



INNSBRUCK ALPINE Trailrun Festival

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Innsbruck Alpine Trailrun Festival - K85 Heart of the Alps Ultra

Course		Distance km	Finish Distance km	Ascent	Descent	max. Altitude	fast time*	slow time*	Cut-off time
Innsbruck Landestheater			85,0			600,00	04:00		
Innsbruck	Umbrüggler Alm	6,0	79,0	562	36	1119,00	04:45	05:45	
Umbrüggler Alm	Kranebitten	12,3	72,7	116	582	1226,00	05:19	07:05	07:15
Kranebitten	Birgitz	21,4	63,6	362	129	860,00	06:13	09:07	
Birgitz	Mutterer Alm	29,8	55,3	891	69	1665,00	07:15	11:33	
Mutterer Alm	Telfes	38,6	46,4	131	823	1687,00	08:03	13:19	
Telfes	Unterberg	49,2	35,8	163	412	1038,00	08:59	15:26	
Unterberg	Bierstindl	53,6	31,4	163	279	790,00	09:25	16:25	16:30
Bierstindl	Herzsee	59,9	25,1	226	42	868,00	10:00	17:43	
Herzsee	Hall	67,2	17,8	102	357	679,00	10:38	19:09	19:30
Hall	Rechenhof	76,9	8,2	403	97	879,00	11:33	21:13	
Rechenhof	ZIEL Innsbruck	85,0	0,0	282	572	1078,00	12:20	23:01	23:30

Start: State Theater Innsbruck

Remark

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

All information is subject to change