



Innsbruck Alpine Trailrun Festival - K15 Rookie Trailrun

Course		Distance (km)	Finish Distance (km)	fast time*	slow time*	Cut-off time*
Hall in Tirol			15,3	08:30		
Hall	Herzsee	5,4	7,6	09:14	10:24	
Herzsee	Ziel Innsbruck	0,0	15,3	09:43	11:57	12:00*

Start: Hall in Tirol

Finish: Innsbruck

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.

* 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.

