



### Innsbruck Alpine Trailrun Festival - K110 Masters of Innsbruck

Course		Distance km	Finish Distance km	fast time*	slow time*	Cut-off time*
<b>Olympiaworld Innsbruck</b>			<b>103,0</b>	<b>23:00</b>		
Innsbruck OWI	VS Telfes	17,1	85,9	<b>00:38</b>	<b>02:14</b>	
VS Telfes	VS Mutterer Alm	25,7	77,3	<b>01:25</b>	<b>04:08</b>	
VS Mutterer Alm	VS Birgitz	34,5	68,5	<b>02:00</b>	<b>05:02</b>	<b>05:00*</b>
VS Birgitz	VS Höttinger Bild	48,1	54,9	<b>03:28</b>	<b>07:50</b>	
VS Höttinger Bild	VS Romediwirt	59,4	43,6	<b>04:49</b>	<b>10:03</b>	
VS Romediwirt	VS Herzsee	73,3	29,7	<b>05:53</b>	<b>12:38</b>	<b>12:40*</b>
VS Herzsee	VS Aldranser Alm**	82,1	20,9	<b>07:23</b>	<b>15:04</b>	
VS Aldranser Alm**	<b>ZIEL Innsbruck</b>	103,0	0,0	<b>09:45</b>	<b>19:36</b>	

**Start/Finish:** Olympiaworld Innsbruck

**Remark**

\* The passage times have been calculated with a fast speed of 13 km/h and a slow speed of 7,0 km/h, plus the passed altitude gain calculated according to the distance-time formula. All information is subject to change

\* The pictured Cut-off times are referring to the first start group (Group A), if you are in a later start group the time difference is added to the Cut-off time.

\*\* There are located differnt fountains/water springs on the race track, use them to refill your bottles.