



### Innsbruck Alpine Trailrun Festival - K15 Rookie Trailrun

Course		Distance (km)	Finish Distance (km)	Ascent in m	Descent in m	max. Altitude	fast time*	slow time*	Cut-off time
Hall in Tirol			15,3			580,00	16:30		
Hall	Thaur	5,4	9,9	172	37	301,00	16:58	17:40	
Thaur	Rechenhof	9,2	6,1	160	15	184,00	17:18	18:27	
Rechenhof	ZIEL Innsbruck	15,3	0,0	68	348	438,00	17:46	19:35	20:00

**Start:** Hall in Tirol

**Remark**

\* The passage times have been calculated with a fast speed of 14,0 km/h and a slow speed of 6,0 km/h, plus the passed altitude gain calculated according to the distance-time formula.

All information is subject to change