



# STUIBEN TRAILRUN

## STUIBEN TRAIL – 42K

ROUTE	HEIGHT (m)	DISTANCE (km)	TARGET DISTANCE (km)	TIME FAST	TIME SLOW	TIME-LIMIT
START: Village Center Umhausen	1.036	0,0	44,1		07:00	
V1 GH Stuibenfall	1.481	4,0	40,1	07:33	08:00	
Narrenkogel	2.309	7,9	36,2	08:14	09:14	
Larstig	1.777	13,7	20,4	08:47	10:20	<b>10:20</b>
V2 Grastal	1.880	15,8	28,3	09:03	11:06	
Mahdebene	2.392	19,0	25,1	09:36	12:08	
V3 Mauslersattel	1.630	24,8	19,3	10:04	13:19	<b>13:20</b>
V4 Chapel Nösslach	1.156	31,8	12,3	10:47	14:54	
V5 GH Bichl	1.600	37,9	6,2	11:34	16:25	
V6 Steppsteig	1.097	41,0	3,1	11:48	17:01	
TARGET: Village Center Umhausen	1.036	44,1	0,0	12:08	17:40	<b>17:45</b>

Starting time:  
**7:00 Uhr**

Total kilometers:  
**44,1 km**

Total vertical meters ascent:  
**3.100 Hm**

Total vertical meters descent:  
**3.100 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!**