



Innsbruck Alpine Trailrun Festival 2022 - K35 Discovery Race

course		distance (km)	distance to finish (km)	passage time fast*	passage time slow*	cut-off time
Hall in Tirol			37,3	09:30		
Hall in Tyrol	VS Herzsee	7,9	29,4	10:16	11:29	11:30
VS Herzsee	VS Aldranser Alm**	16,7	20,6	11:38	14:16	
VS Aldranser Alm**	VS Heilig Wasser	28,7	8,6	08:52	18:05	
VS Heilig Wasser	Innsbruck	37,3	0,0	13:06	17:15	

Start: Hall in Tirol

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.

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