



austria extreme

TRIATHLON

Stroßnbuach 2025

roadbook / english



3,8 km



186 km



44 km



+ 5.800 m

the new generation of winners

sponsored by

Versicherungsagentur
SCHWARZPARTNER
LEISTUNG AUS LEIDENSCHAFT

TOURIPRINT
Ein MUSS für Tourismus!

Index

Version 1, 2025

<i>Schedule</i>	4
The process in summary	5
<i>On the previous day</i>	7
How to get to Altarm-Thondorf	8
General overview of the startarea	9
<i>Swimming distance (3,8 km)</i>	10
<i>Biking distance (186,6 km, about 3.900 altitude difference)</i>	11
Biking distance Section I: Start to 22,5 km	13
Biking distance Section II: 22,5 to 33,7 km	14
Biking distance Section III: 33,7 to 48,6 km	15
Biking distance Section IV: 48,6 to 71,4 km	16
Biking distance Section V:71,4to 93,2km.....	17
Biking distance SectionVI:93,2 to 109,9km.....	18
Biking distance SectionVII:109,9 to 125,3km	19
Biking distance SectionVIII:125,3 to 149,4km	20
Biking distance SectionIX:149,4 to 154,5km	21
Biking distance Section X:154,5 to 176,6km	22
Biking distance Section XI:176,6 to 186,6km	23
<i>Running distance (43,6 km, about 1.900 altitude difference)</i>	24
Running distance Section I: Start to 3,7 km	26
Running distance Section II:3,7to 4,5km	27
Running distance Section III:4,5to 10,3km	28
Information for supporter:.....	29
Running distance Section IV: 10,3 to 13,1 km.....	30
Information for supporter:.....	31
Running distance Section V: 13,1 to 15,7 km	32
Running distance Section VI:15,7to 21km	33
Information for supporter:.....	34
Running distance Section VII:21to 24,4km	35
Running distance Section VIII:24,4 to 28km.....	36
Information for supporter:.....	37
Running distance Section IX:28to 33,3km	38
Running distance Section X:33,3to 36,5km.....	39
Running distance Section XI:36,5to 39,6km.....	40
Running distance Section XII:39,6to 43,6km.....	41
<i>PLAN B Swimming</i>	42
<i>PLAN B Bike</i>	43
<i>Austria eXtreme Triathlon Organisation</i>	51
<i>Partnerships</i>	52
<i>Reasons for disqualification</i>	56

Welcome to the Austria eXtreme Triathlon 2025

Change Your Life!

On 21 June 2025, the starting bells will ring for the tenth time for the Austria eXtreme Triathlon in the Murauen south of Graz. As in previous years, this long-distance triathlon is one of the most spectacular in the world.

The challenging course leads right across Styria, covering more than 230 kilometres and covering almost 6,000 metres in altitude.

While tried and tested elements are retained, other aspects are constantly evolving. The closing ceremony will once again take place at the ÖHA in Öblarn, so that the athletes can look forward to a fitting finale.

This race guide serves as your companion and provides comprehensive information and maps for all sections of the course. It contains detailed descriptions of the transition zones, danger spots, drinking water sources and car parks. It also provides an overview of the entire course - from the briefing on Friday to the closing ceremony on Sunday.

Please read all the information carefully!

The Austria eXtreme Triathlon promises a unique experience that focuses on community, fairness and the essence of the original triathlon. This applies both to the impressive natural backdrop far away from the hustle and bustle of big events and to the small details - such as not using poles during the running section.

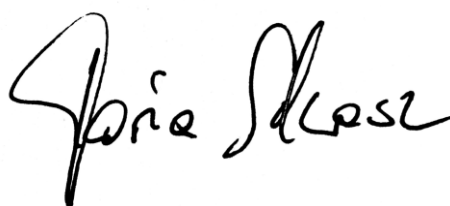
We attach great importance to treating each other with respect and fairness. Athletes and supporters are encouraged to respect nature and support each other in emergencies. As the route leads over challenging mountain passes and trails, flexibility is crucial.

Therefore, always pay attention to the latest information on possible route adjustments!

The organisation team wishes all participants an exciting, sporty, unforgettable, emotional and friendly competition - but above all an accident-free Austria eXtreme Triathlon.

We look forward to welcoming you to the 10th Austria eXtreme Triathlon!

(President, Maria Schwarz)



Schedule



Friday, 20.06.2025	Registration Josef-Greger-Sportanlage Mühlweg 30, 8073 Feldkirchen/Graz	04:00 – 05:00p.m.
	Briefing German and Briefing English	05:00 – 06:00p.m.
Saturday, 21.06.2025	Transition area 1 open Auwiesen, Altarm-Thondorf A-8077 Gössendorf	03:00 – 03:50a.m.
	Handing out of GPS-Tracker Auwiesen, Altarm-Thondorf A-8077 Gössendorf	03:00 – 03:50a.m.
	Swim Check-In Auwiesen	04:15 – 04:25a.m.
	Austria eXtreme Triathlon Start	04:30a.m.
	Austria eXtreme Triathlon-Cut-Off, Valley station- Finish A-8972 Ramsau am Dachstein	00:00a.m.
Sunday, 22.06.2025	Final ceremony Meet & Joy Adresse: ÖHA – Öblarner Haus für alle Öblarn 99, 8960 Öblarn	10:00a.m. 

The process in summary

Briefing (Friday, 20th of June 2025)

Josef-Greger-Sportanlage-Feldkirchen bei Graz
Address: Josef-Greger-Sportanlage, Mühlweg 30,
A-8073 Feldkirchen bei Graz
(GPS data: 47°00'44.3"N 15°26'50.6"E)



The handing out of the number starts at 04:00 p.m.!

Athletes and supporter have to show an identity card.

The briefing takes place at 05:00 p.m. and is obligatory for the athletes and the coaches!

Day of the race (Saturday, 21th of June 2025)

The start area Altarm-Thondorf is open **from 03:00 a.m. on the 21th of June, 2025**. When entering the start area crew members will write your

number on the right back of your hand also GPS.

Vehicles can get parked along the street. Please, keep the gateway free!



Now you can prepare your transition area. Wheel suspensions for the bikes are there.

ATTENTION: The transition area is not under supervision!

Each athlete/supporter is responsible for his own equipment.

ATTENTION: Each athlete is responsible for his own equipment, the club Austria eXtremeTriathlon doesn't assume any liability!

The protection of the environment is a big topic for us. We want you to respect it. If you act inquitiously, the whole team gets disqualified.

04:15 a.m.: Check-in for the swimming start

The check in for the swimming start has to take place exactly on time!

04:30 a.m.: Start of the 10th Austria eXtreme Triathlon

Either we start from land or water will be decided on the day of the race (depends on the water current!)

If an athlete gives up, the organisation team (crew) has to be informed at least over the phone on the **hotline number+43 664 755 333 03** and the **GPS Tracking System** has to be **delivered to the nearest checkpoint!**

Changing clothes for the finish area

Due to logistic reasons only the **official Austria eXtreme Triathlon sports bag** can be dispensed at the deposit service **between 03:15 a.m. till 04:30 a.m.** at the **entrance of the start area!**

**ATTENTION: No fluid and articles of value are allowed to be in the bag.
The organiser doesn't assume liability for lost and broken objects!**

Finale ceremony (Sunday, 22th of June 2025, 10:00a.m.)

**Adresse: ÖHA - Öblarn house for all
Öblarn 99, 8960 Öblarn**



Afterwards we are going to take a photo of all the winners!

In order to be prepared perfectly for the 10th Austria eXtreme Triathlon, athletes as well as supporter should study the „Haundbuach“ and the „Stroßnbuach“ intensively. Shared training runs are important in order to get used to each other. Only a good team will cross the finishing line together.

Austria eXtreme Triathlon: „Change Your Life“

Live GPS Tracking System – www.simtime.at

Hotline +43 664 755 333 03

If an athlete gives up, the organisation team (crew) has to be informed at least over the phone on the hotline number **+43 664 755 333 03** and the GPS Tracking System has to be delivered to the nearest checkpoint!

Tips for accomodation

Nearby the start: www.hotel-graz-flughafen.at
www.info-graz.at
www.graztourismus.at

Nearby the finishing line: booking.ramsau.com

The Extreme Triathlon Series:

Is a group of extreme triathlon events around the world where athletes can push their boundaries and be part of an unforgettable experience. Each event is unique in itself, with varying terrain, distances, challenges and characteristics – a triathlon designed for triathletes, by triathletes.

We have combined our passions, dreams and efforts to create a series that is focused on the athletes with a close-knit family atmosphere. The Extreme Triathlon Series is an experience like no other, and gives athletes the chance to achieve the impossible.

www.xtri-series.com

On the previous day



Check-in at sports hall Josef-Greger-Sportanlage-Feldkirchenbei Graz:

20th June 2025, 04:00 p.m.

GPS Data: 47°00'44.3"N 15°26'50.6"E

Address: Josef-Greger-Sportanlage, Mühlweg 30,
A-8073 Feldkirchenbei Graz



The handing out of the numbers is opened from 04:00 p.m.!

Athletes and supporters have to show an identity card.

The briefing starts at 05:00 p.m. and is a must for all athletes and their supporters!

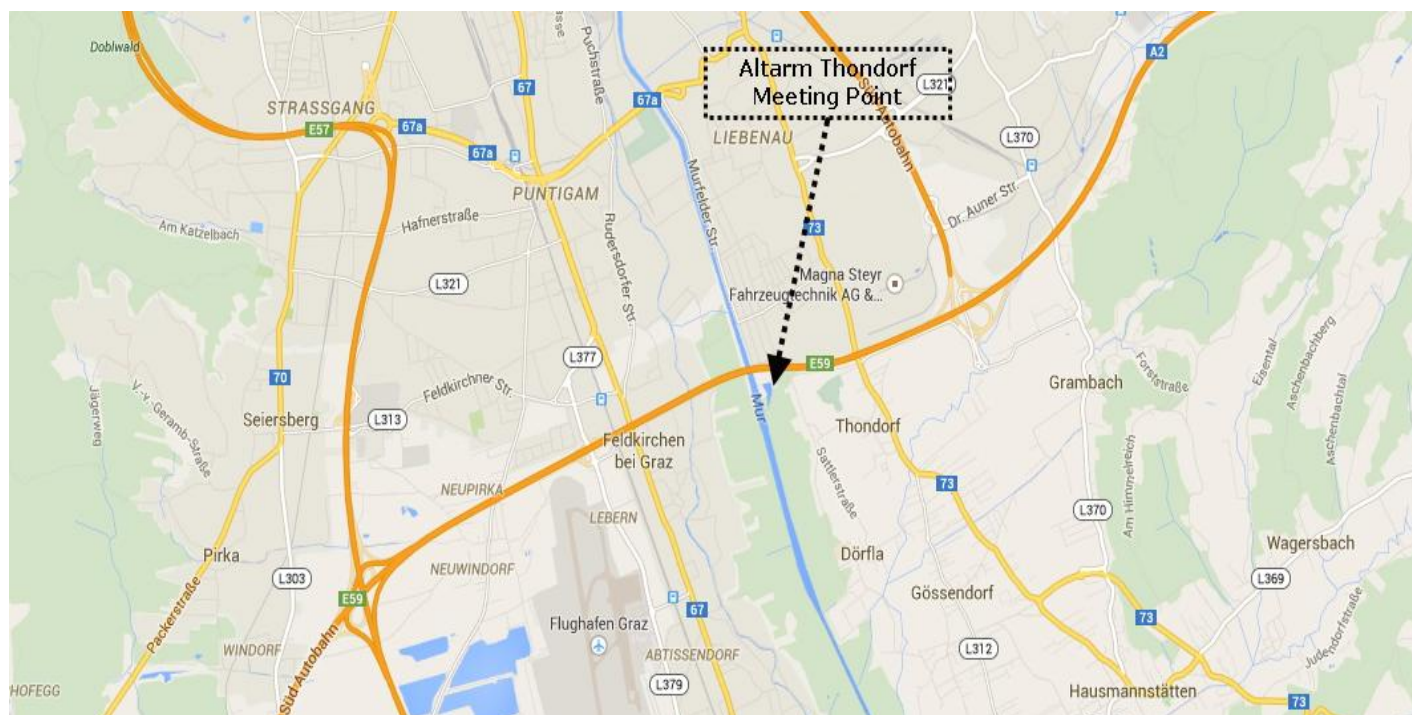
At the check-in you will get:

- Number
- Bathing cap
- AutXtri bottle
- Sports-bag
- Tag for your coach's vehicle
- Tag for the bike
- Wristband for the athlete and the coach
- Roadbook / Journal print

ÖTRV daily licence (Austrian Triathlon Federation)

The daily licence in the amount of € 20.00 will be collected during the collection of the starting numbers. If a valid ÖTRV annual licence is presented, the day licence will be cancelled.

How to get to Altarm-Thondorf



GPS Data: 47°00'49.4"N 15°27'54.5"E

Address: Auwiesen, AltarmThondorf
A-8077 Gössendorf



Coming from Graz you'll reach the meeting point at the start going along the Conrad-von-Hötzendorf-Straße (UPC Soccer Stadium). At the traffic light turn left and at the next traffic light turn right into the Liebenauer Hauptstraße (Kirchbacher Straße B 73). Follow the street for about 4 kilometres southward. After the motorway bridge (passing Magna-Steyr on the left) turn right at the traffic light. Then follow the Kanalweg for about 750 metres.

Coming from Vienna/SK/CZ/H on the motorway A2 to wards Graz get off at the interchange 179-traffic junction Graz-Ost/Puchwerk/Hausmannstätten, keep left and take the exit Hausmannstätten. At the roundabout take the 1st exit Kirchbach/Gössendorf/Grambach B73 and follow the street till the next traffic light. At the crossing go straight and follow the Kanalweg towards Altarm-Thondorf for about 750m.

Coming from D/I/SLO on the motorway A2 towards Vienna take exit Hausmannstätten. Take the 1st exit Kirchbach/Gössendorf/Grambach and turn right into B73. Follow the B73 till the traffic light. At the crossing go straight and follow the Kanalweg towards Altarm-Thondorf for about 750m.

General overview of the start area



GPS Data: 47°00'49.4"N 15°27'54.5"E

(Address: Auwiesen, Altarm-Thondorf, A-8077 Gössendorf)

The start area Altarm-Thondorf is open from **03:00 a.m.!**

When entering the start area crew members will write your number on the right back of your hand, at the same time you get your GPS Tracking System you always have to carry with you.

Vehicles can be parked along the street. Please, keep the gateway free!

Now you can prepare your transition area. Wheel suspensions for the bikes are there.

ATTENTION: The transition area is not under supervision!

Each athlete/supporter is responsible for his own equipment.

Changing clothes for the finish area

Due to logistic reasons only the **official Austria eXtreme Triathlon sports bag** can be dispensed at the deposit service **between 03:00 a.m. till 04:30 a.m.** at the **entrance of the start area!**

ATTENTION: No fluid and articles of value are allowed to be in the bag.

The organiser doesn't assume liability for lost and broken objects!



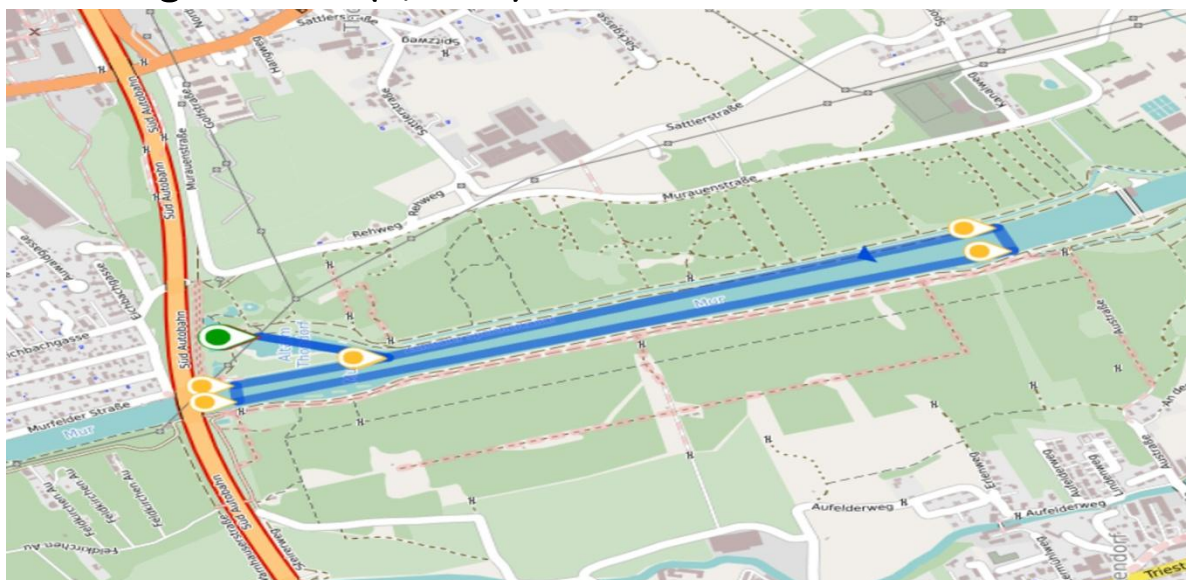
04:15 a.m. Check-in for the swimming start !

The check in for the swimming start has to take place exactly on time!

04:30 a.m. : Start of the 10th Austria eXtreme Triathlon

Either we start from land or water will be decided on the day of the race (depends on the water current!).

Swimming distance (3,7 km)



The swimming part takes place in the river Mur, the main river of Styria, which flows through Austria, Slovenia, Croatia and Hungary and represents at some parts also the border between these four countries.

The water quality is quality grade two.

Cut-off-time for the swimming: 07:00 a.m.

Transition area 1

GPS data: 47°00'49.9"N 15°27'44.3"E

(Address: AltarmThondorf, A-8077 Gössendorf)



The start is in the oxbow lake, after approx. 200 metres the first turn is upstream at a buoy, which must be swum past with the left shoulder.

Then it's approx. 1.8km downstream along the right bank of the Mur. After the buoy, you switch to the other bank. Then swim upstream along the left bank of the Mur for approx. 1.6 kilometres. The right shoulder always faces the closer bank. After 3.7 kilometres, the exit from the oxbow lake Thondorf follows.

The water temperature (approx. between 14° and 17° Celsius) will be announced at the briefing. The Mur can take on different water colours: greenish, clear to brownish, earthy and sandy after rainfall.

Individuals and teams start at the same time!

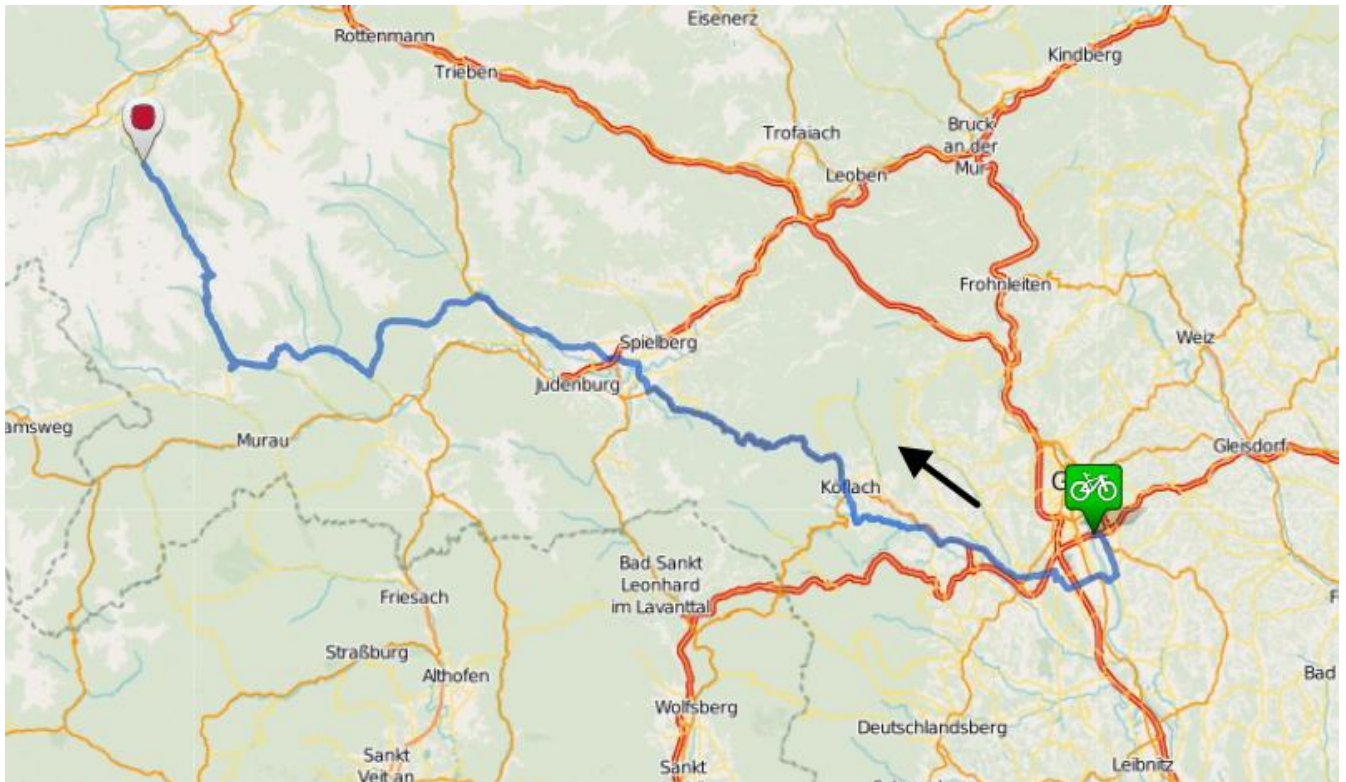
ATTENTION: Swimming along the shore edge, overhanging branches may cause serious injury!

Following rules are effective for the whole swimming distance:

- You have to wear a wetsuit.
- Austria eXtreme Triathlon bathing cap has to be worn visibly.
- Wetsocks are allowed.
- Floatation devices are forbidden.
-

Expected time of arrival of the first athlete around 05:10 a.m.

Biking distance (186,6 km, about 3.900 altitude difference)



When it comes to overcoming of altitude difference, the biking distance is the most difficult part of the Triathlon.

Take care, you have to pace yourself and choose a suitable speed.

Gaberl

When having reached the „Gaberl“, a former Roman road, you can see the Dachstein for the first time. Now it goes down steeply.

Lachtal

When having reached the „Kammersberg“, you get rewarded by the beautiful view of the scenery.

The „Burg Rothenfels“ in the „Wölzertal“ is one among the few medieval castles which kept its former look.

Sölkpass

The „Sölkpass“ with its slopes between 8 to 12% rises in front of you now. It connects the valley of the river Enns in the North with the upper part of the river Mur in the South and thereby crosses the „Schladminger Tauern“.

When having reached the „Sölkpass“ you are 1790 metres above the sea level. For all the efforts you have taken you will get rewarded with a beautiful descent to the valley. „Warning, dangerous descent!“

Checkpoint

At each Check Point you are obligated to get into contact with a member of the crew!

Hotline +43 664 755 333 03

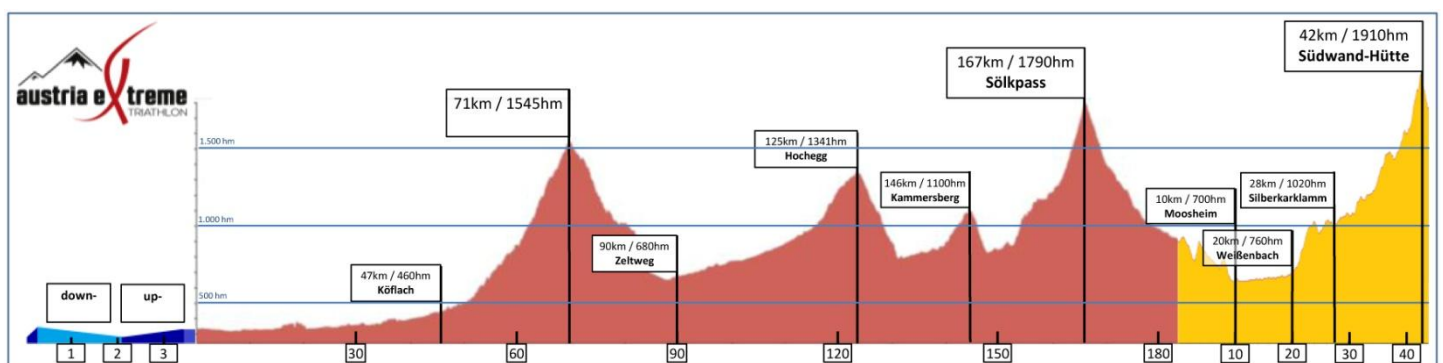
If an athlete gives up, the organisation team (crew) has to be informed at least over the phone on the hotline number **+43 664 755 333 03** and the GPS Tracking System has to be delivered to the nearest checkpoint!

Cut-off-time for the biking: 05:00 p.m.

Following rules are effective for the whole biking distance:

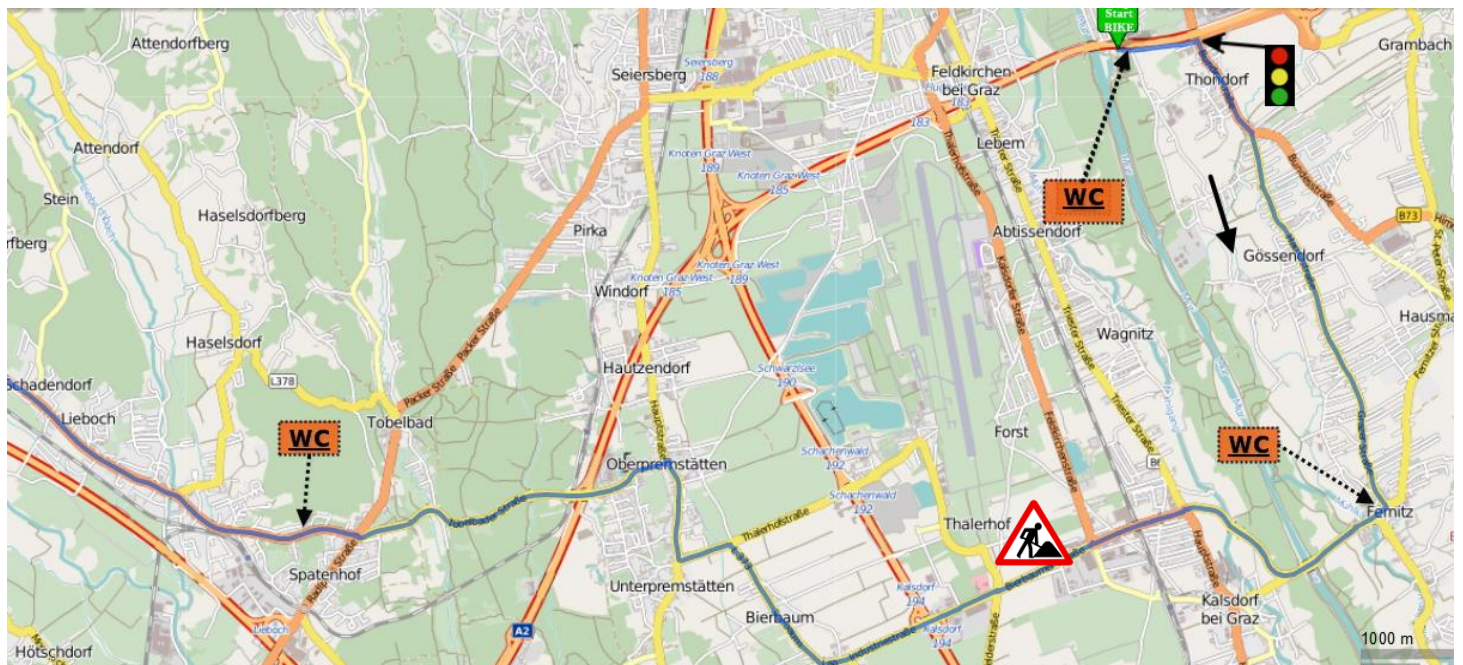
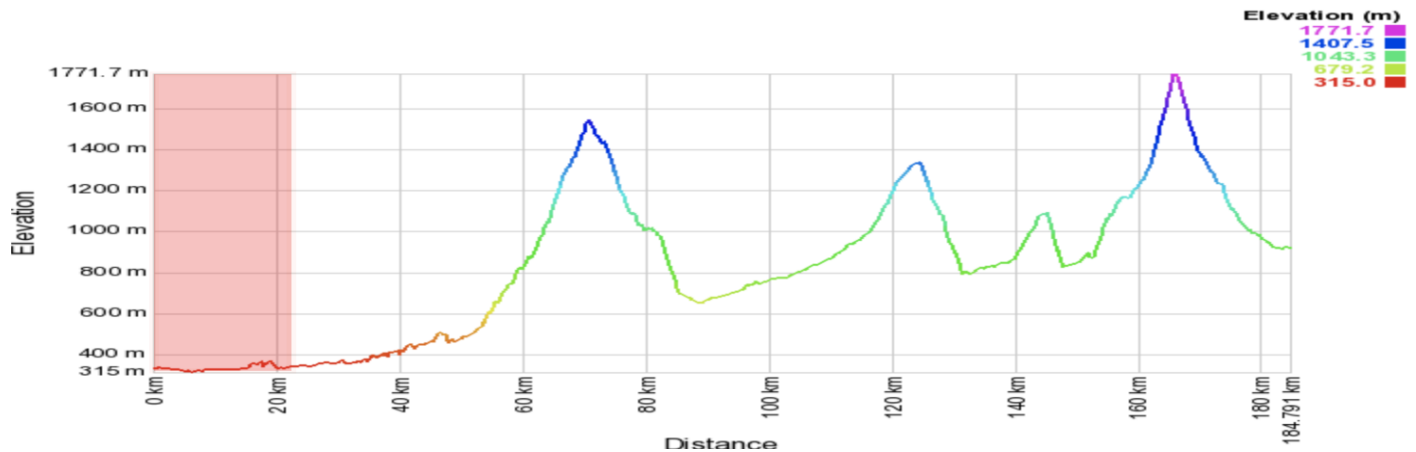
- Road traffic regulations (StVO).
- Helmet obligation.
- GPS Tracker has always to be at the athlete.
- Changing the bike is forbidden (an exchange of the wheels is allowed!).
- Slipstream riding is not allowed (fairness 4 sport).
- During the race only movement by muscular strength is allowed.
- Number must be seen from behind.

General overview



© by Flo H.

Biking distance Section I: Start to 22,5 km



Altarm-Thondorf, 332m above the sealevel

Start eastwards: after about 750m turn right at the traffic light

Km 1,9 turn right, take the **direction to Farnitz**

Km 6 turn right at the crossing, take the **direction to Kalsdorf**
roundabout, take the **direction to Kalsdorf**

cross the bridge across the river Mur **and follow the street**

km 8,5 Traffic lights, follow road

km 9,0 Traffic lights, follow road

km 9,5 Traffic lights, follow road

cycle through **Laa, Bierbaum and Unterpremstätten**

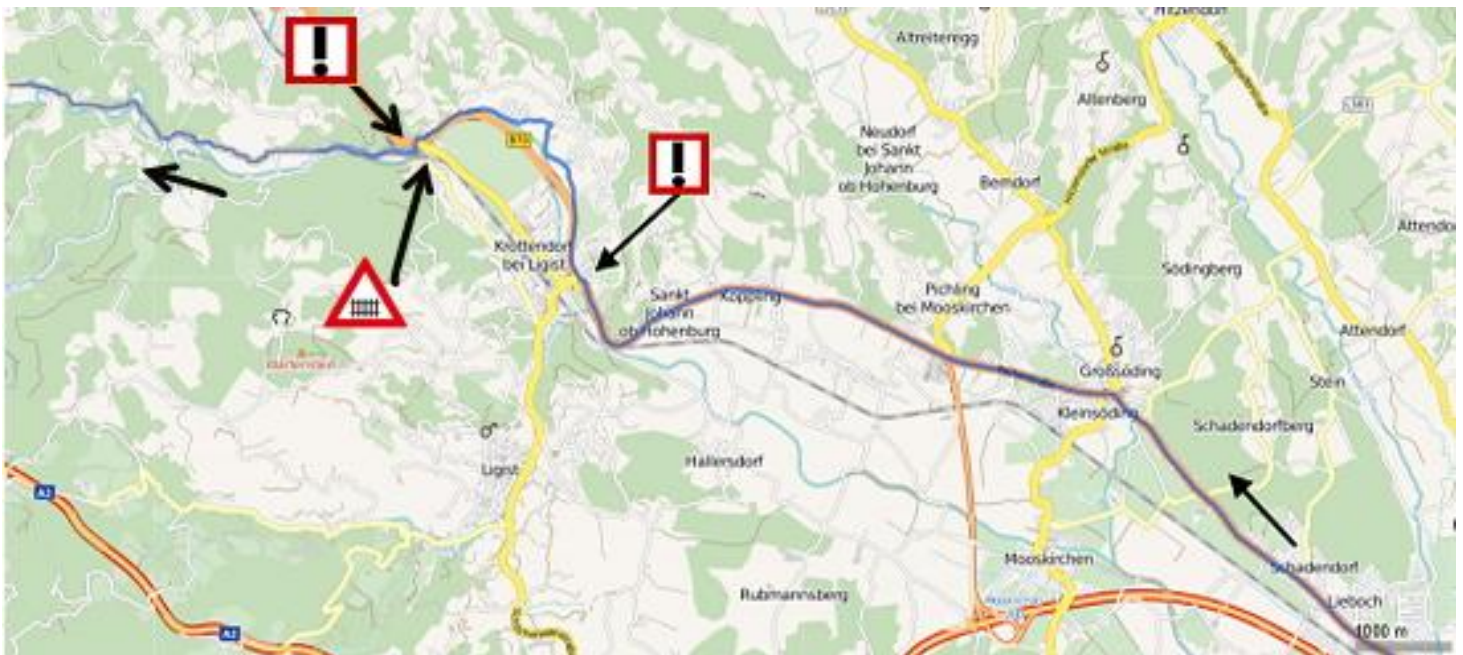
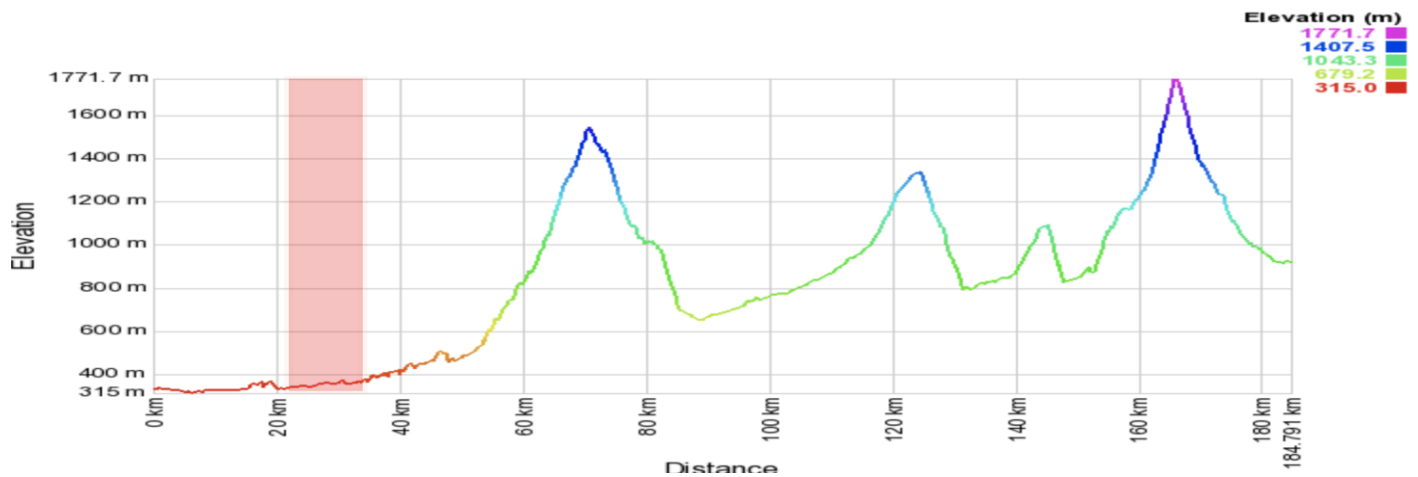
km 14,5 roundabout, take the **direction to Graz**

km 15,9 turn left, take the **direction to Lieboch/Köflach**

km 19,3 roundabout, take the **direction to Voitsberg**

cycle through **Lieboch**

Biking distance Section II: 22,5 to 33,7 km



B70

Km 22,5 cycle through **Schadendorf**

Km 23 view of the Gaberl

follow the B70

km 27,5 roundabout, take the **direction to Köflach**

km 30 cycle through **Sankt Johann ob Hohenburg**

km 31,9 roundabout, take the **direction to Klein Gaisfeld**

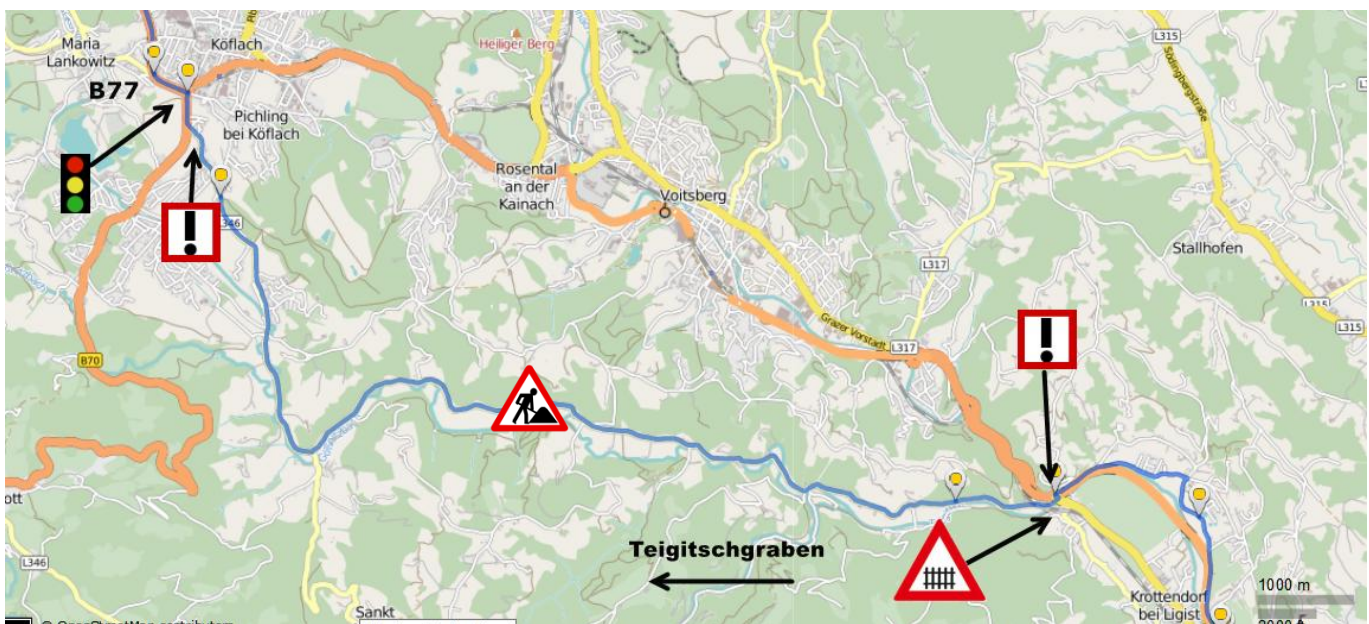
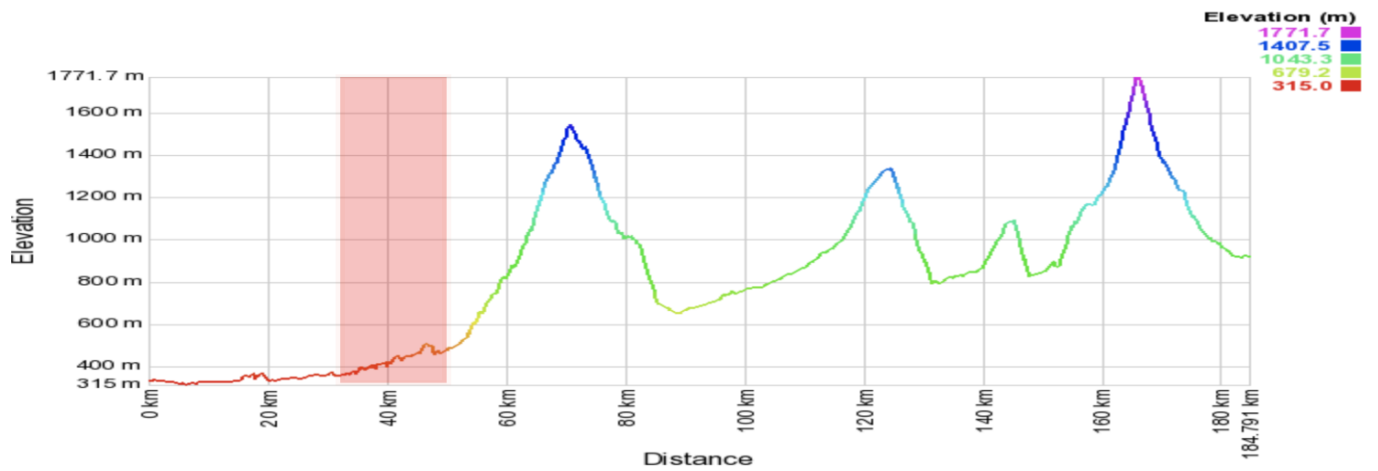
follow Klein Gaisfelderstraße

km 33,7 turn left, Klein Gaisfelderstraße (inn Lackner)

!ATTENTION! km 34,5 roundabout, then keep the 1st exit right (Klein Gaisfeld)



Biking distance Section III: 33,7 to 48,6 km



Km 33,7 Gasthof (inn) Lackner

Klein Gaisfelderstraße ->Gasselberg Bergweg

Km 35,1 roundabout, take the 2nd exit, turn right

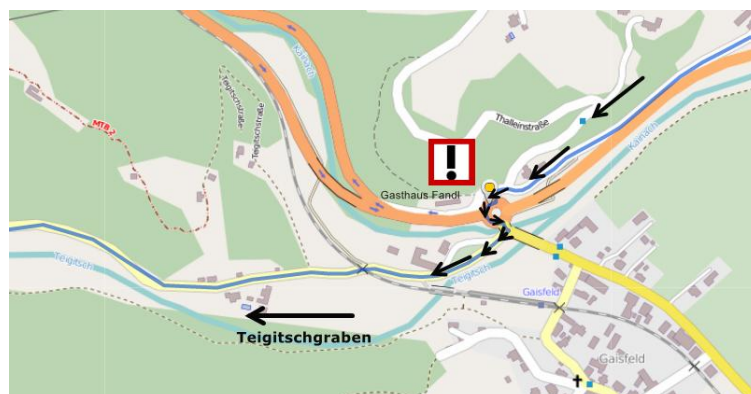
!ATTENTION! Take exit, keep right through a bridge to Teigitschstraße, Gaisfeld

Km 44 stay on the right side along L346

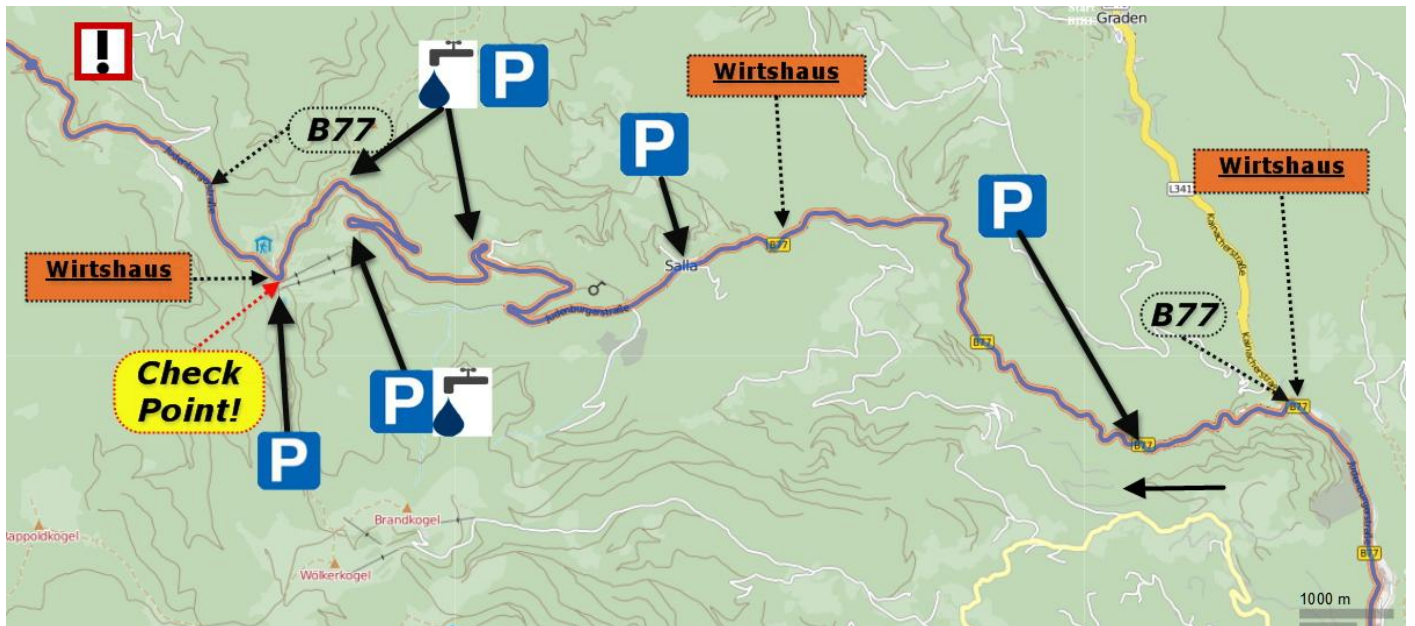
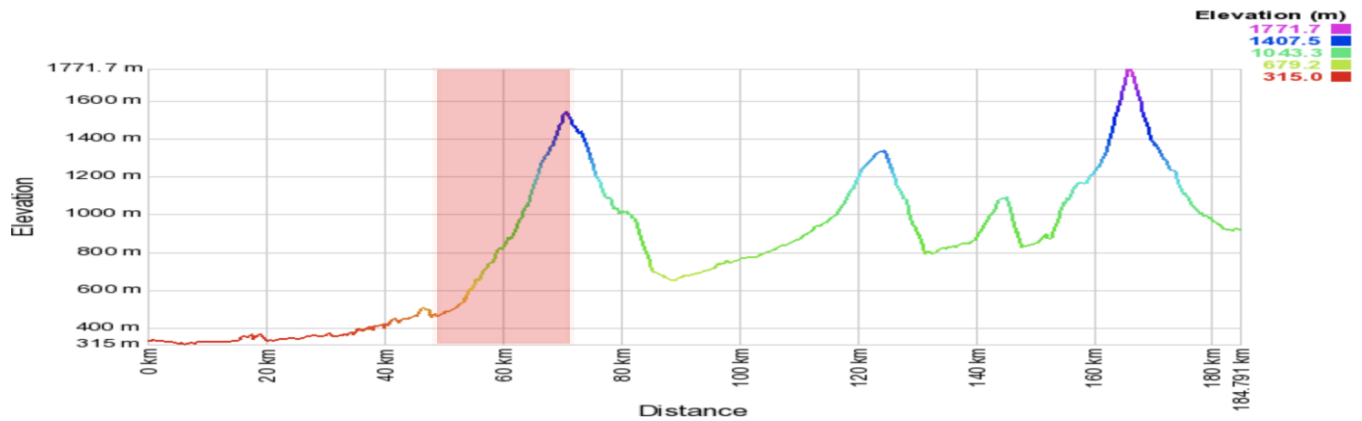
Km 48 turn right at the STOP sign, B70

Km 48,3 at traffic light turn left in **direction B77 Maria Lankowitz**

Km 48,6 **follow B77 in direction Gaberl**



Biking distance Section IV: 48,6 to 71,4 km



follow the B77

km 52,8 inn

km 52,8 keep left, take the **direction to Gaberl**

km 54,5 parking area on the right side

km 58,6 inn

km 61,6 cycle through **Salla**

km 61,8 parking area on the right side, Gasthof (inn) Schrotter

km 68 standpipe and parking area on the left side

km 70,1 standpipe on the right side

km 71,4 Check Point Gaberl, 1547m above the sea level,

Crew „hurtigflink” parking area on the left!

GPS data: 47°06'27.2"N 14°55'00.6"E



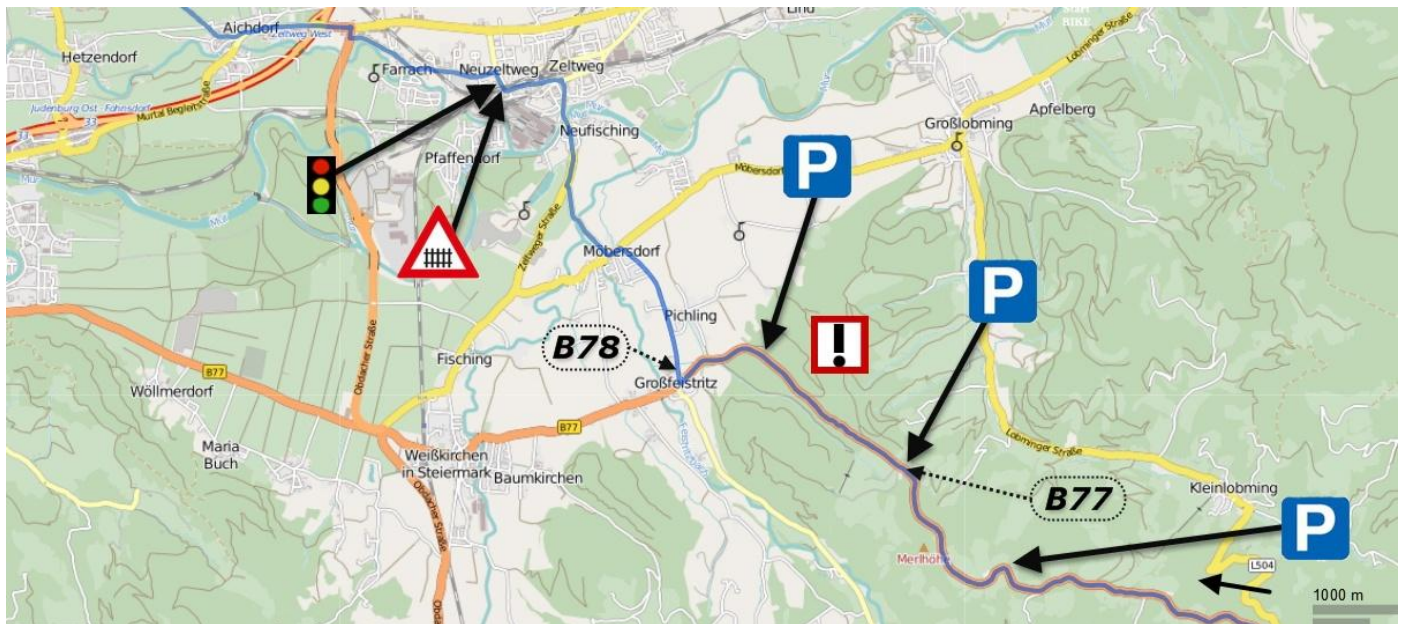
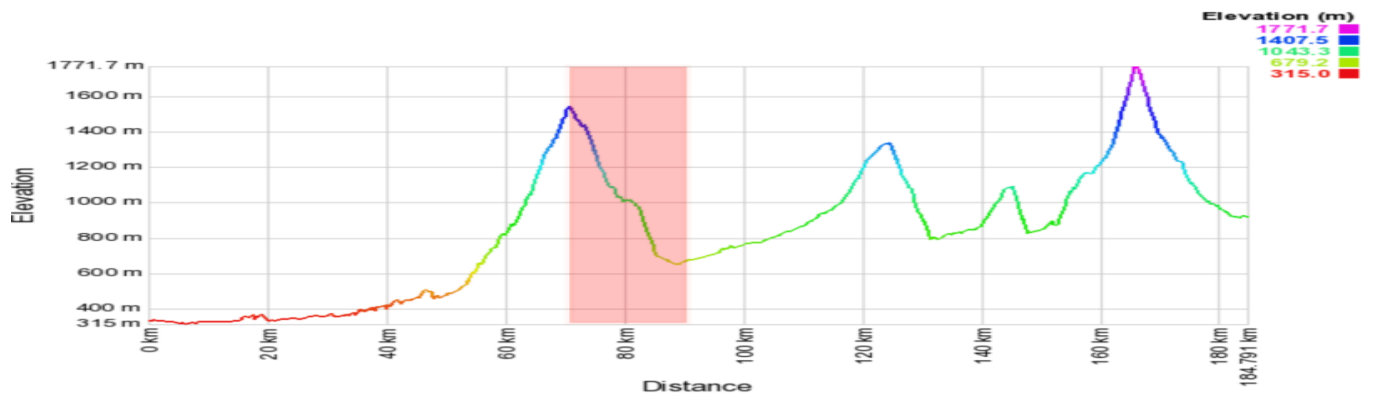
Expected time of arrival of the first athlete around 07:20 a.m.

Gaberlhaus on the right, the best curd strudel and a good breakfast at this time of day!

follow the **B77**

!ATTENTION! steep and winding descent

Biking distance Section V:71,4to 93,2km



follow the B77

km 81,7 parking area on the right side

km 83,6 parking area on the right side

!ATTENTION! steep and winding descent

Km 85,6 parking area on the right side

Km 86,6 turn right, take the **direction to Pichling B78**

Cycle through Möbersdorf

Km 88,3 STOP sign, keep left, take the **direction to Zeltweg**

Km 88,4 turn right, take the **direction to Neufisching**

Km 89,3 STOP sign, keep right, take the **direction to Zeltweg L537**

follow the **L537 Zeltweg**, take the **direction to Bahnhofstraße**

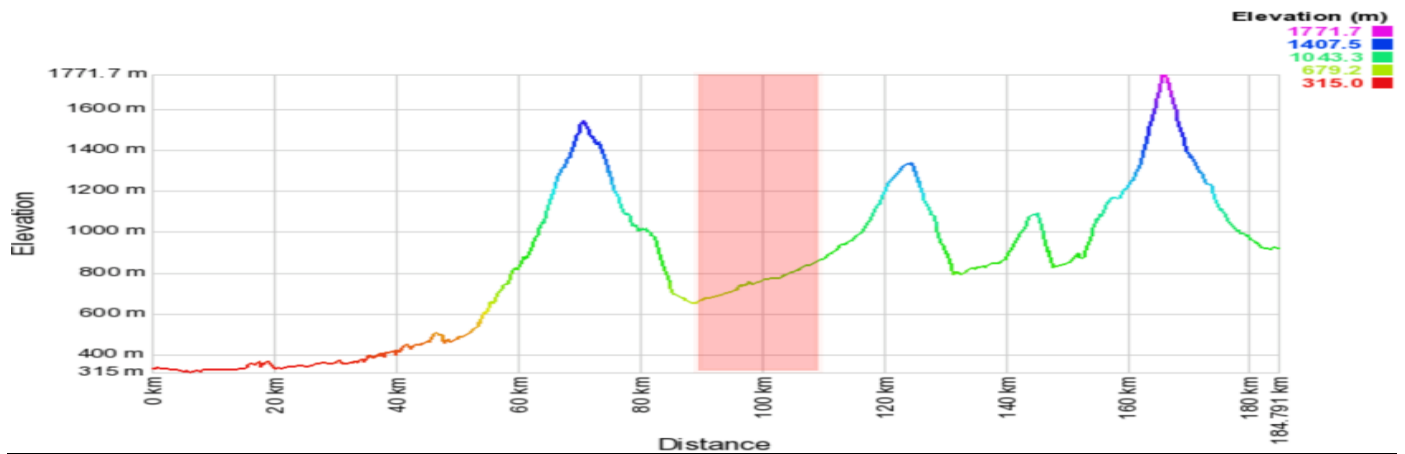
km 91,1 railroad crossing

km 91,3 traffic light left

km 92,9 STOP sign, keep right

km 93,2 roundabout, follow the **B78**, take the **direction to Scheifling**

Biking distance Section VI: 93,2 to 109,9 km



Cycle through Aichdorf

Km 94,5 turn right, take the **direction to Fohnsdorf/Pöls L536**

Km 96,9 railroad crossing

Cycle through Fohnsdorf

Km 97 **follow the street**, take the **direction to Pöls**

Km 97,1 supermarket MERKUR

L503 follow **Rattenberger street**

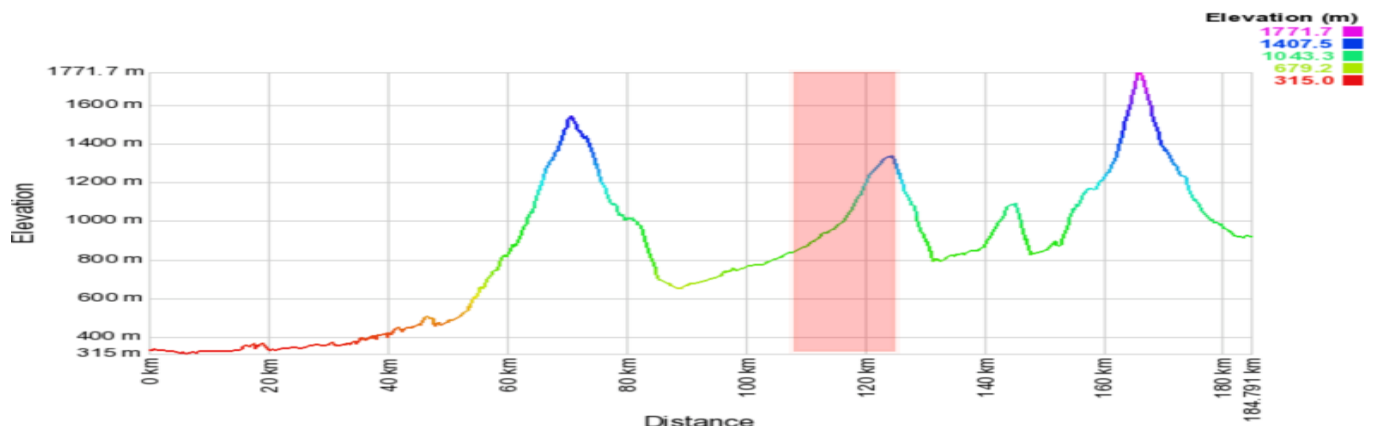
Km 102,8 parking area on the left side

Km 104,8 turn right, take the **direction to Lachtal L533**

Km 109,3 parking area on the right side

Km 109,9 turn right at the STOP sign, take the **direction to Liezen B114**

Biking distance Section VII: 109,9 to 125,3 km



B114

km 112,5 turn left to Römerstraße

km 114 turn left to Hoheggerstraße

km 114,3 Check Point Oberzeiring, 933m above the sea level

GPS Daten: 47°15'05.3"N 14°29'11.3"E



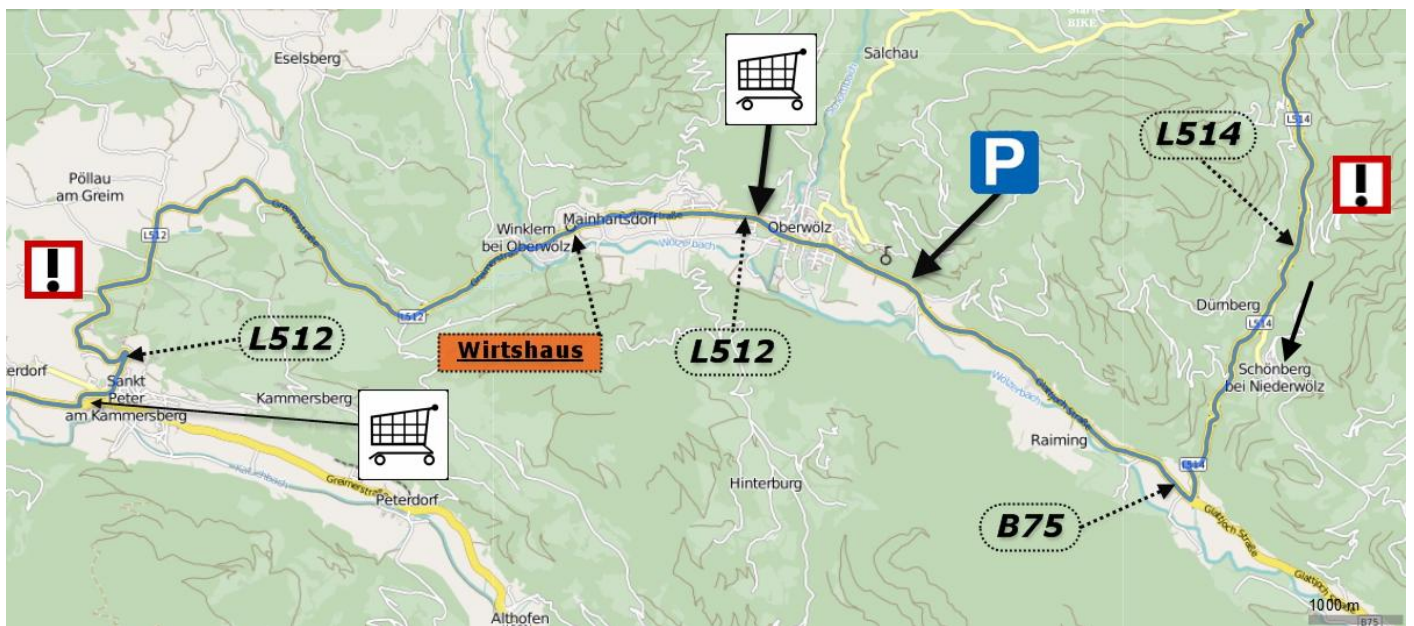
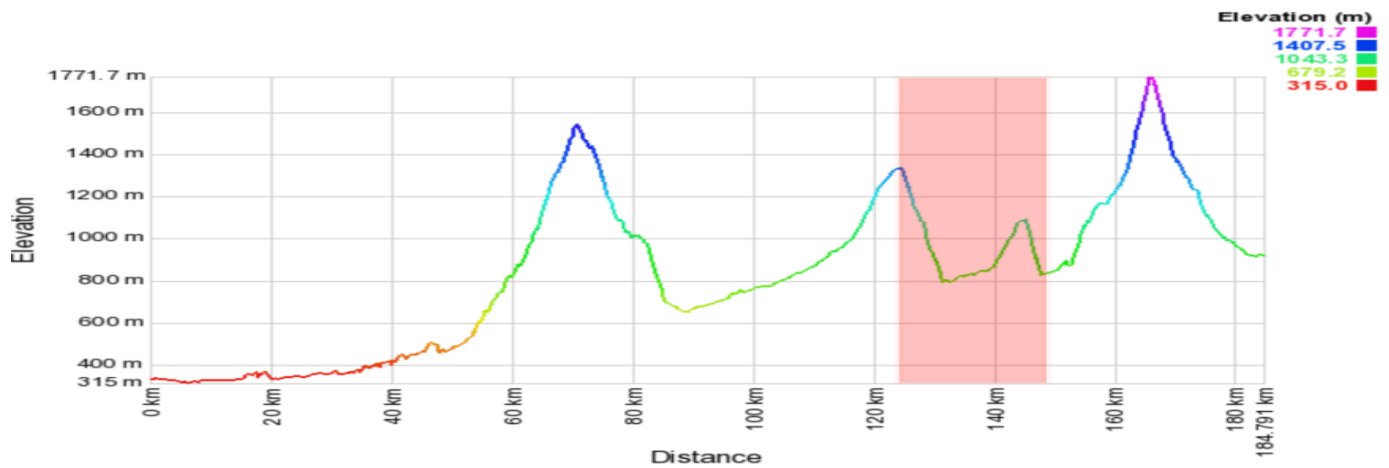
Expected time of arrival of the first athlete around 08:35 a.m.

Km 124 Hohegg, 1341m above the sea

follow L 514

km 125 you see on the right side Gelsee

Biking distance Section VIII: 125,3 to 149,4 km



L514

!ATTENTION! dangerous descent

Km 132,9 turn right, take the **direction to Oberwölz B75**

Km 136,7 parking area on the right side, view Burg Rothenfels

Cycle through Oberwölz

Km 138,4 supermarket ADEG

Km 141 inn

Km 146,5 Kammersberg 1100m above the sea level

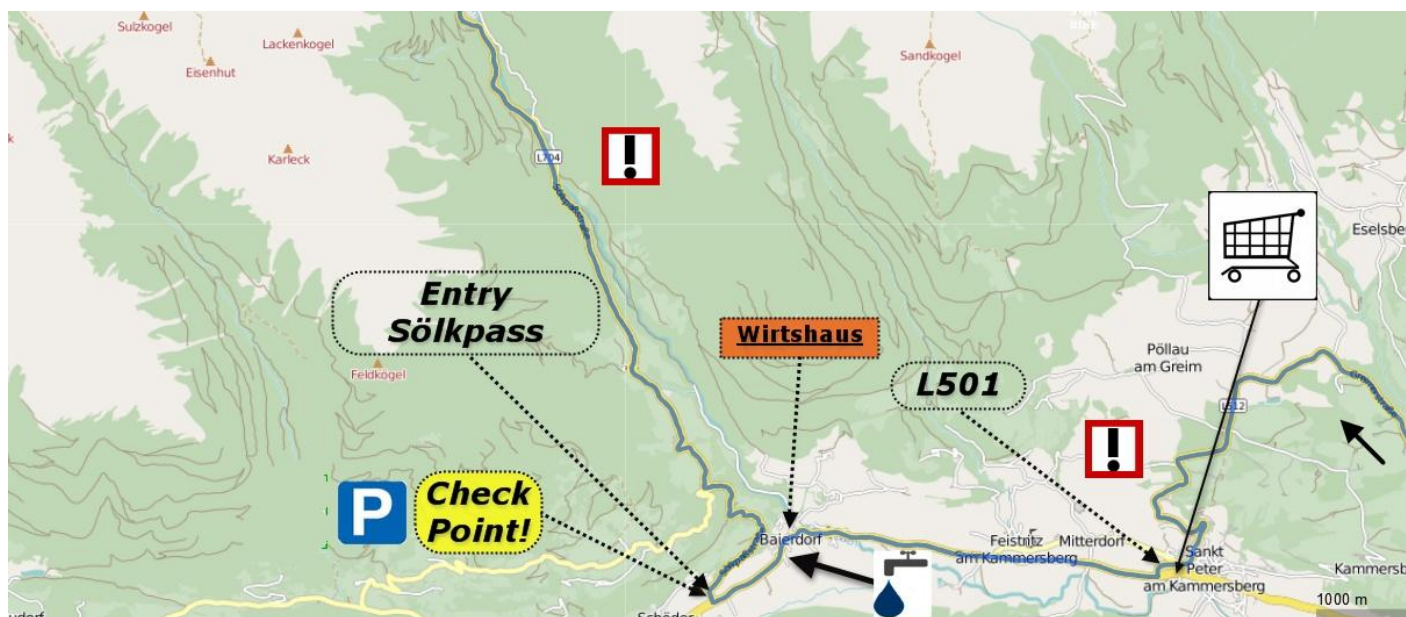
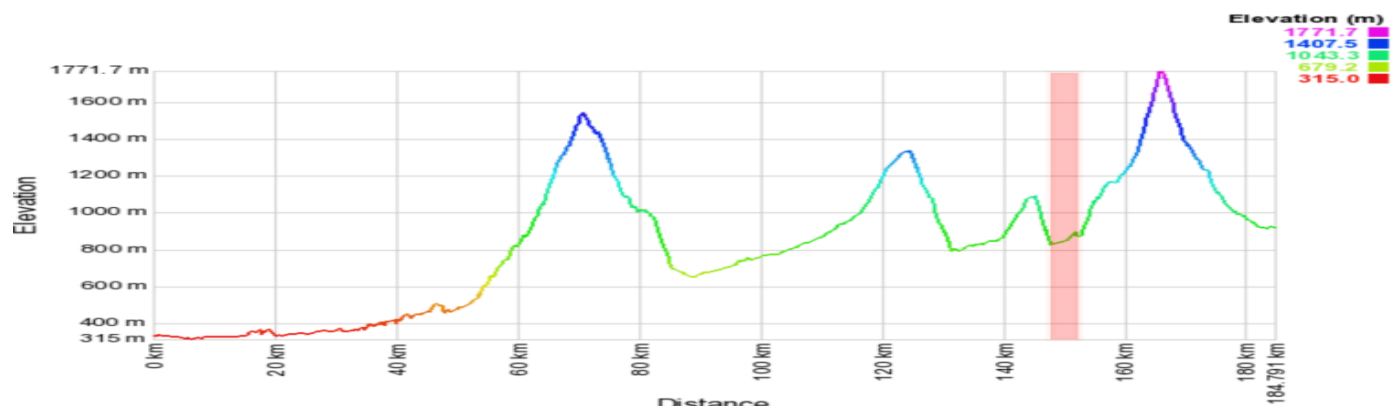
!ATTENTION! dangerous descent

Km 149 Sankt Peter am Kammersberg

Km 149,4 supermarket SPAR

Km 149,4 turn right, take the **direction to Murau**

Biking distance Section IX: 149,4 to 154,5 km



follow the L501

km 152,8 cycle through **Baierdorf**

km 153,1 inn

km 153,2 standpipe

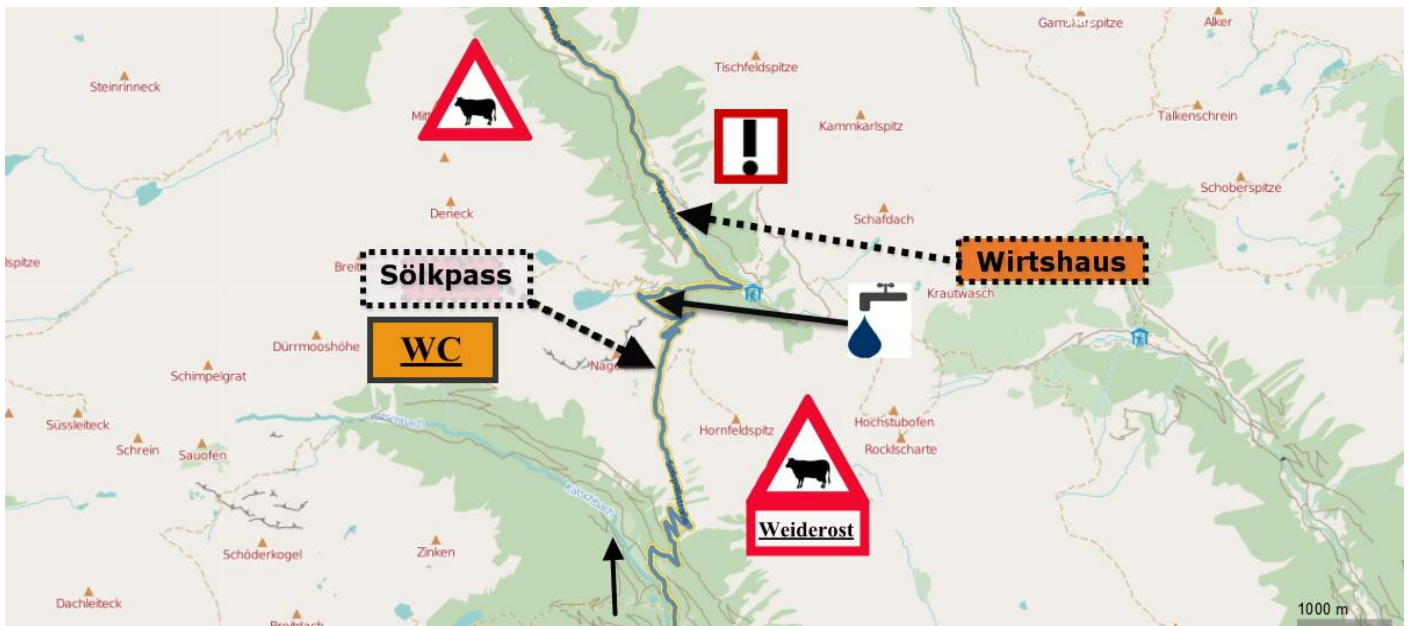
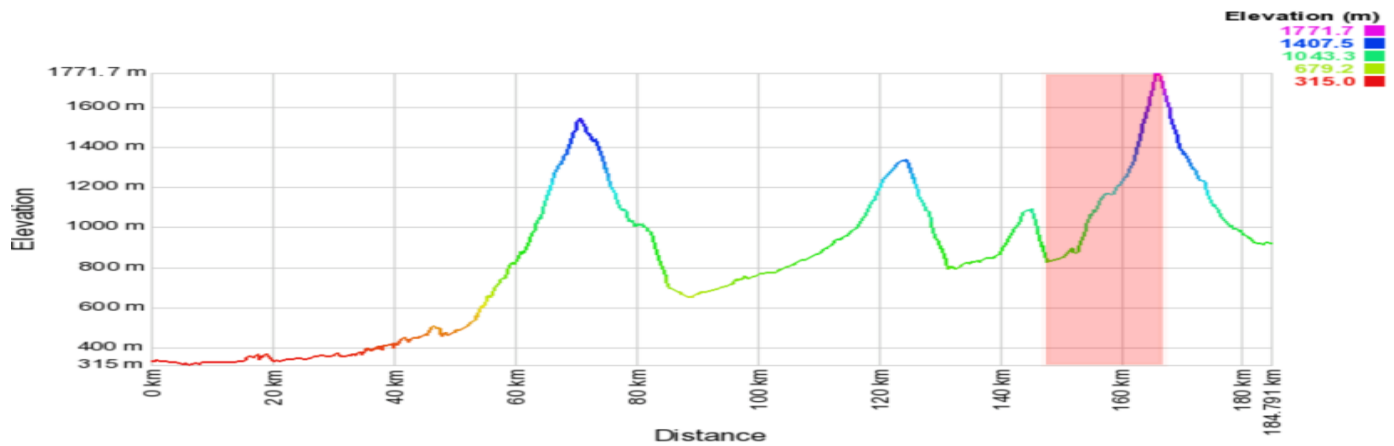
km 154,5 Check Point Entry Sölktass, 882m above the sea level, parking area

GPS data: 47°16'19.2"N 14°04'47.0"E



Expected time of arrival of the first athlete around 09:50 a.m.

Biking distance Section X:154,5 to 176,6km



L704

**!ATTENTION! on this section you will have to cross many cattle grids (slip hazard!)
!ATTENTION! bad road conditions**

km167,8 Sölkpass,1790m above the sea level

km 168 toilet on the left side

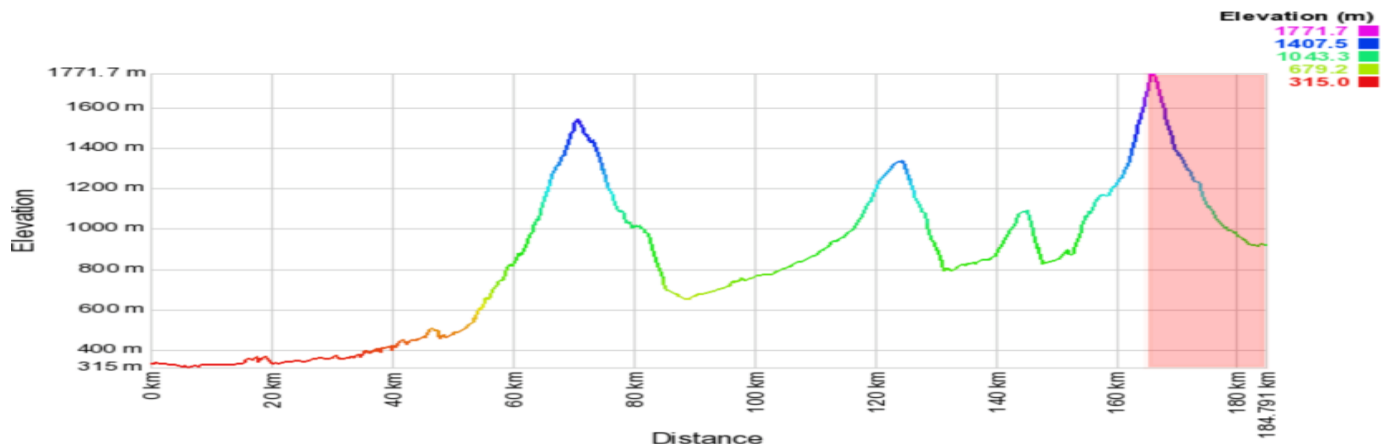
!ATTENTION! dangerous descent

Km 169,7 standpipe on the right side

Km 175,2 inn

Km 176,6 **St.Nikolai im Sölktal**

Biking distance Section XI:176,6 to 186,6km



Cut-off-time for the biking: 05:00 p.m.

[PLAN B: Cut-off-time for the biking: 05:30 p.m.]

Transition area 2: Sölksperr

GPS data: 47°23'31.6"N 13°58'57.3"E



follow the L704

km 186,6 transition area run on the left side, 901m above the sea level

parking area on the left side

!ATTENTION! two way traffic when parking

Expected time of arrival of the first athlete around 11:30 a.m.

Running distance (43,6 km, about 1.900 altitudedifference)

Sölksperr

At the terrific „Sölksperr“ you get off from your bike and you can enjoy the beautiful scenery and nature there. Here the running distance starts.

Strubschlucht(Canyon)

You run towards the „Strubschlucht“ which separates the „Klein- from the „Großsölkta“. Over the centuries the brook has lifted marble veins which can perfectly be seen there.

Michaelerberg-Pruggern/Aich

After about nine kilometres you will reach Michaelerberg-Pruggern. This community occurred as an autonomous authority in 1850.

Silberkarklamm(Clamm)

The „Silberkarklamm“ is a romantic whitewater ravine in the heart of the „Dachstein“. In the 15th century silver got won there. Wild nature with lovely alpine flora escorts you along the waterfalls towards the „Silberkarhütte“.

Lodenwalker

Since 1434 fine suits, fancy dresses, jackets, coats, socks and accessories as well as hard wearing sports- and winter clothes made of pure new wool have been produced there. Throughout the whole year you can visit this company on weekdays.

Here is your supporter parking area.

GPS Daten: 47°25'46.6"N 13°43'12.2"E



Ramsau am Dachstein

„Ramsau am Dachstein“ is the biggest Styrian touristy community with its well wooded and sunny open tableland directed to the South. The village is a dispersed habitat along the „Dachstein-Südseite (south side)“ with a lovely nature reserve on three levels.

Ramsau-Türlwand: An open alpine meadow directed to the South with lots of hiking trails leading to the „Dachstein“ refuges.

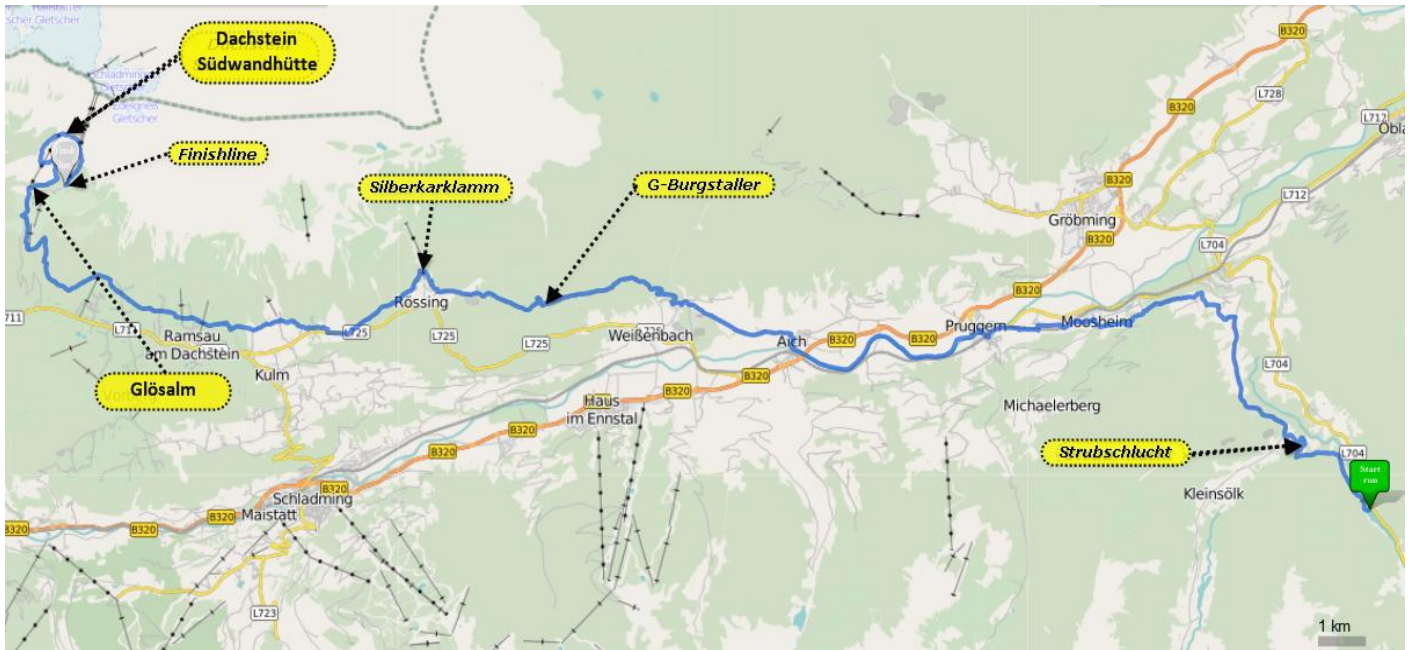
On top of the „Dachstein“ you will find the „Dachstein-Skywalk“ and from here you have a great view around the mountains and valleys.

Südwandhütte

The Dachsteinsüdwandhütte is located at the foot of the Dachstein south walls to 1.910 meters above sea level.

Shortest rise above comfortable walk from the cablecar in about 35 minutes walk, beautiful hiking trails back to the parking.

Magnificent views from the terrace! Here you can enjoy local food and drinks.



Transition area 2: Sölksperr

GPS data: 47°23'31.6"N 13°58'57.3"E

(Address: Erzherzog Johann Straße, A-8961 Großsölk)



Cut off-time for the running up to CP Aich: 07:00 p.m.

[PLAN B: Cut off-time for the running up to CP Aich: 07:30 p.m.]

Cut-off-time for the running up to CP Silberkarklamm: 08:00 p.m.

[PLAN B: Cut-off-time for the running up to CP Silberkarklamm: 08:30 p.m.]

Cut-off-time for the running up to CP Glös-alm: 10:15 p.m.

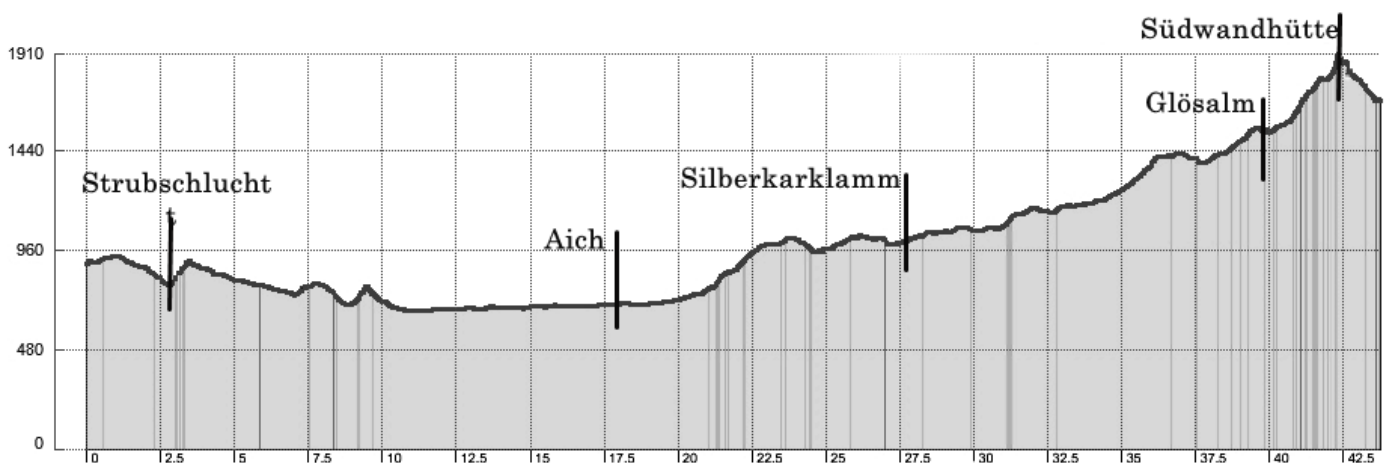
[PLAN B: Cut-off-time for the running up to CP Glös-alm: 10:45 p.m.]

Finish-deadline: 00:00 a.m.

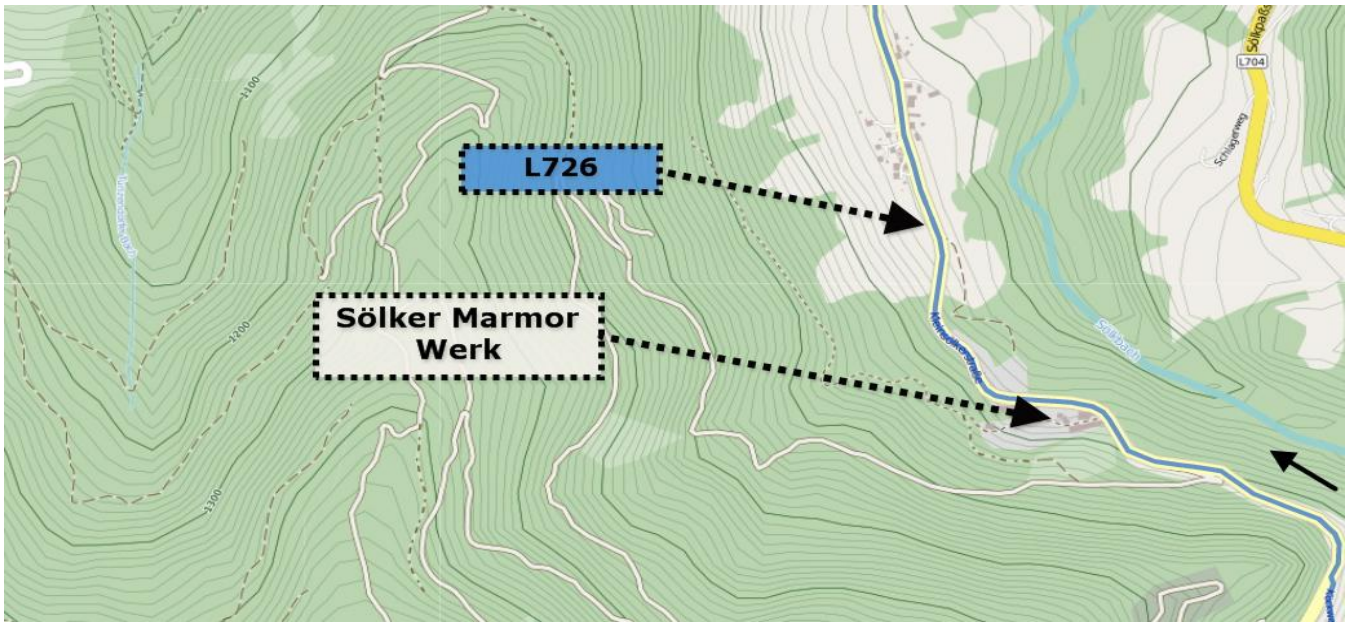
[PLAN B: Finish-deadline: 00:30 a.m.]

Following rules are effective for the whole running distance:

- Road traffic regulations (StVO).
- GPS-Tracker has always to be at the athlete.
- It is forbidden to use walking sticks.
- Your coach has to leave the transition area immediately.
- Number must be seen from the front.
- Hydration pack is recommended.
- From Silberkarklamm you have to run with your registered supporter.



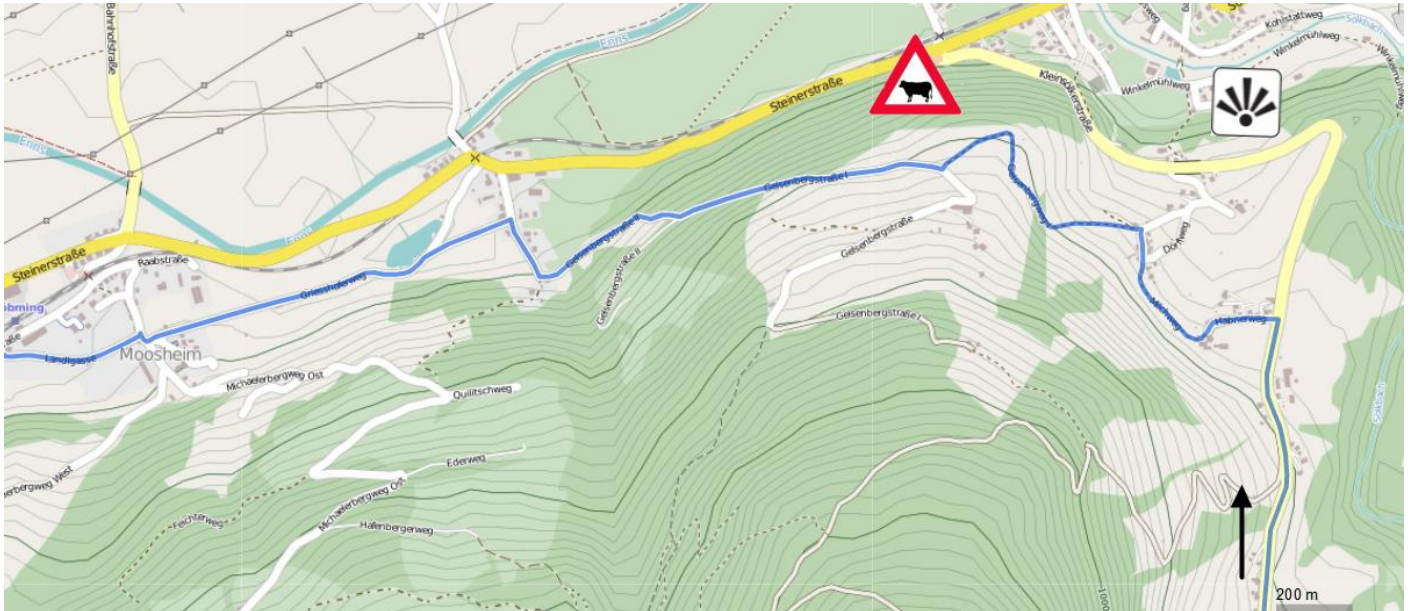
Running distance Section II:3,7to 4,5km



follow the street

km 4,5 at the Sölker Marmor werk **follow the street L726**

Running distance Section III:4,5to 10,3km



Km 6,7 turn left into Habnerweg, Milchweg
cross the farmyard

km 7 turn left into Gelsenbergweg

km 8 Gelsenbergstraße I

km 8,7 keep right-Gelsenbergstraße II

km 9,3 turn left into Grieshoferweg, take the direction to Moosheim

km 10,3 keep right during Moosheim, turn left into Landgasse

!ATTENTION! in Pruggern (km 12,6) a coaching is possible

Information for supporter:



GPS data: 47°25'34.7"N 13°54'01.8"E

km 10,8 suggestion for a possible meeting with the athlet

Address:

Train Station Moosheim

Michaelerberg

A-8962 Michaelerberg-Pruggern



Running distance Section IV: 10,3 to 13,1 km



Landlgasse

Km 10,8 turn left

km 11,1 cross the street, then follow the street

km 11,6 along Begleitstraße go straight ahead, then follow the railway track towards Pruggern

Pruggern, 680m above the sea level

Km 12,6 turn right

municipal office, parking area

follow the street

cross the railway tracks-Pruggern, Pruggernbergweg

km 13,1 left **L712**, cross the bridge, then keep left along the river Enns

Kaiser Fani Weg

!ATTENTION! in Aich (km 17,9) a coaching is possible

Information for supporter:



GPS data: 47°25'23.2"N 13°52'35.9"E

Km 12,6 suggestion for a possible meeting with the athlete

Address:

Gemeinde Michaelerberg-Pruggern

Pruggern 96

A-8965 Michaelerberg-Pruggern

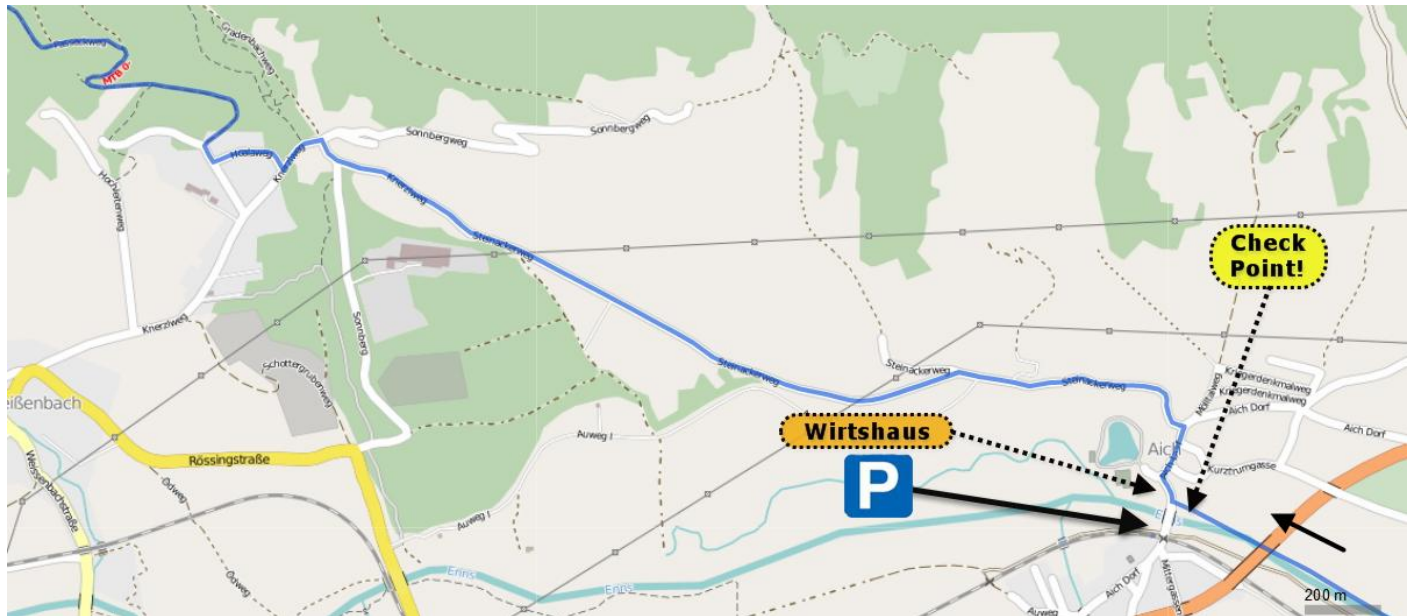


Running distance Section V: 13,1 to 15,7 km



upstream along the river Enns
km 15,7 cross the street
up stream along the river Enns, take the **direction to Aich**

Running distance Section VI:15,7 to 21km



Cut off-time for the running up to CP Aich: 07:00 p.m.
[PLAN B: Cut off-time for the running up to CP Aich: 07:30 p.m.]

Km 17,9 CheckPoint Aich, 700m above the sea level
GPS data: 47°25'15.9"N 13°49'16.9"E
Address: Aich 22, A-8966 Aich-Assach

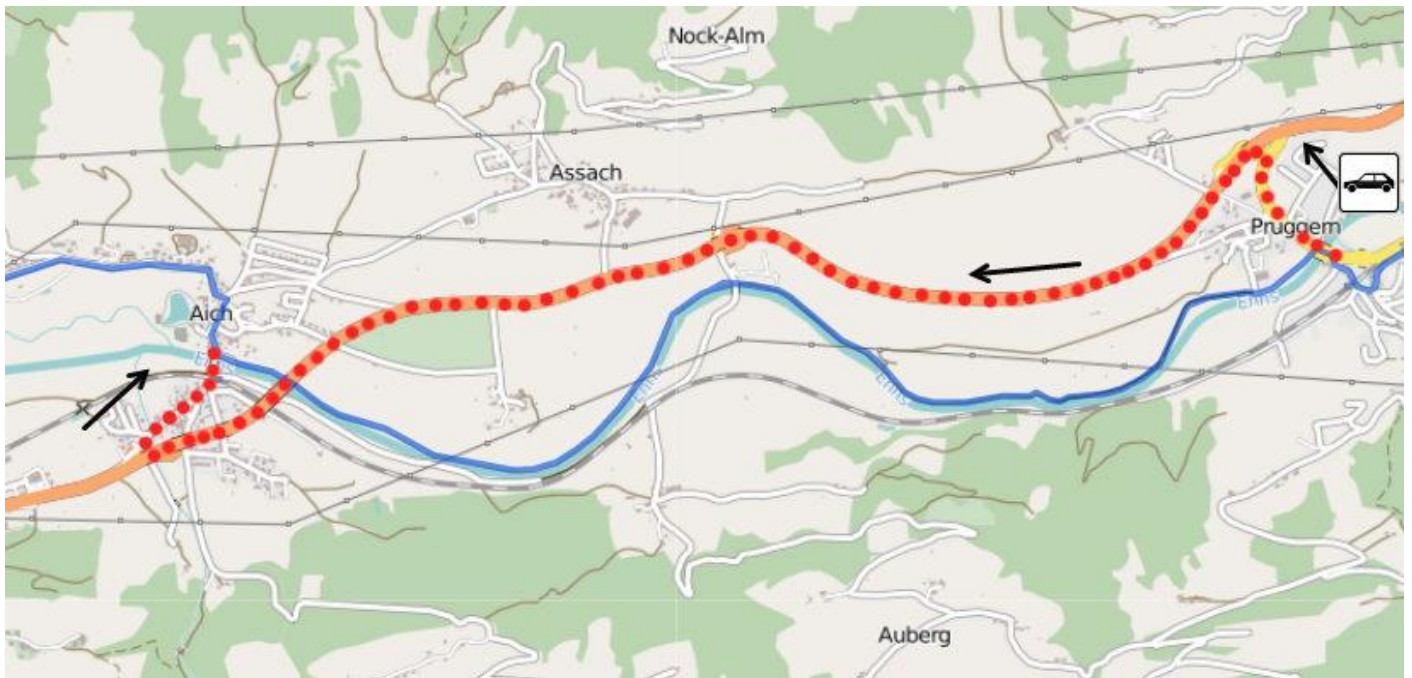


Expected time of arrival of the first athlete around 12:55 p.m.

Parking areas on both river banks
when leaving the Check Point turn right towards village square
km 18,1 turn left towards Steinackerweg
follow Steinackerweg
km 18,8 keep left and follow Steinackerweg
km 20,6 turn left at the crossing, towards Weißenbach
km 20,8 turn right, towards Hoalaweg
km 21 turn right then turn right again into Passeckweg
follow the path

!ATTENTION! at Silberkarklamm (km27,8) a coaching is possible

Information for supporter:



GPS data: 47°25'15.9"N 13°49'16.9"E
km 17,9 suggestion for a possible meeting with the athlet

Address:
Parking area
Aich 22
A-8966 Aich-Assach



Running distance Section VII:21 to 24,4km



follow Passeckweg

km 23,3 follow Weissenbacherweg, to wards Jausenstation Burgstaller

km 24,4 family Burgstaller, 912m above the sea level

Expected time of arrival of the first athlete around 01:40 p.m.

follow Rössingweg

Running distance Section VIII:24,4 to 28km



Cut-off-time for the running up to the Silberkarklamm:08:00 p.m.
[PLAN B: Cut-off-time for the running up to the Silberkarklamm:08:30 p.m.]

follow Rössingweg
km 27,1 turn right, towards Silberkarklamm
this section is only open on the race day – private!
standpipe on the right side

km 27,6 Check Point Silberkarklamm, 1010m above the sea level

GPS data: 47°26'05.8"N 13°43'03.3"E

Address: Gabäckerweg, A-8972 Ramsau am Dachstein



Expected time of arrival of the first athlete around 02:15 p.m.

!ATTENTION! From this point you have to run with your supporter!

The **supporter's vehicle** has to be parked on the parking area of **Lodenwalker!**

follow the road signs westwards

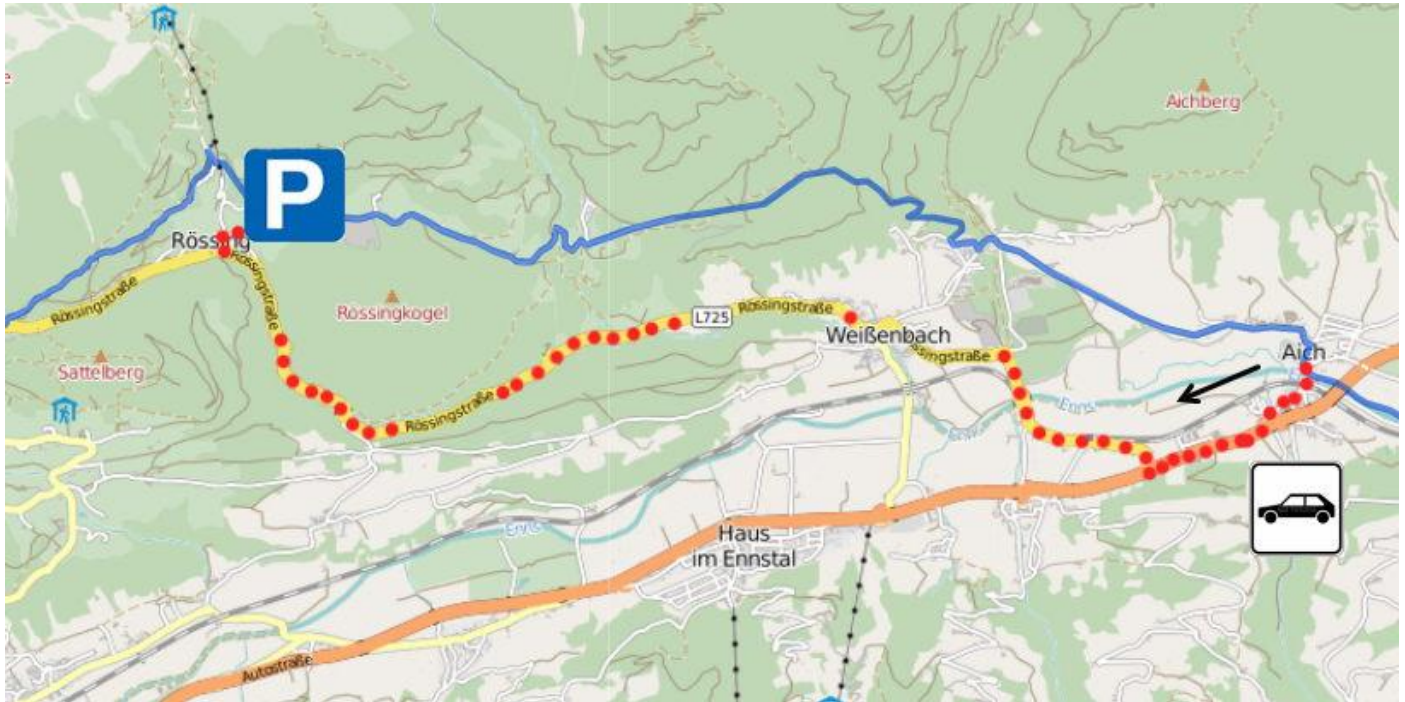
km 28 cross the farmyard Jausenstation: Fliegenpilz, 1030m above the sea level

follow Gabäckerweg

!ATTENTION! From this point you obligatory have to carry with you:

- **Hydration pack (minimum 1 litre fluid)**
- **Energybars**
- **Emergency blanket**
- **Warm clothing**
- **Headlight**
- **GPS**

Information for supporter:



GPS data: 47°25'46.6"N 13°43'12.2"E

Here is your supporter parking area!

Address:

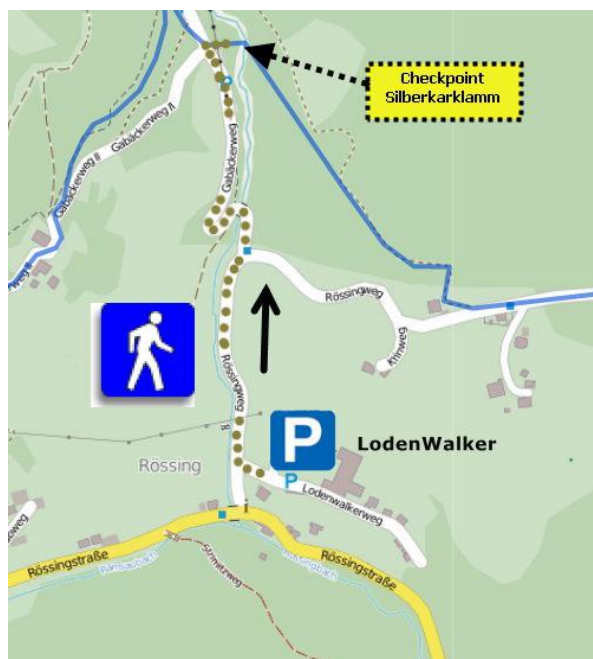
Parking area LWS –LodenWalkerSport

Rössing 122

A-8972 Ramsau am Dachstein



Every hour a bus will take you from the valley station Dachstein to the parking area Lodenwalker.



650 m by foot to Check Point Silberkarklamm

Running distance Section IX:28to 33,3km



Km 29,8 state road **L725**

Km 30,3 turn right, towards Angererweg

standpipe on the right side

cross the old farmhouse, stay on the road

follow Angererweg

follow Panoramaweg

km 31,3 pass Haus „Maria“, keep right into Feistererweg

keep left into Hochfellnerweg

km 32 keep right into Gruberweg

!ATTENTION! grazing cattle

Km 32,4 Gruberwirt

Km 32,5 turn right and then pass „**Sporthof Austria**“ Family Royer-Postl provides coolings!

Km 32,7 turn left into Stierergrabenweg „Biohotel Ramsauerhof“

wooden door on the right side, follow the path westwards

km 33,3 street crossing (Mayerhoferweg) - pass the farm

Running distance Section X:33,3 to 36,5km

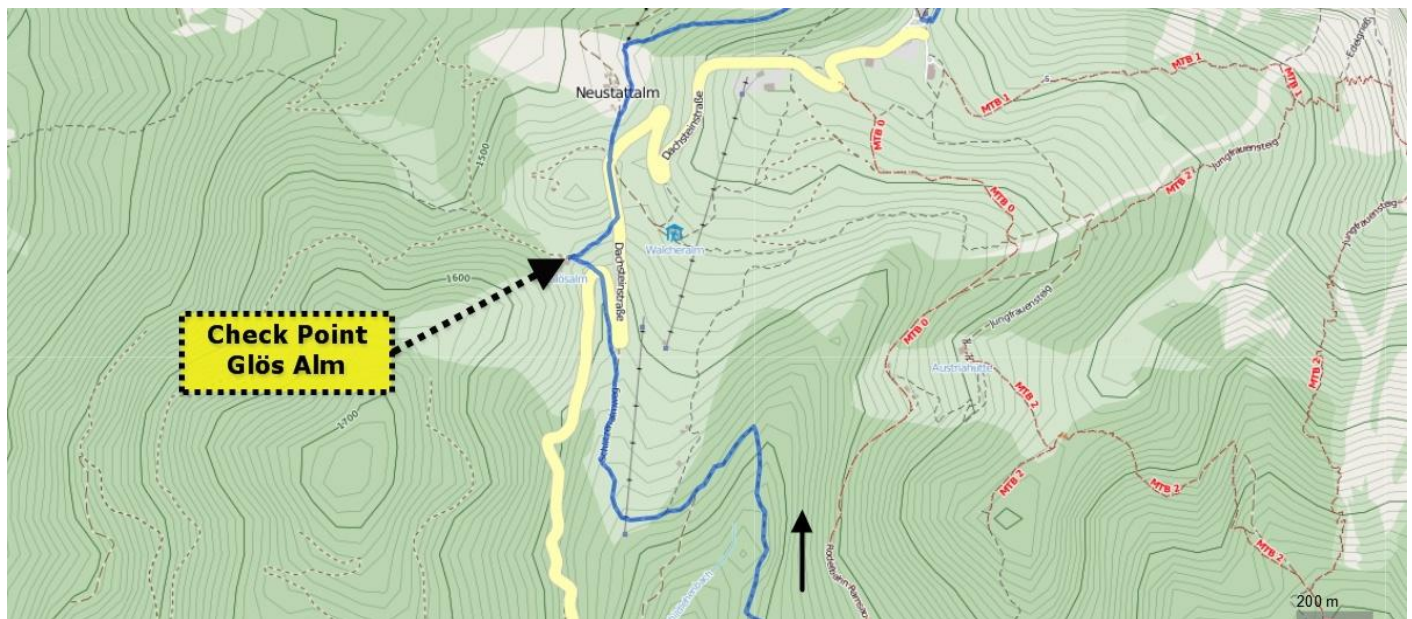


Km 33,4 cross Friedhofstraße and keep right upwards
turn left and run through the farm area
follow the path
km 34,1 pass „Ramsbergerhof“

!ATTENTION! passage forbidden

run on towards Pernerweg
km 34,4 follow the path rightwards towards Gasthof „Edelbrunn“
km 35,5 Gasthof „Edelbrunn“, 1333m above the sea level
follow the path-towards „Dachsteinhaus“
km 36,3 Dachsteinhaus, 1440m above the sea level
km 36,5 turn left into Schlitzenalmweg-towards Glösaln

Running distance Section XI:36,5 to 39,6km



Cut-off-time for the running up to the Glös-Alm:10:15 p.m.
[PLAN B: Cut-off-time for the running up to the Glös-Alm:10:45 p.m.]

follow the path on the alp
km 38,8 turn left to wards Glösalm

km 39,1 street crossing Check Point Glösalm, 1510m above the sea level
GPS data: 47°26'42.8"N 13°36'20.6"E
Address: Schildlehen 41, A-8972 Ramsau am Dachstein

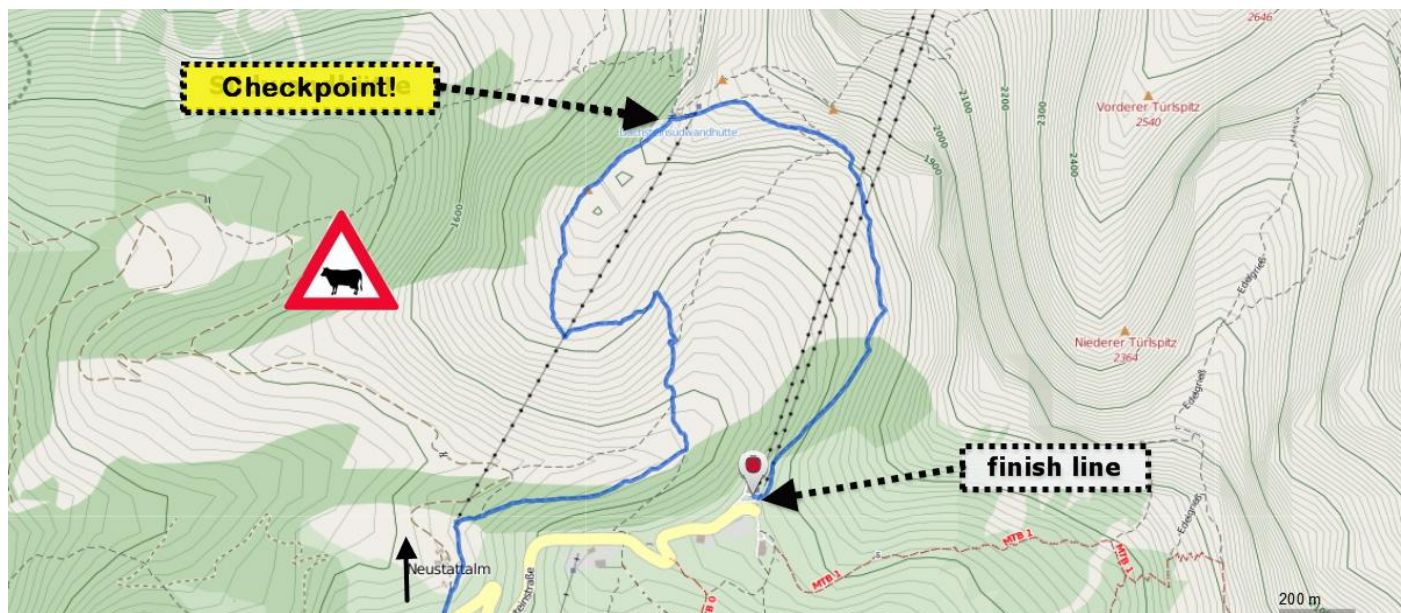
Attention: Teams start in threes here!
This is where the teams' vehicles are parked



Expected time of arrival of the first athlete around 03:20 p.m.

follow the path, towards Neustadtalm
km 39,6 keep right upwards, towards Südwandhütte

Running distance Section XII: 39,6 to 43,6km



Km 40,5 keep left, towards Südwandhütte
cross the stony figures
keep left towards, direction Südwandhütte
stay on the path

km 42 Check Point Südwandhütte, 1910m above the sea level

GPS data: 47°27'35.3"N 13°36'55.3"E

Address: Ramsau 357, A-8972 Ramsaua.D.



Expected time of arrival of the first athlete around 04:00 p.m.

follow the direction to valley station Dachstein

km 43,6 finish line at valley station Dachstein, 1702m above the sea level

GPS data: 47°27'02.6"N 13°37'03.6"E



Duty off the GPS Tracking System!

Expected time of arrival of the first athlete around 04:15 p.m.

Finish-deadline: 00:00a.m.

[PLAN B: Finish-deadline: 00:30a.m.]

Every hour a bus will take you from the valley station Dachstein to the parking area Lodenwalker.

PLAN B

PLAN B Swimming

Swimming is dependent on several factors that can not be determined in advance by us.

On the day of the briefing you will be informed about the weatherforecast. This were dependent on

- The weather: Thunderstorms!
- The flow: In case of eXtremeflowand/or high tide Plan B comes inforce.

To be as well prepared as possible, there is a Plan B for the swimmingpart at the Austria eXtreme Triathlon.

It will run, instead of the swim, two rounds à 4 km from the Altarm-Thondorf sout hand back before you change to the bike.

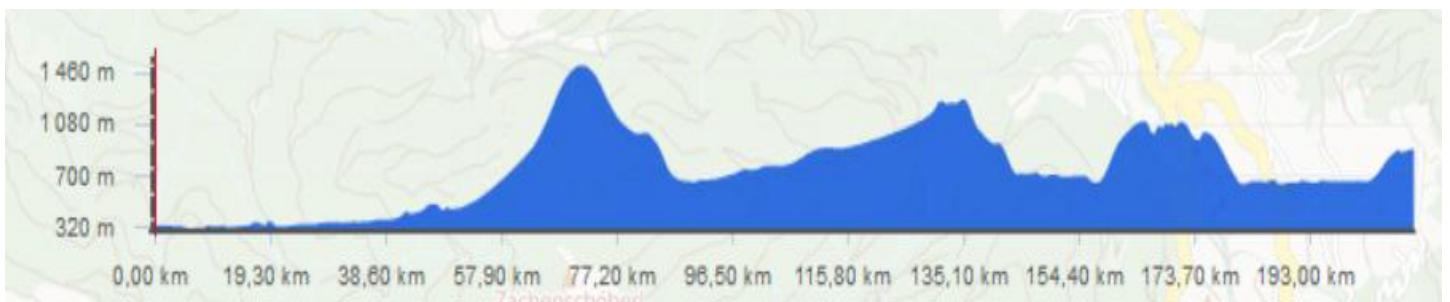
Start time: 05:00 a.m., Transition area 1

PLAN B

PLAN B Bike

Alternative route the Sölkpass should be closed –
follow the routing on page 46

***Note: All cut-off-times are increased by
30 minutes!***



Distance: 210,4 km

Altitude difference: +3.530 HM

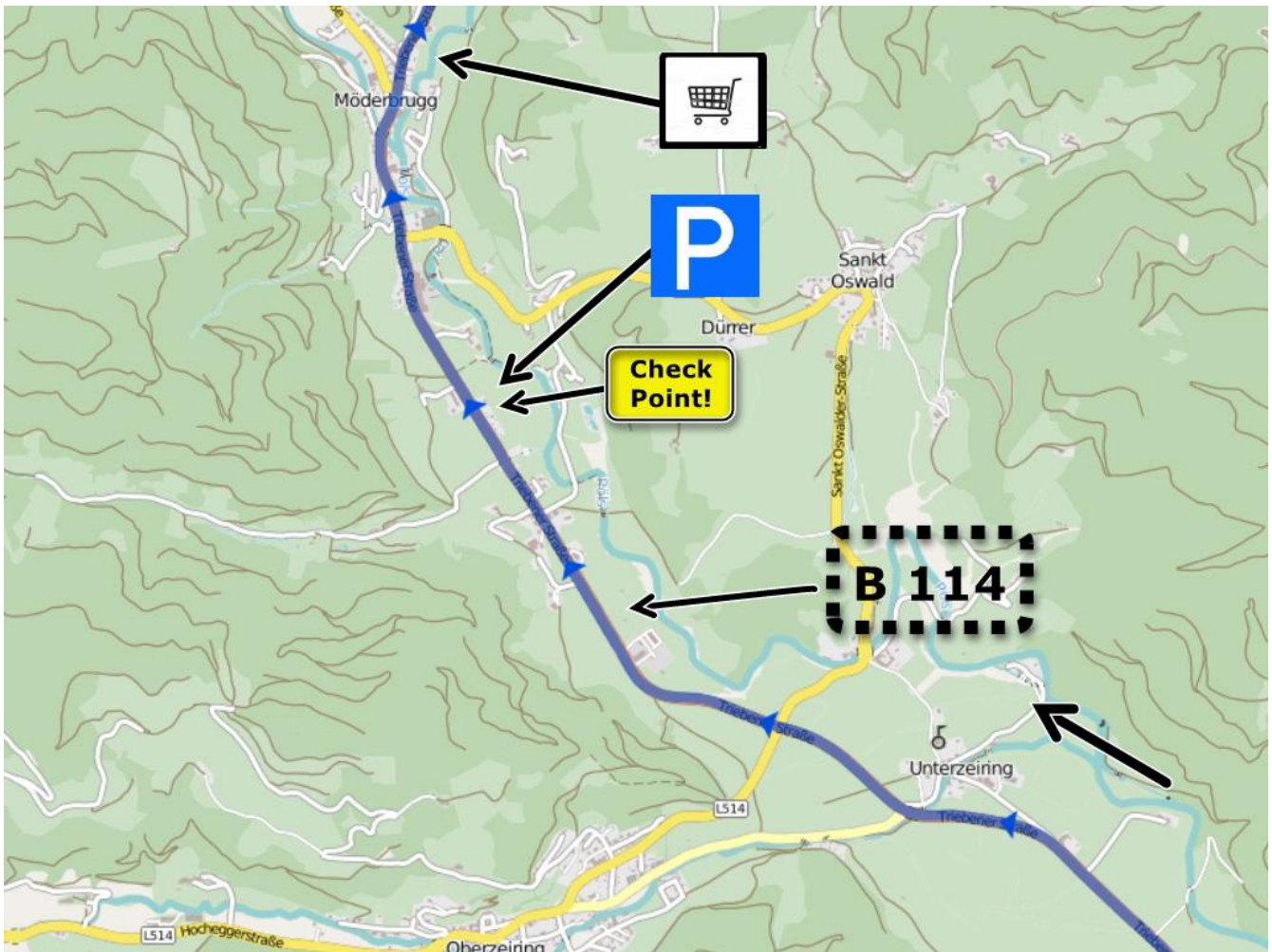
PLAN B

Biking distance Hohentauern

Alternative route

Notes:

Plan B Biking distance SectionI: 110 to 127km

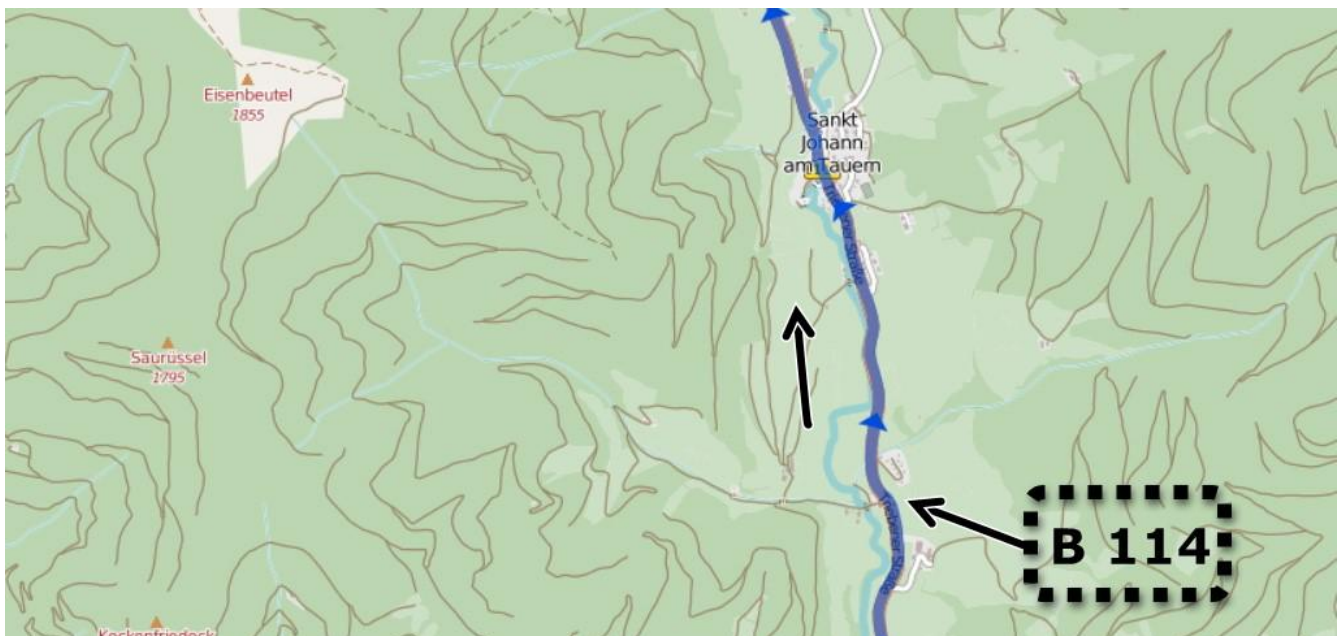


follow the B114

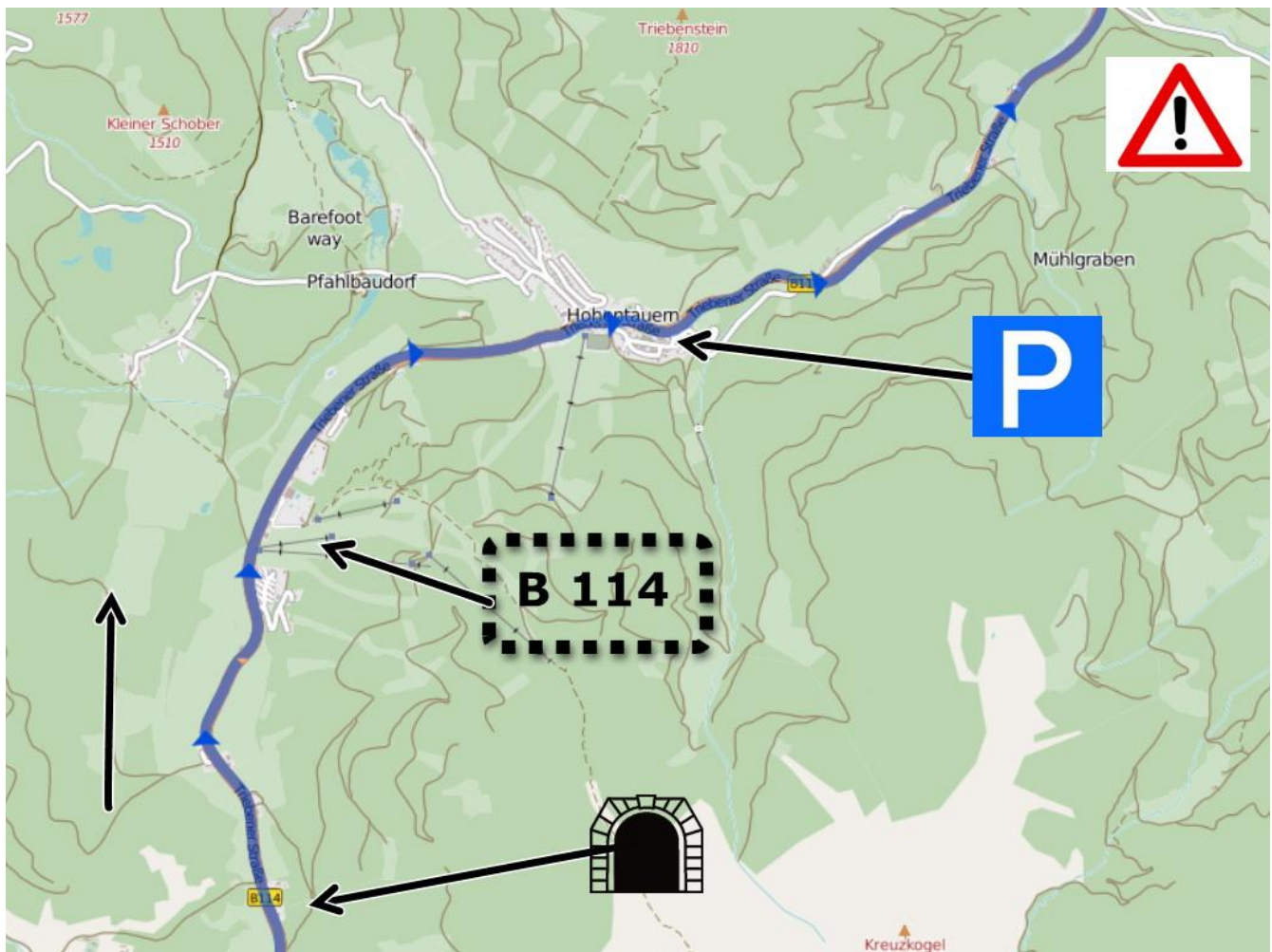
km 115 Check Point Möderbrugg, 900m above the sea level,
parking area
GPS data: 47°16'14.3"N 14°29'11.8"E



Expected time of arrival of the first athlete around 08:40 a.m.



Plan B Biking distance Section II: 127 to 141 km



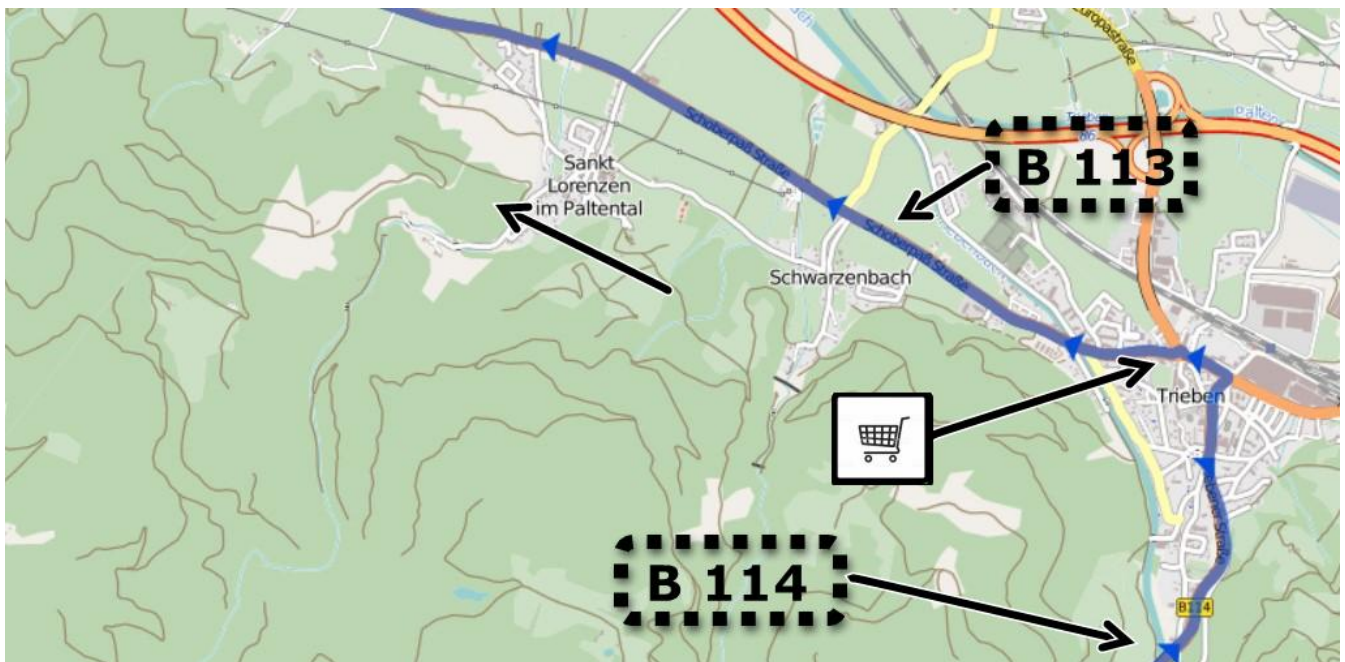
Km 127 transit tunnel

Km 130 cycle through **Hohentauern**

Km 131 parking area on the right side

!ATTENTION! dangerous descent

Plan B Biking distance Section III: 141 to 160 km

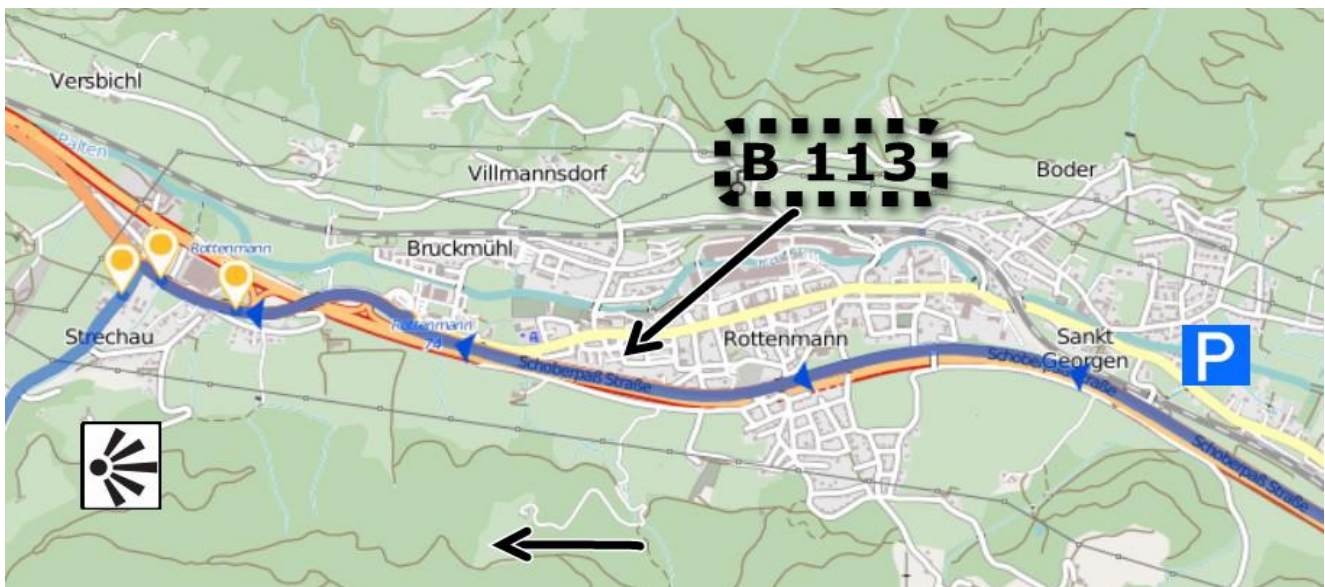


follow the B114

km 143,5 cycle through **Trieben**

km 144,9 turn left, take the **direction to Rottenmann B113**

km 144,5 supermarket BILLA



km 151 parking area on the right side

km 152,5 cross the motorway

km 155 view to Burg Strechau (castle)

km 156,5 roundabout, take the 2nd exit in **direction to Oppenberg**

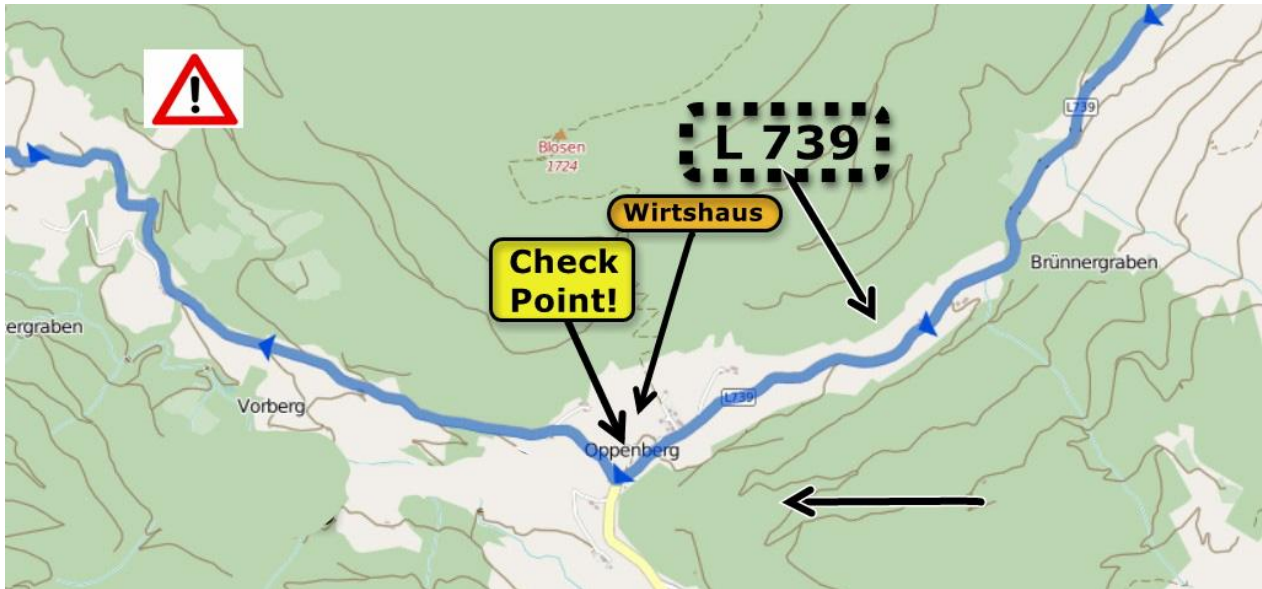
km 157 cross the motorway

view to Burg Strechau (castle)

km 158 turn left to Oppenbergstraße **L739**

follow the L739

Plan B Biking distance Section IV: 160 to 176 km



km160 right, cross the bridge
follow the street

km 165 Check Point Oppenberg, 1106m above the sea level
GPS data: 47°29'22.5"N 14°16'39.7"E



Km 165,5 turn right to Vorbergstraße
follow the street Vorbergstraße/Vorbergweg

!ATTENTION! grazing cattle
!ATTENTION! narrow streets

Expected time of arrival of the first athlete around 10:10 a.m.



!ATTENTION! dangerous descent

Km 175 parking area on the right side

Km 175,5 Attention roadworks

!ATTENTION! dangerous, curvaceous descent!

Plan B Biking distance Section V: 176 to 184 km



Km 180 cycle through **Ritzmannsdorf**
follow the street
Cycle through Tachenberg

follow the street Tachenbergerstraße
turn left, take the **direction Ketten L741**
km 181,5 round about, take the 2nd exit in **direction to Irding**

follow the street Aigenerstraße

Cycle through Aigen im Ennstal

Km 182,2 supermarket SPAR
follow the street

Plan B Biking distance Section VI: 184 to 210,4 km

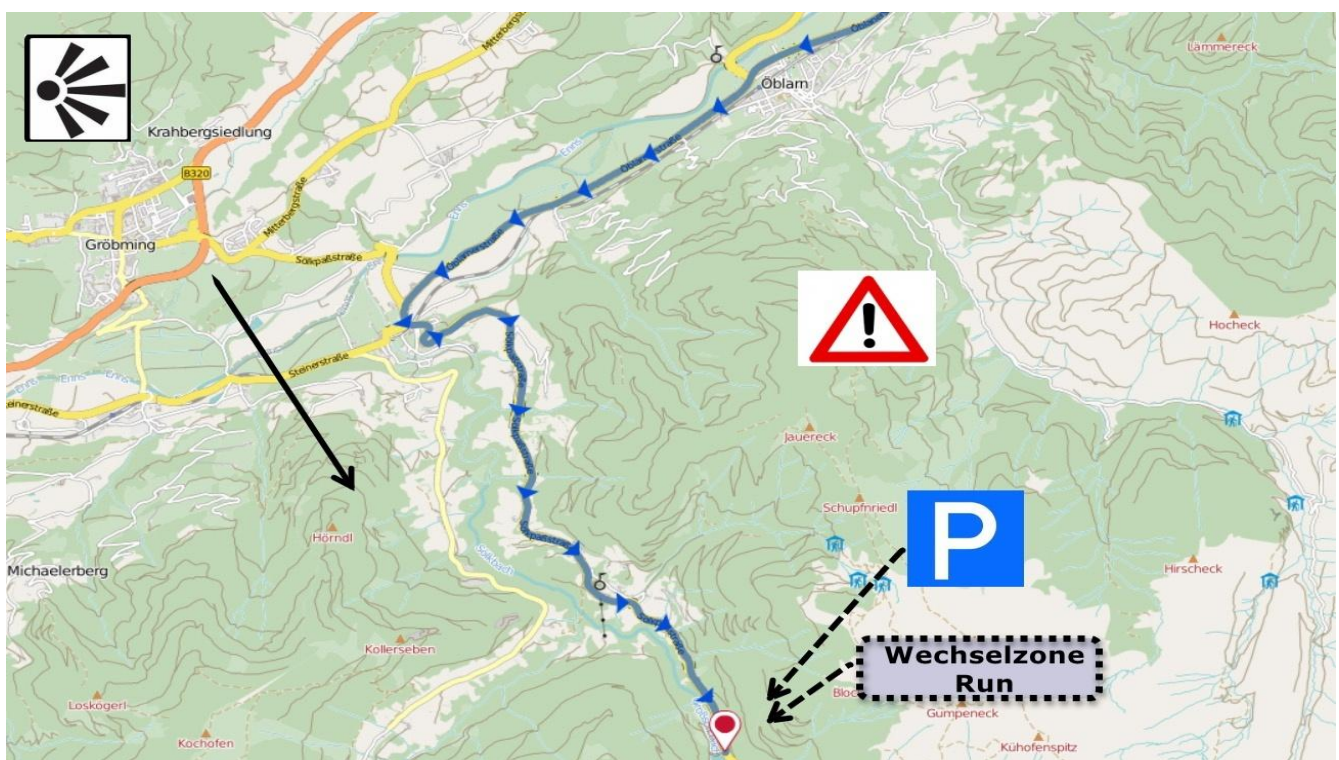


Km 186 cycle through **Irdning**

follow the street to Glattjochstraße **B75**

km 187,2 roundabout, take the 2nd exit in **direction to Öblarnerstraße**

km 188 roundabout, take the 2nd exit in **direction to Öblarnerstraße**



follow the street **Öblarnerstraße**

km 201,5 local entrance **Stein an der Enns**

km 202 turn left, in **direction to Sölkpaßstraße L704**

Expected time of arrival of the first athlete around 11:15 a.m.

km 210,4 Transition area 2: Sölksperr
GPS data: 47°23'31.6"N 13°58'57.3"E



Austria eXtreme Triathlon Organisation



Maria Schwarz
President



Hugo Schwarz
Project Leader



Erich Schwarz
Coordinator



Joachim Krenn
Public Relation



Kathrin Schwarz
Social Media



Andreas Kampf
Design & Marketing



Christian Essl
Equipment Manager

Partnerships

TOURIPRINT

A must for tourism. TOURIPRINT is aimed at all tourism regions, their member businesses and the accompanying advertising agencies. TOURIPRINT offers efficient catalog production for tourism associations and facilitates the work of everyone involved. Optimized processes save time and costs.

www.touriprint.com

Insurance Agency Schwarz&Partner

Insuring also means to trust – in case of problems you must be able to rely on the particular insurance coverage. With the insurance agency Schwarz&Partner you have chosen a professional partner which takes care of your insurance coverage reliably.

www.versicherungsteam.at

Ramsau am Dachstein

Holidays at the “Ramsau am Dachstein – the source of your power”. Family vacation, hiking, fixed rope routes, the Dachstein-glacier, cross-country skiing, skiing and a lot more.

www.ramsau.com

Planai & Hochwurzen

Can you imagine a year without new projects? Of course also this year we are eager to fiddle about new attractions and highlights for our guests of the Planai-Hochwurzen-Bahnen. A Ski-museum, a children-land and a go-cart course are coming into existence.

www.planai.at

Dachstein

The Dachstein, the first glacier of the Alps from an eastward direction, is one of the five most visited destinations in Styria. Just approaching with the Dachstein-cable-car is already an adventure on its own. Without any pillars you overcome 1.000 meters difference in altitude just within 6 minutes, while passing steeply dropping cliffs and rocks. And as soon as you reach the Dachstein-glacier you will face a terrific high-mountains-landscape offering probably the widest choice of activities in the whole alp-area.

www.derdachstein.at

iQ Gruppe

The iQ Gruppe consists of 5 companies all planing and operating in the businesses of flat roof for slater, panel-beater and "Schwarzdecker". The iQVertriebsGesmbH & Co KG as well as the IQ Dämmstofftechnik are engaged in damping of flat roofs. From the elaboration of slope-plans to the ordering of appropriate damping material, you will be well advised from us. The iQ Works GmbH & Co KG provides perfect skilled hired staff for the installation of the damping. The iQ LIKU GmbH & Co KG on the other side is dealing with roof security, planing and installation of cable-systems and with anual facility maintenance. The iQSolarDach GmbH & Co KG provides planing and installation of photovoltaic systems and the perfect energy-management solution for you.

www.iq-gruppe.at

Die Brauerei Gratzer

The Gratzer brewery is a small private brewery from the Ökoregion Kaindorf located in the East Styrian Hills and was founded by Alois Gratzer - brew master and certified beer sommelier - 14 years ago. The perfect combination of good air and wonderful nature as well as the renunciation of genetically modified raw materials, chemical aromas or carbonation makes the naturally cloudy beer from the Gratzer brewery one of the best. In addition, the bunny brews carbon neutral since 2011.

www.brauereigratzer.at

Lodenwalker

Even though the buildings and machines have been adapted for the present day, the spirit of the business has remained the same. At 1,000 metres above sea level things have their own pace. We still, not only value but rely upon the cooperation with our local community. There are business and family connections which stretch back for generations. Many of our craftsmen and women have been working with us from the same families for just as long.

The old folk used to say "wool needs time". That is exactly how we work. There are no short cuts to quality. Many visitors have found their way to this quiet corner of the world and discovered a place where they can take their time in choosing fine country clothes that they are proud to wear at any time, any place, anywhere in the world. To them and to the many people who we hope will come to see us for the first time we wish,

"G'sundtragen!" (it means: "feel well in our clothes!")

www.lodenwalker.at

KWER-Event

Your partner for event management and presentation.
Specialized on sport, fashion, art, health and entertainment.

Josef Gerhard Pflieger

+43 664 444 7831

E-Mail: office@kwer-event.at

www.kwer-event.at

Der Reparaturdienst

The repairing service of all kinds, from the garden fence to the filing cabinet.

office@derreparaturdienst.at

Zahnatelier Univ. Prof. DDr. Polansky

Best dentist in Austria!

www.zahnatelier.at

Oatsnack

The great taste of oats

www.oatsnack.de

Sportshot Photography

Sportshot has been accompanying us as a professional photographer since 2019!

www.sportshot.de

Thanks to all

The Austria eXtreme Triathlon wouldn't be possible without the generous support of many kind people. We would like to thank the sponsors, mayors, landowners, innkeepers, the fire brigade, the police and all the fans along the route!

Dear Volunteers, it's due to your helping hand that the Austria eXtreme Triathlon becomes reality! Thank you verymuch for your time, your energy, your enthusiasm and for settling all those small problems between start and finish.

Yours OK-Team: Maria, Hugo, Joachim, Andreas, Erich, Kathrin, Chrisu



Impressum:











Verein Austria eXtreme Triathlon
Lendplatz 34
A-8020 Graz
www.autxtri.com
E-Mail: office@autxtri.com

RechtlicheHinweise:
ZVR-Zahl 206118759

© Copyright 2023 by Verein Austria eXtreme Triathlon



History

<p>International emergency call 112</p>	 <p>Supermarket</p>	 <p>Parking area</p>
<p>Rescue / Emergency call 144</p>	 <p>Railroad crossing</p>	 <p>Traffic light</p>
<p>Mountain rescue service 140</p>	 <p>unique view</p>	 <p>public drinking water spot</p>
<p>Police 133</p>	 <p>freewheeling grazing cattle</p>	 <p>Attention, notice about danger zone</p>
<p>Austria eXtreme Triathlon hotline nbr.+43 664 755 333 03</p>	<p>MH sea level</p>	 <p>Signpost</p>
 <p>Bike service</p>	<p>Stroßnbuach = Roadbook</p>	<p>Haundbuach = Manual</p>

Reasons for disqualification at the Austria eXtreme Triathlon: warnings, offences and exclusion criteria.

Yellow card = warning

Red card = exclusion from the competition

2 yellow cards = red

