



### Innsbruck Alpine Trailrun Festival 2023 - K35 Discovery Race

course		distance (km)	distance to finish (km)	passage time fast*	passage time slow*	cut-off time
<b>Grinzens</b>			<b>34,9</b>	<b>09:30</b>		
Grinzens	VS Kranebitten	12,6	22,3	<b>10:15</b>	<b>12:10</b>	<b>12:15</b>
VS Kranebitten	VS Höttinger Alm	22,3	12,6	<b>11:20</b>	<b>15:01</b>	
VS Höttinger Alm	Innsbruck	34,9	0,0	<b>12:18</b>	<b>18:02</b>	

**Start:** Grinzens

**Finish:** Innsbruck

**Remarks:**

\* Passage times calculated with 20 km/h and 5 km/h according to the distance-time formula including altitude difference.

Information is subject to change. Adjusted starting times possible.

\*\* Please find water bodies located on this stretch to refill your bottle.