



Innsbruck Alpine Trailrun Festival 2022 - K85 Heart of the Alps Ultra

course		distance (km)	distance to finish (km)	passage time fast*	passage time slow*	cut-off time
Olympiaworld Innsbruck			78,5	00:00		
Innsbruck	VS Telfes	17,1	61,4	01:38	03:44	
VS Telfes	VS Mutterer Alm	25,7	52,8	02:25	04:28	
VS Mutterer Alm	VS Birgitz	34,5	44,0	03:00	06:52	07:00
VS Birgitz	VS Höttinger Bild	48,1	30,4	04:28	10:03	
VS Höttinger Bild	VS Romediwirt	59,4	19,1	05:37	12:35	
VS Romediwirt	VS Hall	65,4	13,1	06:10	13:46	
VS Hall	VS Herzsee	73,3	5,2	06:55	15:32	15:45
VS Herzsee	Innsbruck	78,5	0,0	07:29	16:48	

Start/Finish: Olympiaworld 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.