



**GROSSGLOCKNER
ULTRA-TRAIL**® POWERED BY
DYNAFIT

Kals am Grossglockner | Zell am See-Kaprun



OFFICIAL RACE GUIDE

July 26-28, 2019 / www.ultratrail.at



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

GGUT
110 | 2
60 km | 4.500 m +
50 km | 2.000 m

**GROSS-
GLOCKNER**
TRAIL
75 km | 4.000 m

**KALSER
TAUERN**
TRAIL
50 km | 2.000 m

**GLETSCHER-
WELT**
TRAIL
30 km | 1.000 m

Raiffeisen

**Zell am See
Kaprun**

KALS
am Großglockner

HAMMER
NUTRITION
ENDURANCE FUELS

Uttendorf
Wendsee
**HOHE
TAUERN**

**brünl
sports**
ACTIVE COMPANY

Ostfrol
Your Best Trail

SUUNTO

SCHIEFER
VERGABE-RECHT-ANWÄLTE

Julbo

MORE OUTDOOR MOMENTS

SILVA
www.silva.se

WELCOME

AT GROSSGLOCKNER ULTRA-TRAIL® 2019!

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.

As title sponsor DYNAFIT is exited about the great attraction of the Grossglockner ULTRA-TRAIL. For DYNAFIT, the Grossglockner ULTRA-TRAIL has become the most important international race of the season. For its 5-year anniversary, we designed especially for the event and for you a top ultra-running collection with the name „GLOCKNER“ and are all marketing activities, including the MOUNTOPiA competition, focused on GGUT. We invite all runners and visitors to relax and recover at the finish area in the newly redesigned DYNAFIT area.

As regards the race proven elements remain: The route GGUT 110 leads again this year to 110 km and 6500 vertical meters around the highest mountain in Austria, the Großglockner (3798 m). The event has been further developed in many details, the following services are new or improved: live tracking and live videos / reports from our „GGUT Studio“, new location for check-in and a complete new designed finish arena. More on the following pages.

Last year Thomas Farbmacher and Kristin Berglund set new course records: Tom crossed the finish line after 14 hours and 25 minutes, Kristin returned to Kaprun after 17 hours and 3 minutes. Tom and Kristin are back at the starting line this year to defend their titles. Among the more than 1,800 runners from more than 40 nations, many international top runners are also at the start, including Pau Capell, Jordi Gami-to Baus, Scotty Hawker, Anna Comet, Eva Sperger, Malene Haukoy, Sandra Kobel-müller, Flo Reichert, Matthias Baur, Martin Halasz or Jiri Cipa. Who will be the first / first in Kaprun this year?

We wish you a lot of fun, great adventures and a safe return. See you in July in Kaprun, Kals am Großglockner or Uttendorf!



Hubert Resch, Head of OC GGUT (li)
Michael Költringer, DYNAFIT (re)



PROGRAM

FRIDAY, JULY 26TH - SUNDAY, JULY 28TH 2019

FRIDAY, 26. 07. 2019

Time	Program
10.00 - 13.00 14.30 - 20.00	Bib distribution for all races at Bründl Sports, Maiskogel Parkplatz, Kaprun
10.00 - 20.00	GGUT Expo, Maiskogel Parkplatz, Kaprun
16.00	Presentation top athletes GGUT, GGT, KTT and GWT at start/finish
21.40	Race-briefing ULTRA-TRAIL at the start Maiskogel Parkplatz, Kaprun; All runners must participate!
22.00	Start GROSSGLOCKNER ULTRA-TRAIL®: Maiskogel Parkplatz, Kaprun

SATURDAY, 27. 07. 2019

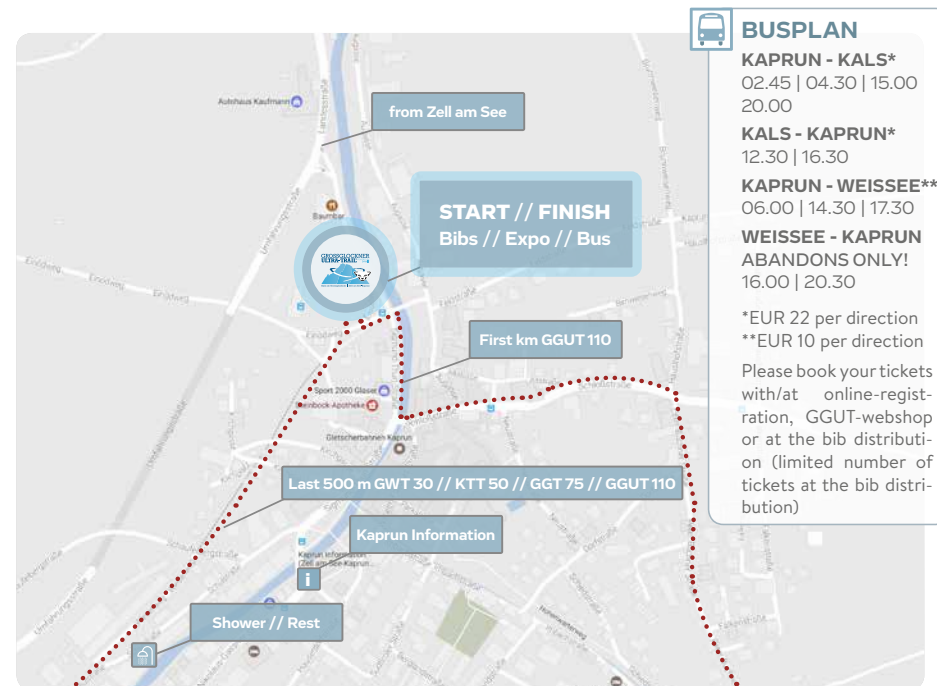
Time	Program
04.00 - 04.45	Additional bib distribution GGT 75 in Kals am Großglockner
05.00	Race-briefing GGT 75 in Kals; All runners must participate!
05.15	Start Grossglockner Trail (GGT 75), Kals am Großglockner
06.00 - 06.45	Additional bib distribution KTT 50 in Kals am Großglockner
06.30 - 07.15	Additional bib distribution GWT 30, ground station cable car Weisse Gletscherwelt
06.45	Race-briefing KTT 50 in Kals am Großglockner; All runners must participate!
07.00	Start Kalser Tauern Trail (KTT 50) in Kals am Großglockner
07.45	Race-briefing GWT 30 at the dam of Weissee, close to Berghotel Rudolfshütte (transport with the cable car is free for all runner with bib); All runners must participate!
08.00	Start Weissee Gletscherwelt Trail (GWT 30), at the dam of Weissee, close to Berghotel Rudolfshütte (2.315 m)
from 10.45	First runners Weissee Gletscherwelt Trail (GWT 30)
from 11.45	First runners Kalser Tauern Trail (KTT 50)
from 13.00	First runners Grossglockner Trail (GGT 75)
from 13.15	First runners GROSSGLOCKNER ULTRA-TRAIL®
19.00 - 20.00	Sunset at Rudolfshütte Operation times: Sa 07.00 - 12.00, 13.00 - 17.00 and 19.00 - 20.00.
21.00	Price giving ceremony all races (first 5 runners overall of every race, top 3 GGUT 110 I 2), start and finish area, Maiskogel Parkplatz, Kaprun

SUNDAY, 28. 07. 2019

Time	Program
03.00 - 04.00	Welcome last finishers GGUT 110 and closing of GROSSGLOCKNER ULTRA-TRAIL®

KAPRUN & THE BEST HOTSPOTS

AROUND GGUT



BUSPLAN
KAPRUN - KALS* 02.45 04.30 15.00 20.00
KALS - KAPRUN* 12.30 16.30
KAPRUN - WEISSEE** 06.00 14.30 17.30
WEISSEE - KAPRUN ABANDONS ONLY! 16.00 20.30
*EUR 22 per direction **EUR 10 per direction
Please book your tickets with/at online-registration, GGUT-webshop or at the bib distribution (limited number of tickets at the bib distribution)

HOTSPOTS

KAPRUN (Maiskogelparkplatz) Fr. 22.00 Uhr: Start Grossglockner ULTRA-TRAIL® 110 Finish (SA): GWT 30 (10.45) // KTT 50 (11.45) // GGT 75 (13.00) // GGUT 110 (13.15) Sa. 21.00: Price giving ceremony Kapruner Hochgebirgstauseen: Passage all distances: Sa. 09.30 - So. 00.00
FUSCH AN DER GLOCKNERSTRASSE Gemeindeamt Fusch: 23.15 - Sa 01.00: Passage GGUT 110
HEILIGENBLUT Glocknerhaus / Glocknerstraße: Sa. 04.00 - 08.00: Passage GGUT 110
KALS AM GROSSGLOCKNER Lucknerhütte & Lucknerhaus: Sa. 05.00 - 13.00 Uhr: Passage GGUT 110 and GGT 75 Musikpavillon Kals: Sa 05.00 - 14.00: Start GGT 75 (05.15), Start KTT 50 (07.00) Passage GGUT 110 (06.30 - 14.00) Kalser Tauernhaus: Sa 07.30 - 16.00: Passage GGUT 110, GGT 75, KTT 50
UTTENDORF - WEISSEE Berghotel Rudolfshütte: Sa 08.00 - 19.00: Start GWT 30 (08.00) , Passage all distances Cable car: 07.00-12.00, 13.00-17.00, 19.00-20.00

ZELL AM SEE - KAPRUN

HOTSPOTS & INFOS

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, Mayor Kaprun



The ULTRA-TRAIL® in Zell am See-Kaprun is already one of the major events in the region and one of the highlights of our annual calendar. This year, we are happy to welcome more than 1800 runners from more than 40 nations on one of the most beautiful, but also challenging trails in Europe. I wish all participants a lot of fun on the trails, particularly characterized by many vertical meters, but also by the beauty of the region. I wish you all success!

Mag. Renate Ecker, Director Tourism Zell am See-Kaprun



Mautstelle Ferleiten
Sa, 23.45 - 02.00 Uhr
GGUT km 22

Further travel to Glocknerhaus over
Großglockner Hochalpenstraße only
from 05.00-21.30 (Toll road, EUR 35
per day. Infos: www.grossglockner.at)

Gemeindeamt Fusch
an der Glocknerstraße
Sa, 23.15 - 01.00 Uhr
GGUT km 16

Start/Finish
Kaprun
Maiskogel
Parkplatz
Fr, 22.00 Uhr
Sa, 10.00 -
Su, 03.00 Uhr

Kapruner Hochgebirgsstausee
Sa, 10.00 - 24.00 Uhr
GGUT km 92, GGT km 57,
KTT km 32, GWT km 12

Transport with cable car from "Kesselfall Alpenhaus" from
8 AM until 5 PM. You find vouchers for reduced tickets
from our partner Verbund Tourismus in your starter pack.



KALS AM GROSSGLOCKNER

HOTSPOTS & INFOS

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.

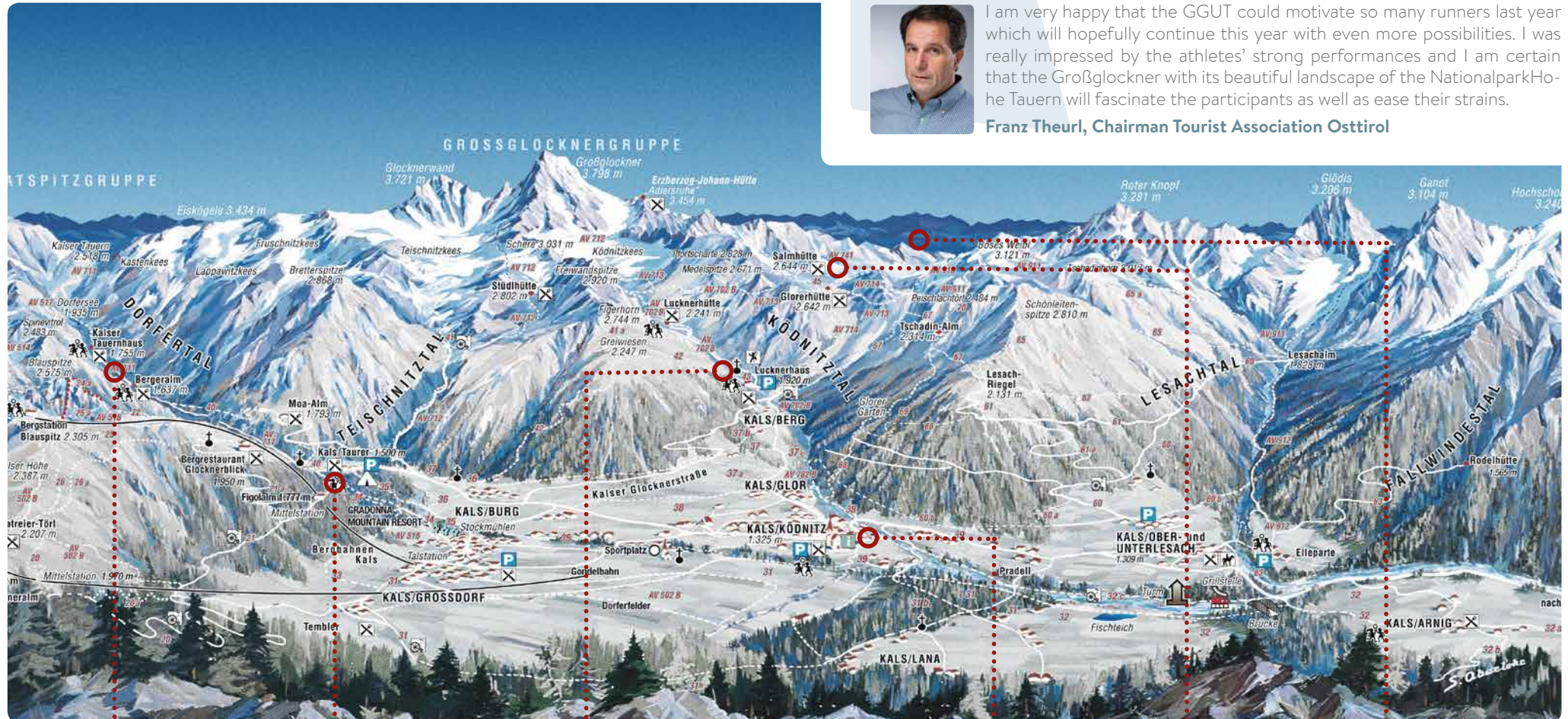


Martin Gratz, Vice Mayor Kals am Großglockner



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 NationalparkHohe Tauern will fascinate the participants as well as ease their strains.

Franz Theurl, Chairman Tourist Association Osttirol



Berger Alm (1640 m),
Kaiser Tauernhaus (1755 m)

GGUT km 67/71,
GGT km 30/34,
KTT km 5/9

Sa, 07.30 - 16.00 Uhr

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

TIPP
Saturday from 11.00
FRÜHSCHOPPEN
at Kaiser
Tauernhaus

Taurerwirt
GGUT km 64
GGT km 2 u. 27
KTT km 2
Sa, 05.15 - 14.30 Uhr

Access via Kals am Grossgl.

Lucknerhütte & -haus (1912 m)
Sa, 05.30 - 13.00 Uhr
GGUT km 50, GGT km 13

Access via Kals, Kaiser Glocknerstraße to
Lucknerhaus (Toll road EUR 4-10),
Ascent Lucknerhütte about 30 min.

Musikpavillon Kals
Start GGT and KTT
Hand Over GGUT 110|2
GGUT km 62
Sa, 05.00 - 14.00 Uhr



Salmhütte (2644 m)
Sa, 04.30 - 11.00 Uhr
GGUT km 45
Access via Kals to Lucknerhaus (Toll
road EUR 4-10), Ascent to Luckner-
haus about 2 - 3 hours



WEISSEE GLETSCHERWELT

HOTSPOTS & INFOS

Rudolfshütte in Weissee 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 Uttendorf



Uttendorf with the Weissee 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-Weissee, Nationalpark Hohe Tauern.

Sabine Lerchbaumer, Managing Director tourist association Uttendorf/Weißsee



Uttendorf
The Base
Weißsee

HOHE
TAUERN

Berghotel
Rudolfshütte
2.315 m

Kapruner Törl (2639 m)

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

Cable car ground station Weissee Gletscherwelt

- Parking and end of shuttle transport
- Access to Berghotel Rudolfshütte
- Breakfast from 06.00 on at Alpengasthof Enzingerboden, kindly reserve under alpengasthof@enzingerboden.at
- Breakfast Berghotel Rudolfshütte (€ 10,-) from 06.30 on

Berghotel Rudolfshütte (2315 m) Sa, 08.00 - 19.00 Uhr
GGUT km 80, GGT km 43, KTT km 18, Start GWT

- Access by car via Uttendorf direction Weissee Gletscherwelt/Enzingerboden until parking
- Then take cable car www.gletscherwelt-weissee.at
- for starters GWT 30 for free (please show your bib)
- € 5 voucher for using the cable car Weissee Gletscherwelt (Voucher in your starter pack).
- Late operation cable car Rudolfshütte, Sa 19.00 - 20.00

ALL ELSE FADES

SUUNTO 5

One step, one stroke, one revolution, repeat. The world around you disappears. Suunto 5 is built for these moments. It is engineered to perform with you for as long as you need it to. A compact GPS sports watch with great battery life.




SUUNTO

suunto.com

GGUT-TOP RUNNERS

2000 RUNNERS FROM 40 NATIONS



Kristin Berglund

GGUT 110

Salomon Running Team AUT



Eva Sperger

GGUT 110

Team Gore Wear



Malene Haukoy

GGUT 110

DYNAFIT



Thomas Farbmacher

GGT 110

Salomon Running Team AUT



Florian Grasel

GGUT 110

Boa Running Team



Pau Gil Capell

GGT 75

The North Face



Jordi Gamito Baus

GGT 75

Compressport



Markus Stock

GGT 75

DYNAFIT



Martin Halasz

GGT 75

Slovak Ultra Trail



Anna Comet

KTT 50

DYNAFIT



Scotty Hawker

KTT 50

Team Vibram



Jiri Cipa

KTT 50

Salomon / Suunto



Flo Reichert

KTT 50

Salomon



Matthias Baur

GWT 30

Salomon



Sandra Koblmüller

GWT 30

Salomon

AN EXTRAORDINARY RACE

SAFETY INSTRUCTIONS

Grossglockner ULTRA-TRAIL®, in particular GGUT 110, is neither a marathon nor an average trail. GGUT 110 mainly runs over 2.000m altitude, with four passages above 2.500m. 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.

DON'T OVER ESTIMATE 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.

Fuel Right. Feel Great!®

Real endurance fuel—not candy since 1987



hammernutrition.at



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.

TIPP!

Test the Hammer products before the race at the GGUT-Expo or order at hammernutrition.at

EXHAUSTION AND FATIGUE

At the supply stations in Kals and Rudolfs- hütte 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

+43 680 443 77 39

(must be saved in your mobile)

ALPINE EMERGENCY

(if your phone has no signal)

Remove SIM card and dial 112

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

ATTENTION: Never leave a participant in trouble alone!

**Raiffeisen
Meine Bank**



Wenn's laft, dann laft's!

**Sport braucht starke Partner.
Schwarz auf Gelb online nachzulesen:**

raiffeisen.foerdert.tirol

GGUT LIVE

EXPERIENCE THE GGUT LIVE

Experience the GGUT live, no matter if along the trail, at start or finish, home or somewhere else. That's how you get really close:

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). DS Live Gold is mandatory and included in the registration for GGUT 110 and 110 I 2, participants of the other races can book this service at Datasport for a small fee.

GGUT STUDIO

More than 24 hours of GGUT live

If you are not able to join, GGUT comes home to you.

With our „GGUT Studio“ you get the goose-bumps via our live stream. Regular race updates, impressions from the finish line as well as top-stories concerning Austria's greatest trail event. Among others, 2 camera teams and the top runners Philipp Reiter und Michael Geisler will be live on track, posting videos of the race and its hotspots. Become a fan of GGUT on Facebook and don't miss out anything!



[www.facebook.com/
GROSSGLOCKNERUT/](https://www.facebook.com/GROSSGLOCKNERUT/)



GGUT Studio presenter Joschi Peharz

AN OVERVIEW



LEKI

Photo © Armin Bösche



MICRO TRAIL PRO

100% Carbon | packsize: 37 cm [120 cm] | weight: 195 g [120 cm] | length: 110 - 135 cm

Small, lightweight, simple and fast handling: this is what trail runners can expect from their ultimate trail running pole. This is exactly what the Micro Trail Pro has to offer with its unique Trigger Shark 2.0 grip for quick clicking in and out. The foam grip extension allows rapid gripping in a variety of situations. In addition to the new design in the typical LEKI red and yellow, the top folding pole also features the new Trigger Shark loop made of mesh material, which is characterized by a wide support surface and maximum breathability.

WWW.LEKI.COM

GOODIES & BENEFITS

BACKPACK, TAUERN SPA, DROP BAGS, FINISHER-MEDALS



DROP-BAGS (35 L)

Drop-Bags (35 l): Drop-Bags are available for all participants on GGUT 110, 110 I 2, GGT 75 und KTT 50

GGUT 110: Your bag will be carried from Kaprun to Kals and back: Delivery is Friday 20.00 - 21.30 at Maiskogelbahn in Kaprun. Return of bags is at Maiskogelbahn in Kaprun from 18.00 on.

GGT 75 und KTT 50: Your bag will be brought from Kals to Kaprun: Delivery Saturday 04.00 - 07.00 at the start in Kals. Return of bags is at Maiskogelbahn in Kaprun from 12.00 on.



DYNAFIT VERTICAL 4 BACKPACK & DYNAFIT SLEEVES

All runners on GGUT 110, GGUT 110 I 2, GGT 75 & KTT 50 get a DYNAFIT VERTICAL 4 BACKPACK as a starter present, runners on GWT 30 receive stylish neck gaiters.



TAUERN SPA

50 % discount for every runner on an entry in the spa (for Saturday or Sunday). (Voucher in your starter pack)



KAPRUNER HOCHGEBIRGS-STAUSEEN

Free transport to Kapruner Stauseen. (Voucher in your starter pack)



BERGHOTEL RUDOLFSHÜTTE UTTENDORF-WEISSEE

Transport with the cable car is free for all runner with bib. For your fans, you will find a € 5,- voucher for the cable car tickets in your starter pack.



FINISHER MEDALS

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

conquer
Austria's highest
mountain

25. Glocknerkönig
Sunday, 7 June 2020
up to ▶ 1,814 altitude difference ▶ 28.9 km distance ▶ 15% increase

GROSSGLOCKNER ULTRA-TRAIL®

ONE OF THE HARDEST ULTRA TRAILS. AROUND GROSSGLOCKNER - THE HIGHEST PEAK IN AUSTRIA.

GGUT 110 110 KM / 6.500 M

ENJOY THE ADVENTURE OF GGUT 110 IN A 2 FRIENDS TEAM RELAY

GGUT 110|2 60 KM / 4.500 M + 50 KM / 2.500 M

GROSSGLOCKNER ULTRA-TRAIL®

110 km / 6500 m

Start:

Friday 22.00,
Maiskogel Parkplatz, Kaprun

Finish: Maiskogel Parkplatz, Kaprun

GGUT 110 | 2

60 km / 4.500 m + 50 km / 2.500 m

Start:

Friday 22.00,
Maiskogel Parkplatz, Kaprun

Hand over: Kals am Großglockner

Finish: Maiskogel Parkplatz, Kaprun

FASTEST RUNNERS GGUT 110

Women:

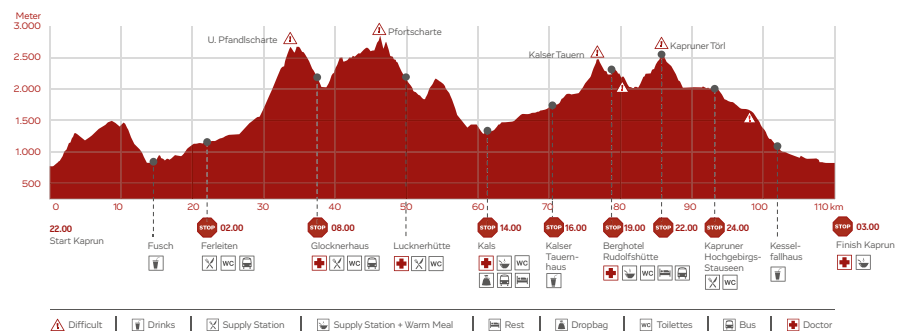
Kristin Berglund (SWE) 17:03.15,0

Men:

Thomas Farbmacher (AUT) 14:25.41,6

Grossglockner ULTRA-TRAIL® 110 mainly follows the trails of the so-called „Glocknerrunde“ around Austria's highest mountain, the Großglockner (3.798 m). Grossglockner ULTRA-TRAIL® 110 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.

Trails are in average very technical. The hardest parts will be the trails up to and down the high mountain passes: to Untere Pfandscharte (2.663 m), Wiener Höhenweg and Pfortscharte (2.828 m), Kalser Tauern (2.518 m) and Kapruner Törl (2.639 m), as well as down from Rudolfshütte and (partwise) down from the Kapruner Hochgebirgsstauseen.



GROSSGLOCKNER TRAIL

THROUGH THE MOST SCENIC PARTS OF THE GLOCKNER REGION

GGT 75 75 KM / 4.000 M (FIRST EDITION 2018)

GROSSGLOCKNER TRAIL

75 km / 4.000 m

Start:

Saturday 05.00

Musikpavillon, Kals am Großglockner

Finish:

Maiskogel Parkplatz, Kaprun

FASTEST RUNNERS

Women:

Meryl Cooper (UAE) 11:07.27,9

Men:

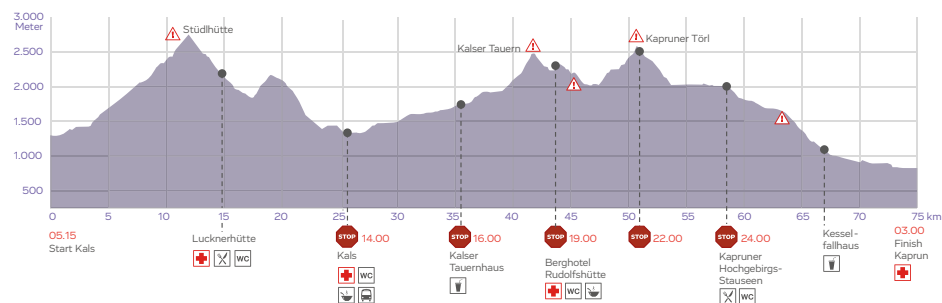
Hannes Namberger (GER) 8:01.38,0

Grossglockner Trail (GGT 75) leads through the most scenic parts of the Glockner region, directly to Großglockner: From Kals via Teischnitztal to Stüdlhütte (2.801 m), then on the track of GGUT 110 back to Kals again. From there towards the 2nd half of Grossglockner ULTRA-TRAIL®, following

vast the trails of the so called „Glockner-runde“ along Austria's highest mountain, the Großglockner (3.798 m) from Kals to Kaprun.

Grossglockner Trail 75 km 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 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: To Stüdlhütte (2.801 m), Kalser Tauern (2.518 m) and Kapruner Törl (2.639 m) as well as down from Rudolfshütte and (partwise) down from the Kapruner Hochgebirgsstauseen.



Difficult | Drinks | Supply Station | Supply Station + Warm Meal | Toilettes | Bus | Doctor

KALSER TAUERN TRAIL

THE CLASSIC RACE ALONG THE GROSSGLOCKNER

KTT 50 50 KM / 2.000 M

KALSER TAUERN TRAIL

50 km / 2.000 m

Start:

Saturday 07.00

Musikpavillon, Kals am Großglockner

Finish:

Maiskogel Parkplatz, Kaprun

FASTEST RUNNERS

Women:

Iréen Tiricz (HUN) 5:35.59,2

Men:

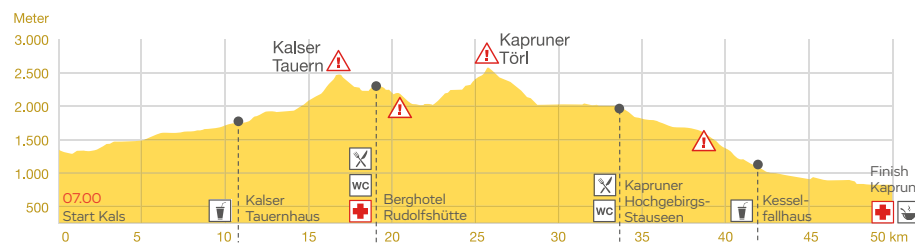
Flo Reichert (GER) 4:37.13,8

Kalser Tauern Trail 50 km (KTT 50) leads along the 2nd half of Grossglockner ULTRA-TRAIL®. The track follows vast the trails of the so called „Glocknerrunde“ along

Austria's highest mountain, the Großglockner (3.798 m) through the scenic landscape of National Park Hohe Tauern.

KTT 50 is a challenging trail running competition, leading mostly through difficult alpine territory, often higher than 2.500 m. 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: Kalser Tauern (2.518 m) and Kapruner Törl (2.639 m) as well as down from Rudolfshütte and (partwise) down from the Kapruner Hochgebirgsstauseen.



Difficult | Drinks | Supply Station | Supply Station + Warm Meal | Toilettes | Bus | Doctor

EXTREME PERFORMANCE

AERO SEGMENT SEE AND BE SEEN

The Segment series combines our lightweight and ergonomic Aero, Aerolite and Aerospeed frames with the new 0-3 REACTIV® Performance lens boasting a very wide photochromic range. Perfect vision both in very low light or looking into the sun, as well as excellent grip, comfort and visible colors. All the solutions developed by Julbo for runners and cyclists looking for extreme performance.



julbo.com

Julbo®

WEISSEE GLETSCHERWELT TRAIL

YOUR ENTRY INTO THE WORLD OF GGUT

GWT 30 30 KM / 1.000 M

WEISSEE GLETSCHERWELT TRAIL

30 km / 1.000 m

Start:

Saturday 08.00

Berghotel Rudolfshütte, Uttendorf

Finish:

Maiskogel Parkplatz, Kaprun

FASTEST RUNNERS

Women:

Johanna Erhart (AUT) 3:17.15,4

Men:

Christian Kreidl (AUT) ex aequo Gerhard Schneider (SUI) 2:49.27,1

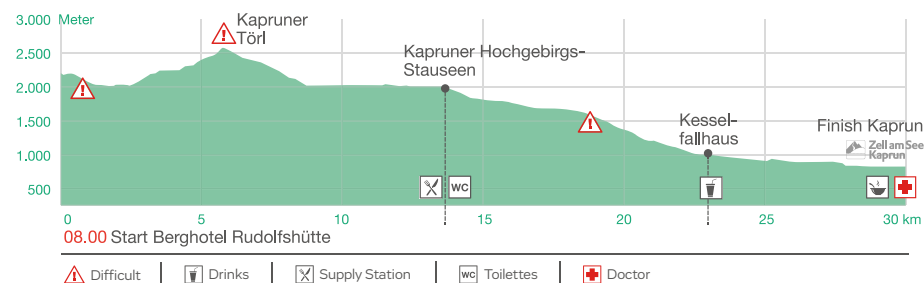
Weisse Gletscherwelt Trail (GWT 30) leads along the last part of the track of Grossglockner ULTRA-TRAIL®.

Starting from magnificent Weisse a short climb to Rudolfshütte, then downhill towards Tauernmoos reservoir. From their climbing through the Riffkar along the

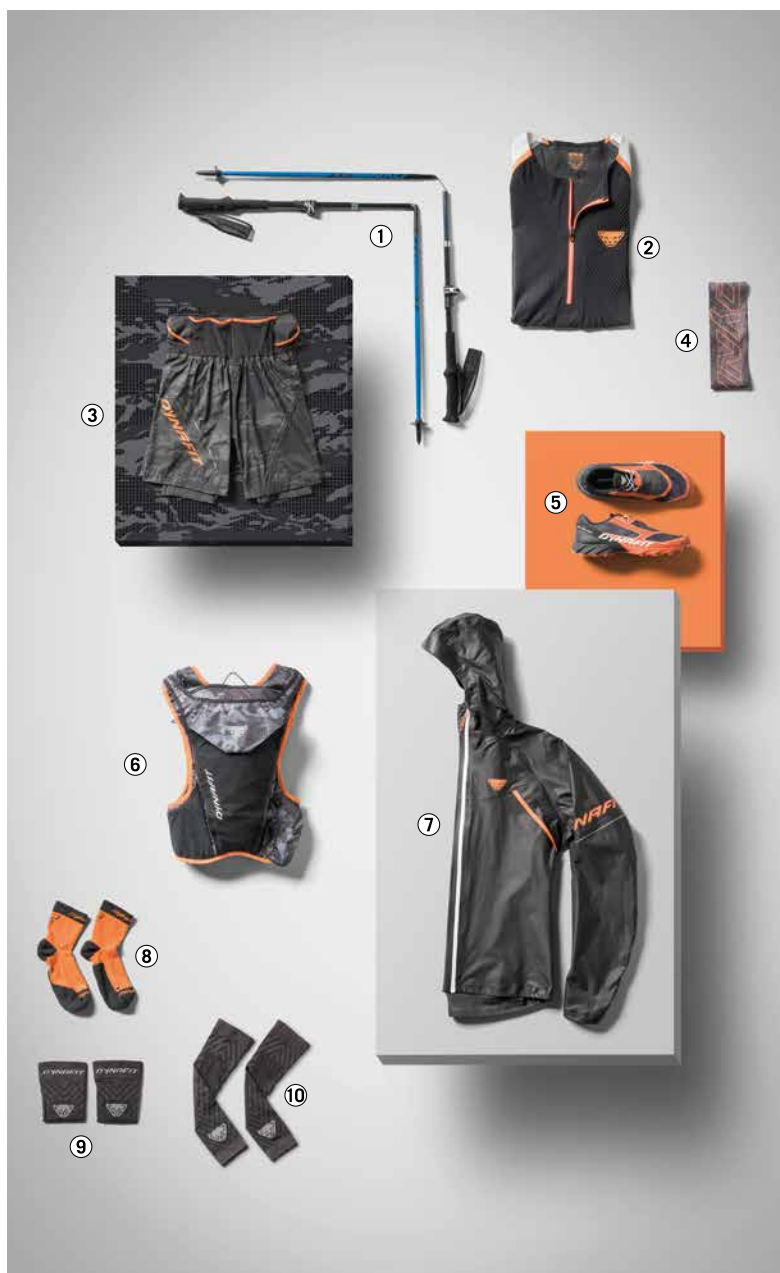
Riffkees glaciers where we cross Kapruner Törl (2.639 m), the roof of GWT. Then downhill and flat along the reservoir Moo-serboden to the supply station at the dam of the reservoir Kapruner Hochgebirgs-stauseen. From there, downhill and then flat to the finish in Kaprun.

GWT 30 starts in 2.300 m and has 1.000 m of positive altitude climb and downhill of 2.300 m. Although the high difference is negative, GWT 30 is no walk. It is leading mostly through difficult alpine territory, one time higher than 2.500 m. Expect 1 larger snowfield 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.

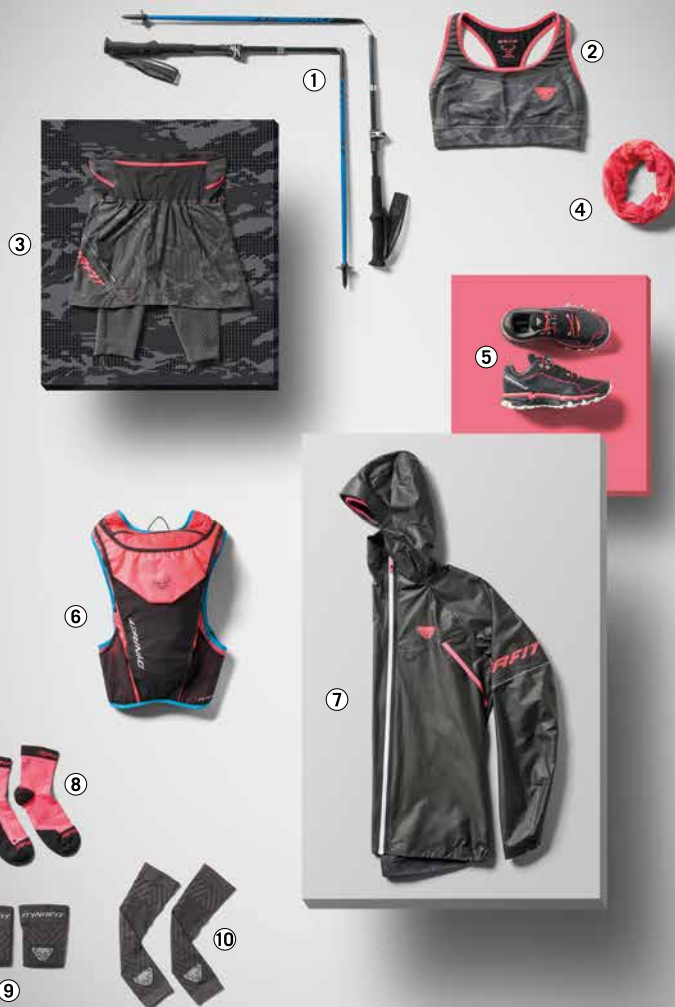
Trails are in average very technical. The hardest parts will be the trails down from Rudolfshütte, up to and down Kapruner Törl (2.639 m) as well as (partwise) down from the Kapruner Hochgebirgsstauseen.



- ① **ULTRA PRO POLE** 165,- €
- ② **GLOCKNER ULTRA S-TECH S/S TEE M** 100,- €
- ③ **GLOCKNER ULTRA 2IN1 SHORTS M** 120,- €
- ④ **PERFORMANCE DRY HEAD-BAND 2.0** 20,- €
- ⑤ **FELINE UP PRO** 180,- €
- ⑥ **ULTRA PRO 15 BACKPACK** 130,- €
- ⑦ **GLOCKNER ULTRA GTX SHAKE-DRY JKT M** 330,- €
- ⑧ **ULTRA CUSHION SOCKS** 18,- €
- ⑨ **ULTRA KNEE-GUARD** 25,- €
- ⑩ **ULTRA ARM GUARD** 30,- €



- ① **ULTRA PRO POLE** 165,- €
- ② **REACT CAMOUFLAGE BRA W** 60,- €
- ③ **GLOCKNER ULTRA 2IN1 SKIRT W** 120,- €
- ④ **PRIMALOFT NECK GAITER** 20,- €
- ⑤ **ULTRA PRO W** 155,- €
- ⑥ **ULTRA 15 BACKPACK** 110,- €
- ⑦ **GLOCKNER ULTRA GTX SHAKEDRY JACKET W** 330,- €
- ⑧ **ALPINE SHORT SOCKS** 15,- €
- ⑨ **ULTRA KNEE-GUARD** 25,- €
- ⑩ **ULTRA ARM GUARD** 30,- €



A NEW APPROACH TO PROCUREMENT LAW

SCHIEFER

schiefer.at



© Nik Pichler

ULTRATRAIL-SHOP.AT

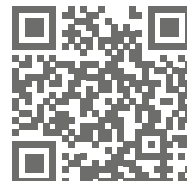
MUST-HAVES

GGUT EXPO: OPEN
FRIDAY, JULY 26
10 A.M. – 8 P.M.

Get your brandnew DYNAFIT
GLOCKNER OUTFIT as well as
other great GGUT merchand-
ise products and selected items
from the DYNAFIT collection at
the GGUT EXPO or at our GGUT
webshop

WWW.ULTRATRAIL-SHOP.AT

**BUY NOW & GET THE BEST
DEALS!**



GGUT KEY RING

MADE OUT FROM SILIKON: 3,50 €



GGUT TRUCKER CAP

CLASSIC FLAT BRIM TRUCKER CAP:
25,- €



GGUT HEADBAND

LIGHT, FUNCTIONAL HEADBAND
IN GGUT DESIGN: 18,- €



ULTRA PRO POLE

THE ULTRA PRO SUMMER POLE IS AN
EXTREMELY LIGHT AND **100 % CAR-
BON RUNNING POLE**, WHICH CAN
BE PACKED TO A MINIMAL SIZE
WITHIN SECONDS BY PRESSING
A PUSH BUTTON. THIS POLE CAN
BE ADJUSTED BETWEEN THE
LENGTH OF 115-135 CM.

REGULAR PRICE: 165,- €

**USE THE PROMO CODE AND PAY
ONLY 132,- € !!!**

**SHOP NOW
& SAVE!**
Get a 20% discount off
DYNAFIT poles
by using the code
GGUT2019



GGUT PARTNER & SPONSORS

IMPRESSUM:

Official Race Guide Grossglockner ULTRA-TRAIL®

Publisher: RACE Resch Alpine Competition Events, Sierningstraße 2a, 2734 Puchberg.

Design: Barbara Meißl **Print:** druck.at, 2544 Leobersdorf

TITEL SPONSOR



Sponsors



Event Locations and Regions

Support Organisations



Partner & Main Supplier

Partner Hotels



Media Partner

Partner, Races & Associations





**LIMIT.
LESS.**
YOUR
DYNAFIT
OUTFIT
< 1KG

#SPEEDUP

