



Innsbruck Alpine Trailrun Festival 2022 - K110 Masters of Innsbruck

course		distance (km)	distance to finish (km)	passage time fast*	passage time slow*	cut-off time
Olympiaworld Innsbruck			103,0	00:00		
Innsbruck	VS Telfes	17,1	85,9	01:43	03:14	
VS Telfes	VS Mutterer Alm	25,7	77,3	02:25	05:08	
VS Mutterer Alm	VS Birgitz	34,5	68,5	03:10	06:01	06:15
VS Birgitz	VS Höttinger Bild	48,1	54,9	04:37	08:50	
VS Höttinger Bild	VS Romediwirt	59,4	43,6	05:49	11:03	
VS Romediwirt	VS Hall	65,4	37,6	06:26	12:06	
VS Hall	VS Herzsee**	73,3	29,7	07:14	13:38	13:45
VS Herzsee	VS Aldranser Alm***	82,1	20,9	08:24	16:03	
VS Aldranser Alm**	VS Heilig Wasser	94,1	8,9	09:52	19:05	
VS Heilig Wasser	Innsbruck	103,0	0,0	10:46	20:35	

Start/Finish: Olympiaworld 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.

** Runners dropping out , may continue as K85ex110 on the course of K85.

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