

**09.09.
2023**

**36.
RED
BULL
DOLO
MITEN
MANN**



MOUNTAINBIKE ROUTE 2023

LIENZ

- Dolomitenstadion
- Handover from the paraglider to the mountain biker
- Along the Drau River to the sports field in Leisach

LEISACH (636HM)

- Through the town of Leisach up to the starting point for women
- From the women's starting point, ride down to the Moosalm reservoir via the forest path

MOOSALM (1015HM)

- At the southern part of the reservoir, ride down through the forest on the left side of the ski slope to Moosalm. From there, take the forest path back to the reservoir, where the first refreshment station is located on the northern shore.

STADTWEG

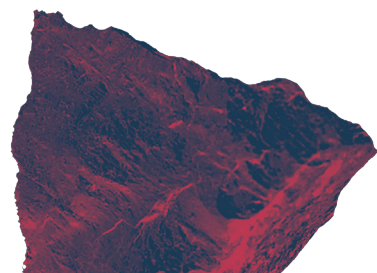
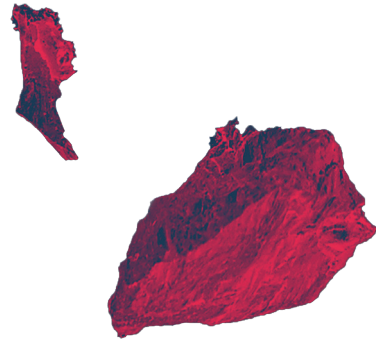
- From the reservoir, take the city road towards Hochsteinhütte
- Second refreshment station at the junction of the city road towards Hochsteinhütte
- Follow the forest path towards Hochsteinhütte and „Taxer Gassl“
- Abzweigung vom Russenweg zur Hochsteinhütte, 3. Labestation
- Turn off from the Russenweg towards Hochsteinhütte, third refreshment station
- The last section of the „Russenweg“ to Hochsteinhütte requires carrying, pushing, or riding the bike.
- Continue from there towards Hochsteinkreuz

HOCHSTEINKREUZ (2057HM)

- The downhill starts from there with a loop towards „Gampelehütte“ (2041m), and then back to Hochsteinhütte

HOCHSTEINHÜTTE (2025HM)

- From there, ride down the ski slope „Gamsabfahrt“ to Sternalm



STERNALM (1505HM)

- Pass Sternalm and ride down the ski slope back to the women's starting point and then take the same forest path known from the ascent back to Moosalm

MOOSALM (1015HM)

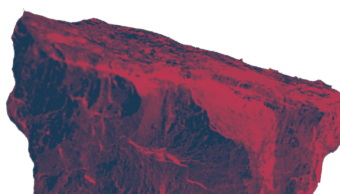
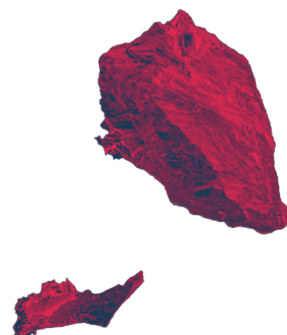
- At the end of the forest path, immediately turn right through the „Red Bull Arch“ to Moosalm and continue to the „Alban Lakata Trail“

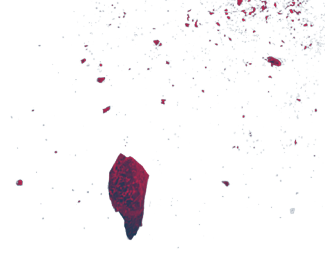
„ALBAN LAKATA TRAIL“

- Descend the trail until reaching a point near the end of the trail, where the asphalt road intersects the trail (Point 24 on the detailed map). Leave the trail there and follow the road to the „Sonnensteig“ junction. Continue on this trail to Leisach. Through the town area, proceed to the Leisach sports field.

LEISACH SPORTPLATZ

- FINISH (686m above sea level)





COURSE DETAILS

Mountain Route Length: 19 kilometers

Valley Route Length: approximately 13 kilometers

Elevation Difference: 1,600 meters

Average Gradient: 26.4%

Mandatory and Direction Gates: approximately 15

ATTENTION

Bicycle inspection and marking at Dolomitenstadion Lienz, bike marking is mandatory! Direction gates indicate the route for each biker. Racing past the „Sternalm,“ „Moosalm,“ and the „Lakata Trail,“ you'll speed towards the finish in Leisach on forest paths, ski slopes, gravel roads, and trails.

TIME LIMITS

Race Start: 10:00 AM

Race Finish: 4:30 PM

Expected Winning Time: 2:15 PM

11:15 AM: All mountain runners who have not passed the „Eingang Hallebachtal“ checkpoint will be taken out of the race.

12:15 PM: All paragliders whose mountain runners have not reached the finish by this time will be allowed to start.

12:45 PM: All mountain bikers whose paragliders have not reached the finish at Dolomitenstadion will be sent into the race in a mass start.

12:45 PM: Time limit for women's start (2-person start)

2:10 PM: Time limit for the second refreshment station. Anyone who has not passed the second refreshment station by this time will be taken out of the race.

3:00 PM: Block start for whitewater kayaking in Leisach

3:10 PM: Time limit at Hochsteinkreuz. Anyone who has not passed Hochsteinkreuz by this time will be taken out of the race.

3:45 PM: Time limit for the „Lakata Trail.“ Anyone who has not passed the „Alban Lakata Trail“ by this time will be taken out of the race.

4:10 PM: Time limit at Katarakt

For all athletes who do not reach the time limit, the race number will be taken, and they can collect it from the race office after the race ends.

Anyone who reaches the finish after the race ends (4:30 PM) will not be included in the individual ranking or the official team ranking.

TIPS

Knowing the route precisely is always advantageous. It's worth riding the route a few times to avoid any nasty surprises. The bike should be as light as possible for the uphill sections and as robust as possible for the downhill sections.

DOWNHILL SECTIONS

Hochsteinkreuz, Sternalm, „Damenstart“ on the ski slope H2000, Russenweg, Taxermoos, Gribelehof,

Finish at Leisacher Sportplatz.



DISQUALIFICATION REASONS

1. Non-compliance with helmet regulations
2. Incorrect bike marking (bike marking on tires or frame must be present) - Checked at the finish!
3. Not following the marked route
4. Not passing through the mandatory gates
5. External assistance (any form of external assistance is strictly prohibited!)
6. Escort vehicles of any kind (motorcycle, e-bike, mountain bike, etc.) are strictly prohibited on the course. If a rider is accompanied by someone without an official race number, immediate disqualification will follow. Marshalls will be on the course to enforce this rule.
7. Bike change (using different bikes for uphill and downhill parts is prohibited. In case of a defect, the mountain bike must be pushed or carried; no spare mountain bike or tire can be used)

Warning signs are recommendations to reduce speed! Please observe them! Training is entirely at the participant's risk. The course is open only for inspection! The head advertising space is reserved for the organizer!

