



Innsbruck Alpine Trailrun Festival 2023 - K85 Heart of the Alps Ultra

course		distance (km)	distance to finish (km)	passage time fast*	passage time slow*	cut-off time
Innsbruck			87,7	00:00		
Innsbruck	VS Romediwirt	12,4	75,3	01:10	02:39	
VS Romediwirt	VS Hall	19,0	68,7	01:44	03:55	
VS Hall	VS Herzsee	26,3	61,4	02:25	05:28	
VS Herzsee	VS ÖAMTC	37,4	50,3	03:24	07:40	07:45
VS ÖAMTC	VS Schlicker Alm	54,6	33,1	05:10	11:42	11:45
VS Schlicker Alm	VS Mutterer Alm	63,9	23,8	06:15	14:11	
VS Mutterer Alm	VS Kranebitten	76,2	11,5	07:18	16:33	16:45
VS Kranebitten	VS Höttinger Bild	81,8	5,9	07:55	17:59	
VS Höttinger Bild	Innsbruck	87,7	0,0	08:30	19:17	

Start/Finish: Innsbruck

Remarks:

* Passage times calculated with 13 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.