老兵赛中赛报名开启	20250929	7610	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654914980&idx=4&sn=3e765e6523a62ba799ccbf4b526169e&chksm=f2f519fbc58290eda108921d90bf197613eb8d674acbd7739fc516c62f6dba9597831d98f985#rd
2025 腾冲马拉松 竞赛规程	20250929	2826	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654914980&idx=2&sn=21c3e8117a46e37ed1e0bb6b1d361ec6&chksm=f2f519fbc58290edd39f3e8ceb660e5c997c02b1835676a496c0936f4bd9812f10fa15696c27#rd
腾马官方住宿推荐 内含选手福利!	20250929	1104	http://mp.weixin.qq.com/s?__biz=MzlzODAzNzl5Ng==&mid=2654914980&idx=3&sn=b2dd00f5bc19ec6f6cff43ed2ea6b120&chksm=f2f519fbc58290ed7956abd33063e23b0abb1ce61b57df06955fea7778458cecbd9173edf059#rd