



STUIBEN TRAILRUN

STUIBEN TRAIL – 24K

ROUTE	HEIGHT (m)	DISTANCE (km)	TARGET DISTANCE (km)	TIME FAST	TIME SLOW	TIME-LIMIT
START: Village Center Umhausen	1.036	0,0	26,1		09:00	
V1 GH Stuibenfall	1.481	4,0	22,1	09:28	10:11	
Narrenkogel	2.309	7,9	18,2	10:04	11:37	
Larstig	1.777	13,7	12,4	10:29	13:00	13:00
V2 Grastal	1.880	15,8	10,3	10:42	14:39	
V3 GH Bichl	1.600	19,9	6,2	11:01	15:57	
V4 Steppsteig	1.097	23,0	3,1	11:12	16:52	
TARGET: Village Center Umhausen	1.036	26,1	0,0	11:27	17:45	17:45

Starting time:
9:00 Uhr

Total kilometers:
26,1 km

Total vertical meters ascent:
1.700 Hm

Total vertical meters descent:
1.700 Hm

Calculated using the distance-time formula for trail running. Times plus additions and deductions for altitude meters. The actual kilometers and altitude meters vary between +/- 3 % depending on the measuring method.
All data without guarantee!