



Innsbruck Alpine Trailrun Festival - K85 Heart of the Alps Ultra

Course		Distance km	Finish Distance km	fast time*	slow time*	Cut-off time*
Olympiaworld Innsbruck			78,5	23:00		
Innsbruck OWI	VS Telfes	17,1	61,4	00:38	02:44	
VS Telfes	VS Mutterer Alm	25,7	52,8	01:25	04:28	
VS Mutterer Alm	VS Birgitz	34,5	44,0	02:00	05:52	06:00:00*
VS Birgitz	VS Höttinger Bild	48,1	30,4	03:28	09:03	
VS Höttinger Bild	VS Romediwirt	59,4	19,1	04:49	11:36	
VS Romediwirt	VS Herzsee	73,3	5,2	05:53	14:34	14:30:00*
VS Herzsee	ZIEL Innsbruck	78,5	0,0	06:16	15:48	

Start/Finish: Olympiaworld 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.

* 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.