

# austria extreme

## TRIATHLON

# Stroßnbuach 2024

roadbook / english



3,8 km



186 km



44 km



+ 5.800 m

the new generation of winners

sponsored by



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Version 1, 2024

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# Welcome to the Austria eXtreme Triathlon 2024

**Change Your Life!**

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**June 22, 2024, at the first light of dawn in the river** shore meadows south of Graz: For the 9th time, athletes from all over the world are waiting for the starting signal for the Austria eXtreme Triathlon. With the traditional starting bell in the hands of Mayor Erich Gosch, they are sent on their way to one of the world's most beautiful but also toughest long-distance triathlon routes. Across Styria, over 230 km and almost 6,000 meters in altitude.

**The athletes are, of course,** you. And this *Stroßnbuach* is your companion, with detailed information and maps for all sections of the route, including transition zones, danger areas, drinking water points and parking areas. It also gives you an overview of the entire course of action of the Austria eXtreme Triathlon, from the briefing on Friday to the closing ceremony on Sunday. Please read all information carefully!

**A lot of things about this race** remain the same as they have been over the last few years, but some things are evolving and changing. This applies, for example, to the swimming route, which has to be adjusted due to a construction site. And we have a great new location for the closing ceremony, the *Haus für Alle* in Öblarn.

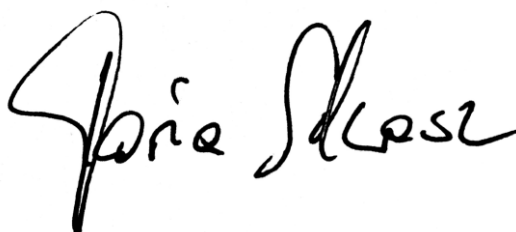
**The Austria eXtreme Triathlon promises** an unforgettable day where community and the simplicity, camaraderie and fairness of raw triathlon are the focus. This is evident both in the quiet atmosphere away from the noise of major events and in details, such as the ban on walking sticks when running.

**We expect all starters and all supporters** to interact respectfully and fairly, to treat nature with care and, of course, to provide mutual assistance in an emergency. As the route covers several mountain passes and trails, it is important to remain flexible and pay attention to short-term information in case adjustments are necessary along the route.

The organizational team wishes all athletes a sporty, exciting, unforgettable, emotional, friendly and, above all, accident-free Austria eXtreme Triathlon.

It's great that you're writing a piece of Austria eXtreme Triathlon history with us!

**We look forward to seeing you at the Austria eXtreme Triathlon 2024!**



(President, Maria Schwarz)

# Schedule



Friday, 21.06.2024	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, 22.06.2024	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,Altarm-Thondorf A-8077 Gössendorf	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.
	Final ceremony „ Meet & Joy“ ÖHA-Öblanerhaus für alle A-8960 Öblarn Öblarn 99	10:00a.m. 
Sunday, 23.06.2024		

## *The process in summary*

### Briefing (Friday, 21th of June 2024)

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, 22th of June 2024)

The start area Altarm-Thondorf is open **from 03:00 a.m. on the 22th of June, 2024**. 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 iniquitously, the whole team gets disqualified.**

**04:15 a.m.: Check-in for the swim start .(New,we swim out of the Altarm)**

**04:30 a.m.: Start of the 9<sup>th</sup> Austria eXtreme Triathlon 2024**

**Either we start from land or water will be decided on the day of the race!**

**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!**

### Final celebration „ Meet & Joy

Sunday, 23th of June 2024, 10:00a.m.

Adresse: Öblarn 99,8960 Öblarn „ÖHA-Öblarner Haus für alle“

**Afterwards we are going to take a photo of all!**

**In order to be prepared perfectly for the 9th Austria eXtreme Triathlon 2024, 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“**

GPS Tracking System – [www.simtime.at](http://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](http://www.hotel-graz-flughafen.at)

[www.info-graz.at](http://www.info-graz.at)

[www.graztourismus.at](http://www.graztourismus.at)

Nearby the finishing line: [booking.ramsau.com](http://booking.ramsau.com)

### The Extreme Triathlon Series:

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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](http://www.xtri-series.com)**

On the previous day



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

**21th June 2024, 04:00 p.m.**

**GPS Data: 47°00'44.3"N 15°26'50.6"E**

Address: Josef-Greger-Sportanlage, Mühlweg 30,  
A-8073 Feldkirchen bei 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!

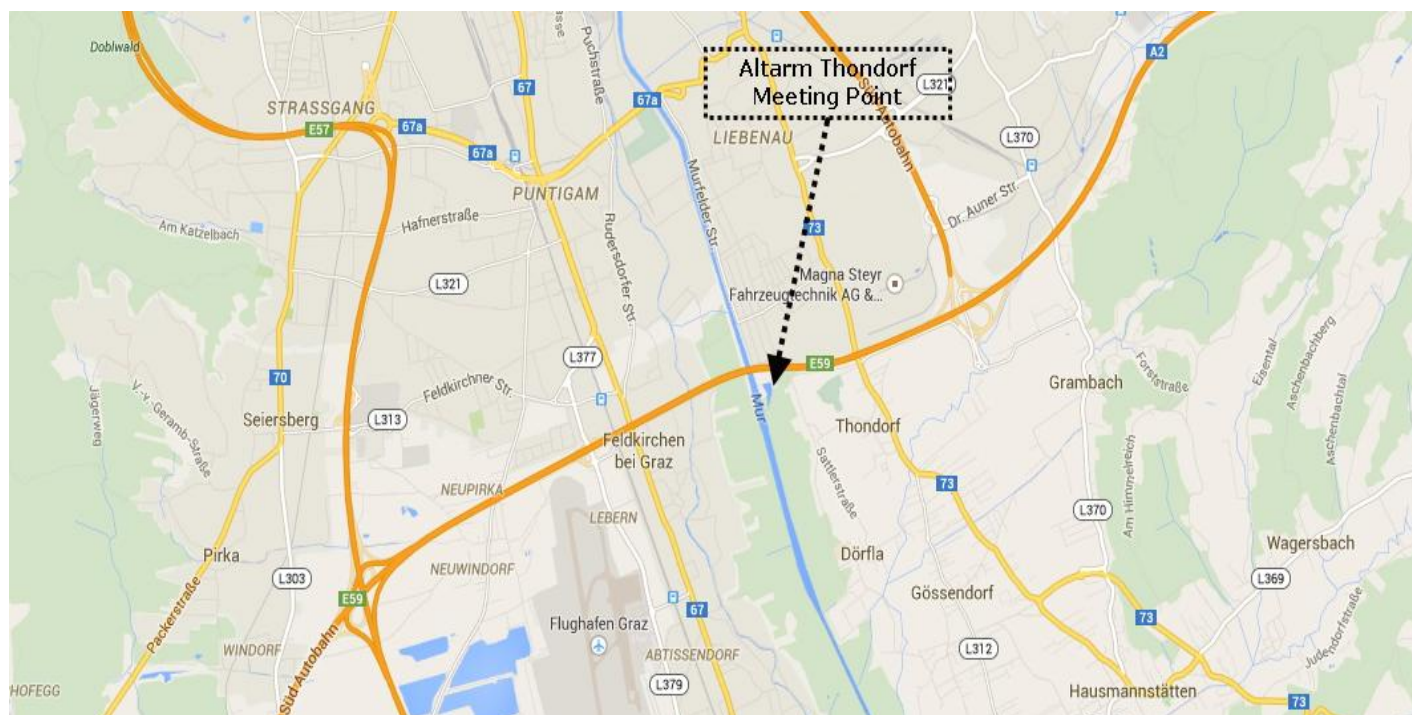
**At the check-in you will get:**

- 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 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



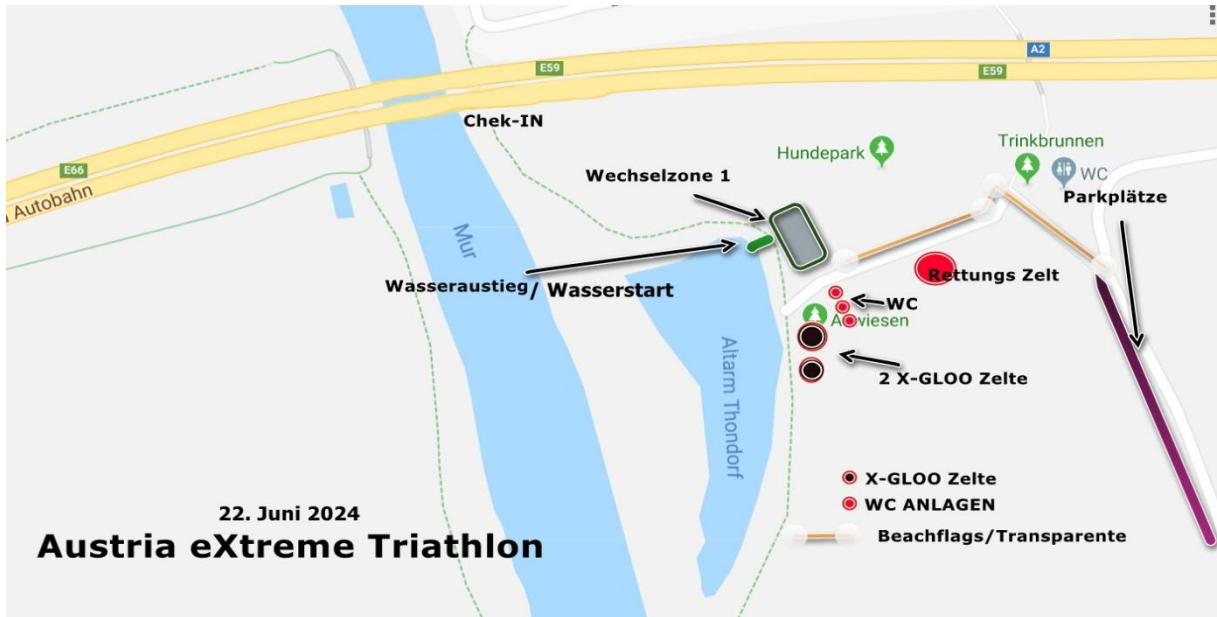
Coming from Graz you'll reach the meeting point at the start going along the Conrad-von-Hötzendorf-Straße (UPC Soccer Stadium). At the traffic light turn left and at the next traffic light turn right into the LiebenauerHauptstraße (KirchbacherStraße B 73). Follow the street for about 4 kilometres southward. 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 KanalwegtowardsAltarm-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 KanalwegtowardsAltarm-Thondorf for about 750m.



## General over view 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!**

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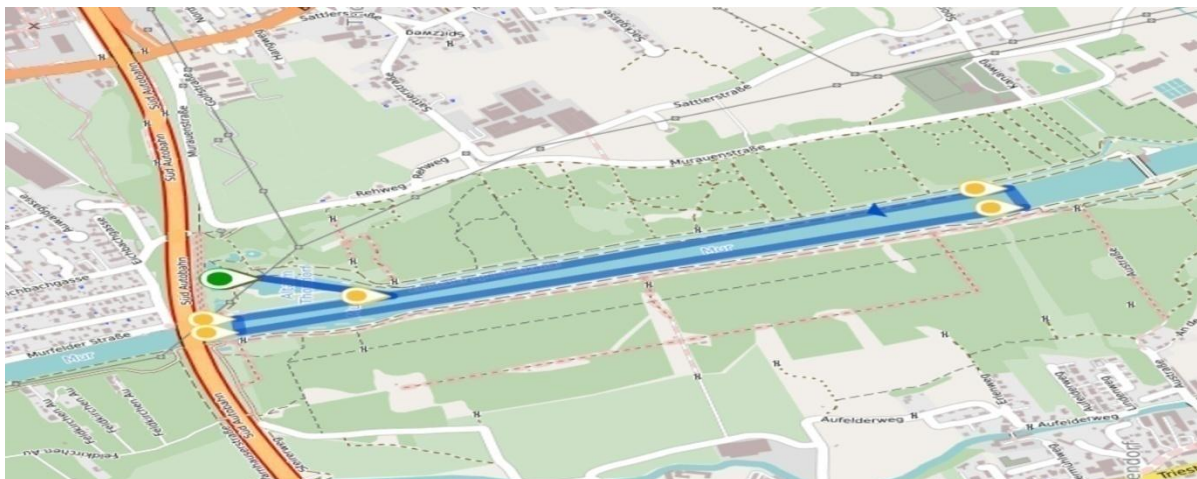
**04:15 a.m. Check-in** for the swim start !

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

**04:30 a.m. : Start of the 9th Austria eXtreme Triathlon 2024**

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

## Swimming distance (3,8 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)**



We swim out of the Altarm and continue our course upstream until we reach the buoy. There, we cross the river and swim along the right bank with the current until we're almost at the dam. Then, we return upstream until we reach the old arm where the transition zone is located. The right shoulder always points to the shore.

After ca. 3,8 kilometres you leave the water at the Altarm-Thondorf.

The temperature of the water (between 12° and 17° Celsius) will be announced at the briefing. **The river Mur** can have different colours: greenish, clear to brownish, earthy and sandy after heavy rainfall.

**Individuals and teams start at the same time!**

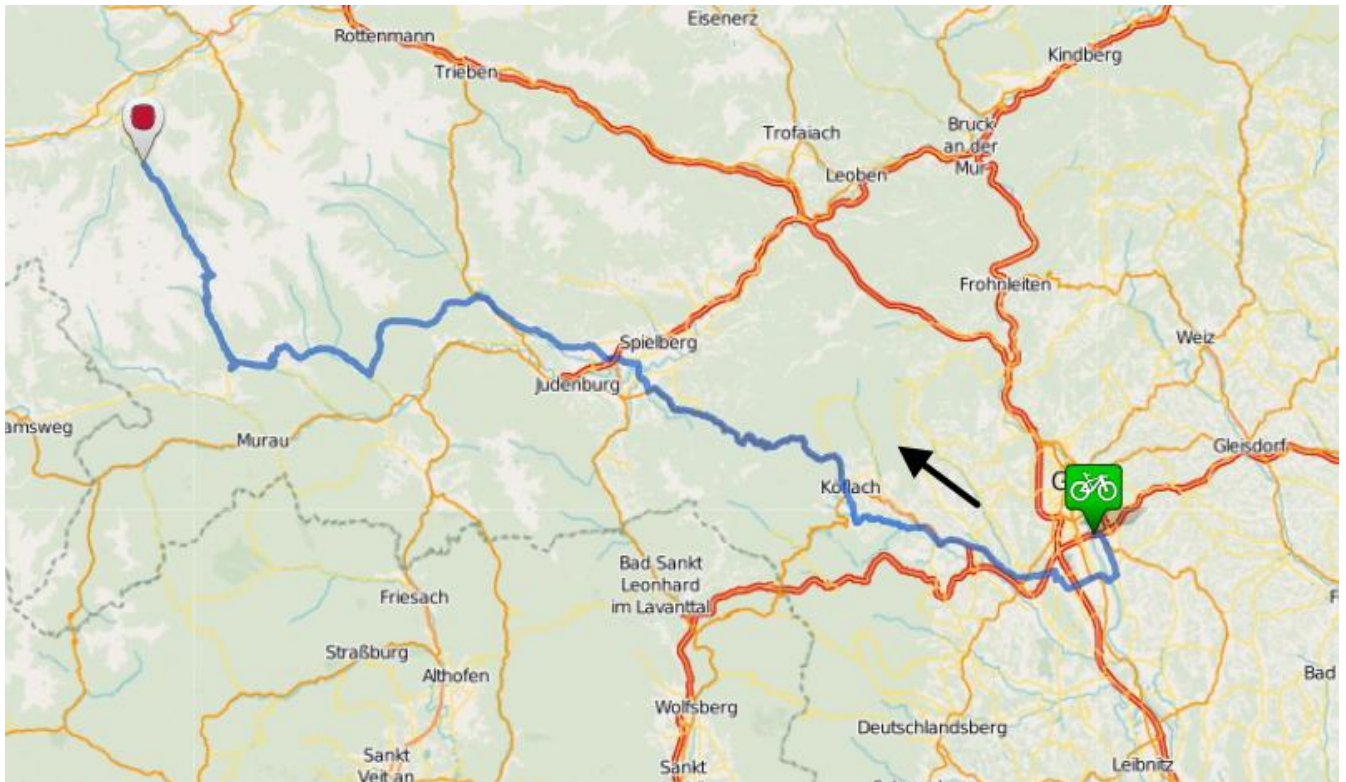
**ATTENTION: Swimming along the shore edge, overhanging branches may cause serious injury!**

**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, gloves not 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 over coming of altitude difference, the biking distance is the most difficult part of the Triathlon.

Take care, you have to pace your self 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

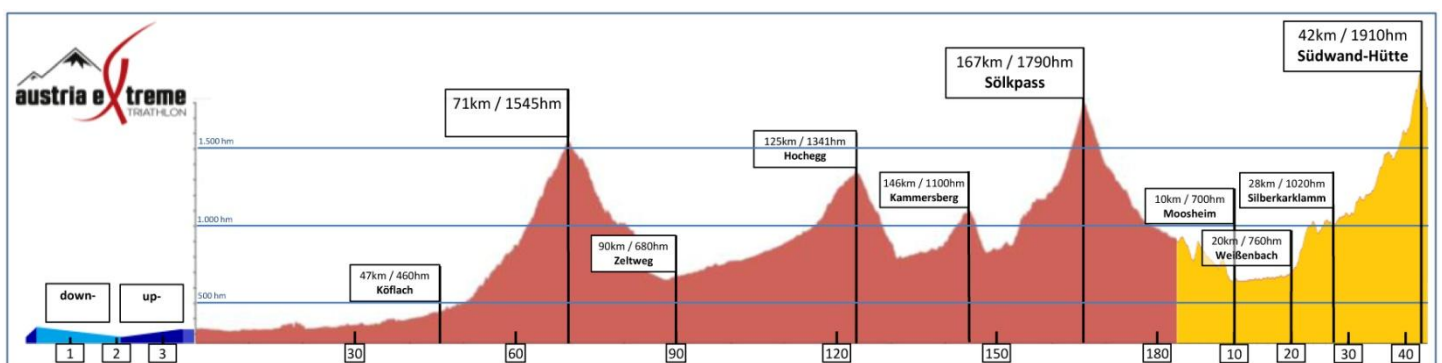
If an athlete gives up, the organisation team (crew) has to be informed at least over the phone on the hotline number **+43 664 755 333 03** and the GPS Tracking System has to be delivered to the nearest checkpoint!

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

## Following rules are effective for the whole biking distance:

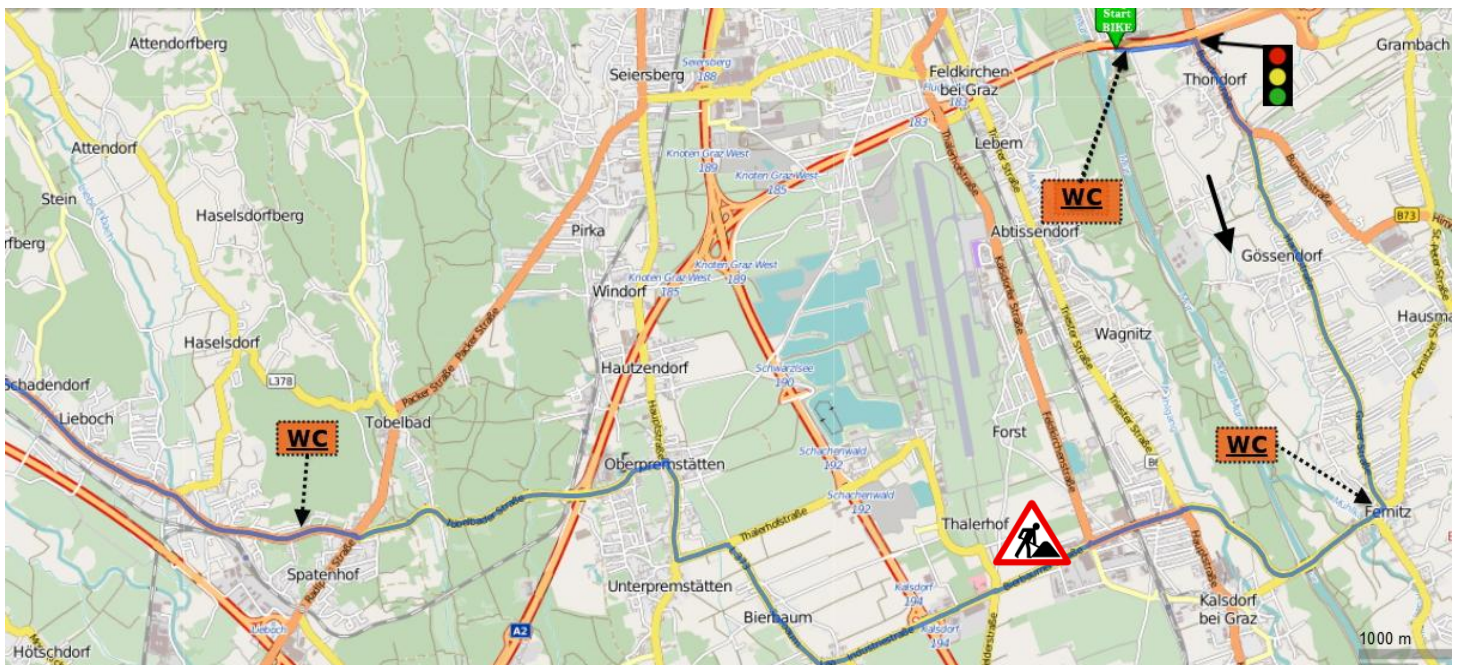
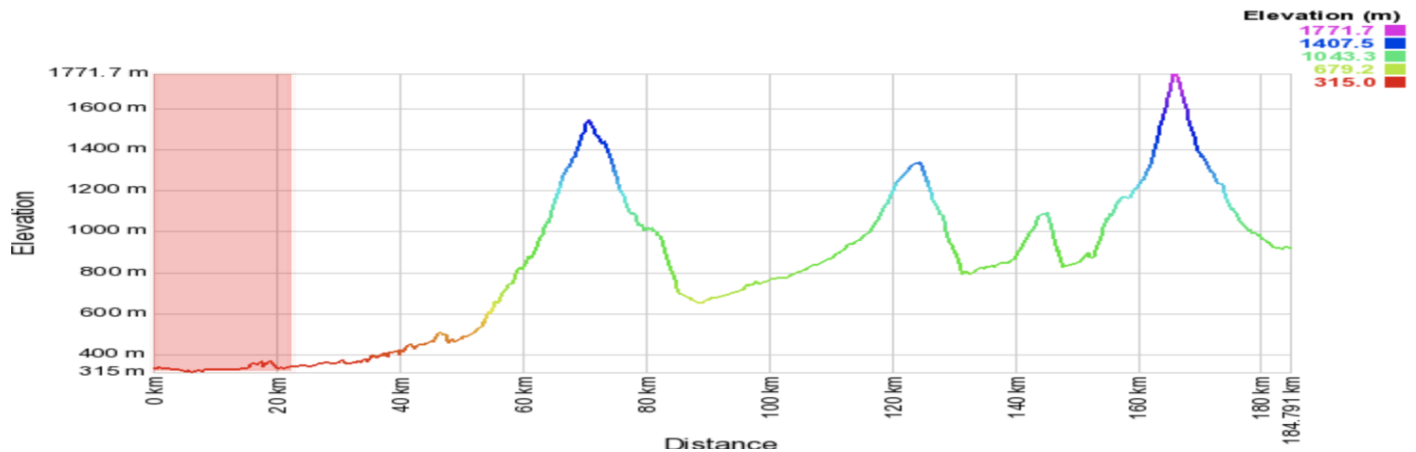
- Road traffic regulations (StVO).
- Helmet obligation.
- GPS Tracker has always to be at the athlete.
- Changing the bike is forbidden (an exchange of the wheels is allowed!).
- Slipstream riding is not allowed (fairness 4 sport).
- During the race only movement by muscular strength is allowed.
- Number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

## General overview



© by Flo H.

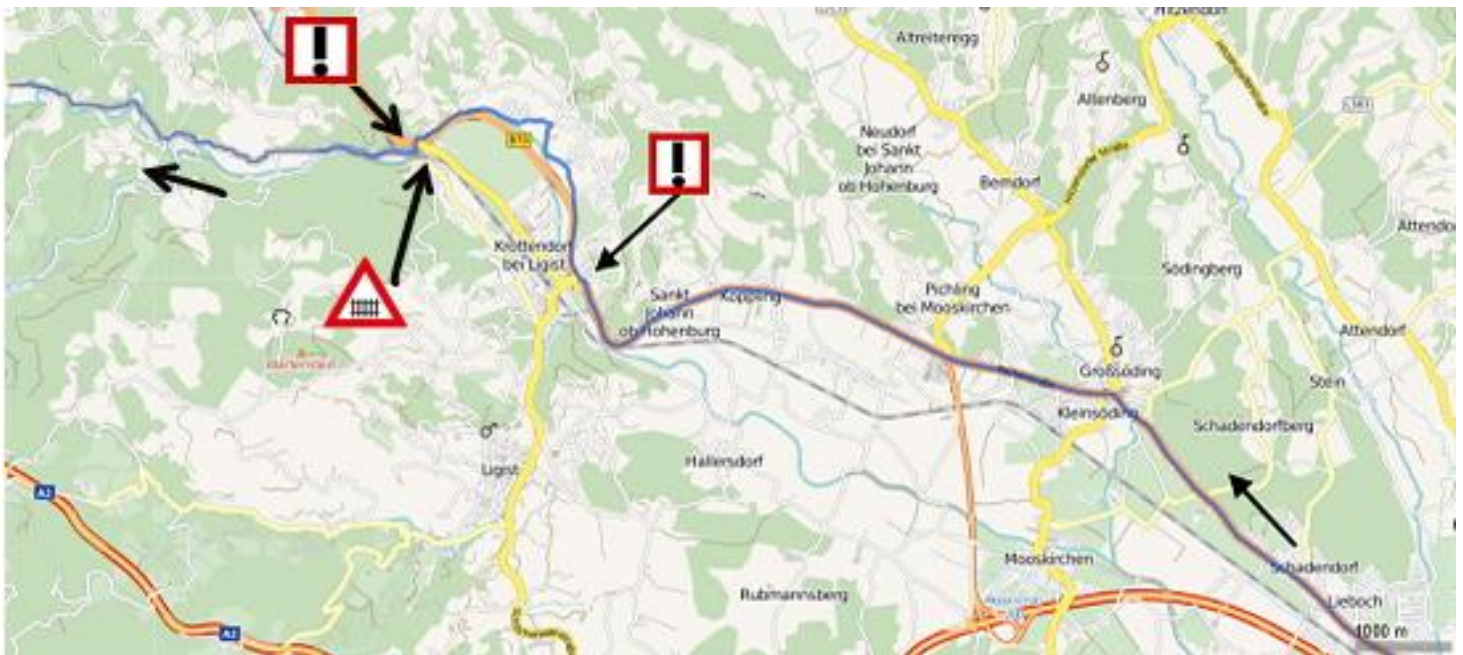
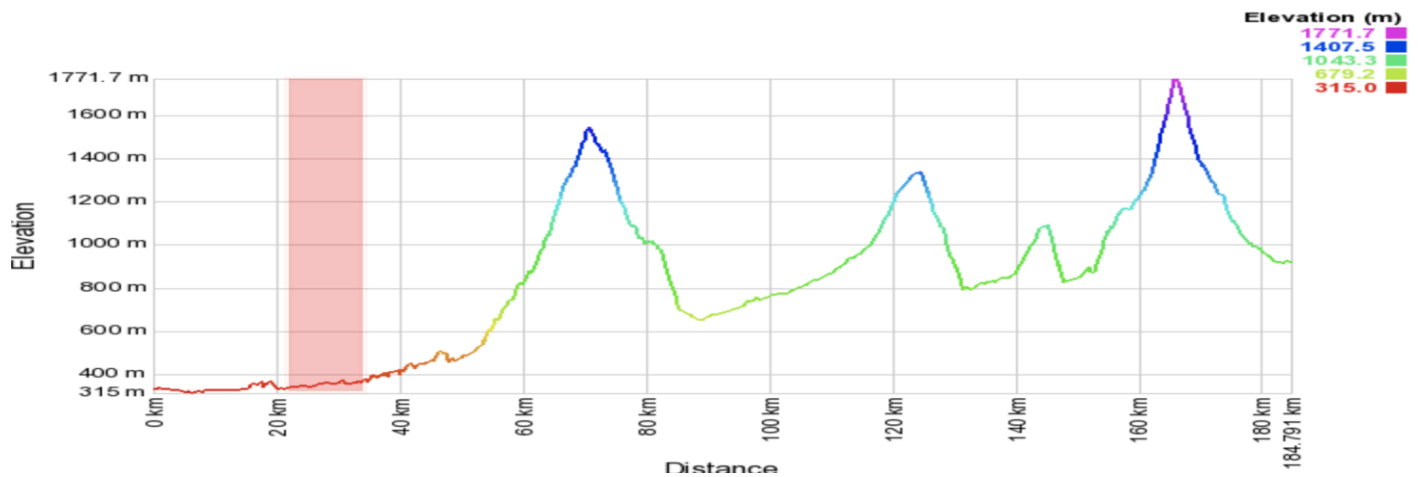
## Biking distance Section I: Start to 22,5 km



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 Fernitz**  
 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 round about, take the **direction to Graz**  
 km 15,9 turn left, take the **direction to Lieboch/Köflach**  
 km 19,3 round about, 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 round about, take the **direction to Köflach**

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

km 31,9 round about, take the **direction to Klein Gaisfeld**

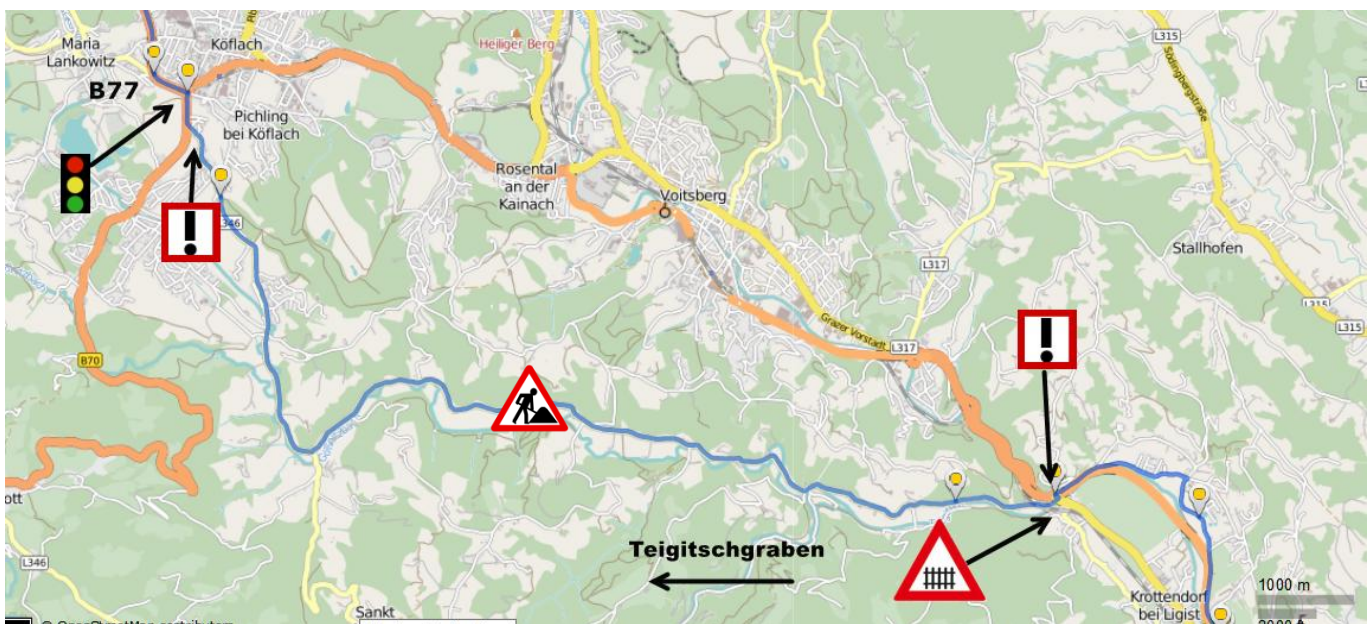
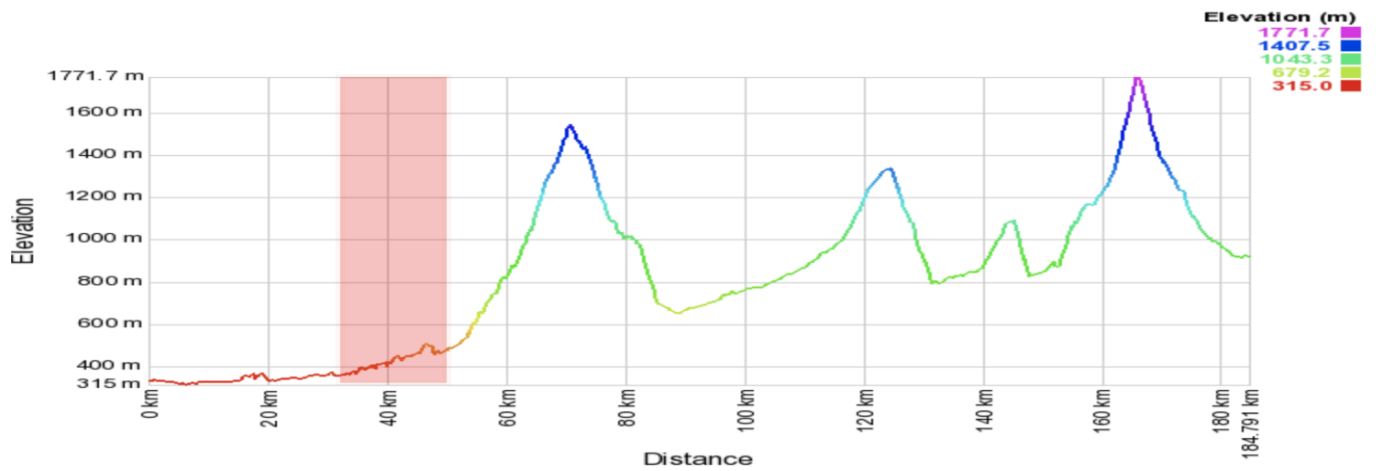
follow Klein Gaisfelderstraße

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

**!ATTENTION! km 34,5 round about, 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 round about, take the 2<sup>nd</sup> exit, turn right

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

Km 44 stay on the right side along L346

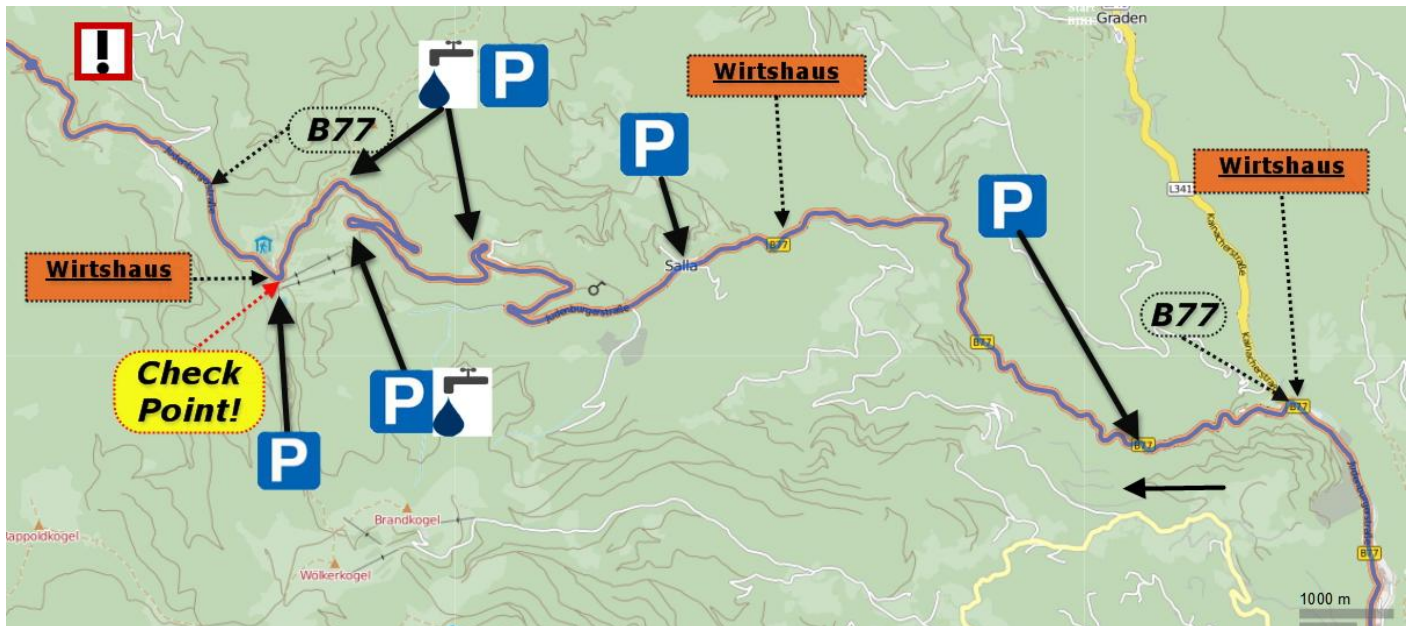
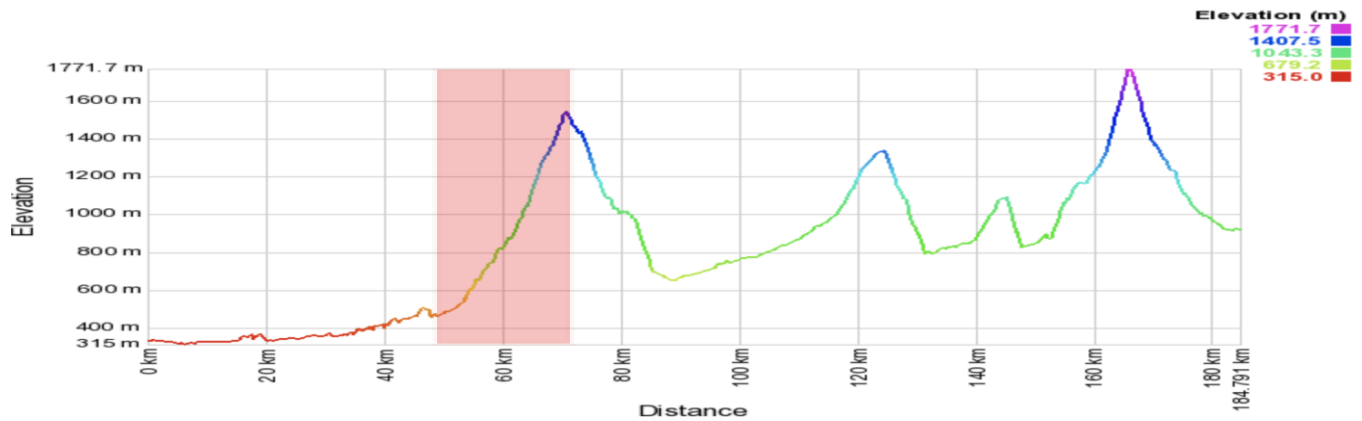
Km 48 turn right at the STOP sign, B70

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 stand and parking area on the left side

km 70,1 stand on the right side

**km 71,4 Check Point Gaberl, 1547m above the sea level,  
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 07:40 a.m.**

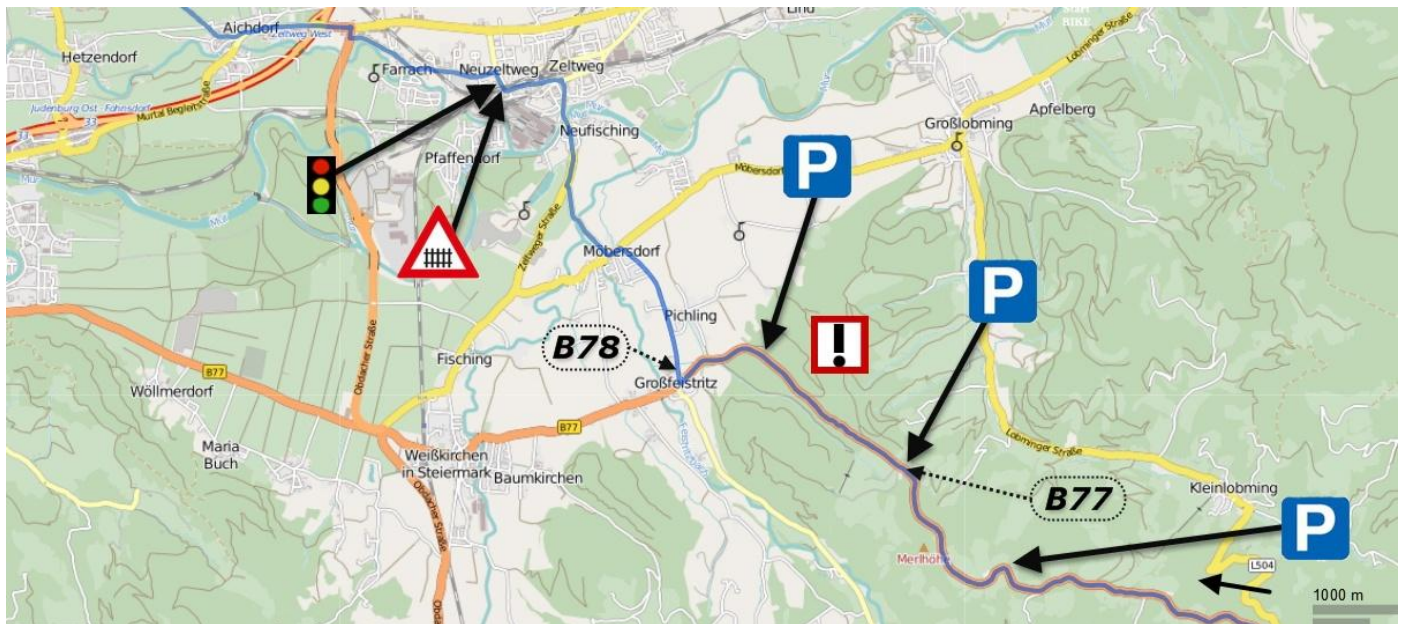
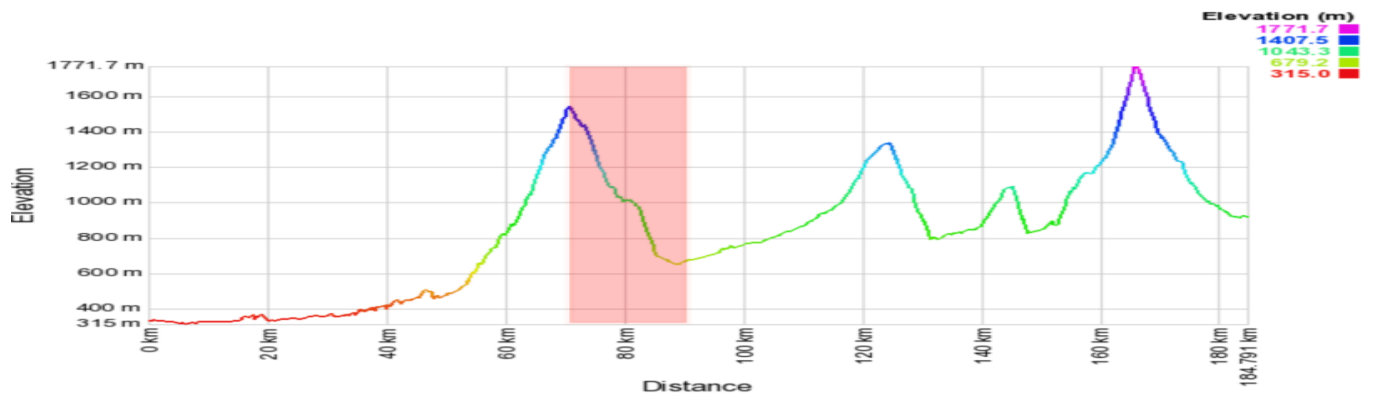
Gaberlhaus on the right, the best curd strudel and a good breakfast at this time of day!

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**

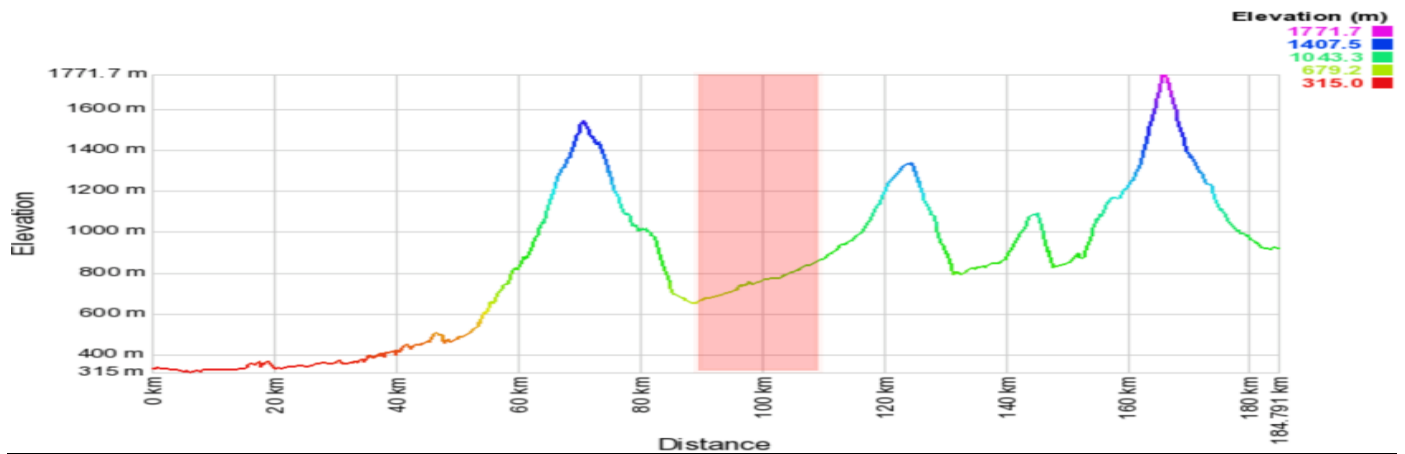
km 91,1 railroad crossing

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**

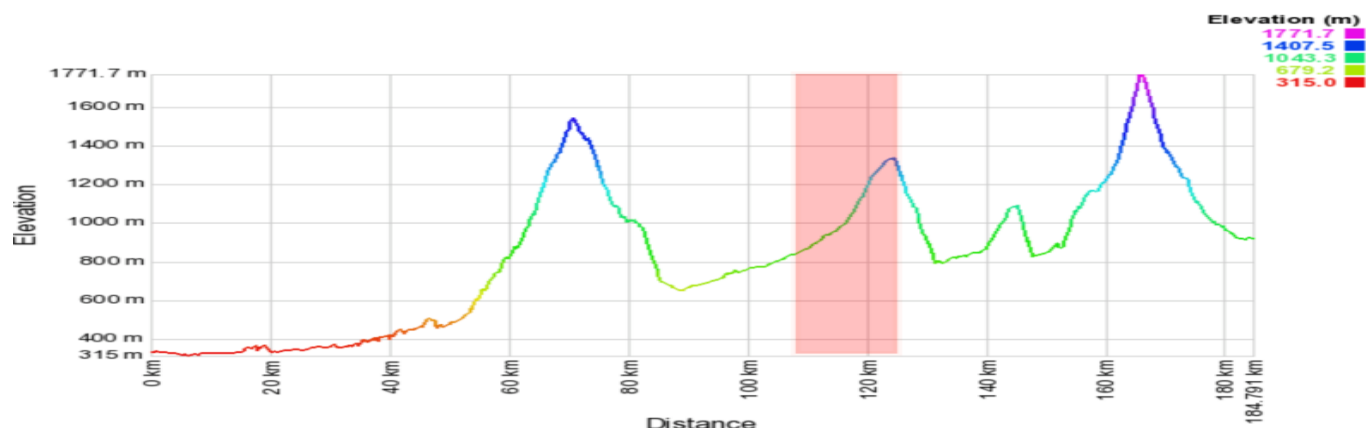
Km 102,8 parking area on the left side

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 SectionVII: 109,9 to 125,3km



### B114

km 112,5 turn left to Römerstraße

**km 114 Check Point Oberzeiring, 933m above the sea level / Toilet**

**GPS Daten: 47°15'09.3"N 14°29'28.9"E**



**Expected time of arrival of the first athlete around 09:00 a.m.**

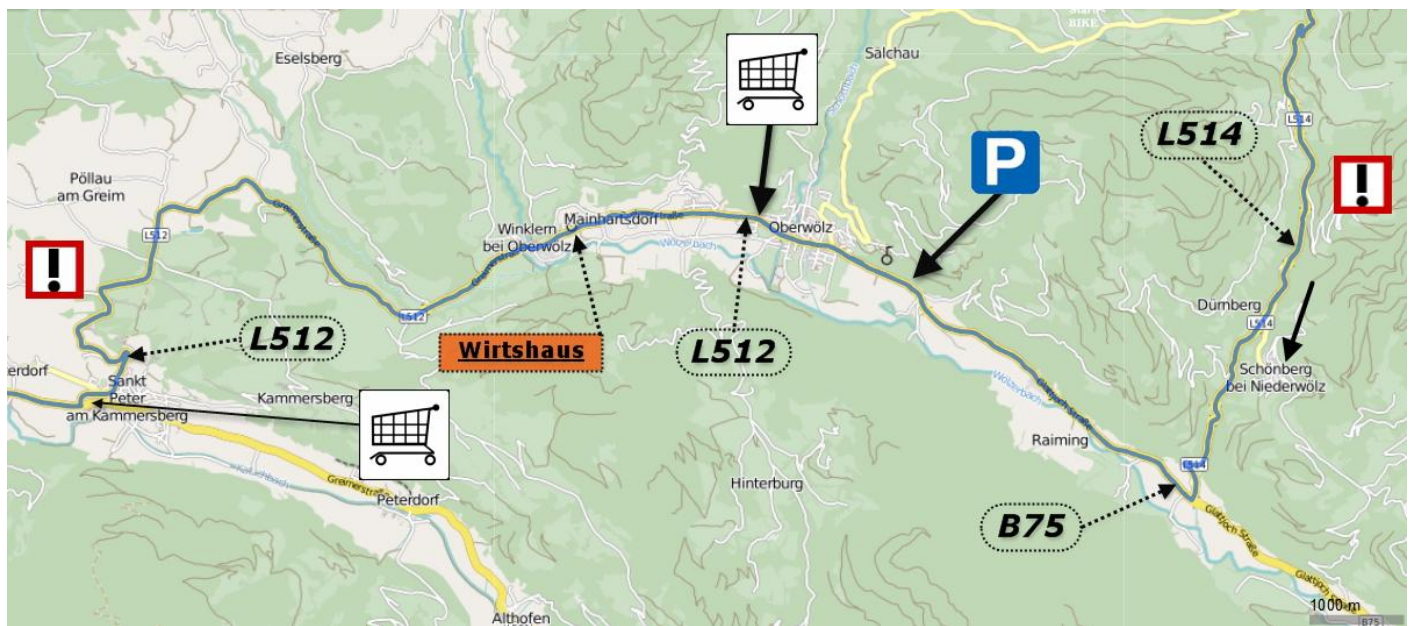
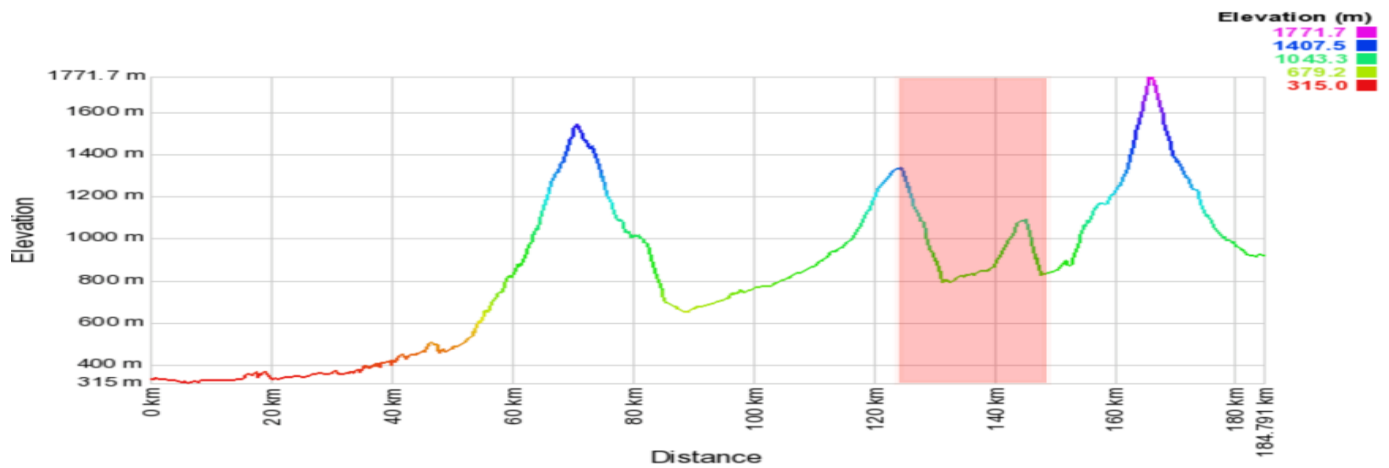
Km 114 turn left to Hoheggerstraße

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

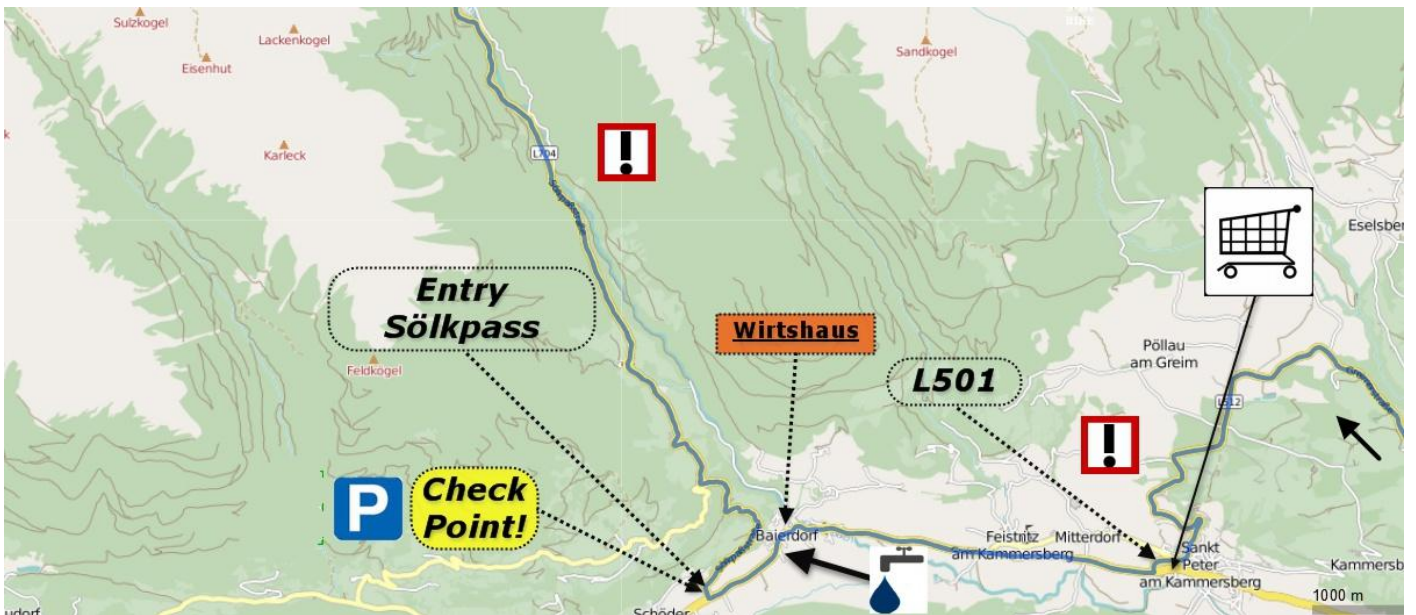
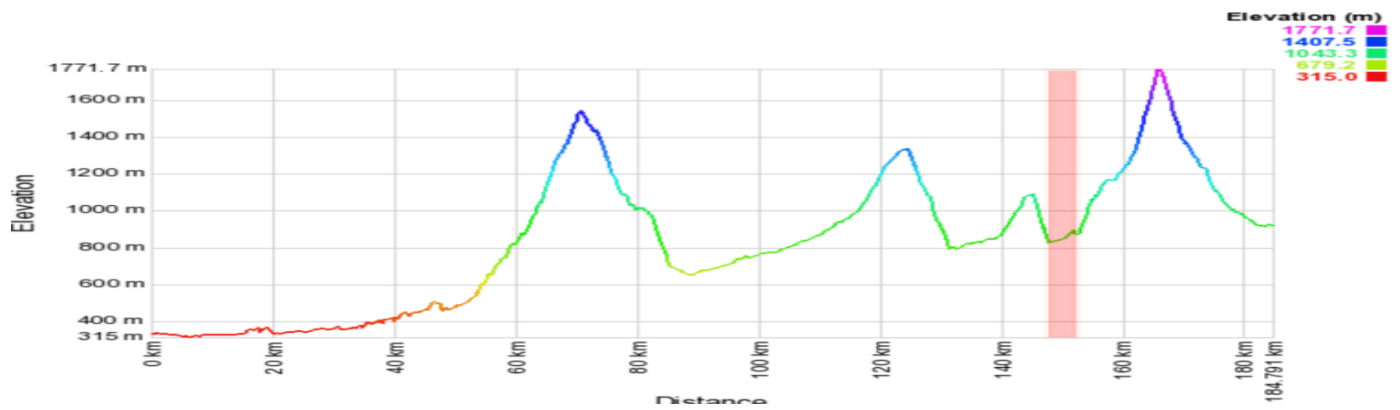
**!ATTENTION! dangerous descent**

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 154,5km



### follow the L501

km 152,8 cycle through **Baierdorf**

km 153,1 inn

km 153,2 standpipe

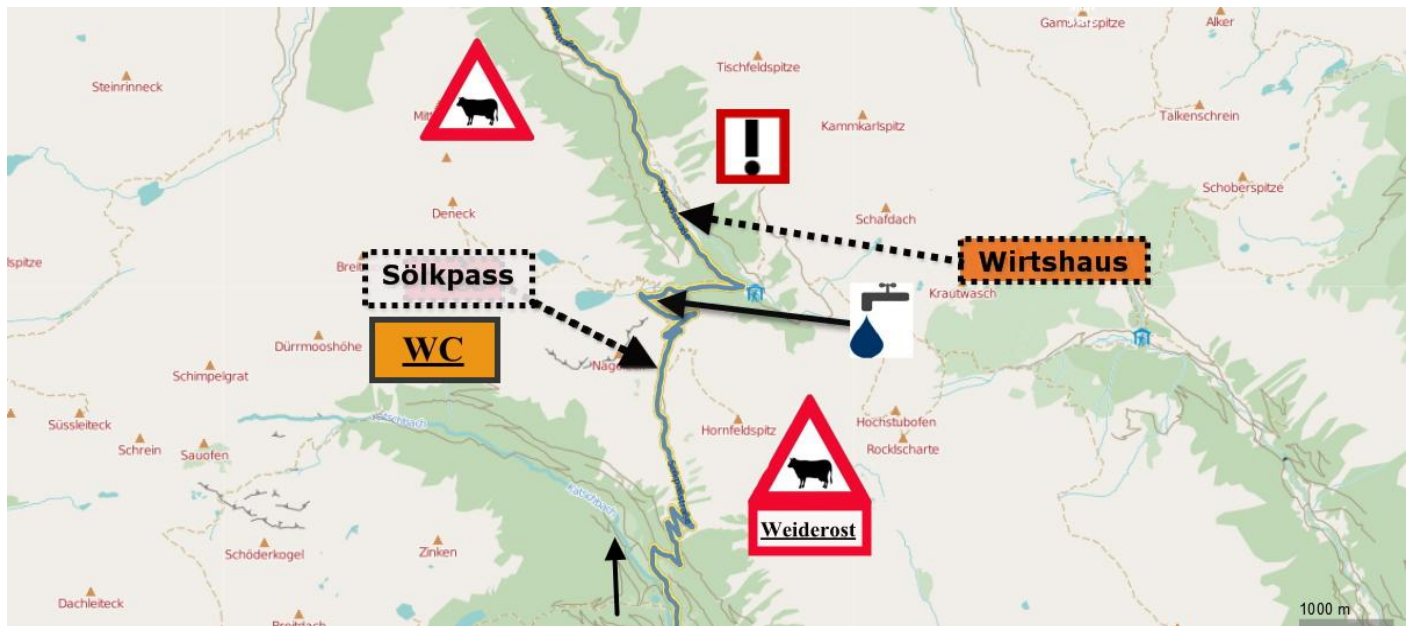
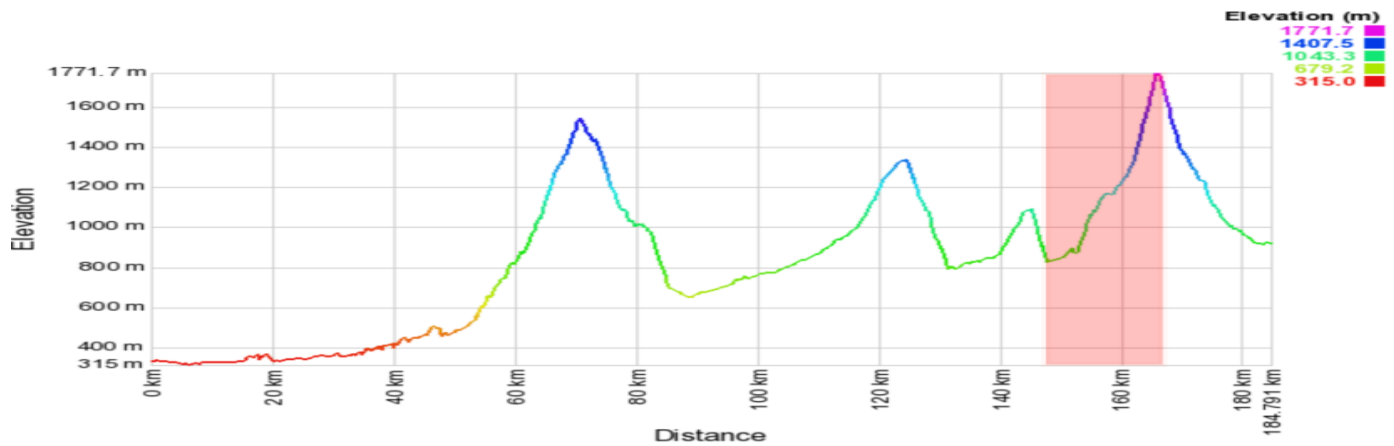
**km 154,5 Check Point Entry Sölkpass, 882m above the sea level, parking area**

**GPS data: 47°16'19.2"N 14°04'47.0"E**



**Expected time of arrival of the first athlete around 10:30 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

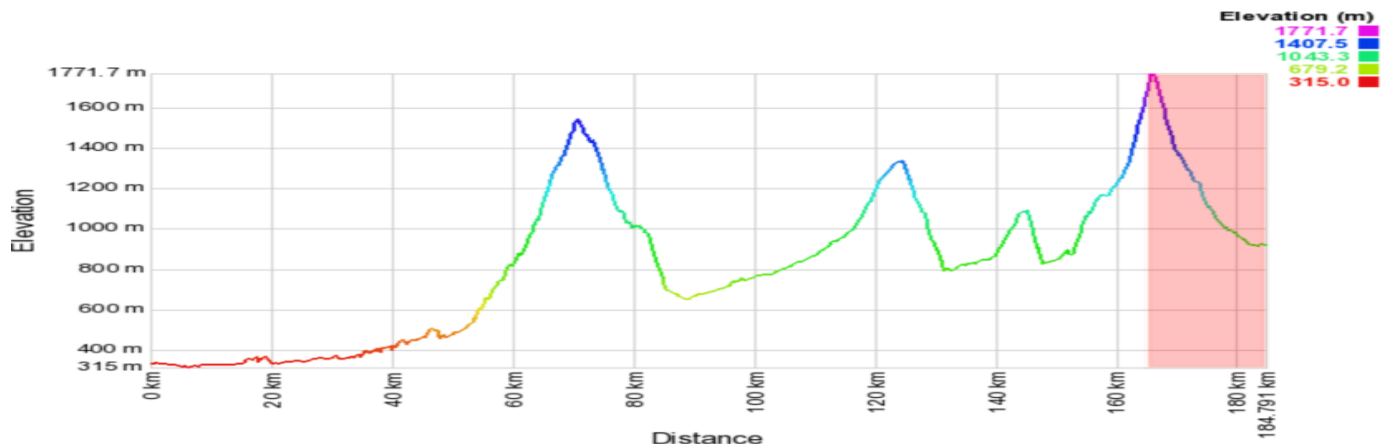
**!ATTENTION! dangerous descent**

Km 169,7 stand 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 12:00 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.

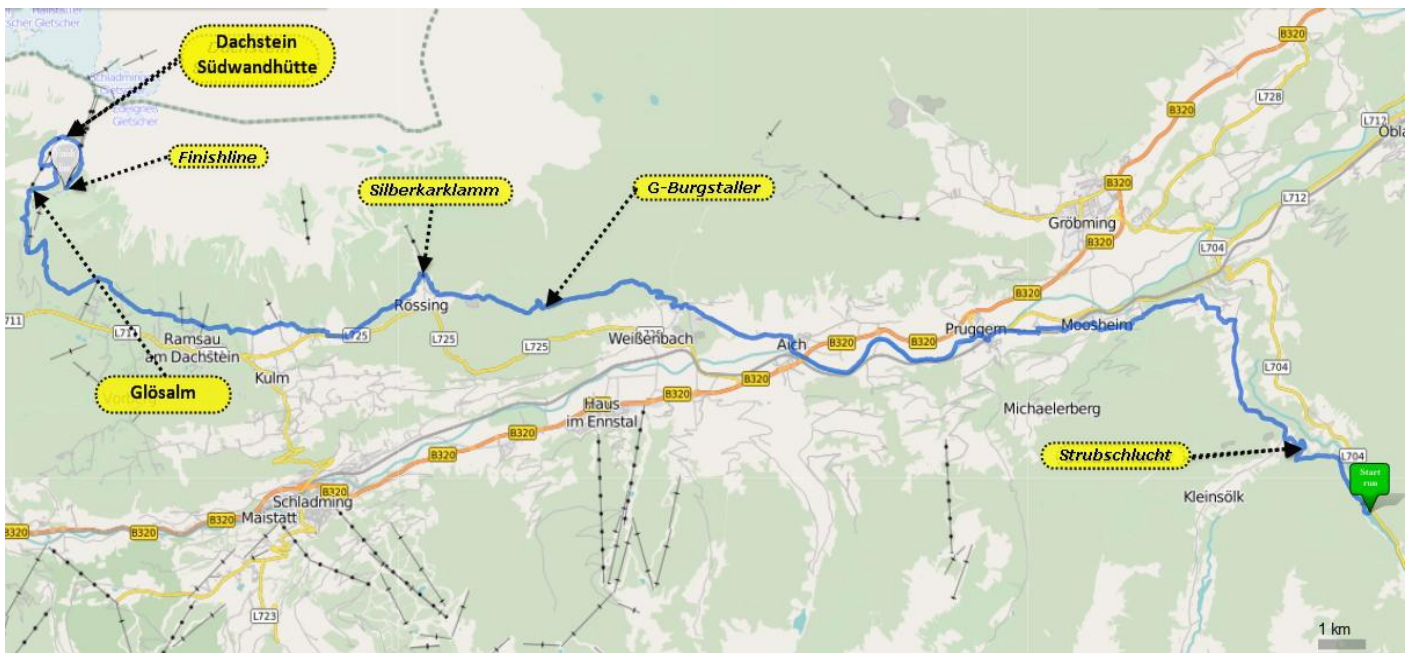
### Südwandhütte

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: Sölksperrre

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.**

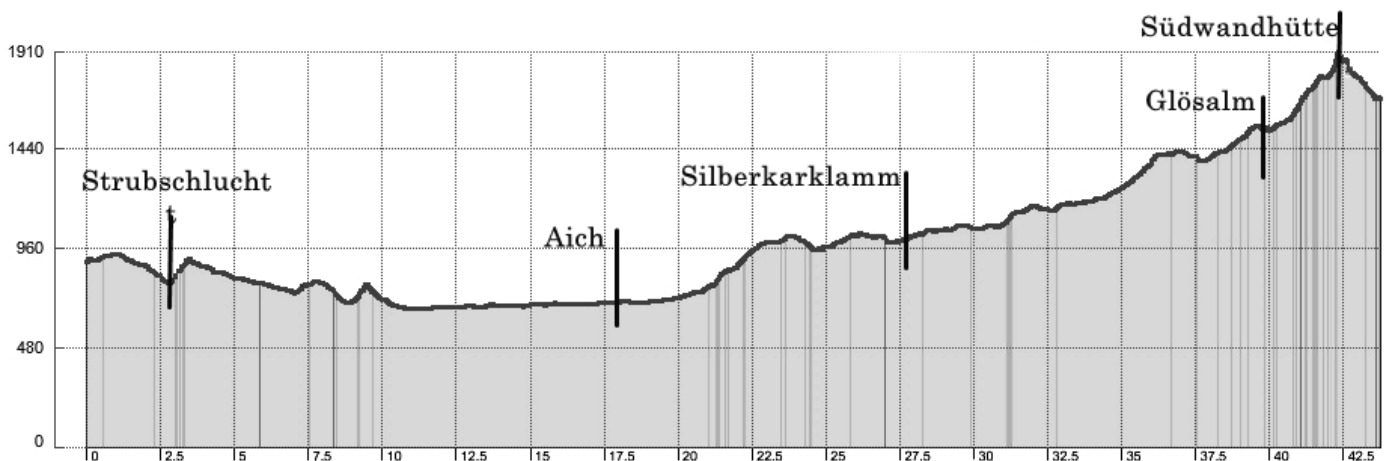
[PLAN B: Cut-off-time for the running up to CP Glös-alm: 10:45 p.m.]

**Finish-deadline: 00:00 a.m.**

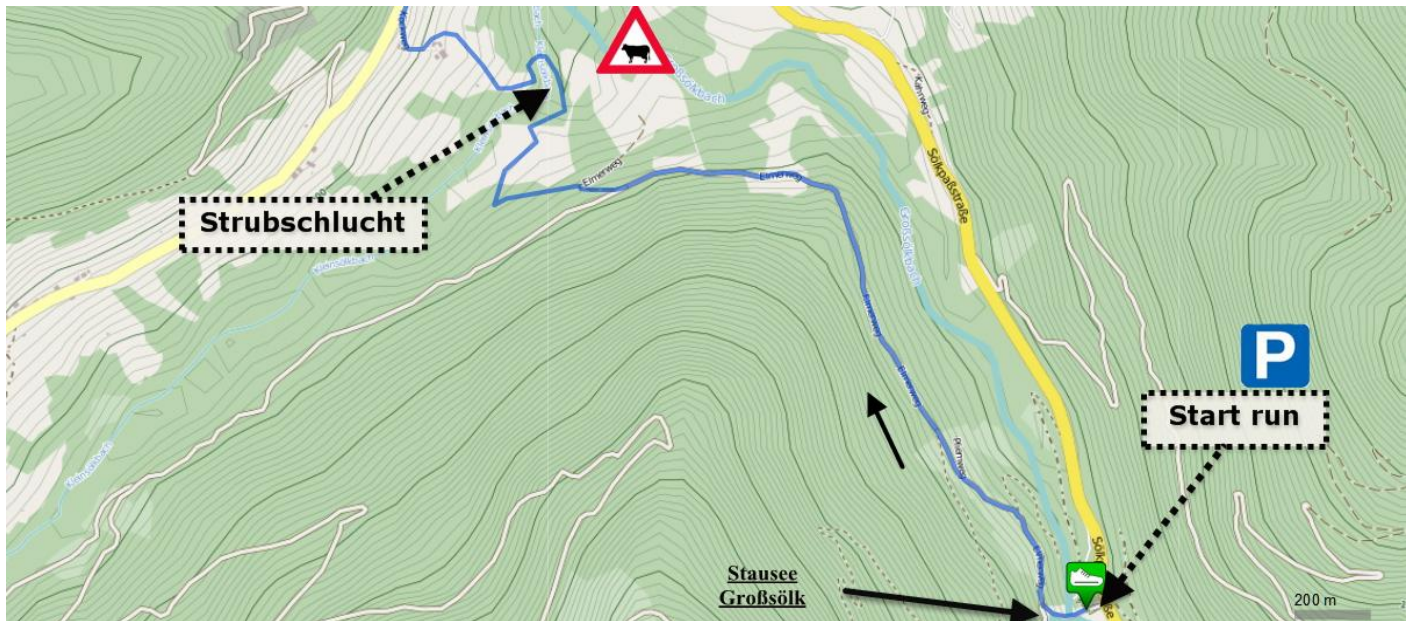
[PLAN B: Finish-deadline: 00:30 a.m.]

**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 I: Start to 3,7 km



**Start** across the **Dam Großsölk**, then keep right

km 1,9 keep right

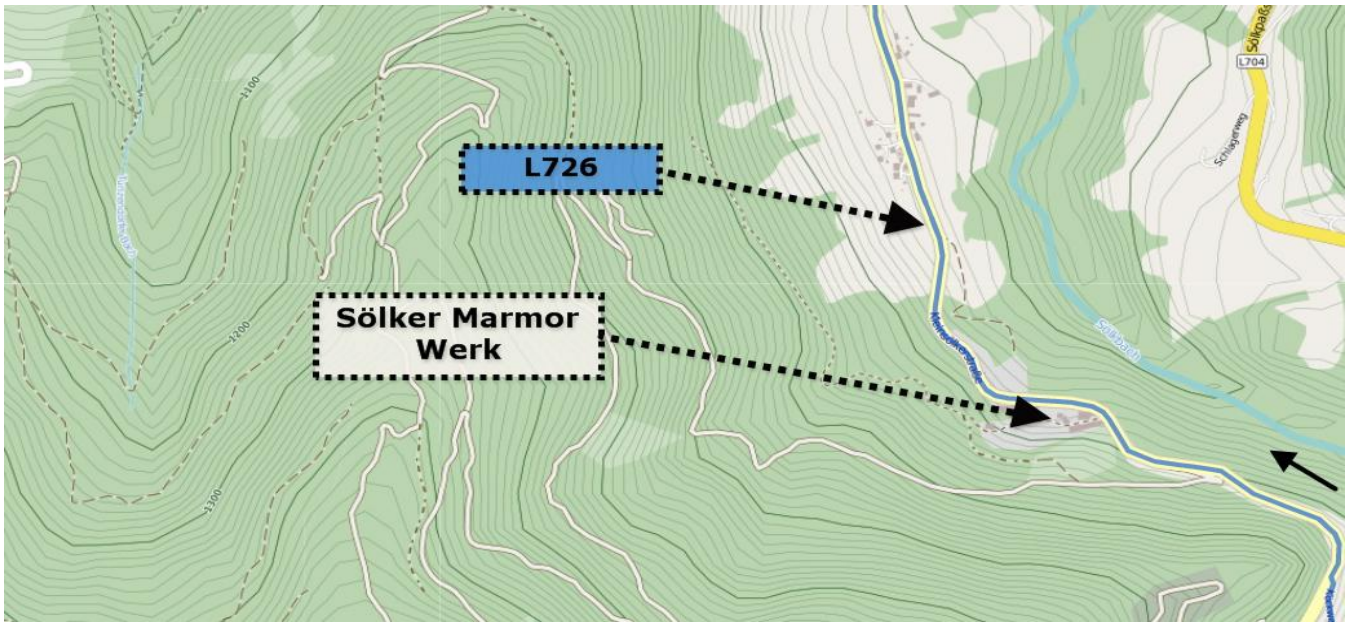
km 2,1 keep left

km 2,5 pass the house on the left side into the **Strub-Canyon**, to wards **Kleinsölk**

km 3,7 **Kleinsölkerstraße** keep right and **follow the street**

**!ATTENTION!** in **Moosheim (km10,3)** a coaching is possible

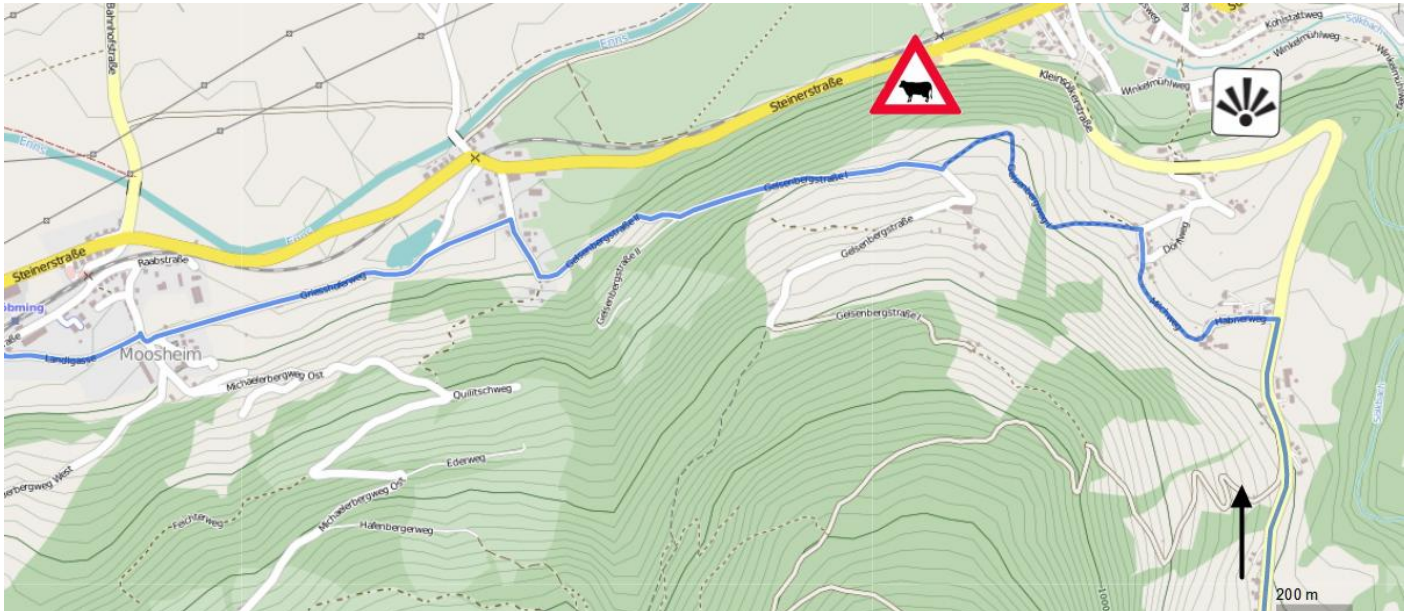
Running distance Section II:3,7to 4,5km



**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

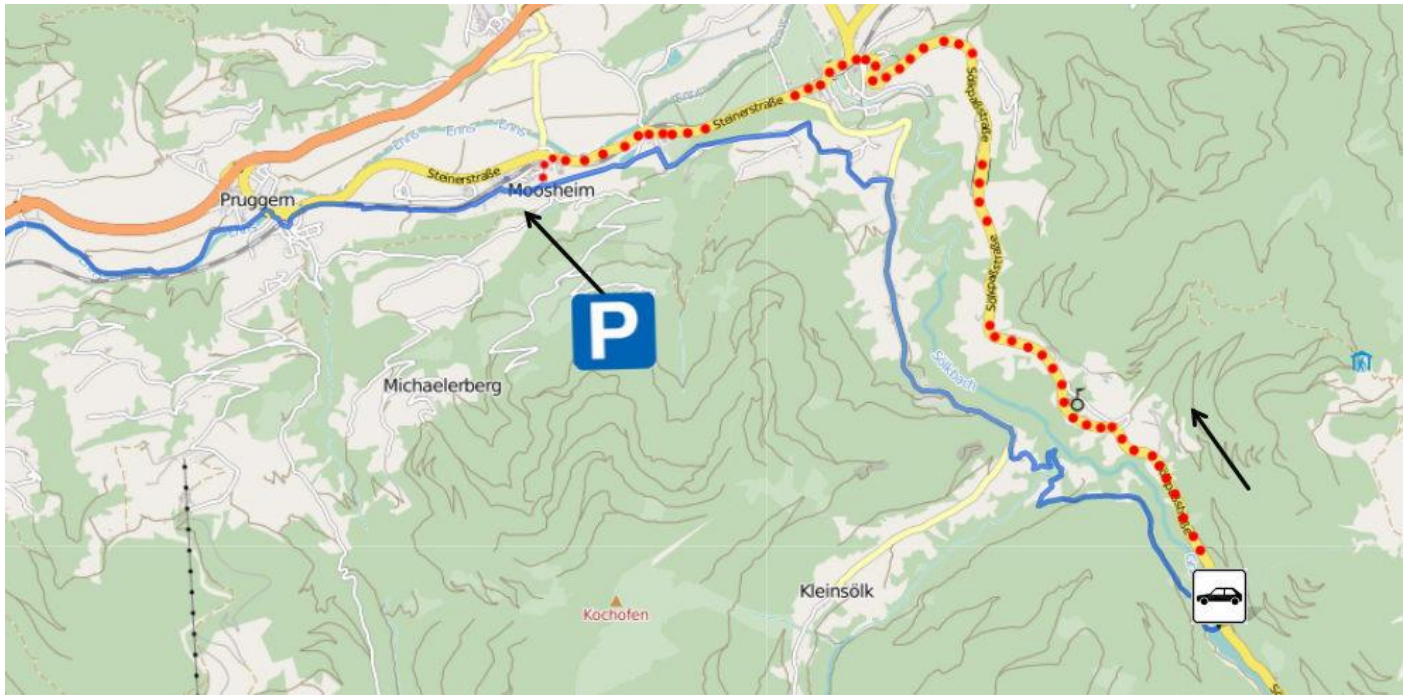
km 8,7 keep right-Gelsenbergstraße II

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 athlet**

**Address:**

**Gemeinde Michaelerberg-Pruggern**

**Pruggern 96**

**A-8965 Michaelerberg-Pruggern**



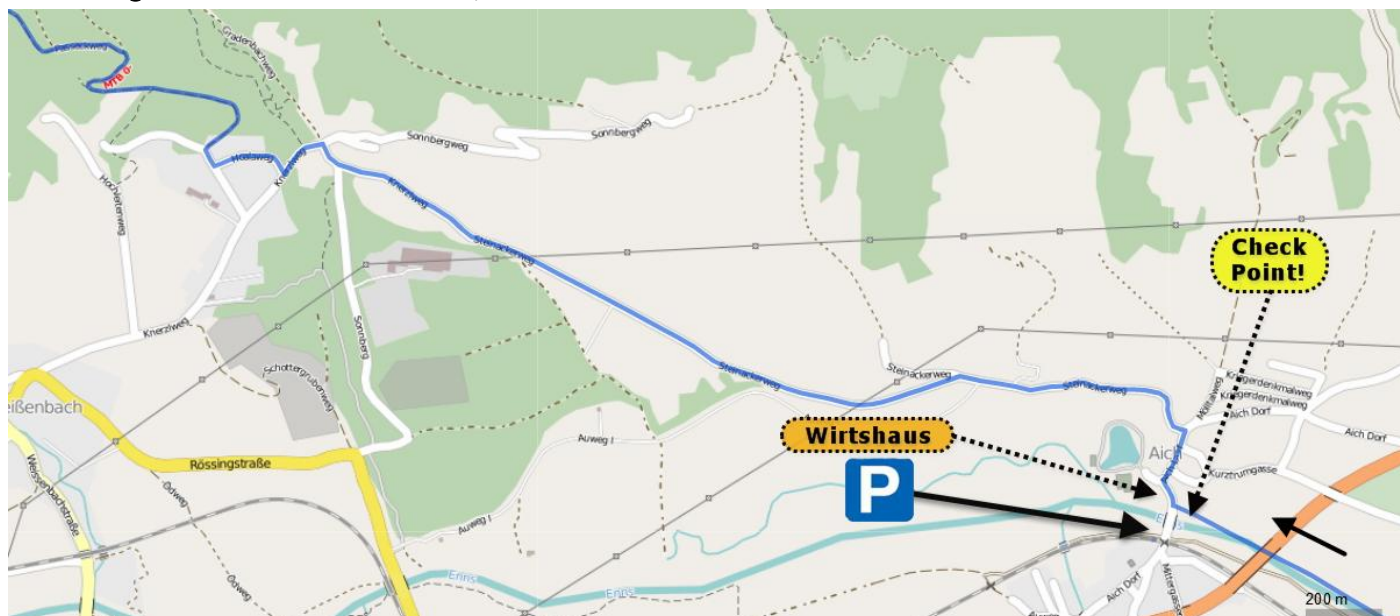
Running distance Section V: 13,1 to 15,7 km



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**

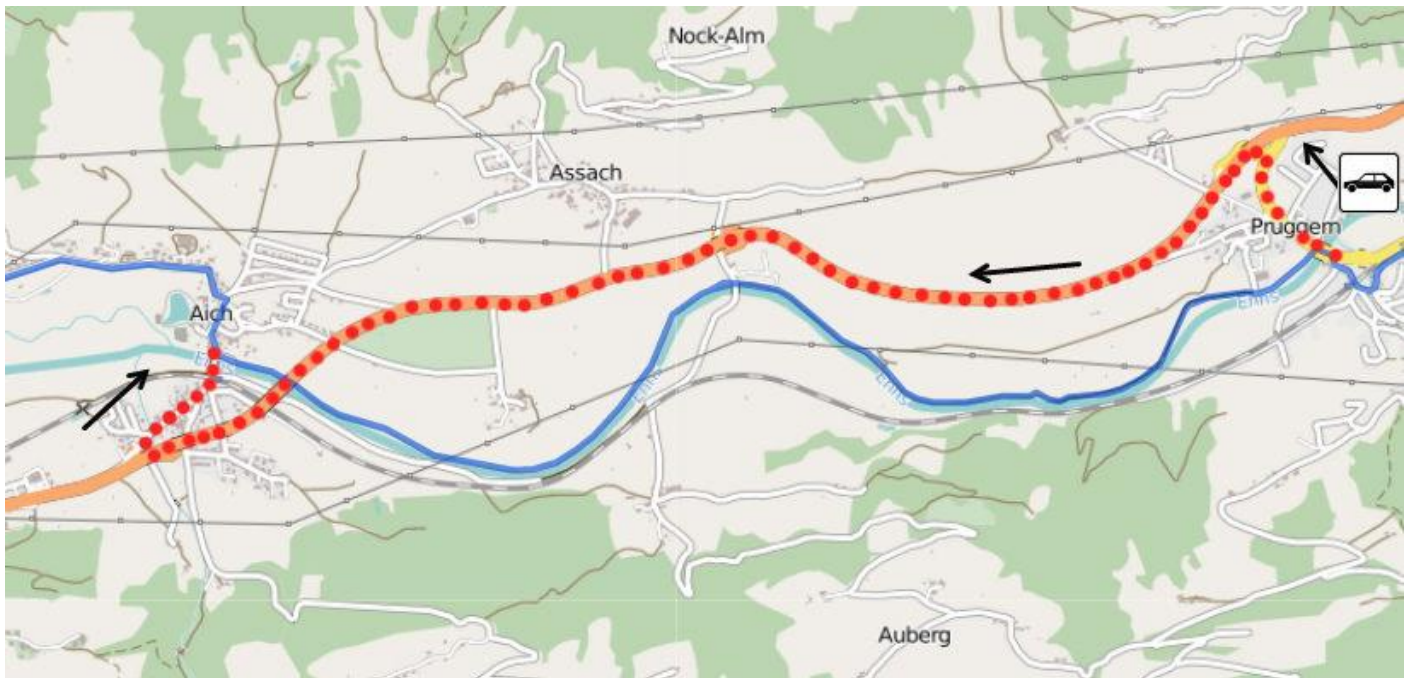


**Expected time of arrival of the first athlete around 13:25 p.m.**

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 (km 27,8) 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 01:00 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!**  
Stand pipe 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 02:25 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

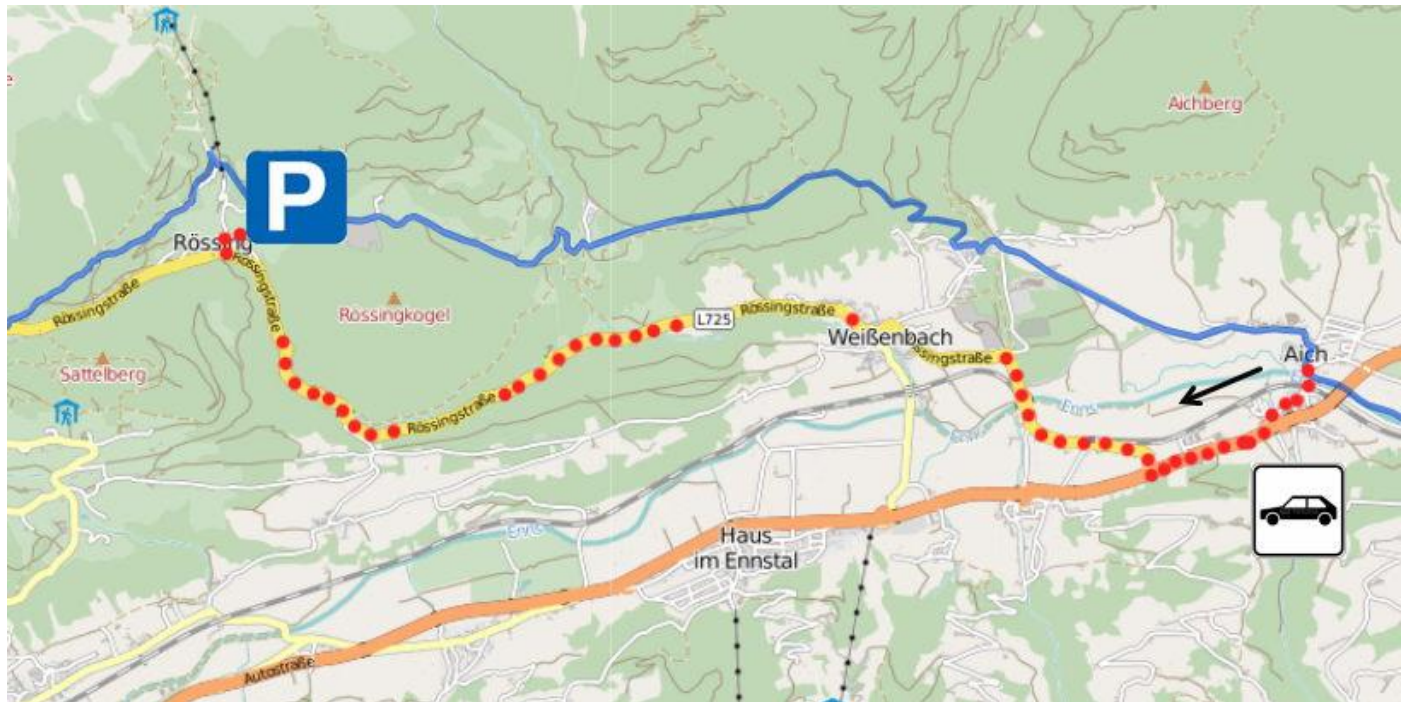
km 28 cross the farmyard Jausenstation: Fliegenpilz, 1030m above the sea level

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:**

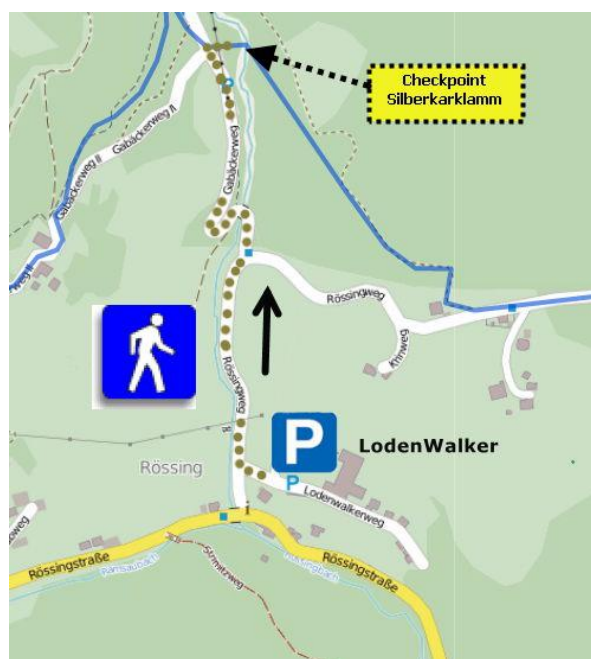
**Parking area LWS –LodenWalker Sport**

**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

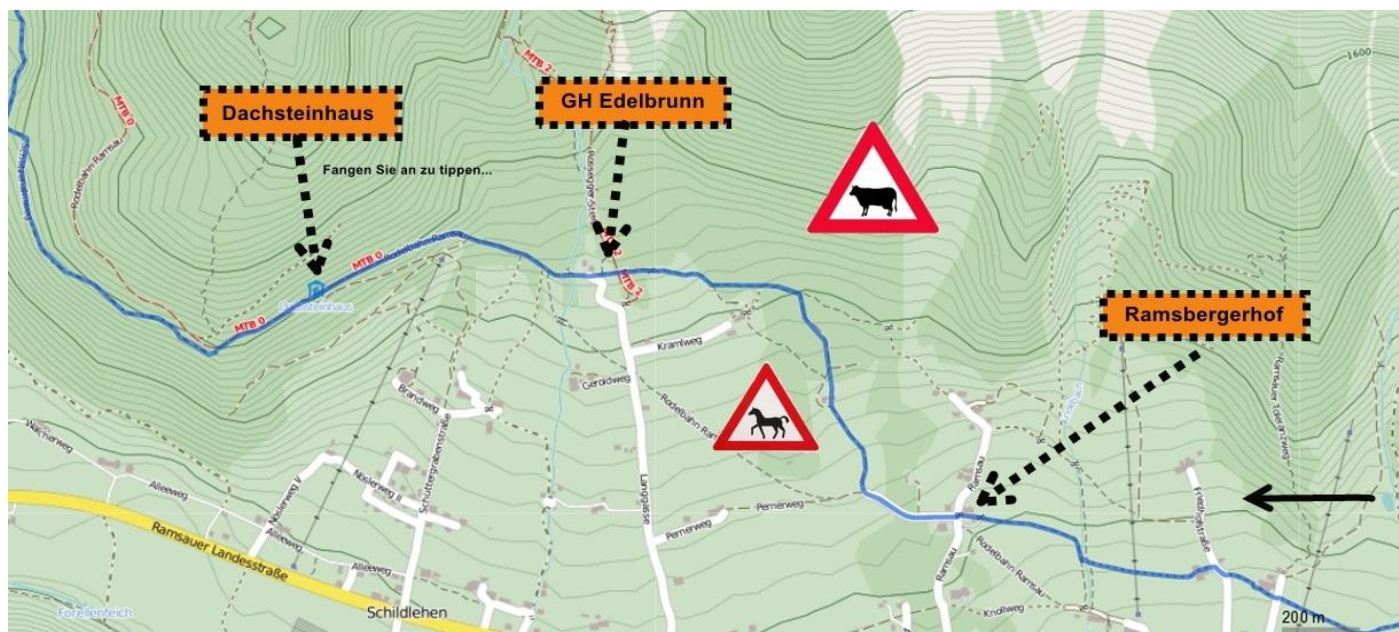
Km 32,5 turn right and then pass „Sporthof Austria“

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: 33,3to 36,5km

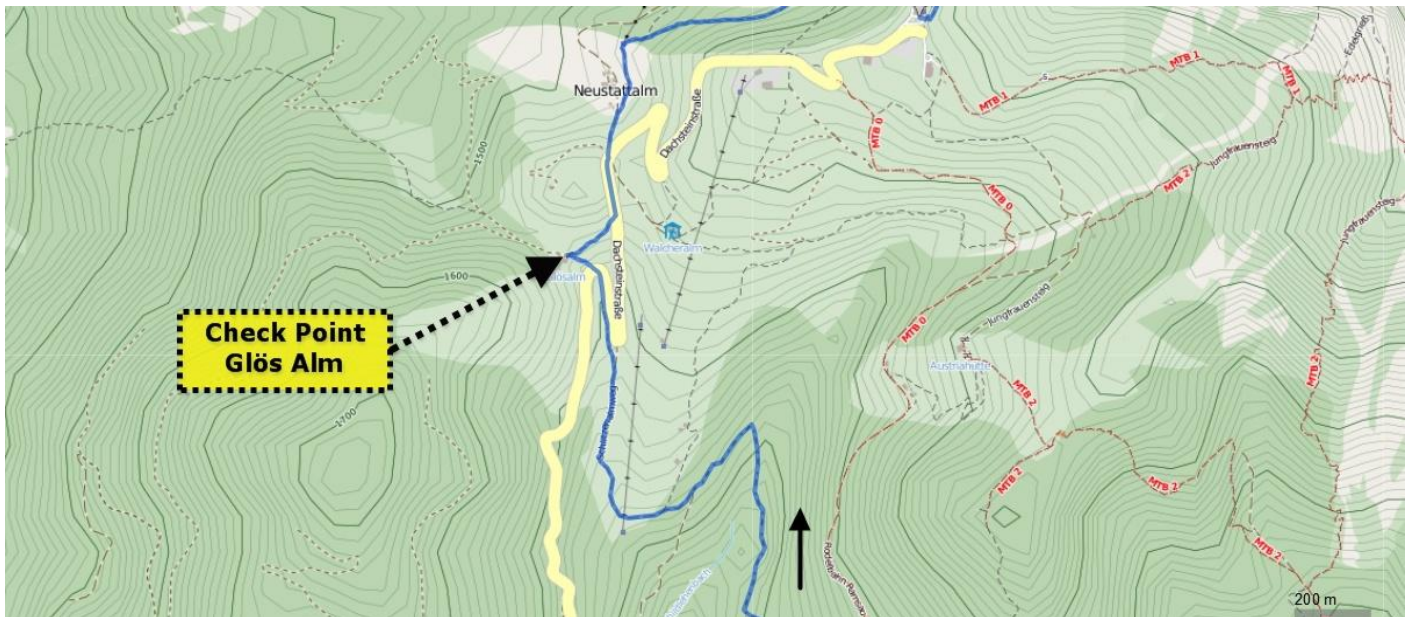


Km 33,4 cross Friedhofstraße and keep right upwards  
turn left and run through the farm area  
follow the path  
km 34,1 pass „Ramsbergerhof“

**!ATTENTION! passage forbidden**

run on towards Pernerweg  
km 34,4 follow the path rightwards to wards 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 Schlitzen almweg-to wards Glösalm

## 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**



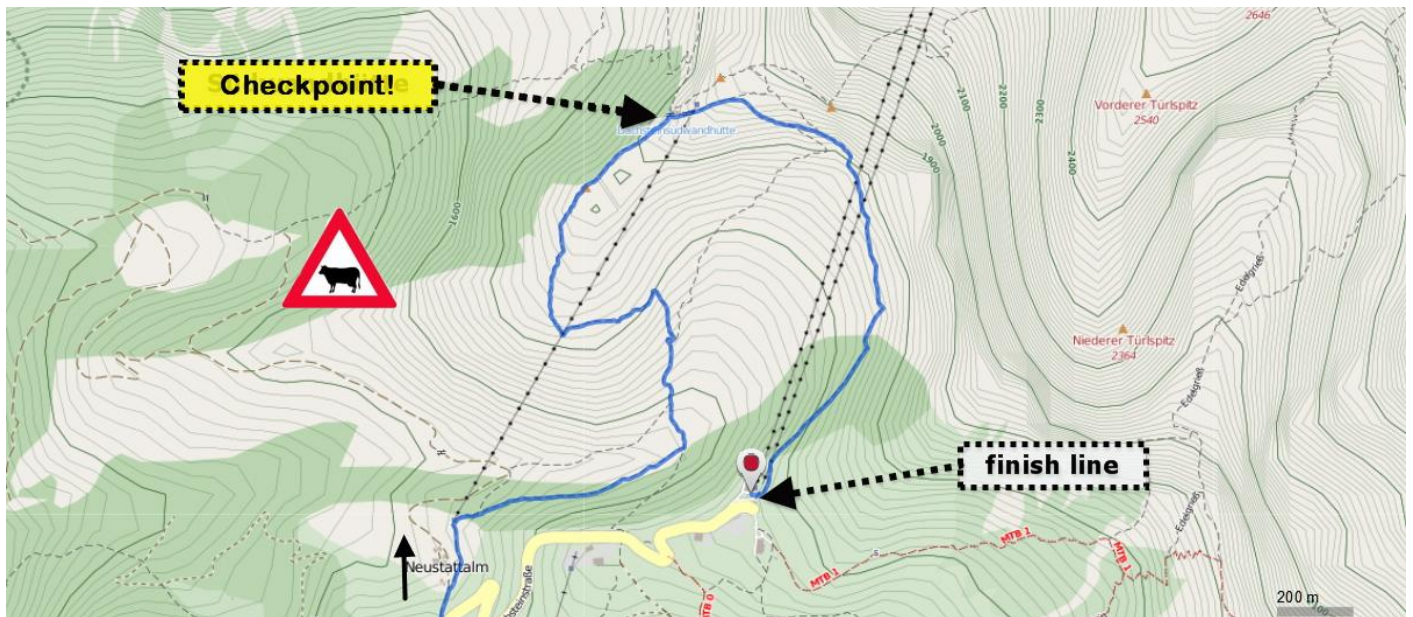
**Attention: Teams start in threes here!**  
This is where the teams' vehicles are parked

**Expected time of arrival of the first athlete around 03:30 p.m.**

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



## Running distance Section XII: 39,6to 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



**Delivery of 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 weather forecast. Thus we are dependent on

- The weather: Thunderstorms!
- The flow: In case of extreme flow and/or high tide Plan B comes in force.

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

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

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

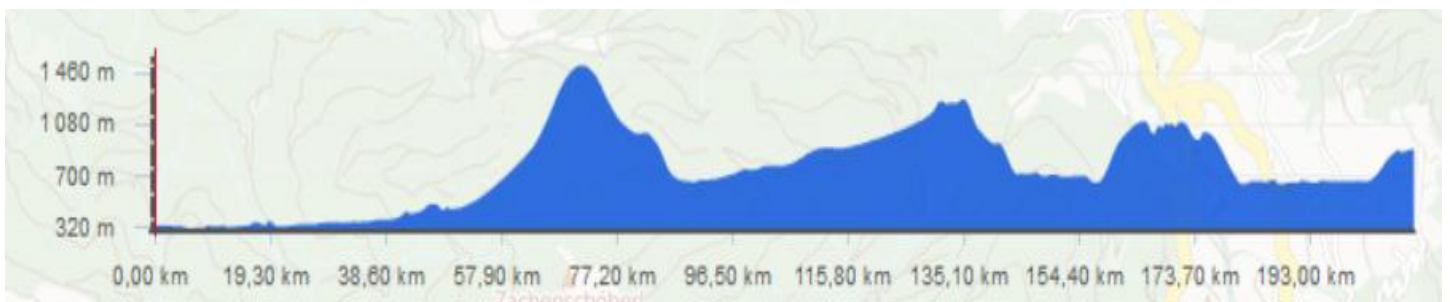
# PLAN B

## PLAN B Bike

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

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



Distance: 210,4 km

Altitude difference: +3.530 HM

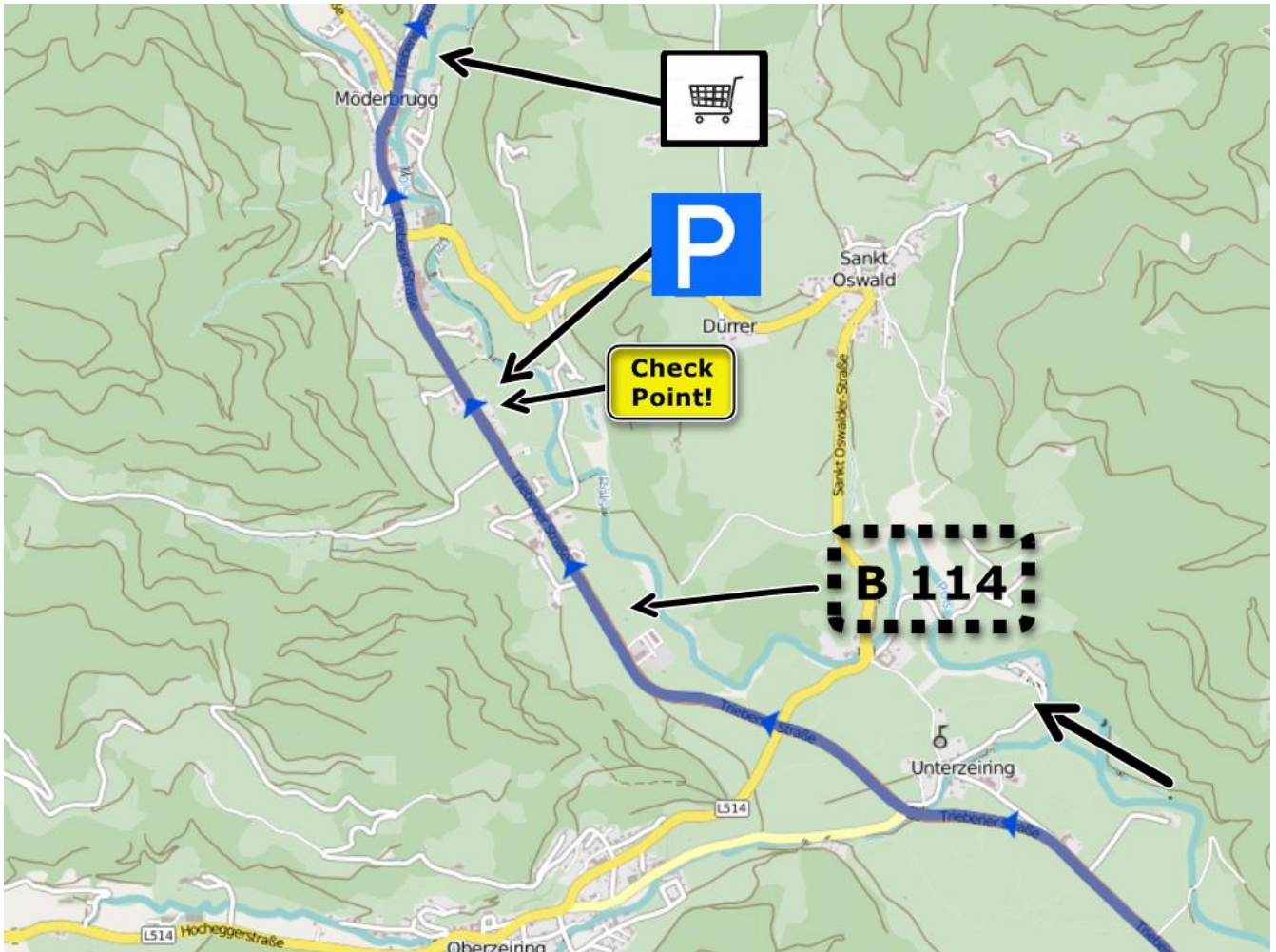
# PLAN B

## **Biking distance Hohentauern**

**Alternative route**

**Notes:**

## Plan B Biking distance SectionI: 110 to 127km

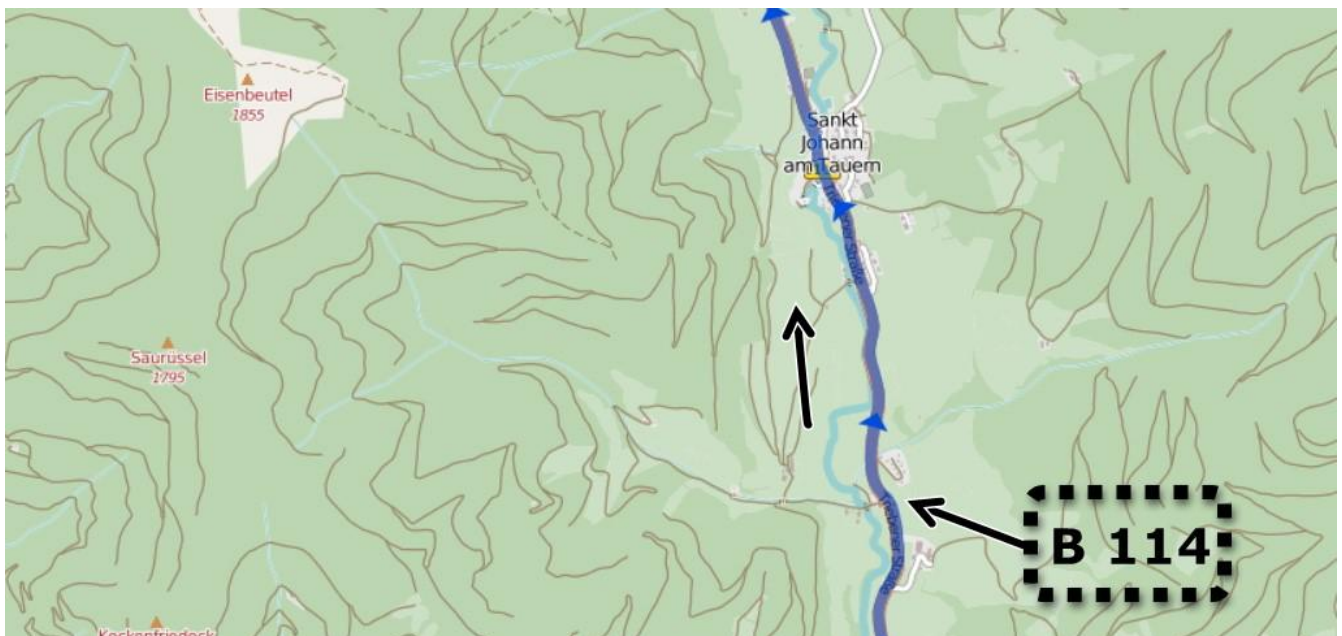


follow the B114

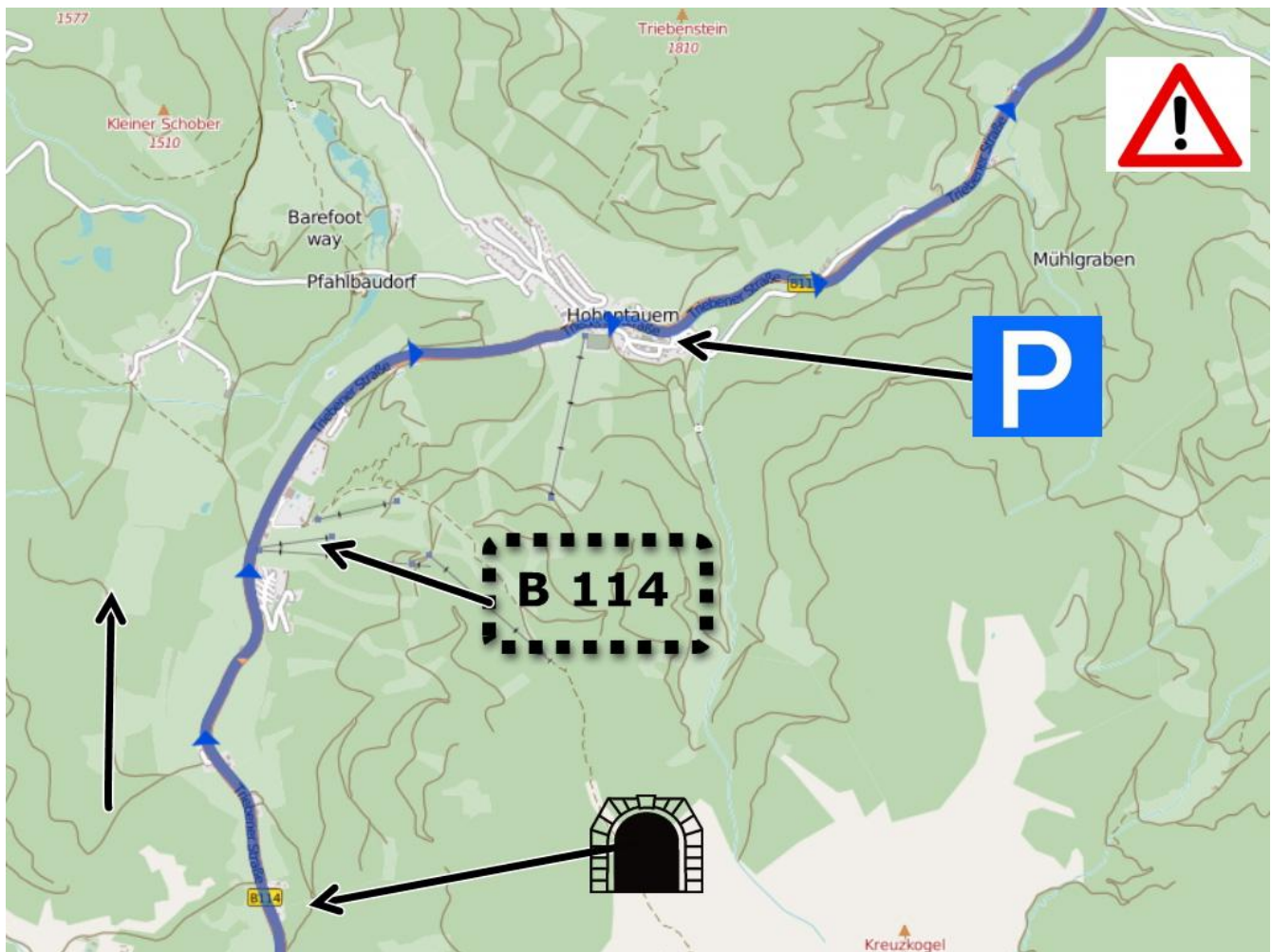
km 115 Check Point Möderbrugg, 900m above the sea level,  
parking area  
GPS data: 47°16'14.3"N 14°29'11.8"E



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



## Plan B Biking distance Section II: 127 to 141 km



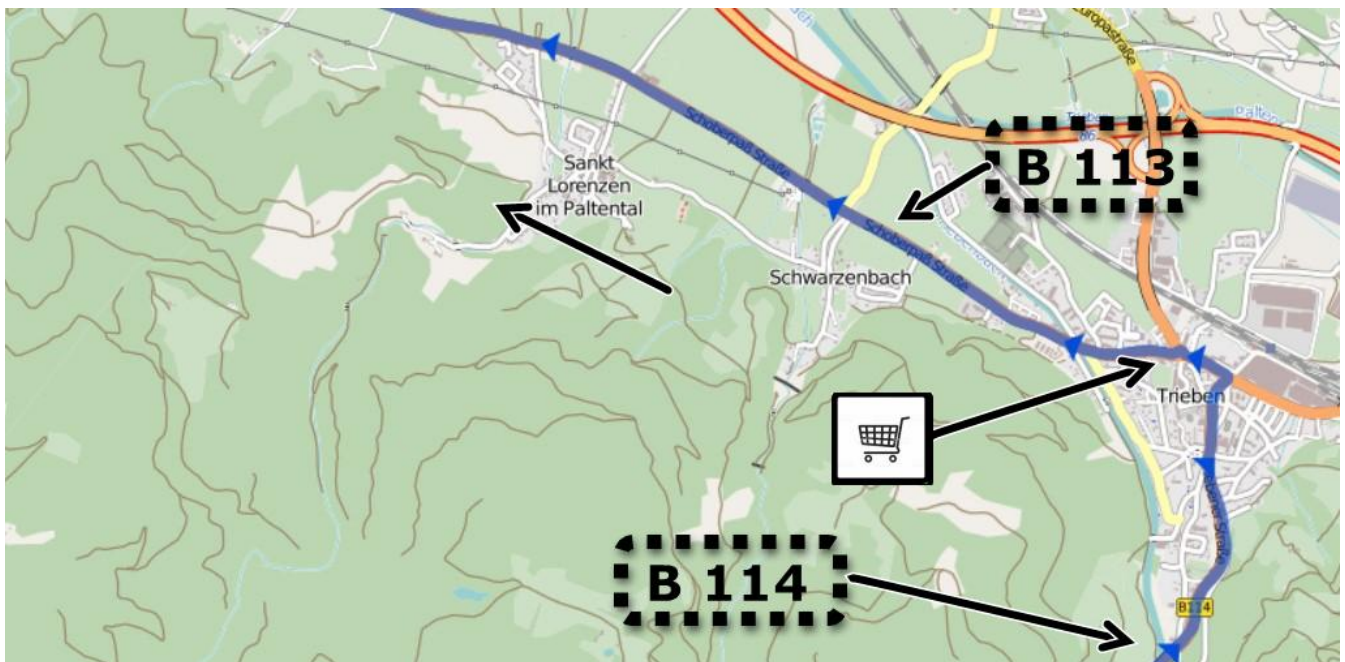
Km 127 transit tunnel

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

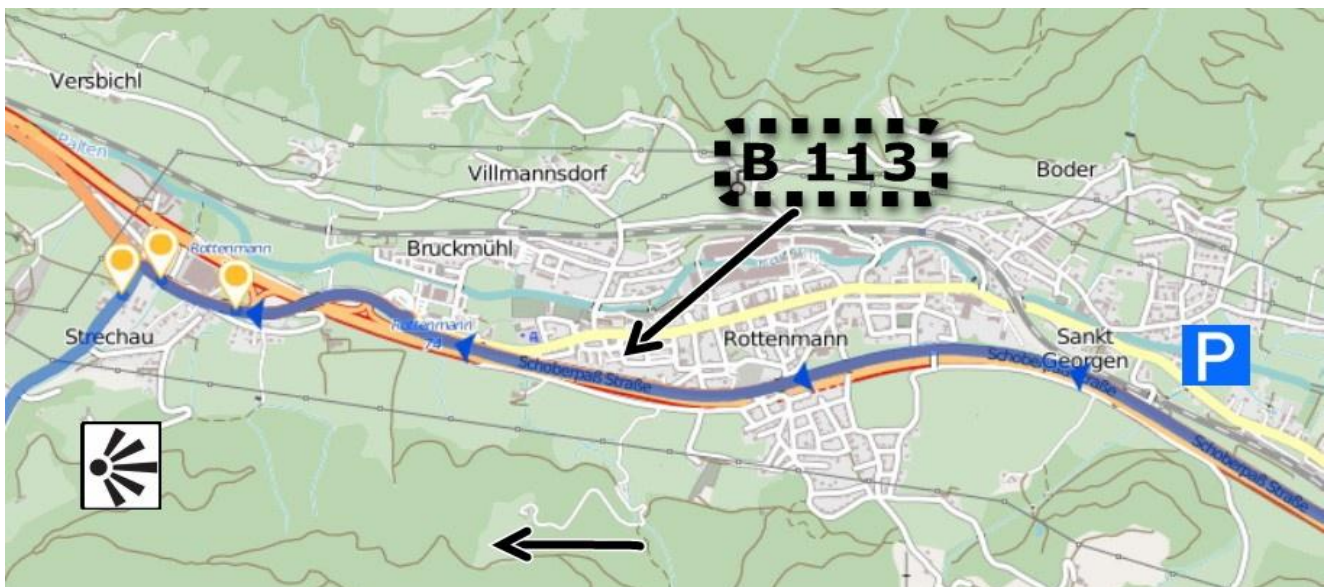


### follow the B114

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 2<sup>nd</sup> 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



Km 160 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 2<sup>nd</sup> 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

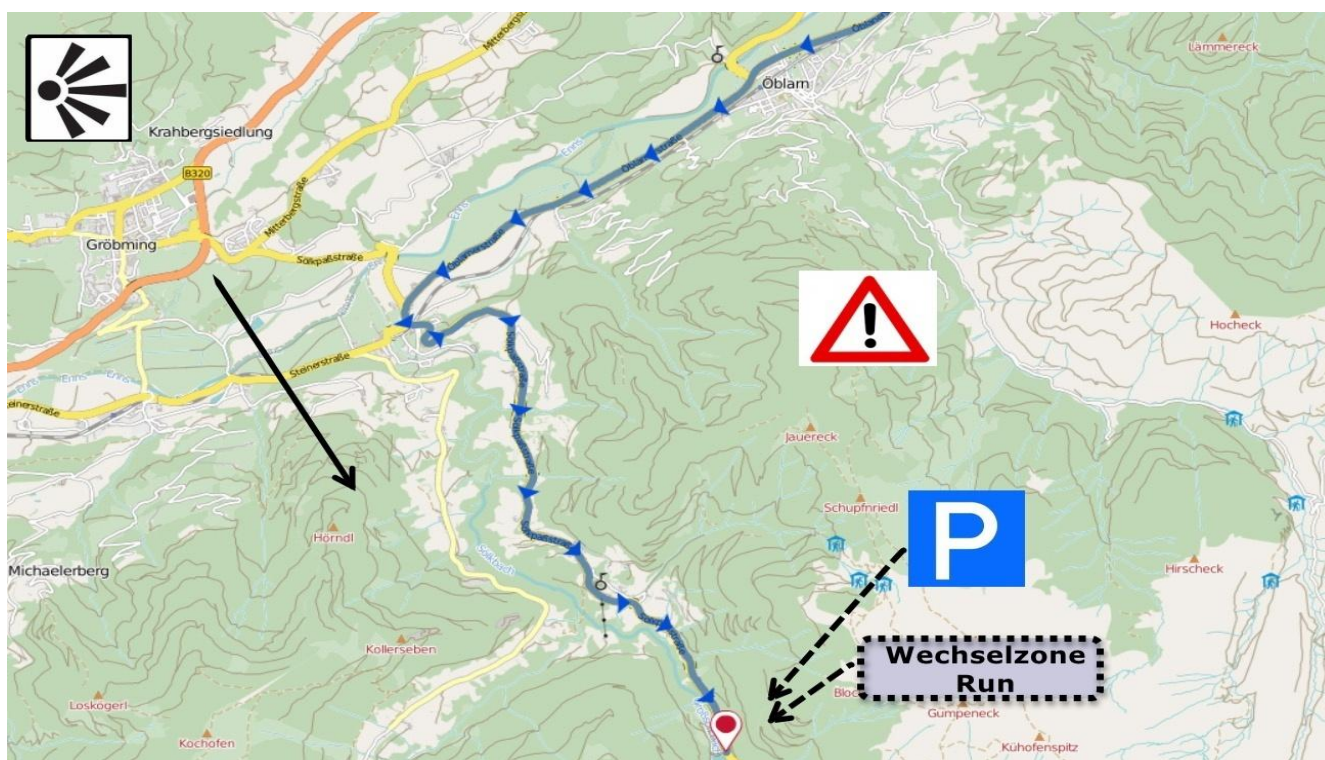


Km 186 cycle through **Irdning**

follow the street to Glattjochstraße **B75**

km 187,2 round about, take the 2<sup>nd</sup> exit in **direction to Öblanerstraße**

km 188 round about, take the 2<sup>nd</sup> exit in **direction to Öblanerstraße**



follow the street **Öblanerstraße**

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**



Special price:

## **Calling all teams and individual starters: Be creative at the Austria eXtreme Triathlon 2024!**

Dear team, dear individual starters,

We, the organising team of the Austria eXtreme Triathlon, are thrilled to see you all at the starting line of this extraordinary event. June 2024 will be here before you know it. We are already convinced in advance that it will not only be a day full of sporting challenges, but also a fantastic opportunity to unleash your creativity and team spirit.

This year we want to do something special - we invite you to make your team stand out not only through sporting performance, but also through creativity and team spirit. We encourage you to dress up, wear your team colours proudly and let your imagination run wild! Let's create an unforgettable day together, characterised not only by sporting excellence, but also by fun and community.

Why this emphasis on creativity? Because we firmly believe that a strong team is more than just the sum of its parts. The Austria eXtreme Triathlon should not only be a competition, but also a celebration of togetherness and teamwork. That's why we will not only honour THE fastest athletes at the end, but also the most creative team - with a special prize that honours your team spirit and originality!

So be there when we make history together. Train hard, support each other and show the world what a unique team you are. We can't wait to see your creative ideas and sporting energy in June 2024!

Let's make the Austria eXtreme Triathlon an unforgettable experience together!

With sporting greetings,  
your Autxtri Team

# Austria eXtreme Triathlon Organisation



**Maria Schw**  
Präsident



**Kathrin Schwarz**  
Organisation



**Hugo Schwarz**  
Organisation



**Andreas Kampl**  
Design



**Erich Schwarz**  
Koordinator



**Joachim Krenn**  
Öffentlichkeitsarbeit

# 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](http://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](http://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](http://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](http://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](http://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](http://www.iq-gruppe.at)

### **Murauer Bier**

Murauer Bier is a brewery located in the scenic town of Murau, Austria, nestled in the Alps. Dating back to the 17th century, it has a rich history of brewing excellence. The brewery flourished in the 19th century with expansions and modernizations. Despite facing challenges, it remains dedicated to producing high-quality beer while embracing tradition and innovation. Murrauer Bier is not only known for its exceptional brews but also for its role as a social hub in Murau, where locals and visitors gather to enjoy its offerings in beer gardens and taverns. Overall, it's a story of craftsmanship, community, and heritage.

[www.murauerbier.at](http://www.murauerbier.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](http://www.lodenwalker.at)

### **Austrian-Noble-Art**

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[www.austrian-noble-art.at](http://www.austrian-noble-art.at)

### **Der Reparaturdienst**

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

[office@derreparaturdienst.at](mailto:office@derreparaturdienst.at)

### **Zahnatelier Univ. Prof. DDr. Polansky**

Best dentist in Austria!

[www.zahnatelier.at](http://www.zahnatelier.at)

### **Oatsnacke**

The great taste of oats

[www.oatsnack.de](http://www.oatsnack.de)

### **Jol Sport**

Martin Kaindl is the Tyrolean founder and driving force behind the JOL Sport brand. As a passionate triathlete and organizer of the Duathlon in Bad Häring and the Tour de Tirol, he tirelessly dedicates himself to the sport of triathlon and his brand. Kaindl is known for being present at expos almost every weekend and is available 24/7 for triathlon and his brand.

[www.jol.at](http://www.jol.at)

## 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**



Impressum:











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RechtlicheHinweise:

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## History

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





# ÖHA - Öblarnner Haus für alle

Final zeremony - Meet & Joy

