



INNSBRUCK ALPINE Trailrun Festival

Presented by
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Innsbruck Alpine Trailrun Festival - K42

Course		Distance km	Finish Distance km	Ascent in m	Descent in m	max. Altitude	fast time*	slow time*	Cut-off time
Natterer See			42,0			835,00	12:30		
Natterer See	Bierstindl	10,5	34,1	267	453	337,00	13:24	14:34	14:40
Bierstindl	Herzsee	17,3	23,4	236	63	470,00	13:59	15:52	
Herzsee	Hall	24,5	18,5	102	381	185,00	14:36	17:17	17:30
Hall	Thaur	29,9	12,8	240	80	325,00	15:09	18:29	
Thaur	Rechenhof	33,7	9,0	168	28	198,00	15:30	19:16	
Rechenhof	ZIEL Innsbruck	42,0	0,0	287	595	737,00	16:15	20:56	21:00

Start: Natterer See

Remark

* The passage times have been calculated with a fast speed of 13,5 km/h and a slow speed of 6,0 km/h, plus the passed altitude gain calculated according to the distance-time formula.

All informations are subject to change