



Innsbruck Alpine Trailrun Festival 2023 - K42 Trailmarathon

course		distance (km)	distance to finish (km)	passage time fast*	passage time slow*	cut-off time
Axamer Lizum			46,0	07:30		
Axamer Lizum	VS Grinzens	15,2	30,8	09:06	11:20	
VS Grinzens	VS Kranebitten	28,1	17,9	10:00	13:49	13:50
VS Kranebitten	VS Höttinger Alm	37,8	8,2	11:06	16:19	
VS Höttinger Alm	Innsbruck	46,0	0,0	11:39	17:52	

Start: Axamer Lizum

Finish: Innsbruck

Remarks:

* Passage times calculated with 17 km/h and 5,5 km/h according to the distance-time formula including altitude difference. Information is subject to change. Adjusted starting times possible.