



Innsbruck Alpine Trailrun Festival 2023 - K35 Discovery Race

course		distance (km)	distance to finish (km)	passage time fast*	passage time slow*	cut-off time
Grinzens			34,9	#BEZUG!		
Grinzens	VS Kranebitten	12,6	22,3	10:15	12:10	12:15
VS Kranebitten	VS Seegrube	26,2	8,7	11:40	16:15	16:15
VS Seegrube	Innsbruck	34,9	0,0	12:18	18:02	

Start: Grinzens

Finish: Innsbruck

Remarks:

* Passage times calculated with 20 km/h and 5 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.