



ENGLISH

GROSSGLOCKNER ULTRA-TRAIL



ZELL AM SEE-KAPRUN | KALS AM GROSSGLOCKNER

OFFICIAL RACE GUIDE

July 29 - July 31, 2022 // www.ultratrail.at



**GROSSGLOCKNER
ULTRA-TRAIL®**
110 km | 6.500 m

One of the hardest ULTRA-TRAILS.
Around Großglockner - Austria's
highest mountain.

OSTTIROL
TRAIL 84 km | 5.000 m

GGUT 110 I 2
48 km | 2.700 m +
62 km | 3.800 m

GROSSGLOCKNER
TRAIL 57 km | 3.500 m

GLETSCHERWELT
TRAIL 37 km | 1.500 m





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SUUNTO 5 PEAK

SUUNTO 9 PEAK

WELCOME

TO GROSSGLOCKNER ULTRA-TRAIL® 2022!

WELCOME TO GROSSGLOCKNER ULTRA-TRAIL® 2022!

Once again we proudly present one of the most difficult and challenging ULTRA-TRAILS of the Eastern Alps and invite you to experience this epic adventure with us.

The Grossglockner ULTRA-TRAIL is an established part of the international trail calendar. We are excited to support this event since the very beginning. The GGUT is well known as one of the toughest trail running races of the Eastern Alps and attracts international trail elites as well as ambitious endurance athletes. DYNAFIT is a brand from athletes for athletes. For us, the Grossglockner ULTRA-TRAIL has become one of the most important international races of the season. As title sponsor, we have provided many attractions for you in the finish area. Let us surprise you - we invite all runners and visitors to visit us at the DYNAFIT AREA in the start/finish to join our community talks, for questions and for relaxation and recovery.

In 2021, we saw amazing results of phantastic runners. Who will be the first one reaching Kaprun finish area this year?

There are again many international top runners from about 40 countries registered for the start.

The proven elements remain in the race set-up: We will start on Friday with the GWT 35 into the GGUT weekend. The race direction has changed in 2021 and payed off and will remain. Besides many smaller improvements, the highlight in 2022 is, that the start and finish area will come back to the centre of Kaprun at the Salzburger Platz - great atmosphere is guaranteed! We are sure that you will like the changes. More on the following pages.

We wish you a lot of fun, great adventures and a safe return and many magical moments on the trails around this beautiful mountain! See you in July in Kaprun, Kals am Großglockner, Fusch an der Glocknerstraße or Uttendorf!



Hubert Resch, Head of OC GGUT (left)
Michael Hankl, DYNAFIT (right)

PROGRAM 2022

THURSDAY, 28.07.2022 - SUNDAY, 01.08.2022



THURSDAY, 28.07.2022

Time	Program
15.00 - 19.00	GGUT Expo, Bründl Sports Flagshipstore and GGUT Arena Salzburger Platz, Kaprun
15.00 - 19.00	Bib Distribution, Bründl Sports Flagshipstore, Kaprun
19.00 - 20.00	DYNAFIT Talk & Presentation: Hannes Namberger, From Skiing to Trail Running. Weitblick, Bründl Sports Flagship Store, Kaprun.

FRIDAY, 29.07.2022

Time	Program
06.45	Additional bib distribution GWT 35 ground station cable car Weisssee Gletscherwelt (Enzingerboden), Uttendorf
08.00	Start GWT 35, ground station cable car Weisssee Gletscherwelt (Enzingerboden), Uttendorf
From 11.40 on	finish of the first runners of GWT 35, GGUT Arena Salzburger Platz, Kaprun
10.00 - 13.00 14.00 - 20.00	Bib Distribution, Bründl Sports Flagshipstore, Kaprun
10.00 - 20.00	GGUT Expo, Bründl Sports Flagshipstore and GGUT Arena Salzburger Platz, Kaprun
14.00 - 16.00	Trail Shoe testing at all GGUT-Expo partners (including DYNAFIT, Adidas, Merrell, Salomon, The North Face 14.30 - 15.30 guided Test run with the DYNAFIT Trail heros), GGUT Arena Salzburger Platz, Kaprun.
19.00	Price giving ceremony GWT 35, GGUT Arena Salzburger Platz, Kaprun
22.00	Start GGUT 110 and Start GGUT 110 I 2 (Runner 1)

SATURDAY, 30.07.2022

Time	Program
05.00	Start OTT 80, ground station cable car Weisssee Gletscherwelt (Enzingerboden), Uttendorf
05.00 - 05.45	Additional bib distribution GGT 55, Musikpavillon, Kals am Großglockner
05.45	Start GGUT 110 I 2 (Runner 2), Musikpavillon, Kals am Großglockner
06.00	Start GGT 55, Musikpavillon, Kals am Großglockner
08.00 - 11.30	Mini GGUT, Musikpavillon, Kals am Großglockner
From 11.15	Finish first runners GGT 55, Arena Salzburger Platz, Kaprun
From 12.15	Finish first runners GGUT 110 Finish, GGUT Arena Salzburger Platz, Kaprun
From 14.30	Finish first runners OTT 80 Finish, GGUT Arena Salzburger Platz, Kaprun
21.00	Prize Giving GGUT 110, OTT 80, GGT 55 and team race GGUT 110 I 2, GGUT Arena Salzburger Platz, Kaprun. First 5 runners / first 3 teams overall of every race will be awarded.

SUNDAY, 31.07.2022

Time	Program
04.00	Welcome last Finishers and closing of GGUT 2022

THE BEST HOTSPOTS

AROUND GGUT



KAPRUN / GGUT Arena Salzburger Platz

Fr. 11.30 - 19.00: Finish GWT 35 // **Fr. 22.00:** Start Grossglockner ULTRA-TRAIL® 110
Sa. Finish: GGT 55 (11.15 Uhr) // OTT 80 (14.30) // GGUT 110 (12.30 Uhr)
Price Giving: Fr. 19.00: GWT 35 / Sa. 21.00: GGUT, OTT, GGT & GGUT 110 I 2

KAPRUN / Kapruner Hochgebirgsstauseen

Fr. 10.00 - 14.30: Passage GWT 35

KALS AM GROSSGLOCKNER / Musikpavillon Kals

Sa. 04.00 - 11.30: Start GGUT 110 I 2 Runner 2 (05.45), Start GGT 55 (06.00),
 Passage GGUT 110, OTT 80 (04.00 - 11.30), Mini GGUT (08.30 - 11.30)

KALS AM GROSSGLOCKNER / Lucknerhaus and Glorerhütte

Sa. 06.00 - 16.00: Passage GGUT 110, OTT 80 und GGT 55
Sa 6.45 Passage first runner GGT 55 // **Sa 10.30** Passage first runner OTT 80

HEILIGENBLUT / Glocknerhaus, Glocknerstraße

Sa. 7.45 - 18.00: Passage GGUT 110, OTT 80, GGT 55
Sa. 07.45: first runner GGT 55 // **Sa. 10.30:** first runner OTT 80

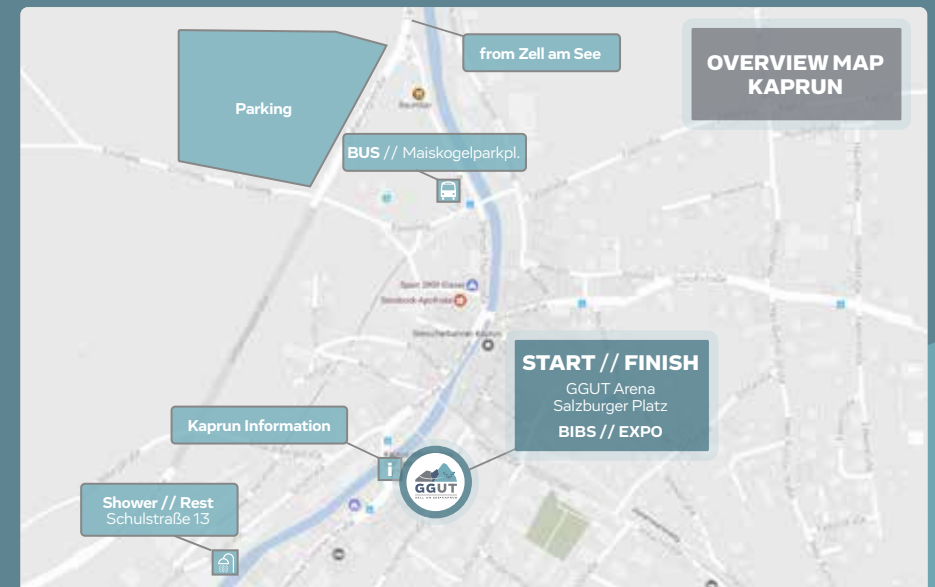
FUSCH AN DER GLOCKNERSTRASSE / Gemeindeamt Fusch

Sa. 10.30 - 24.00: Passage GGUT 110, OTT 80 and GGT 55

UTTENDORF - WEISSEE

Talstation Weisssee Gletscherwelt (Enzingerboden):

Fr. 08.00: Start GWT 35 // **Sa. 05.00:** Start OTT 80
Berghotel Rudolfshütte: Fr. 08.45 - 11.00: Passage GWT 35 (Cable car opens at 08.00),
Sa. 02.00 - 08.00: Passage GGUT 110, OTT 80



Kaprun is the ideal start and finish for this challenge. Already in the past century our municipality has been the starting point for various challenging tours towards and up Großglockner. We wish all runners remaining impressions and a safe return in this unique event.



Manfred Gassner, Bürgermeister Kaprun



The Grossglockner ULTRA-TRAIL® in Zell am See-Kaprun is already an established major event in the region and is one of the highlights of the annual event calendar. We look forward to welcoming more than 1500 runners from more than 40 nations on one of the most beautiful trails in Europe this year. Many thanks to Hubert Resch and his team for this unique event. I wish all participants a lot of fun on the trails, which is particularly characterized by the many meters in climb, but also by the beauty of the region. All the best!

Mag. Renate Ecker, Managing Director Zell am See-Kaprun Tourismus GmbH



Toll Station Ferleiten
Sa. 09.30 - 23.00:
Passage GGUT 110,
OTT 80, GGT 55

Access road is free of charge until hotspot. Further travel to Grossglockner via Grossglockner Hochalpenstraße from 05.00 - 21.30 (toll road /Infos: www.grossglockner.at)

Gemeindeamt Fusch at the Glocknerstrasse
Sa. 10.00 - 24.00:
Passage GGUT 110, OTT 80, GGT 55

Start/Finish Kaprun
GGUT Arena Salzburger Platz
Fr. 11.30 - 19.00: Finish GWT 35
Fr 22.00: Start GGUT 110
Sa. 11.15 - So. 04.00:
Finish GGUT 110, OTT 80, GGT 55

Kapruner Hochgebirgsstausee
Fr. 10.00 - 14.30: GWT km 19
Sa 00.00 - 03.00: GGUT km 18
Access: with cable car from "Kesselfeld Alpenhaus" (8 AM - 5 PM). You find vouchers for reduced tickets from our partner Verbund Tourismus in your starter pack. No access by bus to the supply station GGUT 110.



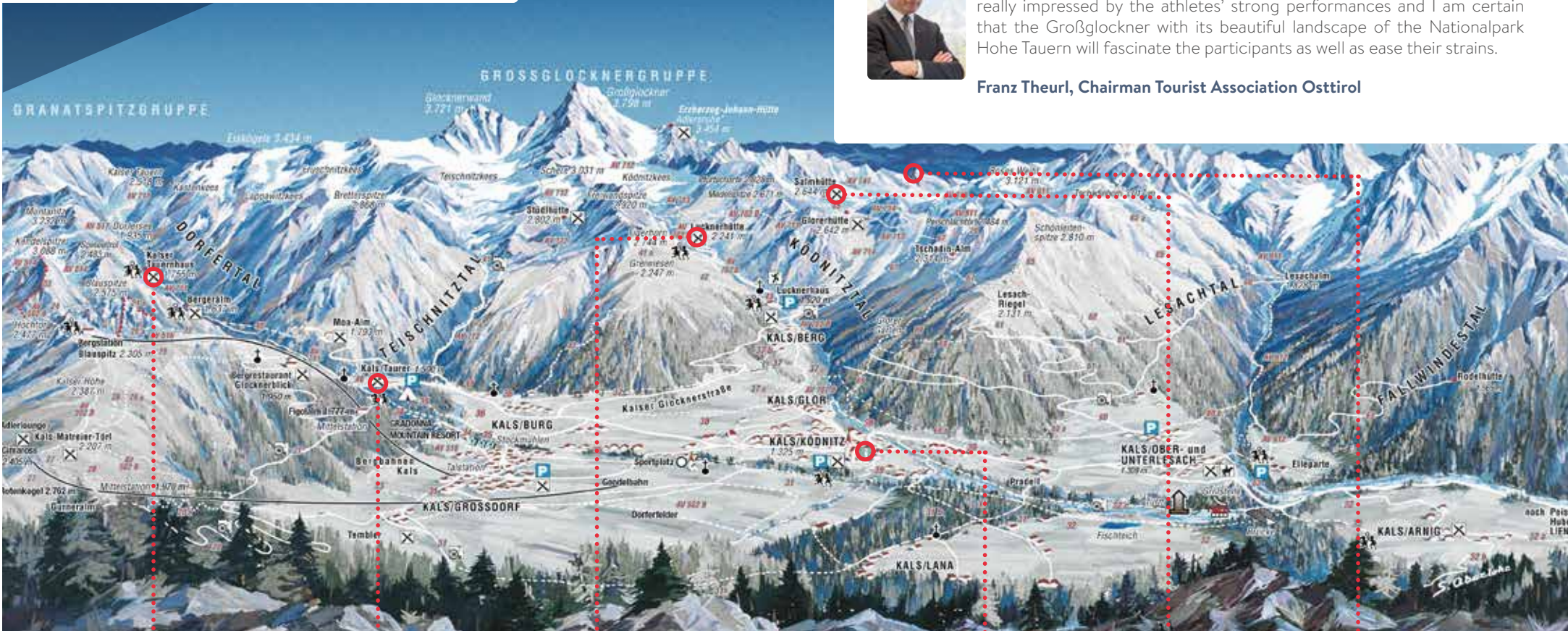
The GGUT is an asset and major event for Kals am Großglockner and East Tyrol and the sportive highlight of the year. Together with our partners and local organisations we are happy to offer our competence in mountaineering. As a participant it was a challenge, but most of all a great pleasure to be a part of this event.

Martin Gratz, Vice Mayor Kals am Großglockner



I am very happy that the GGUT could motivate so many runners last year which will hopefully continue this year with even more possibilities. I was really impressed by the athletes' strong performances and I am certain that the Großglockner with its beautiful landscape of the Nationalpark Hohe Tauern will fascinate the participants as well as ease their strains.

Franz Theurl, Chairman Tourist Association Osttirol



**Kaiser Tauernhaus (1755 m)
Berger Alm (1640 m)**
Sa. 03.30 - 10.30
GGUT km 43 / 46
OTT km 18 / 21

Access via Kals to Vitalhotel Taurerwirt, Ascent about 1 - 2 h

Taurerwirt
Sa. 03.40 - 11.00
GGUT km 47
OTT km 22

Access via Kals am Großglockner

Lucknerhaus / Glorehütte (1912 m / 2642 m)
Sa. 6.00 - 16.00
GGUT km 60 / OTT km 35
GGT km 8

Access via Kals, Kaiser Glocknerstraße to Lucknerhaus (Toll road), ascent Glorehütte about 1h 15 min.

Musikpavillon Kals
Start GGUT 110 I 2, Runner 2 (Sa. 05.45),
Start GGT (Sa. 06.00)
Mini GGUT (Sa. 8.30 - 11.30)

Sa. 04.00 - 11.30
GGUT km 49, OTT km 24

Salmhütte (2644 m)
Sa. 07.15 - 17.00 Uhr
GGUT km 65 / OTT km 39
GGT km 12

Access via Kals from Lucknerhaus (Toll road EUR), Ascent to Lucknerhaus about 2 - 3 hours

Glocknerhaus (2132 m)
Sa. 07.45 - 18.00
GGUT km 73 / OTT km 46 /
GGT km 18

Access Großglockner Hochalpenstraße (www.grossglockner.at) via Fusch or Heiligenblut 05.00 - 21.30 (Toll road)



Kapruner Törl (2.639 m)
GWT km 12, GGUT km 25

- Take cable car or hike from Enzingerboden and take the "Austriaweg" to Kapruner Törl (ca 3 h)
- walk down to supply station Kapruner Hochgebirgstauseen possible (ca 2 - 3 h)
- then transport down to Kaprun (see map Kaprun)

Enzingerboden / cable car ground station Weisse Gletscherwelt

Fr. 08.00: Start GWT
(cable car opens at 08.00)
Sa. 05.00: Start OTT

Berghotel Rudolfshütte (2.315 m)

Fr. 09.00 - 11.00: GWT km 6
Sa. 02.00 - 09.00: GGUT km 30 und OTT km 6

Access by car via Uttendorf direction Weisse Gletscherwelt/ Enzingerboden until parking. Then take cable car www.gletscherwelt-weisse.at (Fr. cable car starts at 08.00).
€ 5 voucher for using the cable car in the starter pack.



Uttendorf with the Weisse area at 2.315 m, embedded in the Nationalpark Hohe Tauern, is pleased to be an important part of the GGUT. The mastering of enormous physical challenges in a breathtaking natural surrounding with all its facets, will make this event unforgettable to participants. We wish all participants and the organisation team of the GGUT good luck and success and we are looking forward to seeing you in Uttendorf-Weisse, Nationalpark Hohe Tauern.

Lara Mayer, Tourist Association Uttendorf/Weißsee

Rudolfshütte in Weisse Gletscherwelt, Uttendorf is an ideal starting point for the Gletscherwelt Trail. Here, trailrunning is especially close to nature, as we are surrounded by several peaks higher than 3000m. At the same time, the terrain is technically demanding. I wish all participants an impressive nature experience, lots of success and a safe return!



Hannes Lerchbaumer, Mayor Gemeinde Uttendorf



SAFETY

AN EXTRAORDINARY RACE



Grossglockner ULTRA-TRAIL®, in particular GGUT 110, is neither a marathon nor an average trail. GGUT 110 mainly runs over 2,000 m altitude, with four passages above 2,500 m. Even the best athlete can have an accident in the middle of the night, in cold, snowy or rainy conditions. Adverse circumstances might have you wait longer for help than expected. Your personal safety therefore might also depend on the quality of your personal equipment.

EQUIPMENT

Therefore, **mandatory equipment is minimal equipment!** Every participant has to adjust this to his or her personal needs. It is most important not to pack as light as possible (just to save a few grams), instead choose gear which best protects you against the cold, windy and snowy alpine conditions which might occur.

WEATHER AND ENVIRONMENTAL CONDITIONS

Weather changes and bad weather have to be expected at any time. Please keep in mind that due to the terrain the organiser only has limited possible ways of reacting. The organiser is going to take all decisions carefully after having examined and considered the facts. In case of doubt, decisions will be taken in favour of the safety of the participants. Especially we urge you to pay attention to:

- **Prevention against extreme cold, but also hot conditions (sun protection!)**
- **Never stop at a point in very high altitude**

- **Not to wait until you shiver before you put on more clothes**
- **Not to change clothes in strong windy conditions: try to do so before, or go a bit further until you reach some kind of shelter.**

ORIENTATION

Stay on the trails. If you lose the track, go back until you find the last sign.

POLES

Pay attention what you do with your poles (especially in the first part of the race, when the participants are closer together). Don't put your hands into the loops, because in case of a fall you will not be able to use your hands.

DO NOT OVERESTIMATE YOURSELF

All races are long races, which have to be prepared well. Especially GGUT 110 demands highest skills concerning physical and psychological fitness, technical skills and experience in high altitude mountain regions. If in doubt, we recommend to choose the shorter race or reconsider starting. Always run below your maximum limit (especially in the first part), so that enough energy remains in case of difficult situations, such as a sudden change of weather.

ACCLIMATISATION

All races, especially the GGUT 110 and the OTT 80, have trails above 2000 hm. Therefore, acclimatization is an important key to success. We recommend to stay in such high altitudes 1-2 days/nights before the



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hammernutrition.at

race. Our partners like the Berghotel Rudolfshütte, Taurerwirt, Edelweißspitz, the Glocknerhaus at the Grossglockner Hochalpenstraße or the Glorshütte offer ideal possibilities for preparation and great experiences.

NUTRITION

The amount and quality of food and drink have to be adjusted to weather conditions and supplemented by regular intake of salt. Keep a balance between fast and slow consumption of sugar.

EXHAUSTION AND FATIGUE

At the supply stations in Kals and Rudolfshütte we have space for rests, where you can also take a nap. Never sleep anywhere alone on the trail, as it is dangerous. Exhaustion and lack of attention can lead to accidents.

Emergency - SOS:

EMERGENCY NUMBER

+43 680 215 22 63

(Emergency Number has to be saved in your mobile phone).

ALPINE EMERGENCY (if your phone has no signal):

Remove SIM card and dial 112

A mobile phone with international connection as well as enough batter is part of your mandatory equipment.

ATTENTION: Never leave a participant in trouble alone!

Vergaberecht
souverän
ausdauernd
stark
denken.



GGUT 22 Startplatz gewinnen!
Jetzt mitspielen auf Instagram
(@schiefer.rechtsanwaelte)

SCHIEFER
VERGABE · RECHT · ANWÄLTE

GGUT LIVE TV

EXPERIENCE THE GGUT LIVE



Experience the GGUT live, no matter if you are along the trail, at start or finish, home or somewhere else.

With our „GGUT Studio“ you get the goose-bumps via live stream. Enjoy more than 20 hours of live stream, regular race updates and live tracking.

Claudio Schütz together with “The Steamers” will be there with 4 camera teams and moderators live on track together with the DYNAFIT trail heroes, Run2Gether and Philipp Reiter to bring you live posting pictures. The moderator team with Bernie Weihsinger, Lisl Puschan, Joschi Peharz and Eva Haselsteiner will be along the trail with the Red Bull event car and bring you live interactions and good atmosphere. The GGUT live moderator Uwe Holli will keep you updated 20 hours non-stop directly from the start and finish area and this year for the first time together with Denis Wischniewski from the Trail Magazin.

Become a fan of GGUT on Facebook and don't miss out anything!

THAT'S HOW YOU GET REALLY CLOSE

 www.facebook.com/GROSSGLOCKNERUT/

 www.instagram.com/GROSSGLOCKNER_ULTRA_TRAIL

Live Stream über
www.ultra-trail.at



Datasport-Live:



DATASPORT EVENT-APP

With this app you are always top-informed. Not only on the day of the competition with news about the event and results, but also during the week with our interviews, tips and tricks.

DATASPORT LIVE

DS Live is the real-time results and information service of Datasport on the internet, mobile phone, tablets or computers.



DATASPORT LIVE GOLD

There is no better way of reaching your personal best, than the cheering of your family and friends. Thanks to DS Live Gold you can be sure that they are there for you when you need them most, for example in the most difficult parts of the race. With DS Live Gold you can follow the race live everywhere. DS Live Gold offers live tracking on a map, statistics, race forecasts and a personal competition site (you receive a link which you can share with your friends and supporters). You can book this service at Datasport for a small fee.



Uwe Holli



Lisl Puschan & Bernie Weihsinger





DYNAFIT

ULTRA
THE ENDURING
TRAIL RUNNING SYSTEM

ULTRA S-TECH SHIRT W
€ 70,00



**ALPINE GORE-TEX
JACKET W**
€ 220,00



ALPINE BRA W
€ 60,00



**PERFORMANCE
DRY SLIM
HEADBAND**
€ 18,00



**ULTRA 2IN1
SKIRT W**
€ 100,00



**ULTRA 15
BACKPACK**
€ 110,00



ULTRA 50 W
€ 140,00

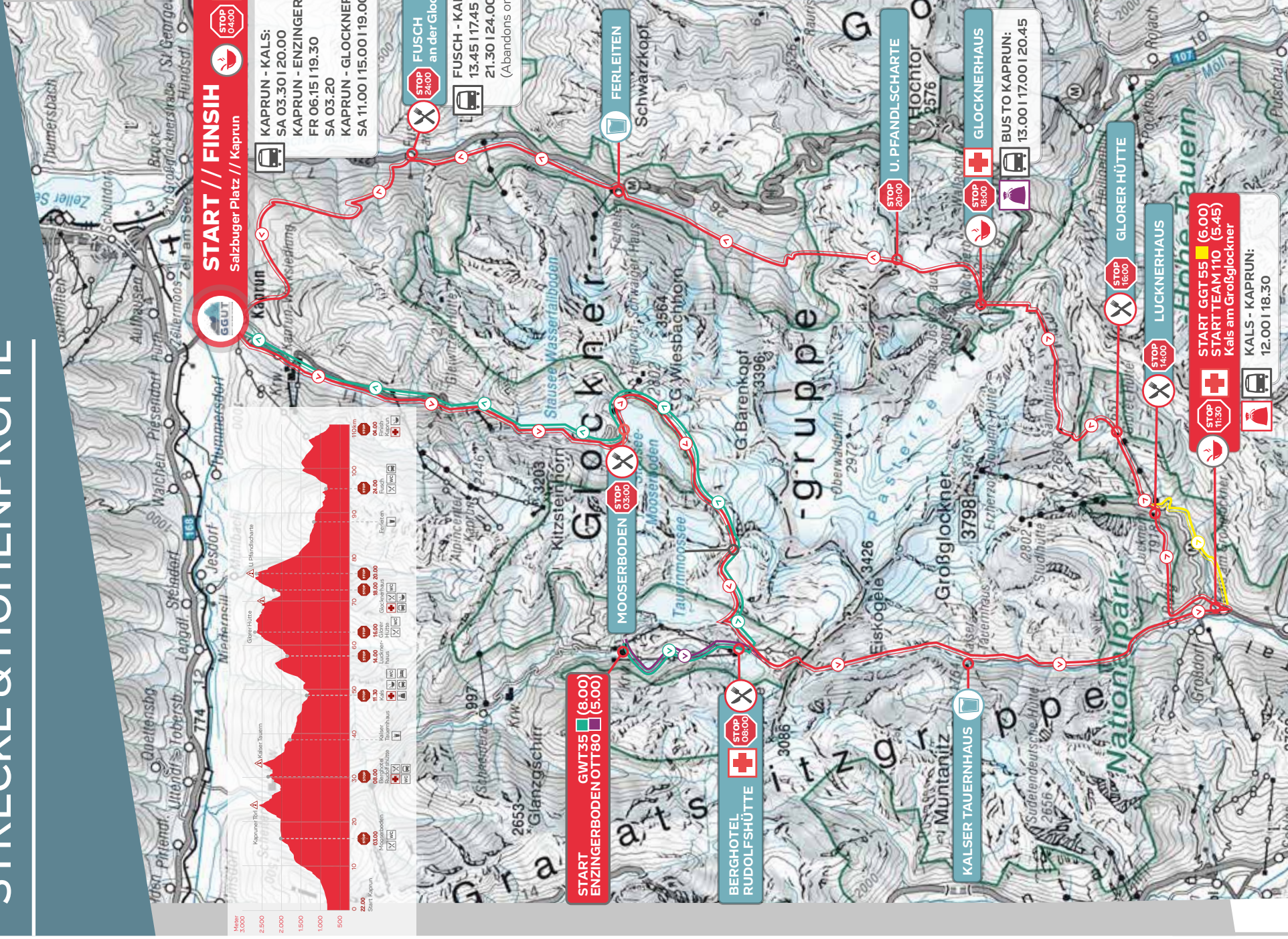


**NO PAIN NO GAIN
SOCKS**
€ 20,00



NOW AVAILABLE AT BRÜNDL SPORTS IN KAPRUN

STRECKE & HÖHENPROFIL



- ▲ Difficult
- ☒ Drinks
- ☒ Supply Station
- ☒ Supply Station + Warm Meal
- ☒ Rest
- ☒ Dropbag
- ☒ Toilettas
- ☒ Bus
- ☒ Doctor



DYNAFIT



ULTRA

THE ENDURING
TRAIL RUNNING SYSTEM

ULTRA S-TECH SHIRT M
€ 70,00



ALPINE GORE-TEX
JACKET M
€ 220,00



VERT PRO POLE
€ 145,00



GRAPHIC
PERFORMANCE
HEADBAND
€ 20,00



ALPINE 12
BACKPACK
€ 100,00

ULTRA 2IN1
SHORTS M
€ 100,00



ULTRA 50
€ 140,00



ULTRA CUSHION SOCKS
€ 18,00

NOW AVAILABLE AT BRÜNDL SPORTS IN KAPRUN

GOODIES & BENEFITS

RUCKSACK, TAUERN SPA, DROP BAGS, FINISHER-MEDAILLEN



DROP-BAGS (35 L)

Drop-Bags are available for all participants of GGUT 110, 110 I 2, OTT 80, GGT 55 and GWT 35.

GGUT 110: Your bag will be carried from Kaprun to Kals and back. Delivery is Friday from 8 p.m. to 9.30 p.m. GGUT Arena Salzburger Platz. Return of bags in Kaprun from 2 p.m. on at Bründl Sports Flagship Store, Kaprun.

OTT 80: Your bag will be carried from Kaprun to Glocknerhaus and back. Drop off Friday 8 p.m. to 9.30 p.m. GGUT Arena Salzburger Platz. Return in Kaprun at 8 p.m. Bründl Sports Flagship Store, Kaprun.

GGT 55: Your bag will be brought from Kals to Kaprun. Drop off Saturday 4 a.m. to 5.30 a.m. at the start in Kals. Return of bags is at the Bründl Sports Flagship Store in Kaprun from 2.00 p.m. on.

GWT 35: Drop bags will be transferred from start (Enzingerboden) to Kaprun. Drop off direktly at the start on Saturday at 6 a.m. to 7.30 a.m. Return at Bründl Sports Flagship Store at 12 p.m. (noon).

There will be lockers (e.g. for valuables) at the "Bründl Sports Maiskogelbahn" in Kaprun.



DYNAFIT DRY BAG

All runners get a DYNAFIT Dry Bag as a starter present to be collected at the DYNAFIT area in the GGUT Arena Salzburger Platz, Kaprun.



BERGHOTEL RUDOLFSHÜTTE UTTENDORF-WEISSEE

You will find a € 5,- voucher for the cable car tickets in your starter pack.



TAUERN SPA

50 % discount for every runner on a day entry or flexible 3 hour pass in the spa (for 29.07., 30.07. and 31.07.2022).

Additional info: Limited entry with the voucher included in the starter pack.



KAPRUNER HOCHGEBIRGS-STAUSEEN

1 free transport to Kapruner Stausee at the 29.07. (Voucher in your starter pack)



FINISHER MEDALS

As your memory about of this epic adventure, all finishers receive specially designed Grossglockner Medals.

GGUT SHOP & GGUT EXPO

GGUT ARENA SALZBURGER PLATZ KAPRUN

OUR EXPO-PARTNERS 2022:



Get our official GGUT 2022 Sport shirts as well as other great GGUT clothing and accessories at the GGUT Expo or at the GGUT web-shop

WWW.ULTRATRAIL-SHOP.AT



GGUT SHIRT 2022

39,90 EURO



OPENING HOURS

Bründl Flagship Store & GGUT Arena Salzburger Platz, Kaprun

THU JULY 28TH 2022
VON 15.00 - 19.00 UHR

FRI JULY 29TH 2022
VON 10.00 - 20.00 UHR

SA 31. JULI 2022
VON 10.00 - 20.00 UHR



SPECIAL VOUCHER AND DISCOUNT BY BRÜNDL SPORTS

All starters get a voucher of € 20 for a purchase of min. € 100 at Bründl Sports as well as MINUS 20 % on all DYNAFIT products in the Bründl Sports Flagship Store Kaprun.

DYNAFIT EVENT PROGRAMM

THURSDAY, 28.07.2022

12.00 – 18.30 // Recovery Area with Reboots
19.00 // Live Talk Hannes Namberger, presale and box office @ Weitblick - Bründl Sports Flagshipstore Kaprun

FRIDAY, 29.07.2022

08.30 – 22.00 // Recovery Area with Reboots
08.30 – 22.00 // Get your starter present
08.30 – 19.00 // Recovery shot & individual t-shirt printing
10.00 – 16.00 // Taping for participants with Outdoor Physios
14.00 – 16.00 // Trailshoe test with all brands
14.30 – 15.30 // Trailrun with DYNAFIT Trailhero
19.00 // Prize ceremony GWT 35

SATURDAY, 30.07.2022

08.30 – 21.00 // Recovery Area with Reboots
08.30 – 16.00 // Get your starter present
08.30 – 18.00 // Recovery shot & individual t-shirt printing
21.00 // Prize ceremony GGUT, OTT, GGT

See you there!
@ GGUT Arena Salzburger Platz, Kaprun





GROSSGLOCKNER ULTRA-TRAIL®

ONE OF THE HARDEST ULTRA TRAILS. AROUND GROSSGLOCKNER - THE HIGHEST PEAK IN AUSTRIA. // GGUT 110 110 KM / 6.500 HM

ENJOY THE ADVENTURE OF GGUT 110 IN A 2 FRIENDS TEAM RELAY
GGUT 110|2 60 KM / 4.500HM + 50 KM / 2.500 HM

GROSSGLOCKNER ULTRA-TRAIL®

110 km / 6.500 hm

START: Friday 22.00,
GGUT Arena Salzburger Platz, Kaprun

FINISH: GGUT Arena Salzburger Platz, Kaprun

GGUT TEAMBEWERB 110 | 2

48 km / 2.700 hm + 62 km / 3.800 hm

START RUNNER 1:
Friday 22.00,
GGUT Arena Salzburger Platz, Kaprun

START RUNNER 2:
Saturday 5.45,
Kals am Großglockner

FINISH:
GGUT Arena Salzburger Platz, Kaprun

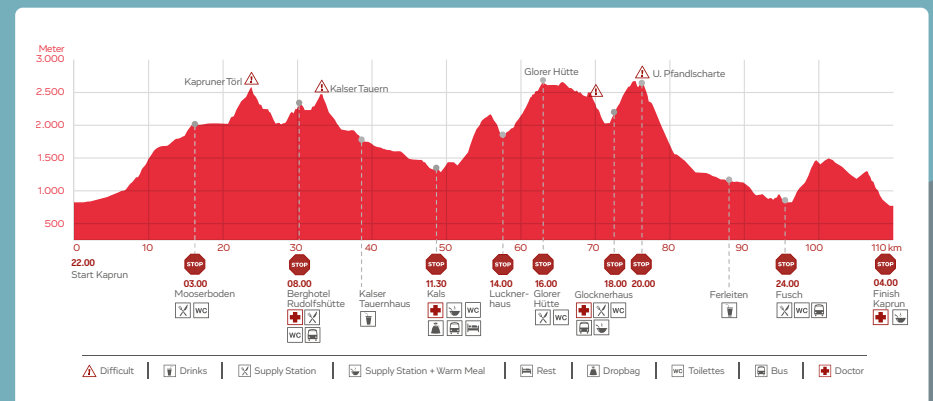
Grossglockner ULTRA-TRAIL® 110 (GGUT) mainly follows the trails of the so-called „Glocknerrunde“ around Austria's highest mountain, the Großglockner (3.798 m). GGUT is an extremely challenging and difficult trail running competition, leading mostly through difficult alpine territory mostly higher than 2.000 m, 1 time higher than 2.800 m and 3 times higher than 2.500 m. Expect 2 - 4 larger snow fields to cross, under bad weather conditions even more. For the largest part the track leads over trails (80 %), which are (partwise very) difficult. Bad weather conditions (low temperatures, rainfall, snow) and the night make the race even harder.

The hardest parts will be the trails up to and down the high mountain passes: Kapruner Törl (2.639 m), Kalser Tauern (2.518 m), Pfortscharte (2.828 m) and Untere Pfnalscharte (2.663 m).

WENN'S UM MEINE
HEIMAT GEHT,
IST NUR EINE
BANK MEINE BANK.



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adidas **TERREX**

FROM
SHADE
TO
LIGHT



TERREX
AGRAVIC
FLOW 2



MADE FOR THE MOUNTAIN TRAILS.
The highly versatile and protective AGRATIC FLOW 2
will elevate your trail game to the next level.
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TECHNOLOGY

* Vom Schatten ins Licht

Photochromic Vision.
Unlimited passion.™

Xavier Thévenard hat sich für eine Verglasung mit dem Glas REACTIV 0>3
beim Modell ULTIMATE entschieden

**Selbsttönend. Grenzenlose Leidenschaft. ©Ben Becker - ©Semaphore


Julbo®

OSTTIROL TRAIL

THROUGH THE MOST SCENIC PARTS OF THE
GLOCKNER REGION // OTT 80 84 KM / 5.000 HM



GROSSGLOCKNER TRAIL

THE CLASSIC RACE ALONG THE GROSSGLOCKNER
GGT 55 57 KM / 3.500 HM



FACTS

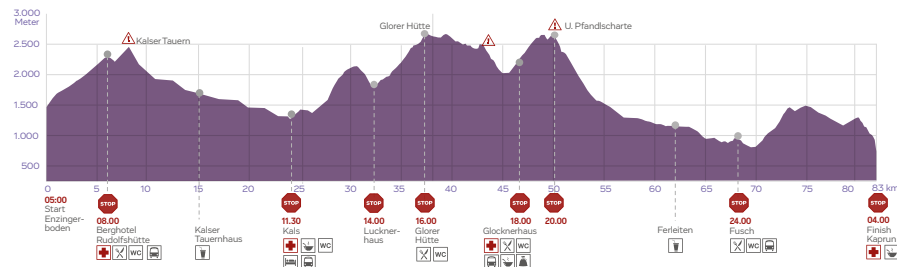
84 km / 5.000 hm

START: Saturday 05.00
Enzinger Boden – Ground Station
Weissee-Gletscherwelt

FINISH: GGUT Arena Salzburger Platz,
Kaprun

Osttirol Trail (OTT 80) is a challenging trail running competition, leading mostly through difficult alpine territory, one time higher than 2,800 m and 2 times higher than 2,500 resp. 2,600 m. Expect 3 larger snowfields to cross, under bad weather conditions even more. For the largest part the track leads over trails (90 %), which are (partwise very) difficult. Bad weather conditions (low temperatures, rainfall, snow) make the race even harder.

Trails are in average very technical. The hardest parts will be the trails up to and down the high mountain passes: Kaiser Tauern (2,515 m), Pfordscharte (2,838 m), Stockerscharte (2,465 m) and Untere Pfandscharte (2,663 m).



☒ Difficult | ☒ Drinks | ☒ Supply Station | ☒ Supply Station + Warm Meal | ☒ Dropbag | ☒ Toiletttes | ☒ Bus | ☒ Doctor

FACTS

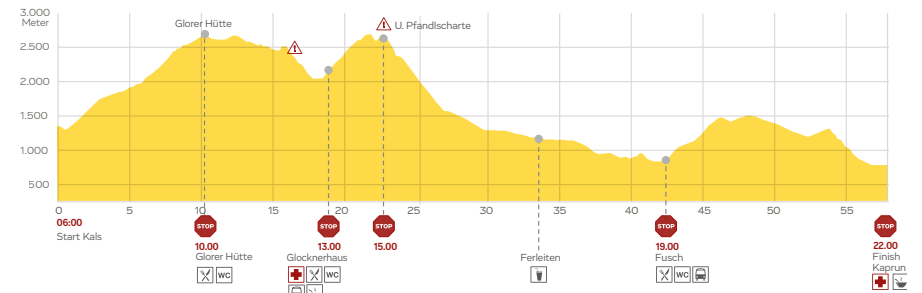
57 km / 3.500 hm

START: Saturday 06.00
Musikpavillon,
Kals am Großglockner

FINISH: GGUT Arena Salzburger Platz,
Kaprun

Grossglockner Trail (GGT 55) is a challenging trail running competition, leading mostly through difficult alpine territory, 2 passages higher than 2,600 m and 2.800m. Expect 2 larger snowfields to cross, under bad weather conditions even more. For the largest part the track leads over trails (80 %), which are (partwise very) difficult. Bad weather conditions (low temperatures, rainfall, snow) make the race even harder.

Trails are in average very technical. The hardest parts will be the trails up to and down the high mountain passes: Pfordscharte (2,838 m) and Untere Pfandscharte (2,663 m).



☒ Difficult | ☒ Drinks | ☒ Supply Station | ☒ Supply Station + Warm Meal | ☒ Dropbag | ☒ Toiletttes | ☒ Bus | ☒ Doctor

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**100%
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www.gasteiner.at

Lukashansl
HOTEL - GASTHOF



Wer jemals die Großglockner Hochalpenstraße bezwungen hat, der kennt auch den „Lukashansl“ in Bruck. Ein Haus, das allen Reisenden im Gedächtnis bleibt. Und jene, die hier eine Pause eingelegt haben, verweilen gerne immer wieder im behaglichen Schoß eines angestammten Gast-Hauses. Denn Gastfreundschaft bestimmt im Hotel Lukashansl in Bruck an der Großglocknerstraße den Ton.

Tradition trifft Moderne

Die Räumlichkeiten zeichnen sich durch stilechte Einrichtung aus, die Küche gefällt dem Gast durch ihre herzhafteste, einheimische Kost und alle Mitarbeiter tragen bei, durch guten Service eine angenehme Atmosphäre zu schaffen. So verbindet sich die jahrhundertealte Tradition mit den Merkmalen eines modernen und aufgeschlossenen Hotels, das allen zeitgemäßen Komfort in gemütlichen, barrierefreien Zimmern bietet.

Hotel Gasthof Lukashansl
A-5671 Bruck a.d. Glstr.
Salzburgerstrasse 1

+43 6545 7458 • info@lukashansl.at

GASTHOF EDELWEISSPITZE ***



MIT DEM MOTORRAD DEN GROSSGLOCKNER EROBERN!

Die Edelweisspitze ist der höchste befahrbare Punkt der Großglockner Hochalpenstraße. Hoch oben auf 2.571 m befindet sich die Edelweißhütte, unser Berggasthof.

Hier verwöhnen wir mit kulinarischen Schmankerln aus der Region bei großartiger Aussicht auf 37 Dreitausender und 19 Gletscher. In unseren Zimmern am Großglockner, der Berghütte oder dem Edelweiß-Chalet finden Sie wohligen Schlaf und Entspannung – **gerne auch als Zwischenstopp für eine Nacht.**

Unsere Besucher auf 2 Rädern freuen sich auf spezielle Angebote und **Unterstützung bei kleinen Reparaturen.** Ebenfalls laden wir Sie herzlich in unser **Restaurant** an der Großglocknerstraße ein.

Freuen Sie sich auf herzhafteste, regionale Küche in unserem gemütlichen Gastzimmer sowie auf der prächtigen **Sonnenterrasse mit Fernblick** auf das atemberaubend schöne Bergpanorama der Großglocknerwelt.

HIGHLIGHTS

- Top of Bruck, Fusch
- Berggasthof mit Sonnenterrasse
- täglich geöffnet
- Unterstützung bei kleinen Reparaturen
- Zimmer, Blockhütte & Chalet



IHRE GASTGEBER:
FAMILIE LEDERER

GASTHOF EDELWEISSPITZE ***
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www.edelweisspitze.at

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WEISSEE GLETSCHERWELT TRAIL

YOUR ENTRY INTO THE WORLD OF GGUT

GWT 35 37 KM / 1.500 HM



MINI GGUT

FOR THE YOUNG TRAILERS AT THE GROSSGLOCKNER



FACTS

37 km / 1.500 hm

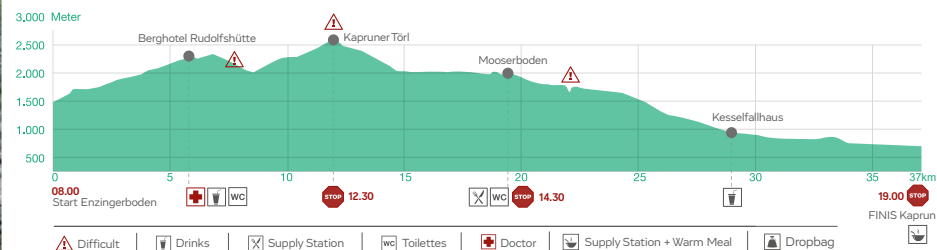
START: Friday 08.00

Enzinger Boden, Ground station
Weissee-Gletscherwelt

**FINISH: GGUT Arena Salzburger Platz,
Kaprun**

Weissee Gletscherwelt Trail (GWT 35) is a trail running competition, leading mostly through difficult alpine territory, with one passage higher than 2,600 m. Expect one larger snow field to cross, under bad weather conditions even more. For the largest part the track leads over trails (80 %), which are (partwise very) difficult. Bad weather conditions (low temperatures, rainfall, snow) make the race even harder.

The hardest parts will be the trails down from Rudolfshütte, up to and down Kapruner Törl (2,639 m) as well as (partwise) down from the Kapruner Hochgebirgsstauseen.



FACTS

Mini GGUT Kids: 1 km / 20 Hm

Mini GGUT Junior: 3,1 km / 120 Hm

START & FINISH:

Musikpavillon Kals am Großglockner
10.00 Mini GGUT – Kids
10.30 Mini GGUT – Junior

Together with Sportunion Kals Grossglockner and Run2Gether we will organize a race for the young trailers. Let the kids

be part of the race on 2 trails: 1 km and 20 hm for school year 1 - 4 and 3,1 km with 120 hm for the school years 5 - 9.

The start will be at the Musikpavillon in Kals and will follow on sealed roads for the Mini GGUT Kids. The track of the Mini GGUT Junior leads over sealed roads but also offroad trails and a suspension bridge. Both races finish at the Musikpavillon in Kals.



IMPRESSUM:

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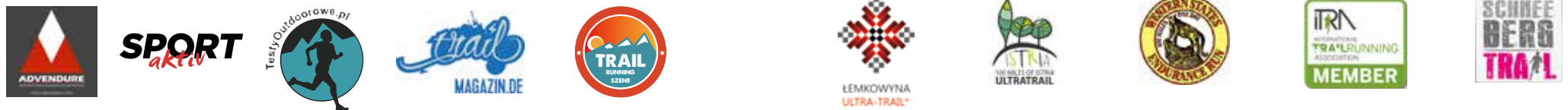
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