



Innsbruck Alpine Trailrun Festival 2023 - K110 Masters of Innsbruck

Course		distance (km)	distance to finish (km)	passage time fast*	passage time slow*	cut-off time
Innsbruck			108,5	00:00		
Innsbruck	VS Romediwirt	12,4	96,1	01:11	02:15	
VS Romediwirt	VS Hall	19,0	89,5	01:45	03:15	
VS Hall	VS Herzsee	26,3	82,2	02:27	04:35	
VS Herzsee	VS ÖAMTC	37,4	71,1	03:27	06:23	06:30
VS ÖAMTC	VS Schlicker Alm	54,6	53,9	05:15	09:56	10:00
VS Schlicker Alm	VS Hoadl	66,6	41,9	06:38	12:44	12:45
VS Hoadl	VS Grinzens	77,4	31,1	07:49	15:03	
VS Grinzens	VS Kranebitten	90,0	18,5	08:55	17:02	17:00
VS Kranebitten	VS Höttinger Alm	99,7	8,8	10:13	19:42	
VS Höttinger Alm	Innsbruck	108,5	0,0	10:46	20:35	

Start/Finish: Innsbruck

Remarks:

* Passage times calculated with 13 km/h and 7 km/h according to the distance-time formula including altitude difference. Information is subject to change. Adjusted starting times possible.