



10 YEARS

ISTRIA 100

BY **UTMB**



RACE GUIDE

13 - 16 APRIL 2023

UTMB[®]
WORLD SERIES

HOKA Dacia wahoo



istria.utmb.world



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IT'S ON

WELCOME

Dear trail runner,

It is an honour to present to you the beautiful peninsula of Istria and its trails. This year's race is celebrating 10 years, and we are happy you will be part of it, creating history itself. Through five distances, you will discover diverse trails and get a chance to explore Istria, its rich history of uphill medieval towns, beautiful vineyards and numerous olive oil trees, whether you are running 100 miles across the peninsula or a shorter distance.

Trail running has a different meaning for each of us, but one thing is common: respect nature, respect the community where the race is taking place as this is someone's home and respect each other as we are all together creating a big, unique trail running community.

To make your race in Istria as smooth as possible, we created this guide to show you the most important information for better planning of the race, which will also help your supporters to follow the race easier.

We wish you a fantastic race to accomplish all your goals and showcase your best result to the world.

Welcome to the 10th edition of Istria 100 by UTMB!



IMPRESSUM
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Design: Piktogram 42

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AND A LITTLE BIT
TWISTED**



**MAFATE
SPEED 4**

Extreme traction for those who
choose the toughest terrain

HOKA
FLY HUMAN FLY™

DACIA

NEW DACIA DUSTER

Dacia official automotive
partner of UTMB® World Series



Range New Dacia Duster : CO2 emission min / max (g/km) (WLTP procedure) : 125/142. Mixt consumption min / max (l/100km) (WLTP procedure) : 4,8/7,0. Dacia recommends 

   [DACIA.COM](https://www.dacia.com)

THE WORLD'S ULTIMATE TRAIL-RUNNING CIRCUIT



Uniting the sport's biggest stars and amateur runners through the best, leading international events in the most stunning locations, the UTMB World Series gives all trail runners the chance to experience the UTMB adventure across the world, and gain access to the UTMB World Series Finals at the pinnacle UTMB Mont-Blanc.

FINALS

Celebrating its 20th Anniversary this year, the mythic UTMB Mont-Blanc is the world's most well-known and revered trail running event on the globe. In the heart of the Alps, the prestigious UTMB World Series Finals is held in 3 categories: the OCC (50K), CCC(100K) and UTMB (100M) every year at the end of August in Chamonix, France.



MAJORS

Three UTMB World Series Majors, are held each year across the Americas, Europe and the Asia-Pacific region. Collect double the amount of Running Stones compared to other UTMB World Series Events for the UTMB World Series Finals lottery. In total 225 runners are also granted automatic qualification for the UTMB World Series Finals through each Major. This includes age-group category winners and the top 10 male and female runners in the 100M, 100K and 50K categories.



EVENTS

Get the UTMB experience closer to home. Built on a passion for the mountains with sustainability at its heart, UTMB World Series Events gives all trail runners the chance to experience the UTMB adventure at 35 events around the world. Begin your quest to UTMB Mont-Blanc and the UTMB World Series Finals.



RUNNING STONES

You can only collect Running Stones by finishing races in the 20K, 50K, 100K or 100M category at a UTMB World Series Event or UTMB World Series Major.

Only 1 Running Stone acquired in the past two years is mandatory to enter the lottery. Running Stones are cumulative, have no expiration date, and each Running Stone gives you an additional chance to be drawn in the UTMB World Series Finals lottery.



UTMB® INDEX

The UTMB Index is calculated for each of the 4 UTMB World Series race categories: 20K, 50K, 100k and 100M.



Trail runners are also given a General UTMB Index calculated by combining results from all race categories. A valid UTMB Index is mandatory to enter the UTMB World Series Finals lottery, along with a minimum of 1 Running Stone.

DO YOU HAVE YOUR MY UTMB ACCOUNT ?

THIS IS WHERE YOU CAN SEE IT ALL.



**CHECK IT OUT AT
[UTMB.WORLD](https://www.utmb.world)**

- See your Running Stones count
- Check your UTMB Index
- View your race results
- Get detailed performance statistics
- See your upcoming race registrations
- Share your results with your friends

UTMB®

WORLD SERIES

2023 FULL

35 EVENTS CON

FEBRUARY

- 11-12 Tarawera™ Ultramarathon by UTMB®
New-Zealand
- 17-19 Amazean Jungle by UTMB®
Thailand

APRIL

- 13-16 Istria 100™ by UTMB®
Croatia
- 15-16 Ultra-Trail Ninghai by UTMB®
China
- 15-16 Desert RATS Trail Running Festival™ by UTMB®
USA

MAJOR

- 28-29 The Canyons Endurance Runs™ by UTMB®
USA

MAY

- 04-06 Transvulcania by UTMB®
Spain
- 11-14 Ultra-Trail Australia™ by UTMB®
Australia
- 12-14 Valhöll Argentina by UTMB®
Argentina
- 12-14 Ultra-Trail Snowdonia by UTMB®
Wales
- 18-21 Trail Alsace Grand Est by UTMB®
France
- 26-28 Mountain Ultra-Trail™ by UTMB®
South Africa

JUNE

- 03-04 Trail du Saint-Jacques by UTMB®
France
- 17-18 mozart 100™ by UTMB®
Austria
- 22-25 La Sportiva® Lavaredo Ultra Trail® by UTMB®
Italy
- 24-25 Trail 100 Andorra™ by UTMB®
Andorra
- 24-25 Western States® 100-Mile Endurance Run by UTMB®
USA



CALENDAR FIRMED



JULY

06-08 Restonica Trail by UTMB®
France

MAJOR

06-09 Val d'Aran by UTMB®
Spain

07-09 Trail Verbier Saint-Bernard by UTMB®
Switzerland

12-16 Eiger Ultra-Trail™ by UTMB®
Switzerland

21-22 Speedgoat™ Mountain Races by UTMB®
USA

AUGUST

03-05 KAT100™ by UTMB®
Austria

FINALS

28 AUG- UTMB® Mont-Blanc
03 SEPT France, Italy, Switzerland

SEPTEMBER

08-10 Julian Alps Trail Run by UTMB®
Slovenia

14-17 Wildstrubel by UTMB®
Switzerland

22-24 Grindstone Trail Running Festival™ by UTMB®
USA

22-24 Paraty Brazil by UTMB®
Brazil

28 SEPT Nice Côte d'Azur by UTMB®
01 OCT France

OCTOBER

07-08 Transjeju by UTMB®
South Korea

NOVEMBER

03-04 Kullamannen™ by UTMB®
Sweden

03-04 Puerto Vallarta México by UTMB®
Mexico

10-12 TransLantau™ by UTMB®
Hong Kong

DECEMBER

07-09 Ultra-Trail Kosciuszko™ by UTMB®
Australia

MAJOR






08-10 Doi Inthanon Thailand by UTMB®
Thailand





THURSDAY 13TH

Time	Location		What
14:00 - 20:00	Sports Hall, Umag		EXPO & BIB distribution RED, BLUE, GREEN, YELLOW & WHITE
18:00	TBD		Elites presentation

FRIDAY 14TH




Time	Location		What
09:00 - 12:00	Sports Hall, Umag		EXPO & BIB distribution RED & BLUE
12:00 - 14:00	Sports Hall, Umag		EXPO & BIB distribution closed
14:00 - 20:00	Sports Hall, Umag		EXPO & BIB distribution BLUE, GREEN, YELLOW & WHITE
14:30	Sports Hall, Umag		BUS departure RED
17:00	Labin		START! RED

SATURDAY 15TH

Time	Location		What
05:15	Sports Hall, Umag		BUS departure BLUE
07:00	Buzet		START! BLUE
07:15	Sports Hall, Umag		BUS departure GREEN
07:30 - 10:00	Sports Hall, Umag		EXPO & BIB distribution YELLOW
07:30 - 13:00	Sports Hall, Umag		EXPO & BIB distribution WHITE
09:00	Buzet		START! GREEN
10:30	Sports Hall, Umag		BUS departure YELLOW
11:00	Finish line, Umag		Expected winner RED



SATURDAY 15TH

Time	Location	What
12:00	Motovun	 START! YELLOW
14:30	Finish line, Umag	 Expected winner GREEN
15:00	Finish line, Umag	 Expected winner YELLOW
17:00	Finish line, Umag	 Expected winner BLUE

SUNDAY 16TH

Time	Location	What
08:30	Sports Hall, Umag	 BUS departure WHITE
10:00	Grožnjan	 START! WHITE
11:15	Finish line, Umag	 Expected winner WHITE
13:00	Finish line, Umag	 AWARDS CEREMONY RED, BLUE, GREEN, YELLOW & WHITE



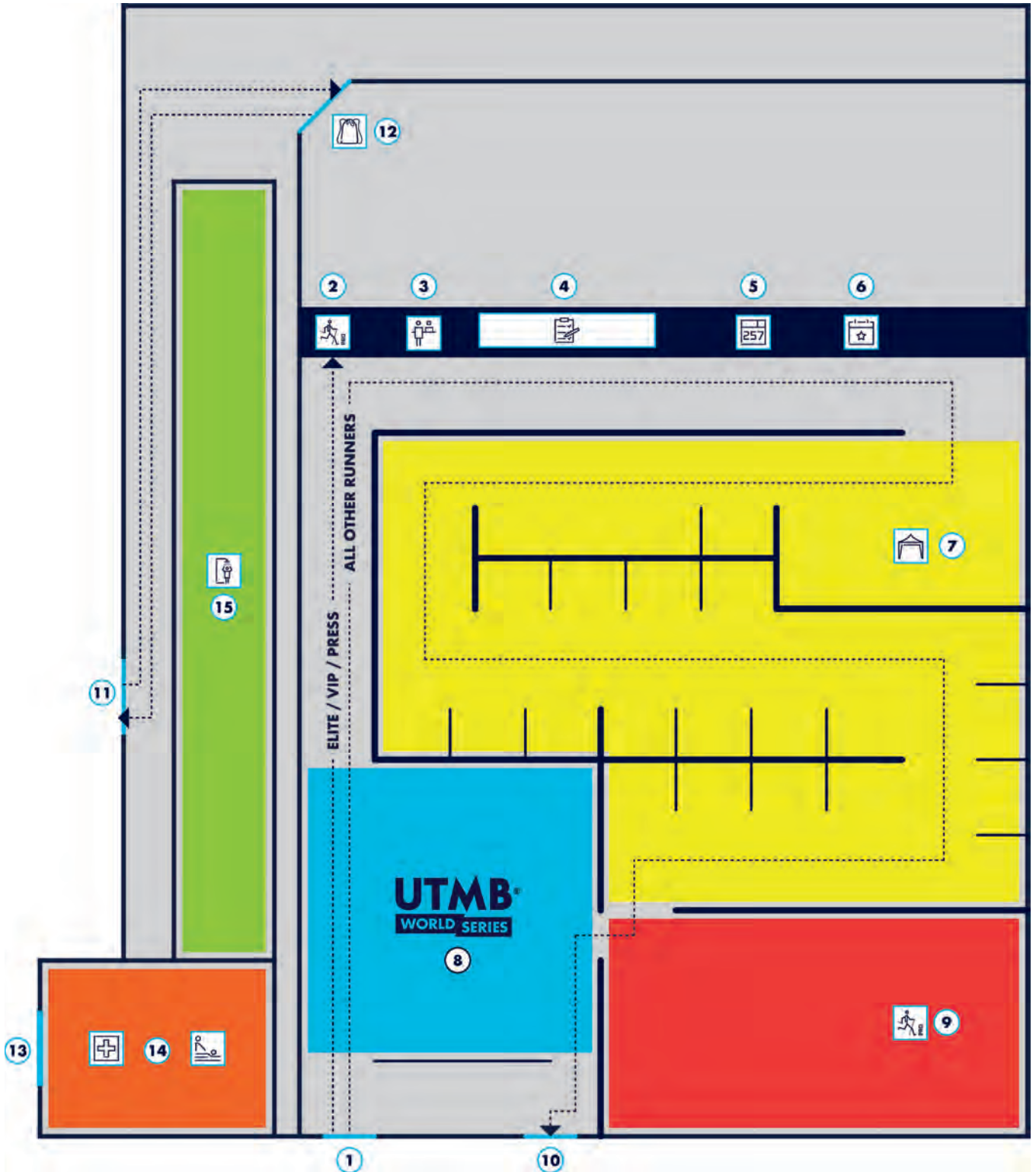
REGISTRATIONS INFORMATION

REGISTRATIONS OFFICE ADDRESS BIB DISTRIBUTION

257

Elementary school
"Marija i Lina"

Školska ulica 14
HR 52470 Umag





INFO

- 1** Registrations / EXPO entrance
- 2** Info / Elite runners / VIP desk
- 3** Active QR code scan
Please prepare:
 - your confirmation mail from Active
 - a photo ID
- 4** Mandatory equipment check
Please prepare:
 - mandatory equipment required for your course
- 5** BIB
You will receive:
 - your personal BIB
 - sticker for the spare bag (only RED & BLUE course)
 - sticker for the small bag
 - BUS transfer voucher (only if you have paid for it during registration)
 - post-race hot meal voucher
 - sleep BIB (only RED & BLUE course)
- 6** Start pack gift
- 7** EXPO Zone
- 8** UTMB World Series Zone
- 9** Chill area
- 10** Exit
- 11** Bag drop off entrance/exit
- 12** Spare bag drop off / pick up
- 13** Physio / medic zone entrance
- 14** Physio / medic zone
- 15** Locker rooms / showers

UMAG MAP



WORKING HOURS

Thursday 13th		
14:00 - 20:00		
Friday 14th		
9:00 - 12:00 14:00 - 20:00		
Saturday 15th		
07:30 - 13:00		
14:00 - 00:00		
Sunday 16th		
00:00 - 16:00		

DEFINITION OF THE RACES

Istria 100 by UTMB® is an event that includes several races in the open country, winding through the hiking routes of Istria. Each event takes place in one single stage, at an undefined pace, and within a time limit.

100M CATEGORY

RED course: around 168 km and about 6.590 meters elevation gain, starts from Labin, in semi-autonomy. The cut-off time for finishing is 46 hours.

100K CATEGORY

BLUE course: around 110 km and about 3.860 meters elevation gain, starts from Buzet, in semi-autonomy. The cut-off time for finishing is 28 hours.

50K CATEGORY

GREEN course: around 69 km and about 2.220 meters elevation gain, starts from Buzet, in semi-autonomy. The cut-off time for finishing is 15 hours.

20K CATEGORY

WHITE course: around 21 km and about 130 meters elevation gain, starts from Grožnjan, in semi-autonomy. The cut-off time for finishing is 4 hours.

RUNNER'S COMMITMENT

To participate in Istria 100 by UTMB® event, in particular, RED and BLUE course it is essential:

- To be completely aware of the length and specificity of the event and to be perfectly prepared for it.
- To have acquired, previous to the race, a real capacity of personal autonomy in the mountains allowing for the management of problems induced by this type of event, and notably:
 - Know how to confront, without outside help, climatic conditions which could be very difficult to deal with at altitude (night, wind, cold, fog, rain, or snow).
 - Know how to manage, including when one is isolated, physical or mental problems arising from great fatigue, digestive problems, muscle or articular pains, small wounds...
- To be totally conscious that the organizations role is not to help a runner manage these problems.
- To be totally aware that for such an activity in the mountains, security depends upon the runner's capacity to adapt to the problems encountered or foreseen.
- To inform and sensitize the members of the runner's entourage towards the respect of nature, people, and the regulations of the race.

SEMI AUTONOMY

The principal of an individual race in semi-autonomy is the rule. The 100 by UTMB® events take place in one single stage, at an undefined pace, within the limits of the time barriers which are specified for each event. Semi-autonomy is defined as having the capacity to be autonomous between two refreshments posts, as much on the food front as that of clothing and security, allowing for adapting to problems encountered or foreseen (bad weather, physical problems, injury...)

This principle implies, in particular, the following rules:

1. Each runner must have with them throughout the duration of the race the totality of their obligatory equipment. They transport this equipment in a pack; tagged during race-bib distribution and which cannot be changed along the race route. At any moment of the race, the race stewards can verify the pack and its contents. The runner is obliged to submit to these checks in good humour, at the risk of exclusion from the race.
2. The refreshment posts supply drinks and food to be consumed on-site. The organization only supplies still water or energizing drinks for filling water bottles or hydration packs. The runner should take care to ensure they have when leaving each refreshment post, the quantity of drink and food which is necessary to keep them going until the following refreshment post.
3. A personal assistant is tolerated exclusively at certain refreshment posts (*), in the zone specifically reserved for this use, and at the discretion of the chief of the post. One person can only give this assistance, without specific equipment other than a bag with a maximum volume of 30 litres. Assistance given by a team of professionals, or any medic or paramedic, is strictly forbidden. The rest of the refreshment post is strictly reserved for the runners.
4. It is forbidden to accompany or be accompanied along any part of the race route by a person not registered for the race, outside of the tolerance zones which are clearly marked in the proximity of the refreshment posts.
5. It is not allowed to be accompanied by a dog or any other animal.
6. A participant who accepts being accompanied outside of the expressly designated zones contravenes the principle of semi-autonomy. The race stewards witnessing irregularities are authorized to penalize the participants in order to guarantee the spirit of trail-running events.

(*) Personal assistance is tolerated at the following posts:

RED course

Mošćenička draga
Poklon
Buzet
Livade

RACE RULES



BLUE course

Buzet
Livade

GREEN course

Livade

It is forbidden at all other aid stations, as well as at any other point of the race route.

YELLOW and WHITE course:

no assistance is allowed at any point throughout the race.

RACE BIBS

Race-bibs are handed over to each runner upon presentation of:

- A valid ID with a photo
- Your race pack and all mandatory equipment checklist items

The race-bib must be worn on the chest or stomach and must remain permanently and completely visible during the whole race. It must always be placed on top of all clothing and must not be positioned on a leg or on the pack. The runner's name and partner's logos must not be altered or hidden. The bib is the pass to access the shuttles, buses, aid stations, medical points, restrooms, showers, bag drop-off, or pick-up areas... The bib is only withdrawn if the runner refuses to comply with the race director's decision. If the runner abandons the race, the bib is cut and deactivated.

DROP BAGS / SPARE BAGS

RED and BLUE course: at the race-pack collection, each participant receives a 30-litre bag. After filling them with the items of their choice and closing them, they can drop them at the bag drop-off location in Umag.

RED, BLUE, GREEN, YELLOW and WHITE course: at the race-pack collection, each participant receives a small bag. After filling them with the items of their choice and closing them, they can drop them off at the start location.

How to get your bags in Umag: The bags are returned to either the runner or a family member or friend, only upon presentation of the race-bib. The bags must be retrieved no later than 2 hours after the end of the race (Sunday, April 16th 16:00).

The organization will take to Umag the bags of runners who drop out, on the condition that their withdrawal is registered. Because of logistical factors, the organization cannot guarantee that all bags are brought to Umag before the end of the race.

Only bags supplied by the organization will be transported. Poles are not allowed in these bags. As the items in the bags are neither checked nor controlled, we will accept no claims on that matter. We recommend not to put any valuable items in the bags. We advise you to keep toiletries and spare clothes in Umag.

AID STATIONS

Along the race route, there are some points where runners can get food and drinks supplies. Aid stations supply drinks and food for consumption in situ. The organization supplies still water and energizing drinks for filling water bottles/hydration packs and personal soft cups are mandatory. The runner must make sure when leaving the aid station, that they have the necessary quantity of food and drinks to keep them going until the next aid station.

To enter the aid stations, runners must wear their race bib.

The race guide* and the relevant pages on our website provide an exhaustive list of aid stations and what kind of food/drinks runners may find there.

CHECKPOINTS

Runners are checked upon arrival at an aid station and at some security points.

Unexpected checkpoints are set up along the route. Their location is kept a secret.

WAY-MARKING

Way-markers are made of a reflective material that catches the light from your headlamp so that you can easily spot them even at night.

WARNING: if you can't see any way marker, turn back!

Because we respect the environment, we do not use any paint on the trails.

SECURITY AND MEDICAL ASSISTANCE

There are several medical stations along the route. These stations are directly linked to the race security HQ. There are medical staff at the race security HQ in Umag during the events.

Medical stations are intended to assist any person in danger with the organizations own or public means.

It is up to a runner in trouble or seriously hurt to call for the help:

RACE RULES

- By going to a medical station
- By calling the race HQ
- By asking another runner to alert the security service
- By using the SOS app LiveRun
- Every runner must give assistance to any person in danger and alert the security services.

If you are unable to call the race HQ, and only if it is an absolute emergency, you may call directly one of the national security services (especially if you are crossing an area where only emergency calls are possible): 112.

Do not forget that any kind of unexpected events – linked to the environment and the race – could make you wait for help longer than expected. Your safety, therefore, depends upon the quality of the items that you have put in your pack.

All medical, paramedical, first aid, and guide staff, as well as any person appointed by the race direction, are able to:

- exclude from the race any participant who is deemed to be unable to continue the event
- demand to any competitor to use any item of the mandatory equipment
- evacuate by any means the runners they deem to be in danger
- refer patients to the most appropriate care structure

A runner who contacts a doctor or search and rescue staff submits to their authority and agrees to accept their decisions.

If a runner's state of health justifies treatment via an intravenous drip, the runner shall compulsorily withdraw from the race.

There is a medical base in Umag available for runners with severe medical problems. Comfort care is based on the decision of the medical staff within the limits of availability.

Runners must stay on the marked path, even when they sleep.

If you need to sleep along the way, you are highly recommended to use the "sleep bib" supplied by the organization. This bib clarifies that you need to take a little nap without being disturbed.

All runners who voluntarily venture from the way-marked course are no longer under the responsibility of the organization.

TIME LIMITS AND CUT-OFF TIMES

The cut-off time for finishing each race is:

- RED course:** 46 hours
- BLUE course:** 28 hours

- GREEN course:** 15 hours
- YELLOW course:** 8 hours
- WHITE course:** 4 hours

You may find the time limit (cut-off times) for leaving the main aid stations further on in a technical part of this Race guide. In case of any changes (see Exceptional Conditions), the new cut-off times will be announced via SMS/text message.

Cut-off times are calculated to allow participants to reach the finish within the time limit. In order to be authorized to continue a race, all participants must leave the checkpoint/aid station before the cut-off time (whatever their time of arrival at the checkpoint).

All participants excluded from the race who wish to continue the route can only do so after having returned their race-bib and under their own responsibility and in complete autonomy.

DROP OUT AND REPATRIATION

Except in case of injury, a runner wishing to withdraw from the race must do so only at a checkpoint. They must inform the person responsible for the point or report their withdrawal via the LiveRun app and inform the race HQ.

If a runner wishes to withdraw while on the route between two checkpoints, they must reach the nearest checkpoint where they must report their withdrawal.

Runners who withdraw must keep their race bib because it is the pass to access shuttles, buses, meals, treatment rooms...

Repatriation works as follow:

- Vans are available at some aid stations – marked by a pictogram «van» on time charts – to take runners who drop out back to (place).
- Runners who abandon at any other aid station or checkpoint but whose state of health does not require them to be evacuated must return as quickly as possible and by their own means to the nearest point of repatriation.

As for aid stations or security points accessible by car or 4x4:

- after the closing of the aid station/security points, the organization might repatriate any runners who have abandoned and haven't left the aid station yet.
- in the event of bad weather conditions justifying the partial or total stop of the race, the organization will make sure that all runners are repatriated as soon as possible.

RACE RULES



FINISH

When you finish your race, you will receive the finisher's medal. Finishers will have access to a final aid station located in Umag with restricted access to runners.

SHOWERS

Runners may take a shower only at the end of the race. Runners need to show their race bib in order to enter the shower.

During the race, showers are available at the Buzet aid station (Red and Blue).

REST

During the race, runners will have some rest areas in some aid stations, with camp beds and blankets.

Runners having finished their race and wishing to prolong their stay must have their own accommodation.

- **RED course:** At Buzet, each competitor can benefit from a rest area (with camp beds and blankets).
- **BLUE course:** At Buzet, each competitor can benefit from a rest area (with camp beds and blankets).

RANKINGS AND AWARDS

For each race, there is a general ranking – men and women – and a category ranking – men and women – (see below for further details for each category).

- **RED and BLUE course:** the first 5 men and the first 5 women in the general ranking
- **GREEN, YELLOW and WHITE course:** the first 3 men and the first 3 women in the general ranking

No awards for age categories.

Results for all participants on <https://utmb.world/>

Age categories

- 20-34
- 35-39
- 40-44
- 45-49
- 50-54
- 55-59
- 60-64
- 65-69
- 70-74
- 75-79

- 80-84
- 85+



PENALTIES - DISQUALIFICATION

If a runner breaks the rules, race directors and aid stations'/security points' team leaders can instantly apply (*) a penalty according to the following chart:

BREACH OF REGULATION	PENALTIES (*) - DISQUALIFICATION
Short-cutting the route	At the race director's discretion
Missing item(s) of the mandatory equipment checklist (no water supply of a volume of a minimum of 1 liter, no waterproof jacket with hood, no torch, no survival blanket, no smartphone)	Disqualification
Absence of other mandatory equipment items (race leggings or long trousers, only one torch, cap or bandana, hat, warm and waterproof gloves, long-sleeved top, waterproof over-trousers, whistle, self-adhesive elastic bandage, food reserve, reusable cup)	1 hour penalty
Refusal to have mandatory equipment checked	Disqualification
Smartphone turned off or in airplane mode	15 min penalty
Discarding of rubbish (voluntary act) by a competitor or a member of their entourage	1 hour penalty
Lack of respect for others (organization or runners) Note: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized.	Disqualification
Not assisting a person in difficulty (in need of care)	Disqualification
Assistance outside of authorized areas	1 hour penalty
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station.	15 min penalty
Cheating (eg.: use of a means of transport, sharing a race bib, ...)	Immediate disqualification for life
Lack of visible race bib	15 min penalty
Wearing a non-conforming race bib	15 minute penalty (during which time the runner places their race bib in a manner which conforms to the rules)
Dangerous behavior (eg. : poles with unprotected points orientated towards runners or spectators))	15 min penalty
No electronic chip	According to the race directors' decision
No passage through a checkpoint	According to the race directors' decision
Refusal to comply with an order from the race directors, race stewards, aid station's team leader, doctors or search and rescue staff.	Disqualification
Refusal of anti-doping test	The runner will be sanctioned in the same manner as they would be for drug taking
Departure from a check point after the time barrier	Disqualification
Pack not tagged	1 hour penalty
Use of poles not carried from the beginning of the race	1 hour penalty



GENERAL

In order to ensure their security and the smooth running of each event, each participant must carry with them all the items listed in the mandatory equipment checklist (see below). And take all the equipment with them during the race even if the runner is not using it.

The “hot-weather” and the “cold-weather” kits are part of the mandatory equipment.

According to the weather conditions, the organization might require one of those three additional kits and inform each participant before the opening of the race-pack collection.

Systematic and/or random checks will be carried out during the race. A penalty up to disqualification will be applied to runners who do not have all the mandatory equipment with them (see PENALTIES).

Please note: the items included in the mandatory equipment checklist are the basic pieces that each trail-runner must adapt according to their own skills. In particular, you should not choose the lightest possible clothing but prefer clothing that really provides good protection in the mountains against cold, wind, and snow, and therefore better safety and performance.

Music: Listening to music using earphones only, is tolerated, so long as it is safe to do so. Any earphones **MUST** be removed when crossing any roads, as well as on approach to, and whist at, any checkpoints and when approaching and passing any Safety Team members.

MANDATORY EQUIPMENT | RED & BLUE COURSE

- Running pack to carry mandatory gear throughout the race.
- Mobile phone (smartphone strongly recommended): the runner must be reachable at any time before, during, and after the race:
 - mobile phone with international roaming (load into its memory the organization's security numbers, don't mask your number and don't forget to take the start of your race with the battery fully charged)
 - Keep the phone on, airplane mode is forbidden and could give rise to penalties.
 - For smartphones: LiveRun application installed and activated.
- An external battery is highly recommended
- Personal soft cup 15 cl minimum (bottles or flasks with lids are not accepted)
- Minimum water supply: 1 liter
- 2 working headlamps with spare cells/batteries for each headlamp. Recommendation: 200 lumens or more for the main torch
- Survival blanket of 1.40m x 2m minimum
- Whistle
- Self-adhering elastic bandage for bandaging or strapping (minimum 100 cm x 6 cm)
- Food reserve. Recommendation: 800kcal (2 gels + 2 power bars each of 65g)
- Jacket with hood for bad weather in the mountains. The jacket must be made of a waterproof (minimum recommended 10 000 Schmerber) and breathable (RET recommended inferior to 13) membrane (eg. Outdry) – the jacket must, imperatively, have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer.
 - the seams must be sealed.
 - the jacket must not have sections of fabric that are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back)-since they do not damage in any obvious way the impermeability- are accepted.
- Long-legged trousers or race leggings OR a combination of leggings and socks to cover the legs completely
- Cap or bandana or Buff®
- Additional warm second layer: a warm second layer top with long sleeves (excluding cotton) weighing at least 180g (men's size medium – M) OR the combination of a long-sleeved warm undergarment (first or second layer, excluding cotton) weighing at least 110g (men's size medium – M) and a wind-proof jacket (the wind-proof jacket does not replace the mandatory waterproof jacket, and vice versa) with durable water-repellent protection (DWR protection)
- Hat
- Warm and waterproof gloves
- Waterproof over pants
- ID – passport/ID card

HOT WEATHER KIT

(may be required by the organization, depending on weather conditions)

- Sunglasses ***
- Saharan cap or any combination which completely covers the head and nape of the neck
- Sunscreen. Recommendation: minimum sun protection factor (SPF) 50
- Minimum water supply: 2 liters

COLD WEATHER KIT

(may be required by the organization, depending on weather conditions)

- Protective eyewear ***
- 3rd warm layer (the intermediary layer between the 2nd layer and the waterproof jacket)
- Recommendation: fleece or compressible down jacket
- Sturdy, closed-toe trail-running shoes (minimalist or ultralight shoes excluded)

*** it is possible to use the same glasses if they are suitable both for the sun and bad weather (such as glasses with photo-chromatic lenses)

All clothing items must fit the runner – in terms of size – and they must not be altered in any way after leaving the factory.

The runner must judge whether, according to the beforementioned criteria, the jacket complies with the regulations and therefore is suitable for bad weather in the mountains. However, during a check, the race director's opinion on the matter shall prevail.

RACE RULES



MANDATORY EQUIPMENT | RED & BLUE COURSE

The mandatory gear must be carried in a running pack for the duration of the whole race. The running pack is tagged during the race-pack collection and must not be changed during the race.

Other recommended equipment (including but not limited to)

- Spare warm clothing, essential in case of cold and rainy weather or in case of injury
- Poles in the case of rain or snow for your safety on slippery ground
- Vaseline or anti-heat cream
- at least 30 EUR cash (just in case...).

- Reusable bowl
- GPS watch
- Knife or scissors for cutting elastic bandage
- Emergency sewing kit

If you choose to take hiking poles with you, you have to carry them for the duration of the whole race. It is forbidden to take the start without poles and get them during the course of the race.

No poles are authorized in the spare bags.

If you have further questions about mandatory equipment, do not hesitate to consult our FAQs.

MANDATORY EQUIPMENT | GREEN COURSE

- Running pack to carry mandatory gear throughout the race.
- Mobile phone (smartphone strongly recommended): the runner must be reachable at any time before, during, and after the race:
 - mobile phone with international roaming (load into its memory the organization's security numbers, don't mask your number, and don't forget to leave with the battery fully charged)
 - Keep the phone on, airplane mode is forbidden and could give rise to penalties.
 - For smartphones: LiveRun application installed and activated.
- Personal soft cup 15 cl minimum (bottles or flasks with lids are not accepted)
- Minimum water supply: 1 litre
- 1 working headlamp. Recommendation: 200 lumens or more
- Survival blanket of 1.40m x 2m minimum
- Whistle
- Self-adhering elastic bandage for bandaging or strapping (minimum 100 cm x 6 cm) is recommended
- Food reserve. Recommendation: 800kcal (2 gels + 2 energizing bars each of 65gr)
- Jacket with hood for bad weather in the mountains. The jacket must be made with a waterproof (minimum recommended 10

000 Schmerber) and breathable (RET recommended inferior to 13) membrane (eg. Outdry)

- the jacket must, imperatively, have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer.
 - the seams must be sealed.
 - the jacket must not have sections of fabric that are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back) -since they do not damage in any obvious way the impermeability- are accepted.

The runner must judge whether, according to the beforementioned criteria, the jacket complies with the regulations and therefore is suitable for bad weather in the mountains. However, during a check, the race director's opinion on the matter shall prevail.

- Long-legged trousers or race leggings OR a combination of legging and socks which cover the legs completely are recommended
- Cap or bandana or Buff® is recommended
- ID - passport /ID card

HOT WEATHER KIT

(may be required by the organization, depending

MANDATORY EQUIPMENT | GREEN COURSE

on weather conditions)

- Sunglasses
- Saharan cap or any combination which completely covers the head and nape of the neck
- Sunscreen. Recommendation: minimum sun protection factor (SPF) 50
- Minimum water supply: 2 liters

COLD WEATHER KIT

(may be required by the organization, depending on weather conditions)

- 3rd warm layer (the intermediary layer between the 2nd layer and the waterproof jacket). Recommendation: fleece or compressible down jacket
- Sturdy, closed-toe trail-running shoes (minimalist or ultralight shoes excluded)

All clothing items must fit the runner – in terms of size – and they must not be altered in any way after leaving the factory.

The mandatory gear must be carried in a running pack for the duration of the whole race. The run-

ning pack is tagged during the race-pack collection and must not be changed during the race.

Other recommended equipment (non-exhaustive checklist):

- Spare warm clothing, essential in case of cold and rainy weather or in case of injury.
- Poles in case of rain or snow for your safety on slippery ground
- Vaseline or anti-heat cream
- at least 30 EUR cash (just in case...).
- Reusable bowl
- GPS watch
- Knife or scissors for cutting elastic bandage
- Emergency sewing kit
- If you choose to take hiking poles with you, you have to carry them for the duration of the whole race. It is forbidden to take the start without poles and get them during the course of the race.

If you have further questions about mandatory equipment, do not hesitate to consult our FAQs.

MANDATORY EQUIPMENT | YELLOW COURSE

- Running pack to carry mandatory gear throughout the race.
- Mobile phone (smartphone strongly recommended): the runner must be reachable at any time before, during, and after the race:
 - mobile phone with international roaming (load into its memory the organization's security numbers, don't mask your number, and don't forget to leave with the battery fully charged)
 - Keep the phone on, airplane mode is forbidden and could give rise to penalties.
 - For smartphones: LiveRun application installed and activated.
- Personal soft cup 15 cl minimum (bottles or flasks with lids are not accepted)
- Minimum water supply: 1 liter
- 1 working headlamp. Recommendation: 200 lumens or more
- Survival blanket of 1.40m x 2m minimum
- Whistle
- Self-adhering elastic bandage for bandaging or strapping (minimum 100 cm x 6 cm) is recommended
- Food reserve. Recommendation: 800kcal (2 gels + 2 energizing bars each of 65gr)
- Jacket with hood for bad weather in the mountains. The jacket must be made with a waterproof (minimum recommended 10 000 Schmerber) and breathable (RET recommended inferior to 13) membrane (eg. Outdry) -** to be announced prior to race**
- the jacket must, imperatively, have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer.
 - the seams must be sealed.
 - the jacket must not have sections of fabric that are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back) -since they do not damage in any obvious way the impermeability- are



MANDATORY EQUIPMENT | YELLOW COURSE

accepted.

The runner must judge whether, according to the beforementioned criteria, the jacket complies with the regulations and therefore is suitable for bad weather in the mountains. However, during a check, the race director's opinion on the matter shall prevail.

- Cap or bandana or Buff® is recommended
- ID – passport /ID card

HOT WEATHER KIT

(may be required by the organization, depending on weather conditions)

- Sunglasses
- Saharan cap or any combination which completely covers the head and nape of the neck
- Sunscreen. Recommendation: minimum sun protection factor (SPF) 50
- Minimum water supply: 2 liters

COLD WEATHER KIT

(may be required by the organization, depending on weather conditions)

- 3rd warm layer (the intermediary layer between the 2nd layer and the waterproof jacket). Recommendation: fleece or compressible down jacket
- Sturdy, closed-toe trail-running shoes (minimalist or ultralight shoes excluded)

All clothing items must fit the runner – in terms of size – and they must not be altered in any way after leaving the factory.

The mandatory gear must be carried in a running pack for the duration of the whole race. The running pack is tagged during the race-pack collection and must not be changed during the race.

Other recommended equipment (non-exhaustive checklist):

- Spare warm clothing, essential in case of cold and rainy weather or in case of injury.
- Poles in case of rain or snow for your safety on slippery ground
- Vaseline or anti-heat cream
- at least 30 EUR cash (just in case...).
- Reusable bowl
- GPS watch
- Knife or scissors for cutting elastic bandage
- Emergency sewing kit
- If you choose to take hiking poles with you, you have to carry them for the duration of the whole race. It is forbidden to take the start without poles and get them during the course of the race.

If you have further questions about mandatory equipment, do not hesitate to consult our FAQs.

MANDATORY EQUIPMENT | WHITE COURSE

- Running pack to carry mandatory gear throughout the race.
- Mobile phone (smartphone strongly recommended): the runner must be reachable at any time before, during, and after the race:
 - mobile phone with international roaming (load into its memory the organization's security numbers, don't mask your number, and don't forget to leave with the battery fully charged)
 - Keep the phone on, airplane mode is forbidden and could give rise to penalties.
- For smartphones: LiveRun application installed and activated.
- Personal soft cup 15 cl minimum (bottles or flasks with lids are not accepted)
- Minimum water supply: 1 liter is recommended
- Survival blanket of 1.40m x 2m minimum
- Whistle
- Food reserve. Recommendation: 800kcal (2 gels + 2 energizing bars each of 65gr)
- Jacket with hood for bad weather in the mountains. The jacket must be made with

MANDATORY EQUIPMENT | WHITE COURSE

a waterproof (minimum recommended 10 000 Schermer) and breathable (RET recommended inferior to 13) membrane (eg. Outdry) -** to be announced prior to race**

- the jacket must, imperatively, have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer.
 - the seams must be sealed.
 - the jacket must not have sections of fabric that are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back) -since they do not damage in any obvious way the impermeability- are accepted.
- The runner must judge whether, according to the beforementioned criteria, the jacket complies with the regulations and therefore is suitable for bad weather in the mountains. However, during a check, the race director's opinion on the matter shall prevail.
- Cap or bandana or Buff® is recommended
- ID - passport /ID card

HOT WEATHER KIT

(may be required by the organization, depending on weather conditions)

- Sunglasses
- Saharan cap or any combination which completely covers the head and nape of the neck
- Sunscreen. Recommendation: minimum sun protection factor (SPF) 50
- Minimum water supply: 2 liters

COLD WEATHER KIT

(may be required by the organization, depending on weather conditions)

- 3rd warm layer (the intermediary layer between the 2nd layer and the waterproof jacket). Recommendation: fleece or compressible down jacket

All clothing items must fit the runner – in terms of size – and they must not be altered in any way after leaving the factory.

The mandatory gear must be carried in a running pack for the duration of the whole race. The running pack is tagged during the race-pack collection and must not be changed during the race.

Other recommended equipment (non-exhaustive checklist):

- Spare warm clothing, essential in case of cold and rainy weather or in case of injury.
- Vaseline or anti-heat cream
- at least 30 EUR cash (just in case...).
- GPS watch

If you choose to take hiking poles with you, you have to carry them for the duration of the whole race. It is forbidden to take the start without poles and get them during the course of the race.

If you have further questions about mandatory equipment, do not hesitate to consult our FAQs.



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TECHNICAL PARTNER

MANDATORY EQUIPMENT

Do not forget that various hazards connected to both the environment and the race, might keep you waiting longer than expected for assistance.

Your safety will therefore depend upon the quality of what you put in your pack. The mandatory equipment is therefore an absolute must!

MANDATORY EQUIPMENT

RUNNING PACK

| R | B | G | Y | W |

*find me in Sport box shop at the Expo



Running pack to carry mandatory gear throughout the race.

MOBILE PHONE

| R | B | G | Y | W |



Save in the contacts the security numbers of the organization, keep it switched on, do not hide one's number and do not forget to set off with recharged batteries.

LIVE TRAIL APP

| R | B | G | Y | W |



PERSONAL SOFT CUP

| R | B | G | Y | W |

*find me in Sport box shop at the Expo



Minimum 15cl
Water-bottles or flasks with lids are not acceptable.

STOCK OF WATER

| R | B | G | Y | W |

*find me in Sport box shop at the Expo



MINIMUM WATER SUPPLY: 1 LITER

HEAD TORCH

| R | B | G |

*find me in Sport box shop at the Expo



In good working condition with replacement batteries

SURVIVAL BLANKET

| R | B | G | Y | W |

*find me in Sport box shop at the Expo



Minimum dimensions 1,40 m x 2,0 m

WHISTLE

| R | B | G | Y | W |



MANDATORY EQUIPMENT



ADHESIVE ELASTIC BAND

| R | B | G** | Y** |



Enables making a bandage or a strapping (minimum 100cm x 6 cm)

FOOD RESERVE

| R | B | G | Y | W |

*find me in Sport box shop at the Expo



HOODED JACKET

| R | B | G | Y** | W** |

*find me in Sport box shop at the Expo



Capable of withstanding the bad mountain weather and made with a waterproof (recommended: 10 000 Schmerber) and breathable (RET recommended less than 13) membrane

LONG RUNNING TROUSERS

| R | B | G** |

*find me in Sport box shop at the Expo



Or leggings or a combination of leggings and long socks which cover the legs completely

CAP OR BANDANA

| R | B | G** | Y** | W** |

*find me in Sport box shop at the Expo



ADDITIONAL WARM MIDLAYER TOP

| R | B |

*find me in Sport box shop at the Expo



MANDATORY EQUIPMENT

WARM HAT

| R | B |

*find me in Sport box shop at the Expo



WATERPROOF OVER-TROUSERS

| R | B |

*find me in Sport box shop at the Expo



WARM AND WATERPROOF GLOVES

| R | B |

*find me in Sport box shop at the Expo



ID CARD

| R | B | G | Y | W |



HOT WEATHER KIT

May be required by the organization, depending on the weather conditions

SUNGLASSES***

| R | B |

*find me in Sport box shop at the Expo



it is possible to use the same glasses if they are suitable both for the sun and bad weather (such as glasses with photo-chromatic lenses)

SAHARAN CAP

| R | B |

*find me in Sport box shop at the Expo



SUNSCREEN

| R | B | G | Y | W |



MINIMUM WATER SUPPLY: 2 LITERS

COLD WEATHER KIT

May be required by the organization, depending on the weather conditions

- Protective eyewear ***
- 3rd warm layer (the intermediary layer between the 2nd layer and the waterproof jacket). Recommendation: fleece or compressible down jacket
- Sturdy, closed-toe trail-running shoes (minimalist or ultralight shoes excluded)

*** it is possible to use the same glasses if they are suitable both for the sun and bad weather (such as glasses with photo-chromatic lenses)

All clothing items must fit the runner – in terms of size – and they must not be altered in any way after leaving the factory.

The mandatory gear must be carried in a running pack for the duration of the whole race. The running pack is tagged during the race-pack collection and must not be changed during the race.



ALWAYS REMEMBER YOUR RACE
get your personal pictures on **SPORTOGRAF.COM**



F O T O
S P O R T O G R A F . C O M
F L A T

BAGS AND STICKERS

In your race pack, you will get two plastic bags. One big which will serve as your drop bag and it will be deposited in Buzet (half way down the course, only RED and BLUE) and another small one which you can use for depositing personal stuff/gear at the start.

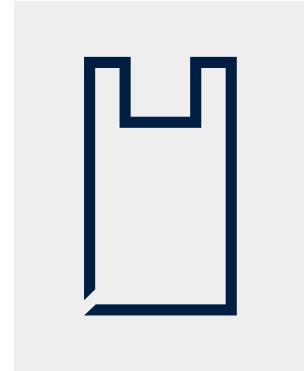
Big one should be deposited in Umag after BIB distribution, we will transport it to Buzet, you can reclaim it there and it must be deposited in Buzet for repatriation to Umag. Smaller one is simpler, when you arrive at the start, you can pack in it any excess stuff/gear/clothes that you don't need in the race, it can be deposited at the start, we will repatriate it back to Umag where can be reclaimed after you finish the race. Of course, only upon showing your BIB.

We will transport only the bags that we provide, so don't try to bring any of yours because it will not be transported to Buzet. And please, don't put your walking poles in it because not only it is against the rules, but it could be easily broken. We will not be responsible for it.

On each bag you receive, you should put the corresponding sticker with your designated BIB, bigger one on the spare bag, smaller one on the small bag.

SMALL BAG

| R | B | G | Y | W |



SPARE BAG

| R | B |



SMALL BAG

and the stickers



SPARE BAG

and the stickers



TRANSFER TO THE START



You will have transfer to the start **ONLY** if you have reserve it during your registration.

On your BIB you will find number of your bus in which you have a secured place (see BIB below). Details for departure will be written on your BIB envelope.

Please, respect your bus number and be on time for the departure.

Gathering is in front of the sports hall.

Don't forget your BIB! Without BIB you will not be able to enter the bus and start the race ;)

*If you don't have bus number on your BIB, that means that you don't need a bus transfer.

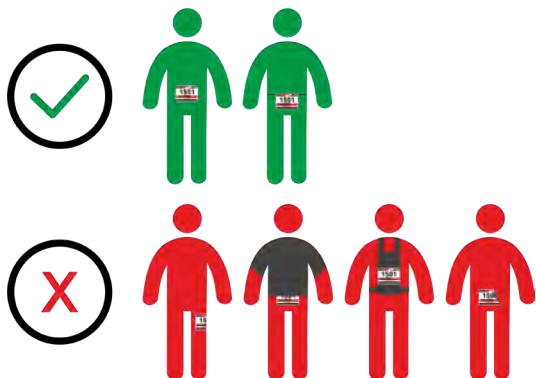
TRANSFER SCHEDULE AND ITINERARY

Course	Location	Itinerary	Day, date	Time of departure	Time of arrival
RED	Umag - Sports Hall	Umag - Labin	Friday, April 14 th	14:30	16:00
BLUE	Umag - Sports Hall	Umag - Buzet	Saturday, April 15 th	05:15	06:00
GREEN	Umag - Sports Hall	Umag - Buzet	Saturday, April 15 th	07:15	08:00
YELLOW	Umag - Sports Hall	Umag - Motovun	Saturday, April 15 th	10:30	11:00
WHITE	Umag - Sports Hall	Umag - Grožnjan	Sunday, April 16 th	08:30	09:00

BIB
and the bus transfer info
N = your bus number

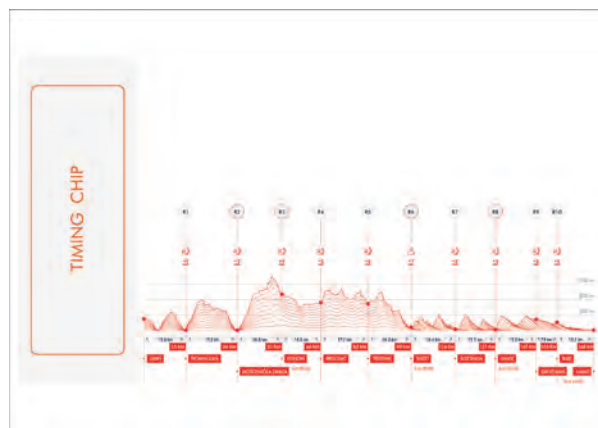
BIB

proper way to wear a BIB during the race



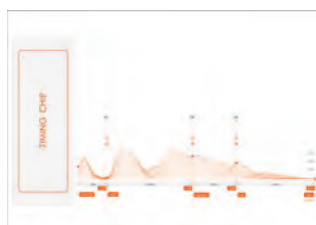
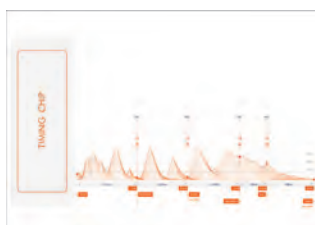
RED COURSE BIB

front and back side



OTHER COURSES BIB

front and back side



COURSE SIGNAGE



COURSE MARKINGS

There are more than 7.000 fluo orange flags on the course (every 40 meters) along with around 150 arrow signs and a few kilometers of red-and-white stripe tape.

In the urban areas, pay attention to the green markings sprayed on the road (every 50 m), which points in the right direction.



PLASTIC GUIDEPOST



MARKINGS ON THE ROAD
urban areas



FLAGS ON THE COURSE
outside urban areas

AID STATION SIGNAGE

At every aid station you will find a large sign like this one on the right.

It shows all the information needed to survive up to the next aid station:

- the name of the aid station
- the name of the next aid station
- the distance to the next aid station
- cumulative ascent to the next aid station
- the distance to the finish
- cumulative ascent to the finish
- course profile



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E L I T E S O L E E L I T E S O L E



168K - RED

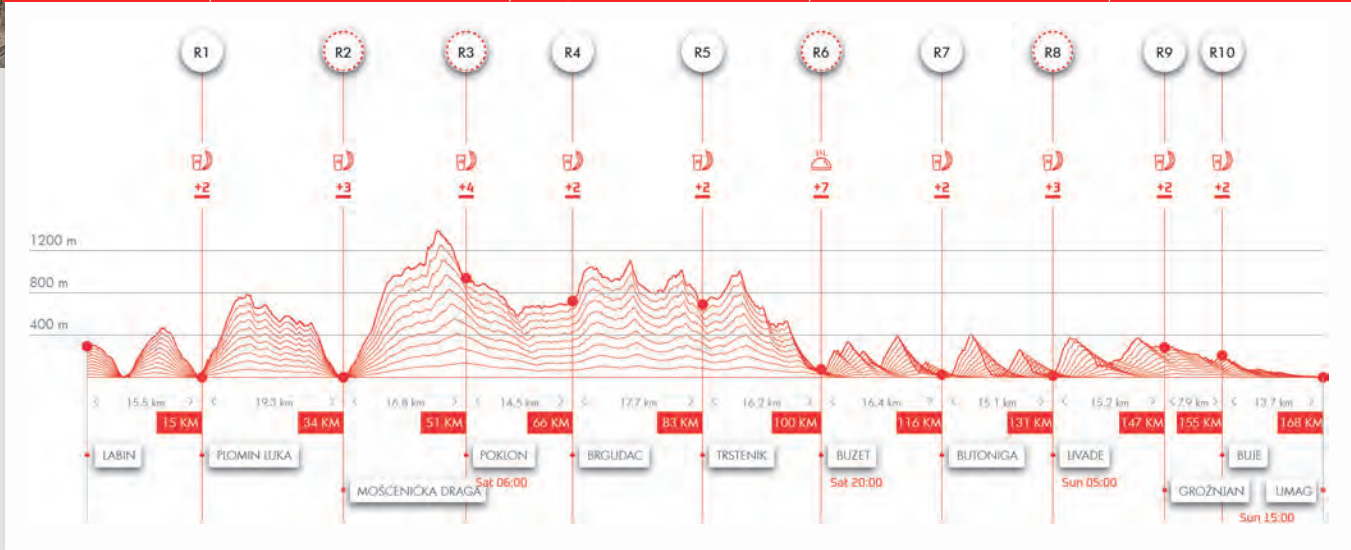
The course starts in the 3000 years old town Labin, climbs the Učka mountain with the spectacular views to Kvarner region and descends in Buzet where your drop bag will wait for you.

RACE CATEGORY

100M

4
 RUNNING STOPS
 UTMB

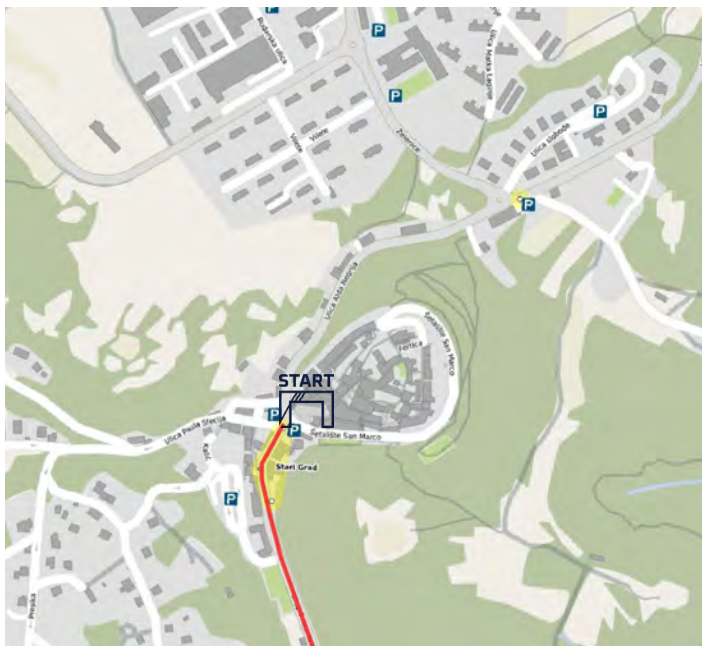
Distance 168.6 KM	Elevation gain 6590 m D+	Start place Labin	Start date 14/04/2023	Start time 17:00
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R1 CHECKPOINT - no assistance permitted

R2 CHECKPOINT with assistance permitted

START MAP



START INFO

START LABIN
 Titov trg
 FRIDAY 14th @ 17:00

from Umag - fastest route*
 Umag - direction Buje - enter A9/E751 towards Rijeka / Pula - take exit 2 (Žminj) A9/E751 - direction Labin / Barban - in Barban direction Labin
 *toll roads




distance: 91 km
 drive time: 1h 28min

TIMETABLE

THURSDAY 13TH

Time	Location	What
14:00 - 20:00	Sports Hall, Umag	 BIB distribution



FRIDAY 14TH

09:00 - 12:00	Sports Hall, Umag	 BIB distribution
14:30	Sports Hall, Umag	 Bus departure to start
17:00	Labin	 START!

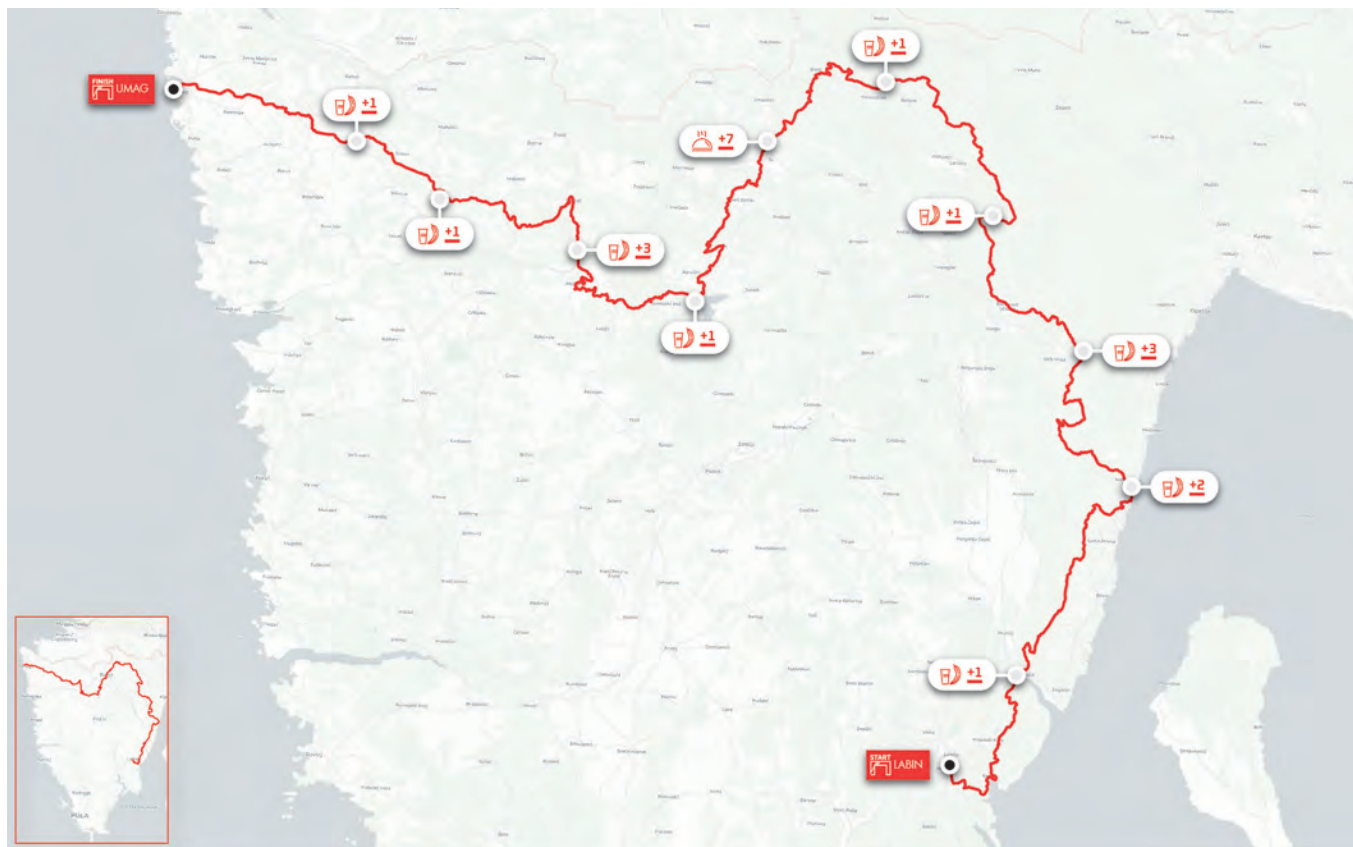
SATURDAY 15TH

11:00	Finish line, Umag	 Expected Winner
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SUNDAY 16TH

13:00	Finish line, Umag	 AWARD CEREMONY
15:00	Finish line, Umag	 Time limit

COURSE MAP



 STARTING LINE

 FINISH LINE

 AID STATION

 WARM MEAL AID STATION

AID STATIONS & TIME CHARTS

Point	Altitude	Distance inter	Dist	Elevation +	Elevation -	Fastest time	Slowest time	Cut Off	Services
Labin	293	0	0	0	0	Fri 17:00	Fri 17:02		
Plomin luka	4	15.5	15.5	455	742	Fri 18:07	Fri 19:57		
Mošćenička draga	5	19.2	34.7	1342	1631	Fri 19:57	Sat 00:32		
Poklon	939	16.8	51.5	2732	2082	Fri 22:05	Sat 06:00	Sat 06:00	
Brgudac	717	14.5	65.9	2908	2487	Fri 23:24	Sat 09:10		
Trstenik	690	17.7	83.6	3631	3232	Sat 01:29	Sat 14:29		
Buzet	81	16.2	99.8	4009	4214	Sat 03:16	Sat 19:12	Sat 20:00	
Butoniga	24	16.4	116.2	4722	4990	Sat 05:15	Sun 00:36		
Livade	12	15.1	131.3	5324	5607	Sat 07:03	Sun 05:00	Sun 05:00	
Grožnjan	280	15.2	146.5	5952	5973	Sat 08:56	Sun 10:14		
Buje	205	7.8	154.3	6034	6128	Sat 09:40	Sun 12:07		
Umag	1	13.7	168	6034	6325	Sat 10:51	Sun 15:00	Sun 15:00	

STARTING LINE

FINISH LINE

AID STATION

WARM MEAL AID STATION

DROP BAG

MEDICAL STATION

REST AREA

WC

SHOWER

CHECKPOINT with assistance permitted

Aid station	Hot-food	Cheese / Meat	Pas-tries	Fruits	Bread	Salty snacks	Nutella	Bis-cuits	Cola	Water	Iso- tonic	Tea	Coffe	Hot soup
Plomin luka			X	X		X			X	X	X	X	X	
Mošćenička draga				X		X		X	X	X	X	X	X	X
Poklon		X		X	X	X	X		X	X	X	X	X	X
Brgudac			X	X		X		X	X	X	X	X	X	X
Trstenik		X		X	X	X	X		X	X	X	X	X	X
Buzet	X	X	X	X	X	X	X	X	X	X	X	X	X	
Butoniga		X		X		X		X	X	X	X	X	X	X
Livade		X	X	X		X		X	X	X	X	X	X	X
Grožnjan		X		X	X	X	X		X	X	X	X	X	X
Buje		X	X	X		X		X	X	X	X	X	X	X
Umag				X		X		X	X	X				

START LIST



BIB	Lastname Name	Country	UTMB index
173	Acosta Elaine	USA	440
110	Adam Eric	GER	610
65	Alessandrini Paolo	ITA	680
134	Alexandru Florin	ROU	582
34	Andersson Anna	SWE	572
94	Andersson Pål	SWE	631
313	Andrieux Sylvain	FRA	382
171	Antović Vladimir	SRB	540
166	Ardealan Cozmin	CAN	542
52	Augusto Santos Daniel	POR	708
262	Azenić Goran	CRO	460
232	Baggio Enzo	ITA	493
202	Baier Stefan	AUT	511
182	Bajtl Igor	CRO	532
53	Balduchelli Yan	SUI	706
284	Banković Dejan	SRB	441
14	Bannwarth Claire	FRA	690
179	Barić Stjepan	CRO	535
334	Bartošek Pavel	CZE	-
142	Basiaco Roberto	CRO	572
31	Belus Tamás	HUN	721
248	Benedetti Andrea	ITA	480
10	Beraud Alexandre	FRA	802
228	Bijnsma Lourens	NED	494
176	Bilić Dejan	CRO	537
286	Bilić Marko	CRO	440
117	Blotti Sergio	SUI	600
29	Bodnar Dariia	UKR	623
288	Boldoduck Adeline	FRA	334
7	Borčin Tomáš	SVK	814
302	Boroš Ratko	CRO	402
30	Bourassa Denise	USA	623
323	Boydens Wim	BEL	-
312	Božić Dejan	CRO	386
149	Brosolo Olivier	ITA	557
235	Brown Ian	USA	490
153	Brunner Juergen	AUT	551
304	Bubic Damir	SRB	400
261	Büchi Alex	SUI	461
181	Bulajic Veselin	SRB	533
80	Bulič Blaž	SLO	650
318	Burnett Garrett	USA	365
69	Bute Aleksejs	LAT	668
20	Buzincu Stefania	ROU	661
338	Cacek Josef	CZE	-
64	Čajko Ivica	CRO	682

BIB	Lastname Name	Country	UTMB index
51	Calcinoni Massimiliano	ITA	717
281	Campo Dall'Orto Luca	ITA	443
61	Casarotto Riccardo	ITA	689
327	Čavić Josip	CRO	-
102	Cenerić Ivana	SRB	520
162	Chan Larry	HKG	545
251	Chapel Alexandre	FRA	478
93	Chiarello Andrea	ITA	635
356	Christensson Thomas	SWE	404
305	Cicoski Nikola	MKD	398
255	Cisek Piotr	POL	468
188	Claudiu Naste	ROU	525
167	Collini Massimo	ITA	542
230	Cooper Christopher	GBR	493
75	Coste Antoine	FRA	655
259	Cretaz Alain	FRA	463
219	Crucitti Pasqualino	ITA	500
271	Ćuk Neven	SRB	453
245	Ćurlin Slaven	CRO	483
27	Curreri Edoardo	ITA	733
301	Curylo Vojtěch	CZE	408
191	Czado Waldemar	POL	522
78	Czuwaj Andrzej	POL	654
26	Dąbrowski Kamil	POL	743
227	Dal Vecchio Carlo	ITA	-
138	Dalla Mariga Enrico	ITA	578
114	Dawson Graham	GBR	604
168	De Venuto Giuseppe	ITA	542
156	Defecinski Radosław	POL	551
157	Deković Daniel	CRO	549
5	Deneffe Guillaume	BEL	827
76	Devallois Hadrien	FRA	655
354	Dimitrijević Milijan	SRB	592
197	Domitrović Nikola	CRO	517
70	Drozd Michal	POL	668
330	Dundara Robert	CRO	-
321	Edelbacher Bernhard	AUT	159
343	Edgerley Sam	GBR	-
285	Ego Laurent	BEL	440
67	Eichner Dominik	CZE	675
272	Erak Marko	CRO	452
66	Erjavšek Boštjan	SLO	678
212	Ernoul Fabrice	FRA	505
88	Felcaro Alido	ITA	639
6	Fellhofer Esther	AUT	715
9	Ferrari Ugo	FRA	804

START LIST

BIB	Lastname Name	Country	UTMB index
3	Fister Gerald	AUT	835
146	Florida Fabrizio	ITA	565
352	Fox Chelsea	USA	-
190	Freitag Michael	GER	522
297	Freszel Krzysztof	POL	412
152	Fric Križanec Helena	SLO	452
260	Gerber Marc	SUI	461
68	Ghiotto Eros	ITA	675
113	Giusti Marco	ITA	605
336	Glos Vaclav	CZE	-
213	Golob Leon	SLO	505
206	Gonella Fabio Luigi	ITA	508
12	Grasel Florian	AUT	795
123	Grigoriadis Dimitrios	GRE	593
307	Grillo Ennio	ITA	396
256	Grosso Roberto	ITA	466
276	Guenther Maik	CRO	449
23	Guerin Charly	FRA	755
54	Günther Timon	GER	705
292	Gyalai Zsolt	ROU	430
150	Gyssens David	BEL	554
92	Hain Gregor	AUT	635
100	Hajek Jakub	CZE	623
339	Hájek Jan	CZE	-
169	Hansez Benoît	BEL	541
15	Hének Petr	CZE	782
315	Hiebaum Gerhard	AUT	374
247	Hindley Luke	GBR	481
86	Houteer Magni Justine	FRA	541
165	Hršak Renata	CRO	443
28	Hruška Zdeněk	CZE	729
217	Huič Dubravko	CRO	500
144	Huppé Mathieu	CAN	568
112	Ionce Florin Adrian	ROU	606
55	Iorga Marius Mihai	ROU	703
82	Istvan Szokolszky	ROU	648
136	Ivanov Alexandru	ROU	581
293	Jansen Marco	NED	428
184	Järnefelt Elina	FIN	432
252	Jelić Mario	CRO	472
19	Johansen Lena-Britt	NOR	663
277	Jovanchev Jovica	MKD	449
2	Joyeux Bouillon Arthur	FRA	848
270	Jujić Milena	BIH	355
294	Kajfeš Darko	CRO	422
63	Kaltenbacher Harald	AUT	683

BIB	Lastname Name	Country	UTMB index
351	Karges Matthew	USA	-
211	Kauraharju Mika	FIN	506
273	Kecman Anđelko	CRO	452
344	Kennedy Sean	GBR	-
183	Ketteler Thomas	GER	532
140	Kipper Andre	GER	573
311	Kličić Mirsad	BIH	389
246	Klus Marek	SVK	483
71	Knafelj Samo	SLO	661
56	Kopf Maximilian	AUT	700
205	Kopřiva Jaroslav	CZE	508
116	Koraca Peter	SLO	602
300	Kos Marko	SLO	409
98	Kostka Anita	GER	527
120	Kozubik Lukáš	CZE	595
359	Krajcar Dražen	CRO	463
115	Kransvik Monika	NOR	504
87	Krašovec Bogdana	SLO	540
109	Kronberger Wolfgang	AUT	610
265	Krsnik Stanislav	CRO	459
22	Kruljac Pavle	CRO	756
253	Kunttu Mikki	FIN	470
242	Kuotola Sampo	FIN	485
243	Kurpis Dalibor	CRO	484
267	Lähtevänoja Antti	FIN	459
193	Lambert James	USA	520
145	Lanfrit Paolo	ITA	568
203	Lapaš Mladen	CRO	511
135	Lezpouridis Theocharis	GRE	581
295	Lindroos Tommi	FIN	416
196	Lovsin Blaz	SLO	518
299	Lubar Božo	CRO	410
122	Lucak Céline	FRA	494
81	Lucak Hervé	FRA	649
159	Maceroni Pietro	ITA	549
249	Maceroni Yuri	ITA	479
207	Macuh Peter	SLO	508
237	Majetić Dario	CRO	489
275	Makselon Maciej	POL	450
187	Mancusi Gianluca	ITA	527
128	Mandić Danijel	CRO	586
139	Marcen Matej	SLO	575
234	Marguerie Cedric	FRA	490
209	Markogiannopoulos Thrasylvoulos	GRE	507
97	Maskell John	GBR	627
278	Matic Toni	CRO	446

START LIST



BIB	Lastname Name	Country	UTMB index
218	Maurer Thomas	GER	500
320	Mayer Miroslav	CRO	355
341	McWilliams Louise	GBR	-
220	Messina Andrew	USA	500
233	Mielecki Maciej	POL	491
91	Milanovic Dragana	SRB	536
328	Milohanić Sandi	CRO	-
324	Milošević Radoš	BIH	-
13	Mirassou Jérôme	FRA	795
96	Misja Niko	SLO	628
18	Miyazaki Kimino	JPN	674
298	Mlinaric Filip	SLO	412
163	Mooren Rob	NED	544
244	Mučnjak Ivan	CRO	483
170	Mut Nicolae	ROU	540
257	Nacci Mauro	ITA	465
180	Najdovski Viktor	MKD	-
331	Negovetić Matei	CRO	-
337	Nemšák Miroslav	CZE	-
32	Nichetti Giorgia	ITA	591
11	Nikolova Mariya	BUL	699
8	Niski Adrian	GER	809
33	Noacco Elena Asia	ITA	583
287	Novosel Domagoj	CRO	434
236	Očić Mario	CRO	489
37	Oliveira Ninive	BRA	505
17	Olivi Alessandra	ITA	677
348	Oosthuizen Julius	RSA	-
158	Oppo Massimiliano	ITA	549
350	Packer Ignacio	SUI	-
355	Pajic Dalibor	SRB	447
151	Páleník Emil	SVK	553
132	Pastucha Silvester	SVK	584
130	Pasztor Jan	SVK	585
104	Pavanello Andrea	ITA	618
25	Pavelka Ondrej	CZE	747
335	Pavlíček Roman	CZE	-
222	Pedron Fabio	ITA	498
105	Pelmus Gabriel	ROU	618
185	Perme Matevž	SLO	530
57	Persic Mauro	CRO	700
289	Petrazzuolo Manfredo	ITA	432
36	Petridis Derossi Gabriel	CAN	608
309	Petrovic Milos	SRB	393
160	Pilsky Tomas	CZE	547
214	Pini Jean Marc	FRA	504

BIB	Lastname Name	Country	UTMB index
250	Pirhonen Pasi	FIN	478
175	Pizzolato Gabriele	ITA	538
172	Pocsa Gabriela	ROU	440
89	Poelzelbauer Martina	CZE	539
254	Polach Marek	CZE	469
126	Polajnar Cene	SLO	591
101	Poletto Mattia	ITA	623
204	Polinger Greg	USA	510
239	Popara Dunja	CRO	388
90	Power Richard	IRL	636
72	Pracht Stefan	GER	659
111	Prikeržnik Jernej	SLO	608
332	Procházka Jan	CZE	-
231	Przystaw Maxim	GER	493
79	Pupaza Ciprian	ROU	650
224	Radaelli Matteo	ITA	497
124	Radu Andrei Marcu	ROU	593
137	Remize Julien	FRA	580
195	Rezmerita Marian-Gabriel	ROU	518
314	Rissac Baptiste	FRA	377
229	Rod Marek	CZE	493
215	Rogelj Dejan	SLO	504
106	Rogić Nataša	CRO	518
282	Romanese Roberto	ITA	441
241	Rosandić Jelena	CRO	387
58	Roselló Solé Eugeni	ESP	697
358	Rota Ante	CRO	-
226	Rugina Cosmin	ROU	496
161	Šagi Goran	CRO	545
62	Sanders Thijs	AUS	685
200	Scabar Marco	ITA	512
353	Schimpl Martin	AUT	538
77	Schindler Jonathan	SUI	655
143	Schluter Pascal	FRA	569
240	Schöneegger Wolfgang	GER	487
303	Schubert Sebastian	GER	402
74	Schuller Peter	ROU	658
360	Sedar Patrick	AUT	592
274	Seppänen Tuomo	FIN	451
296	Sherman Nikita	ISR	413
291	Shipovikj Darko	MKD	430
319	Siedler Jason	USA	362
164	Siemieniczuk Robert	POL	544
4	Simpanen Juuso	FIN	832
178	Sistermanns Elmar	GER	537
174	Skalický Jiří	CZE	538

START LIST

BIB	Lastname Name	Country	UTMB index
347	Skoniecki Michal	POL	-
186	Slukan Ivan	CRO	528
148	Smith Michael	USA	561
85	Smótkowski Marcin	POL	643
131	Šokčić Petar	CRO	584
306	Soukup Michal	CZE	397
269	Špehar Marko	CRO	455
208	Špelda Jan	CZE	507
279	Sreš Simon	SLO	446
24	Stiednig Urlike	AUT	655
147	Straub Simon	GER	562
192	Stromko Michal	SVK	522
16	Štverak Tomaš	CZE	778
345	Sustrate Manfred	GER	-
264	Švaljek Stjepan Tomislav	CRO	459
84	Svoboda Marek	CZE	645
129	Świeżawska-Ambroziak Katarzyna	POL	486
103	Tamara Loi	ITA	519
280	Tanninger Roman	AUT	444
199	Tasić Jadranka	CRO	414
210	Taskin Sadik	TUR	507
118	Tekeliová Linda	CZE	500
223	Tepeš Tomislav	CRO	497
342	Thomas Macinnes Mr	GBR	-
221	Tiainen Jari-Petri	FIN	499
201	Todorov Nemanja	SRB	512
317	Tomac Goran	CRO	373
121	Tomasi Mattia	ITA	595
357	Torbarina Luka	CRO	441
329	Torbarina Toni	CRO	-
189	Trauchessec Alain	FRA	524
349	Trbović Dane	SRB	-
73	Trontelj Marija	SLO	559
283	Turcu Stan	ROU	441
133	Tvrđik Pavel	CZE	582
316	Vadlja Martina	CRO	374
107	Vale Vedran	CRO	616
198	Verbnjak Igor	CRO	515
333	Veselý Jiří	CZE	-
326	Videk Ivan	CRO	-
290	Vidotto Paolo	ITA	432
266	Vilke Siniša	CRO	459
155	Vincenzi Giancarlo	ITA	551
125	Vomocil Michal	CZE	592
194	Vondráček Tomáš	CZE	519
95	Vopička Josef	CZE	629

BIB	Lastname Name	Country	UTMB index
268	Voplakal Libor	CZE	458
325	Vukovic Alen	CRO	-
177	Vuković Nenad	CRO	537
238	Vuzem Tomislav	CRO	488
1	Walmsley Jim	USA	938
216	Walther Thomas	GER	502
60	Wetteland Bjarte	NOR	691
258	Wickmayer Jimmy	BEL	464
340	Wiesner Richard	CZE	-
59	Wimmer Florian	GER	692
225	Wolanin Tomasz	POL	496
108	Wyroba Wojciech	POL	616
154	Željko Bulek	CRO	551
35	Zhong Liu	SIN	620
21	Ziakkas Theodoros	GRE	759
127	Žibert Dejan	SLO	588
308	Živanović Nikola	SRB	396
310	Živčić Mladen	SLO	390

X Elite runner criteria for 100M category

MEN region 1* +720 UTMB index
 WOMEN region 1* +560 UTMB index
 MEN region 2** +580 UTMB index
 WOMEN region 2** +450 UTMB index

X VIP runner criteria

Istria 100 by UTMB tenth time starters.

*region 1: USA, EUR, CHN, JPN, OCE
 **region 2: Rest of the world



MADE IN BARCELONA



SUSTAINABLE HEADWEAR PRODUCED IN OUR HOME FACTORY

Today 90 percent of our neckwear, caps and knits are made in Barcelona - with the goal to take the full production home in the following years. Our ability to produce in-house allows greater control over both environmental and social standards and our facility is run by 100% renewable electricity.

For us - the protection of the planet is a lifelong commitment with the aim to do better every day.



📍 Els Bunkers del Carmel, Barcelona

[BUFF.COM](https://buff.com)

110K - BLUE

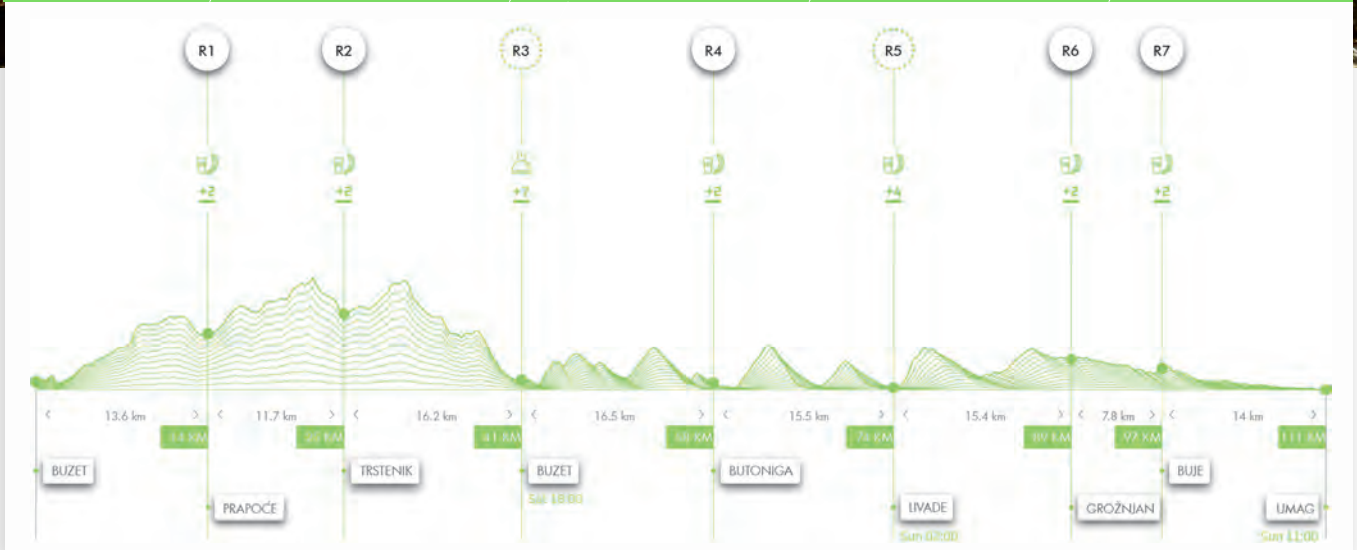
The second largest course start from Buzet and offers you typical istrian inland trails. After 20 km, the BLUE trail merges with RED trail and continues the climb to the highest peaks of Istria.

RACE CATEGORY

100K **M**



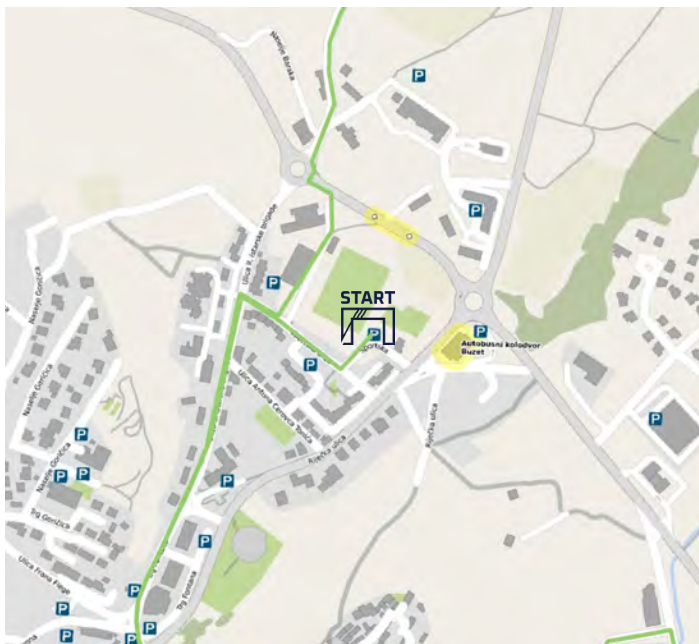
Distance 110 KM	Elevation gain 3860 m D+	Start place Buzet	Start date 15/04/2023	Start time 07:00
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R1 CHECKPOINT - no assistance permitted

R2 CHECKPOINT with assistance permitted

START MAP



START INFO

START BUZET
 Sportska ulica
 SATURDAY 15th @ 07:00


from Umag - fastest route*

Umag - direction Buje - in Buje direction Buzet

distance: 48 km
 drive time: 1h 02min

TIMETABLE




THURSDAY 13TH

Time	Location	What
14:00 - 20:00	Sports Hall, Umag	 BIB distribution



FRIDAY 14TH

09:00 - 12:00 14:00 - 20:00	Sports Hall, Umag	 BIB distribution
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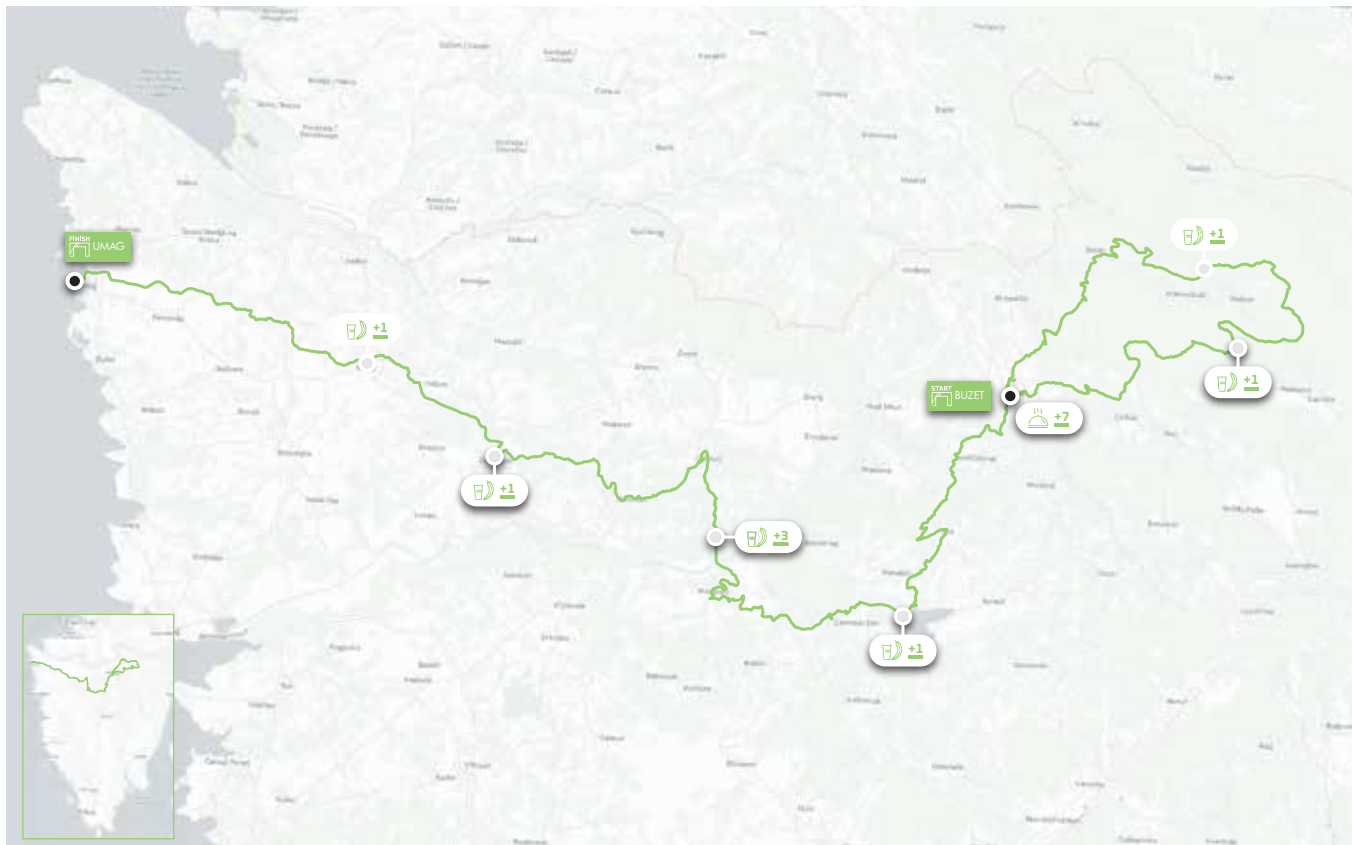
SATURDAY 15TH

05:15	Sports Hall, Umag	 Bus departure to start
07:00	Buzet	 START!
17:00	Finish line, Umag	 Expected Winner

SUNDAY 16TH

11:00	Finish line, Umag	 Time limit
13:00	Finish line, Umag	 AWARD CEREMONY

MAP



 STARTING LINE

 FINISH LINE

 AID STATION

 WARM MEAL AID STATION

AID STATIONS & TIME CHARTS

Point	Altitude	Distance inter	Dist	Elevation +	Elevation -	Fastest time	Slowest time	Cut Off	Services
Buzet	77	0	0	0	0	Sat 07:00	Sat 07:02		
Prapoće	499	13.6	13.6	662	248	Sat 08:03	Sat 10:01		
Trstenik	676	11.6	25.2	1289	685	Sat 09:07	Sat 13:18		
Buzet	77	15.3	41.7	1712	1717	Sat 10:26	Sat 17:02	Sat 18:00	
Butoniga	33	16.5	58.2	2469	2506	Sat 12:06	Sat 21:27		
Livade	12	15.4	73.6	3096	3158	Sat 13:41	Sun 02:00	Sun 02:00	
Grožnjan	282	15.3	88.9	3765	3567	Sat 15:18	Sun 06:30		
Buje	188	7.7	96.6	3814	3712	Sat 15:57	Sun 08:09		
Umag	5	14	110.6	3846	3912	Sat 17:07	Sun 11:00	Sun 11:00	

STARTING LINE

FINISH LINE

AID STATION

WARM MEAL AID STATION

DROP BAG

MEDICAL STATION

REST AREA

WC

SHOWER

CHECKPOINT with assistance permitted

Aid station	Hot-food	Cheese / Meat	Pas-tries	Fruits	Bread	Salty snacks	Nutella	Bis-cuits	Cola	Water	Iso- tonic	Tea	Coffe	Hot soup
Prapoće				X		X		X	X	X	X	X		
Trstenik		X		X	X	X	X		X	X	X	X	X	X
Buzet	X	X	X	X	X	X	X	X	X	X	X	X	X	
Butoniga		X		X		X		X	X	X	X	X	X	X
Livade		X	X	X		X		X	X	X	X	X	X	X
Grožnjan		X		X	X	X	X		X	X	X	X	X	X
Buje		X	X	X		X		X	X	X	X	X	X	X
Umag				X		X		X	X	X				

START LIST



BIB	Lastname Name	Country	UTMB index
1292	Ageno Riccardo	ITA	484
1019	Akomos Clark	USA	641
1331	Ambroziak Rafał	POL	458
1382	Anderson James	GBR	-
1240	Anderson Julia	GBR	414
1275	Angelini Stefano	ITA	493
1333	Antal Zoltan	HUN	456
1244	Antal Zoltan	HUN	512
1090	Antona Giuseppe	ITA	631
1419	Aust Frank	GER	-
1461	Badowski Jerzy	POL	624
1376	Bafi Keyvan	FRA	390
1087	Bajtek Rostislav	CZE	636
1441	Balanescu Valentin	ROU	-
1373	Banovac Antonela	CRO	299
1062	Barbiero Gianluca	ITA	665
1168	Barfucci Massimiliano	ITA	563
1020	Bašić Ines	CRO	630
1118	Basso Leonardo	ITA	594
1370	Becker Ulrich	GER	400
1092	Beerten Koen	BEL	627
1445	Benedik Žaro	SLO	-
1291	Benning Leonard	GER	484
1431	Bernini Luca	ITA	-
1323	Berveniku Blerta	KOS	365
1152	Bettini Michele	ITA	569
1096	Beyls Pieter-Jan	BEL	616
1048	Biktimirovs Konstantins	LAT	697
1084	Biselx Yorick	SUI	639
1199	Bonnisseau Anne-Sophie	FRA	443
1238	Bonotto Guido	ITA	514
1218	Bontovics Timea	GER	427
1299	Bordin Willian Vinicius	BRA	-
1001	Borgialli Riccardo	ITA	864
1195	Borišić Jelena	SRB	446
1413	Boschetti Pierre	FRA	-
1395	Bourgard Gregory	BEL	-
1211	Boutry Jerome	FRA	533
1367	Bracher Roderick	RSA	411
1050	Braun Daniel	GER	690
1448	Breclj Rok	SLO	-
1429	Breljakovic Sanela	BIH	-
1293	Bressan Francesco	ITA	484
1167	Briem Christiane	GER	464
1093	Brignone Alberto	ITA	624
1192	Brelek Matija	CRO	549
1233	Brouillon Guillaume	FRA	519
1444	Brzobohatá Veronika	CZE	-

BIB	Lastname Name	Country	UTMB index
1172	Brzóska Rafał	POL	562
1434	Budimir Ivana	CRO	-
1446	Burešová Žaneta	CZE	-
1114	Caka Mirsie	GBR	498
1385	Cakić Ivan	SRB	357
1368	Camerano Jean-Luc	FRA	406
1154	Candido Luca	ITA	568
1407	Čavoj Patrik	CZE	-
1040	Cazorla Julien	FRA	703
1262	Ceremida Ismar	BIH	502
1158	Cesar Damir	CRO	567
1257	Cesca Romeo	ITA	504
1322	Chi Jeffrey	HKG	465
1110	Chiran Raluca Alexandra	ROU	500
1197	Choroszewski Sam	GBR	545
1435	Cibas Domantas	LTU	-
1059	Ciclitira Simone	ITA	671
1138	Claerbout Jelle	BEL	578
1412	Claro Damien	FRA	-
1006	Clemente Cristofer	ESP	832
1147	Comanescu Ana-Maria	ROU	473
1125	Constable Anthony	GBR	586
1252	Contardo Paolo	ITA	506
1043	Contiu Ioan	ROU	701
1430	Coppola Di Canzano Martino	ITA	-
1459	Cornu Simon	FRA	608
1012	Cornut-Chauvinc Paul	FRA	800
1200	Cosentino Giovanni	ITA	542
1313	Couturier Thierry	FRA	469
1101	Crahay Cédric	BEL	609
1402	Ćurić Slaviša	CRO	-
1104	Czeczotková Helena	CZE	505
1132	Czosnowski Tomasz	POL	583
1212	Dabrowski Jacek	POL	531
1127	Dalla Chiusa Juri	ITA	586
1308	Damjanska Slavica	MKD	374
1108	Dartsis Christos	GRE	601
1274	Dascal Tiberiu	ROU	494
1151	Day James	GBR	570
1258	De Schaepmeester Christof	SRB	504
1081	Declair Tom	BEL	640
1100	Dehottay Nicolas	BEL	609
1161	Dekker Monica	NED	466
1063	Delbecq Jean-François	FRA	659
1369	Dellabernardina Goran	CRO	400
1071	Delloue Agathe	FRA	550
1451	Demko Dominik	SVK	-
1008	Desille Clément	FRA	815

START LIST

BIB	Lastname Name	Country	UTMB index
1117	Di Costanzo Guido	ITA	596
1035	Diklić Ivan	CRO	718
1439	Dilagan Longeno Hans	PHI	-
1159	Dimbean Dvidiu	ROU	567
1364	Dinu Florian	ROU	418
1079	Doix Aude-Clémence	FRA	543
1418	Dorgham Alexander	GBR	-
1263	Dorsch Roger	GER	502
1119	Dragomir Sorin Laurentiu	ROU	593
1352	Dudášik Martin	SVK	435
1051	Dugast Robin	FRA	689
1187	Dux Maren	GER	452
1171	Dzivjak Matous	CZE	-
1025	Eneros Rilling Sebastian	CHI	705
1206	Erram Gita	GBR	436
1338	Ewald Thomas	GER	454
1148	Fajfr Daniel	CZE	572
1427	Fasana Alberto	ITA	-
1164	Fatton Christian	SUI	565
1023	Fatton Julia	SUI	613
1349	Fijatkowski Wojciech	POL	-
1143	Fracasso Luca	ITA	577
1310	Franczyk Robert	POL	473
1411	Frank Michaela	AUT	-
1221	Fritz Balazs	HUN	525
1005	Fumo Helio	POR	837
1386	Funka Andrzej	POL	355
1136	Gaik Andrzej	POL	579
1065	Galante Veronica	ITA	558
1191	Gallone Nicolas	FRA	550
1160	Garczyk Rafal	POL	566
1010	Gardier Rémy	FRA	813
1169	Gecchele Roberta	ITA	463
1454	Geyer John	USA	-
1026	Gil Garcia Jesus	ESP	867
1400	Gjurković Matej	CRO	-
1261	Glavinić Natalija	CRO	403
1128	Gorgi Giovanni	ITA	585
1267	Gosetti Claudio	ITA	496
1034	Grenfell-Shaw Luke	GBR	730
1420	Gruhl Thomas	GER	-
1072	Grundner Johann	GER	649
1248	Gryskewicz Allan	USA	510
1135	Gržetić Marko	CRO	581
1359	Guillemette Eric	FRA	429
1060	Gusynina Natalia	UKR	571
1002	Halász Martin	SVK	863
1300	Hall Sam	GBR	479

BIB	Lastname Name	Country	UTMB index
1021	Hamalainen-Iho Mira	FIN	625
1067	Hangler Markus	AUT	657
1177	Haracic Rasid	BIH	556
1208	Hartikainen Elina	FIN	435
1406	Havlicek David	CZE	-
1016	Hegemann Ida-Sophie	AUT	672
1146	Heikkinen Elisa	FIN	473
1178	Hek Goran	CRO	556
1073	Hercog Marko	SLO	649
1309	Hielscher Wolfgang	GER	473
1039	Hiklová Lenka	SVK	604
1321	Hiti Tomaž	SLO	466
1285	Hladnik Matic	SLO	489
1009	Hochholzer Wolfgang	GER	815
1207	Hodor Attila	ROU	535
1342	Höhndorf Jonas	GER	452
1405	Holain Jan	CZE	-
1394	Holzner Alexander	AUT	-
1380	Huang Edi	SIN	369
1061	Hudak Martin	SVK	670
1156	Ianas Ramona	ROU	468
1334	Iazzolino Luigi	ITA	456
1437	Igorman Khalid	MAR	-
1056	Irina Stoica	ROU	576
1222	Ištuk Mirko	CRO	524
1131	Iuliana Chirila	ROU	484
1390	Ivanov Asen-Kamen	BUL	-
1174	Janssens Hilde	BEL	458
1423	Janta Matthias	GER	-
1201	Järvinen Laura	FIN	441
1088	Jasarevic Almir	BIH	634
1270	Jasseny Frederic	FRA	495
1311	Javor Zsuzsanna	HUN	371
1223	Jeschka Jerry	GER	524
1022	Ježková Jaroslava	CZE	618
1176	Jittiwutikarn Gif	GBR	457
1000	Jones Harry	GBR	871
1049	Jor Martin	CZE	693
1106	Jovanova Radmila	MKD	503
1416	Jovović Jelena	BIH	-
1422	Jovović Nada	BIH	-
1383	Jug-Dujaković Domagoj	CRO	360
1449	Jurše Igor	SLO	-
1064	Kaiser Belinda	CZE	559
1070	Kaligari Hek Mihaela	CRO	550
1256	Kalkusch Martin	AUT	504
1193	Kania Piotr	POL	548
1068	Karlik Radomir	CZE	657

START LIST



BIB	Lastname Name	Country	UTMB index
1230	Katz Rachel	CAN	421
1037	Khashko Olena	UKR	607
1086	Kirchmair Oliver	AUT	637
1453	Kisch Karl	USA	-
1032	Kjøllmoen Steien Aasmund	NOR	759
1363	Klanac Ivan	CRO	419
1220	Klarić Antonio	CRO	525
1355	Kljenak Ivo	SLO	433
1326	Klismeyer Kimberly	USA	362
1099	Knobloch Antje	GER	511
1305	Knor Mario	CRO	475
1209	Kobliha Jiri	CZE	534
1045	Kohout Eva	CZE	601
1374	Kolarić Igor	CRO	396
1113	König Marco	GER	598
1303	Kopczynski Bartosz	FIN	477
1379	Koren Goran	CRO	369
1259	Korotaj Maksimilian	CRO	503
1361	Koskinen Kaj	FIN	-
1354	Kostova Pankovska Sofija	MKD	334
1284	Krajná Jana	SVK	390
1076	Kralj Jure	SLO	648
1375	Kralj Vedran	CRO	395
1327	Kramesberger Rene	AUT	461
1153	Krasik David	USA	569
1298	Kristensen Heine Arild	NOR	480
1301	Kuster Gustavo Alberto	ITA	479
1457	Kwirotek Mike	GER	-
1216	Lapanje Jernej	SLO	527
1358	Latchoumane Florent	FRA	430
1241	Lawton O'Connell Elida	GBR	414
1265	Lazic Goran	FRA	498
1011	Le Boudec Théo	FRA	800
1341	Lebot Michel	FRA	452
1360	Leci Burim	KOS	426
1273	Leonet Maxime	BEL	494
1409	Leth Kenneth	DEN	-
1344	Levai-Jennet Gabor	HUN	451
1436	Licul Zgrablič Biljana	CRO	-
1290	Limnell Toni	FIN	485
1315	Linkevics Gusts	LAT	469
1371	Losor Andrzej	POL	399
1384	Lovrekovic Damir	CRO	357
1228	Luhti Jesse	FIN	522
1121	Lukac Mikulas	SVK	590
1255	Maćkowiak Krzysztof	POL	505
1198	Magon Mirco	ITA	544
1003	Maiora Maite	ESP	762

BIB	Lastname Name	Country	UTMB index
1074	Makselon Anna	POL	549
1173	Malik Ondrej	CZE	560
1175	Malý Jiří	SVK	557
1044	Mamic Andi	SLO	701
1126	Mantione Stefano	ITA	586
1335	Marchioni Marco	ITA	455
1224	Markusson Johan	SWE	524
1227	Martinov Martin	BUL	522
1109	Marugan Camí Marc	ESP	600
1225	Masserini Davide	ITA	523
1450	Matić Miljan	SRB	-
1279	Matous Daniel	CZE	491
1428	Mattevi Marcello	ITA	-
1186	Mazzini Giordano	ITA	552
1094	Mazzini Milena	ITA	523
1149	Mcavoy John	GBR	572
1271	Mellies Dirk	GER	495
1345	Metzger Alejandro	CAN	449
1057	Micallef Niki	MLT	675
1350	Michalak Slawomir	POL	443
1155	Mičić Luštica Martina	CRO	468
1440	Mietła Mateusz	POL	-
1254	Milihram Ina	CRO	406
1217	Miller Christopher	USA	527
1182	Mocane Baiba	LAT	454
1372	Mocanu Adrian	ROU	399
1362	Morbee Christophe	BEL	419
1268	Müller Gian	SUI	496
1165	Mušić Jadranko	CRO	564
1232	Nagy Zoltán	HUN	520
1433	Nanji Munir	KEN	-
1107	Neuwirth Luboš	CZE	601
1410	Niinikoski Antti	FIN	-
1366	Nikolic Miodrag	BIH	411
1133	Nikolic Predrag	CRO	582
1247	Nolan Luke	IRL	510
1281	Norio Leonardo	ITA	490
1204	Nuyttens David	BEL	537
1421	Nzusyo Dominik	GER	-
1277	Oikawa Hanae	JPN	393
1340	Onischenko Vladislav	ISR	454
1091	Oskominas Andrius	LTU	629
1179	Ostermann Wolfgang	GER	555
1054	Oswald Torsten	UKR	676
1266	Ovcin Zoran	SRB	497
1329	Pađan Velibor	CRO	459
1041	Páleník Matej	SVK	702
1396	Pamfilie Paul	BEL	-

START LIST

BIB	Lastname Name	Country	UTMB index
1377	Pankovski Trajche	MKD	390
1226	Papadopoulou Georgia	GRE	423
1242	Parandyk Krystian	POL	513
1424	Paris Raphael	GER	-
1287	Paszkwicz Maciej	POL	488
1229	Patek Alexandra	AUT	422
1210	Patek Andreas	AUT	533
1414	Patel Darren	GBR	-
1426	Patti Alessandro	ITA	-
1129	Paulinyova Radka	SVK	485
1306	Pavela Péter	HUN	475
1336	Pavlik Marko	SVK	455
1123	Pedrotti Cristian	ITA	589
1398	Pejić Tomislav	CRO	-
1343	Peretz Idan	ISR	452
1353	Petr Ales	CZE	434
1276	Peyre Patrice	MLT	493
1245	Pietrareanu Alin-Cezar	ROU	512
1432	Pividori Daniele	ITA	-
1392	Plank Barbara	AUT	-
1393	Plank Thomas	AUT	-
1194	Podles Robert	POL	547
1130	Poles Davide	ITA	584
1337	Poropat Goran	CRO	454
1145	Portelli Nadia	MLT	474
1134	Price Timothy	GBR	582
1249	Prišlin Ivana	CRO	409
1183	Probierz Bogu	POL	454
1452	Prosen Tina	SLO	-
1339	Proyer Benjamin	GER	454
1102	Pruciak Krzysztof	POL	607
1319	Przyłucki Krzysztof	POL	466
1312	Pucko Primož	SLO	470
1124	Racanati Frédéric	FRA	
1105	Ralys Vytautas	LTU	603
1033	Ramser Tanguy	SUI	731
1052	Rath Sabrina	AUT	587
1442	Răuțu Ionuț	ROU	-
1408	Rejn Stanislav	CZE	-
1014	Remacle Jérôme	BEL	779
1111	Revonge Thierry	FRA	599
1404	Řezníček David	CZE	-
1137	Riandet Sarah	FRA	479
1024	Richter Melby Liv	NOR	610
1324	Ridel Jakub	CZE	464
1231	Rinkovec Sara	CRO	421
1082	Ritchie Alan	GBR	640
1415	Robinson Aaron	GBR	-

BIB	Lastname Name	Country	UTMB index
1139	Roelens Ruben	BEL	578
1388	Rošin Jakša	CRO	342
1078	Rossettini Guido	ITA	644
1272	Rotarescu Nicolae Romeo	ROU	495
1013	Roux Gilles	ITA	793
1036	Ryan David	IRL	707
1185	Ryška Tomáš	CZE	552
1320	Sa Hugo	POR	466
1294	Saito Tomoshi	JPN	484
1083	Salva Michal	SVK	640
1236	Samaržija Kristijan	CRO	517
1330	Sandri Daniele	ITA	458
1243	Šarlija Goran	CRO	512
1042	Sauerzapf Volker	AUT	701
1038	Scarpini Beatrice	ITA	605
1318	Scherz Alex	SUI	467
1235	Schmiedlechner Christopher	AUT	518
1141	Šegon Alen	CRO	578
1387	Seršić Vanja	CRO	352
1325	Shavgaleev Denis	CZE	462
1304	Sikora Grzegorz	POL	476
1018	Šimek Bilić Mirjana	CRO	642
1237	Simon René	GER	516
1317	Simons Joost	NED	468
1295	Skoczylas Mateusz	POL	484
1215	Škrekovski Riste	SLO	527
1122	Smontara Nenad	CRO	589
1046	Soraghan Nicola	IRL	599
1378	Soszka Mateusz	POL	387
1181	Staehe Mareile	GER	454
1205	Staffolani Marco	ITA	536
1184	Starko Vsevolod	GER	553
1112	Stevens Anthony	KOR	599
1080	Stignii Olga	UKR	542
1196	St-Louis Charles	CAN	545
1347	Stojanovski Boban	MKD	445
1166	Strupl Frantisek	CZE	564
1047	Studencki Dawid	POL	698
1458	Subić Kristijan	CRO	487
1142	Suda Josef	CZE	578
1140	Suljic Irhad	BIH	578
1189	Sultana Maria	MLT	452
1283	Sundahl Scott	USA	490
1180	Surubaru Adrian	ROU	554
1066	Surubaru Diana	ROU	558
1286	Szabo Norbert	HUN	488
1314	Tanushaj Taulant	KOS	469
1456	Tautscher Hannes	AUT	595

START LIST



BIB	Lastname Name	Country	UTMB index
1077	Ten Velde Gabrielle	NED	547
1351	Teržan Rok	SLO	438
1438	Tham Kok Wah	MAS	-
1095	Tho Fatt Liew	MAS	-
1098	Thomas Christophe	BEL	613
1253	Thow Yuen	MAS	406
1089	Tilly Gael	FRA	634
1260	Timmerman Auke	NED	503
1163	Timpau Alexandru	ROU	565
1328	Tolnai László	HUN	461
1202	Tomljanović Kruno	CRO	539
1055	Topalska Slavena	BUL	576
1007	Tracz Paulina	POL	727
1150	Tran Thi Ha	FRA	472
1058	Trebo Giovanni	ITA	673
1356	Trevisan Ivan	ITA	432
1403	Tůma Michal	CZE	-
1443	Turkstra Maarten	RSA	-
1316	Üçbilek Mustafa	TUR	469
1157	Unterlercher Klaus	AUT	567
1069	Urbaczka Matej	CZE	650
1278	Urbaczka Pavel	CZE	492
1017	Urban Maja	CRO	670
1144	Uza Justas	LTU	577
1307	Vaitonis Juozas	LTU	474
1365	Van Kaathoven Danielle	NED	318
1289	Veso Tamas	HUN	486
1391	Vidoš Ivica	CRO	-
1004	Vieuille Sarah	FRA	753
1214	Viikilä Mikko	FIN	529
1219	Viktorin Adam	CZE	526
1332	Vitte Joachim	GER	456
1389	Vodošek Jani-Ivan	SLO	-
1190	Vojkovský Filip	CZE	550
1239	Vondráčková Denisa	CZE	414
1399	Vrevič Armin	CRO	-
1381	Vrnak Jan	CZE	365
1460	Vulturar Paul	ROU	-
1085	Wagner Ewa	POL	538
1031	Wagner Thomas	AUT	766
1203	Wansard Marie	BEL	438
1053	Warne Joe	IRL	676
1188	Wehnert Claudia	GER	452
1015	Wermescher Ildikó	HUN	675
1269	Wiboonkij Arphakul Chaiyaporn	THA	496
1346	Wilczynska-Kogut Aleksandra	POL	348
1250	Wimmer Patrick	AUT	508
1417	Wong Conway	GBR	-

BIB	Lastname Name	Country	UTMB index
1213	Yman Hampus	SWE	530
1234	Youngok Cha	KOR	419
1357	Zagar Andraz	SLO	432
1302	Zahradník Dušan	CZE	477
1075	Zammernig Rainer	GER	648
1297	Zaninić Petar	CRO	480
1280	Zay David	HUN	490
1264	Zeller Michael	SUI	501
1251	Zhegrova Ilir	KOS	-
1282	Zidar Pavlo	SLO	490
1097	Zigliotto Francesco	ITA	614
1115	Živojinović Ivan	SRB	597
1162	Zonta Teo	CRO	565
1397	Zorić Milan	CRO	-

X Elite runner criteria for 100K category

MEN region 1* +770 UTMB index
 WOMEN region 1* +660 UTMB index
 MEN region 2** +610 UTMB index
 WOMEN region 2** +520 UTMB index

*region 1: USA, EUR, CHN, JPN, OCE
 **region 2: Rest of the world

69K - GREEN

This trail will show you Central Istria in all its glory! The trail starts in the old town of Buzet and takes the shortest route to Butoniga lake, and it finish in the city of Umag

RACE CATEGORY

50K M



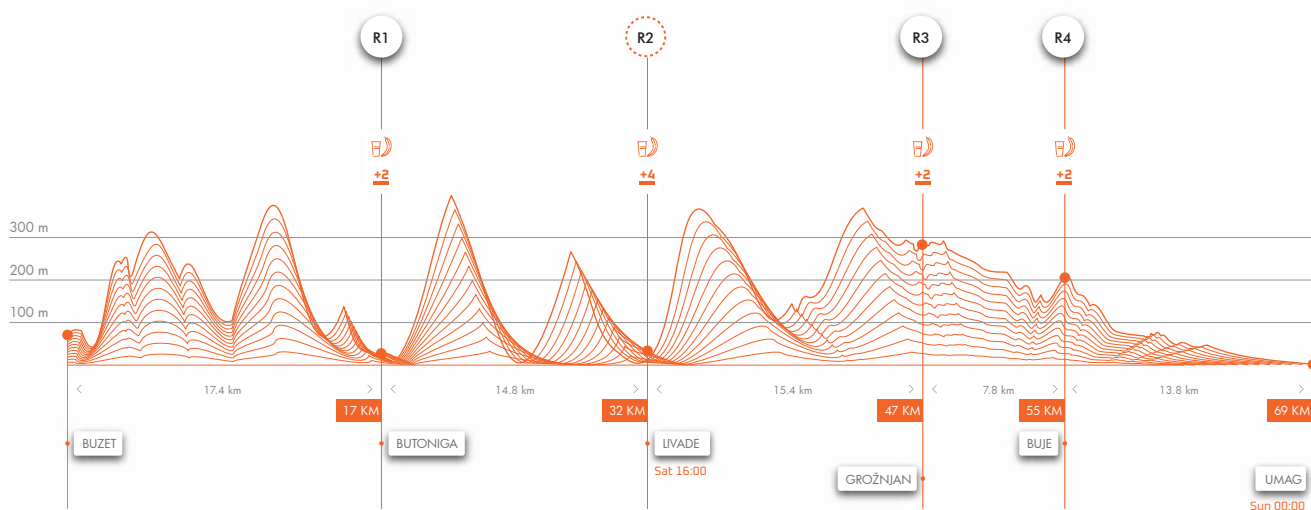
Distance
69.2 KM

Elevation gain
2220 m D+

Start place
Buzet

Start date
15/04/2023

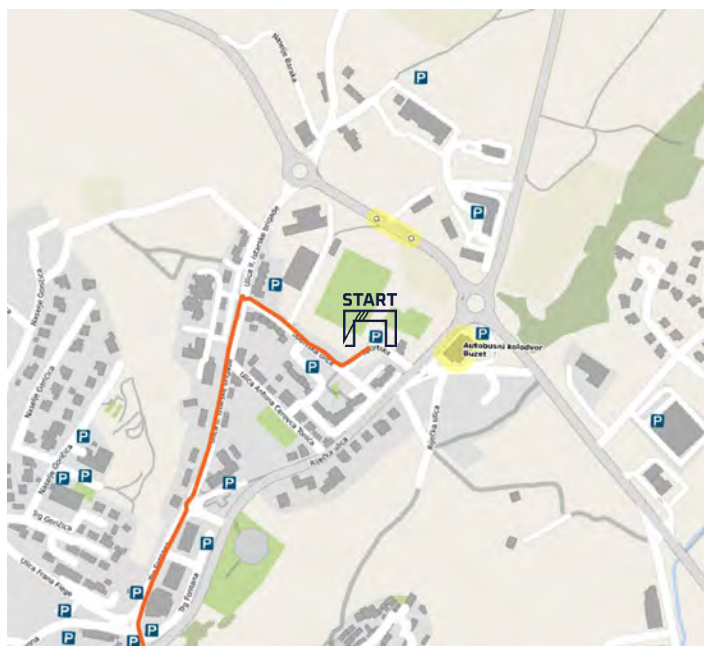
Start time
09:00



R1 CHECKPOINT - no assistance permitted

R2 CHECKPOINT with assistance permitted

START MAP



START INFO

START BUZET
 Sportska ulica
 SATURDAY 15th @ 09:00

from Umag - fastest route*

Umag - direction Buje - in Buje direction Buzet

distance: 48 km
 drive time: 1h 02min

TIMETABLE

THURSDAY 13TH

Time	Location	What
14:00 - 20:00	Sports Hall, Umag	 BIB distribution



FRIDAY 14TH

14:00 - 20:00	Sports Hall, Umag	 BIB distribution
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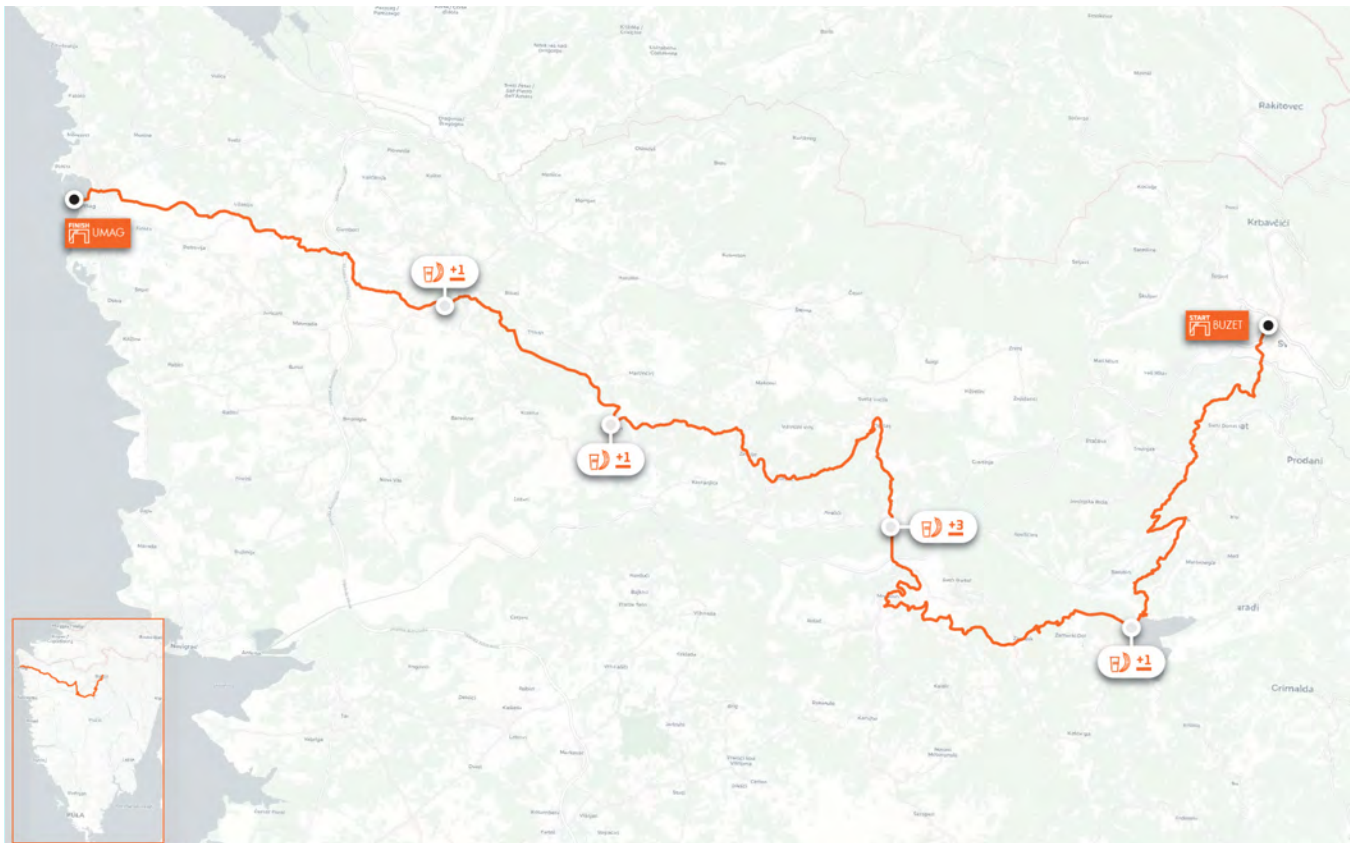
SATURDAY 15TH

07:15	Sports Hall, Umag	 Bus departure to start
09:00	Buzet	 START!
17:30	Finish line, Umag	 Expected Winner

SUNDAY 16TH

00:00	Finish line, Umag	 Time limit
13:00	Finish line, Umag	 AWARD CEREMONY

MAP



 STARTING LINE

 FINISH LINE

 AID STATION

AID STATIONS & TIME CHARTS

Point	Altitude	Distance inter	Dist	Elevation +	Elevation -	Fastest time	Slowest time	Cut Off	Services
Buzet	77	0	0	0	0	Sat 09:00	Sat 09:02		START
Butoniga	33	17.4	17.4	708	757	Sat 10:18	Sat 12:42		Medical Station, Aid Station
Livade	11	14.7	32.1	1307	1372	Sat 11:34	Sat 16:00	Sat 16:00	Rest Area, Medical Station, Aid Station
Grožnjan	278	15.3	47.4	1920	1722	Sat 12:58	Sat 19:55		Medical Station, Aid Station
Buje	203	7.8	55.2	2004	1875	Sat 13:35	Sun 21:32		Medical Station, Aid Station
Umag	1	13.8	69	2004	2076	Sat 14:37	Sun 00:00	Sun 00:00	FINISH

STARTING LINE
 FINISH LINE
 AID STATION
 MEDICAL STATION
 REST AREA
 CHECKPOINT with assistance permitted

Aid station	Hot-food	Cheese / Meat	Pas-tries	Fruits	Bread	Salty snacks	Nutella	Bis-cuits	Cola	Water	Iso-tonic	Tea	Coffe	Hot soup
Butoniga		X		X		X		X	X	X	X	X	X	X
Livade		X	X	X		X		X	X	X	X	X	X	X
Grožnjan		X		X	X	X	X		X	X	X	X	X	X
Buje		X	X	X		X		X	X	X	X	X	X	X
Umag				X		X		X	X	X				



START LIST



BIB	Lastname Name	Country	UTMB index
2394	Abel Julius	GER	429
2353	Agostini Stefano	ITA	467
2309	Albertini Daniele	ITA	491
2557	Alič Urban	SLO	-
2081	Altorfer Oliver	SUI	656
2092	Ambrosini Mattia	ITA	644
2082	Anderl Valerie	GER	556
2220	Andrade Fabio	POR	538
2012	Andrei Ivanescu	ROU	818
2001	Angermund Stian	NOR	938
2319	Ansbergs Egons	LAT	485
2243	Antic Marine	FRA	428
2526	Anttila Janne	FIN	-
2361	Argyusi Imrich	SVK	462
2122	Attridge Michelle	GBR	506
2258	Aubin David	FRA	520
2236	Audes Marek	CZE	531
2163	Audette Guillaume	CAN	574
2242	Aušperger Danijela	CRO	429
2448	Avul Mert	BEL	333
2249	Babac Mehmet Burak	TUR	525
2123	Baggio Elena	ITA	506
2074	Bahat Lena	CRO	568
2061	Bakarić Luka	CRO	682
2176	Balant Matic	SLO	566
2441	Balogh Péter	HUN	360
2582	Baltutis Lukas	LTU	-
2498	Banovec Nino	CRO	-
2481	Barbosa Alexia	BRA	-
2246	Barichello Walter	ITA	526
2350	Barizza Andrea	GER	469
2101	Barizza Angela	ITA	534
2224	Barraud Anthony	FRA	536
2519	Bartoš Jiří	CZE	-
2108	Basiaco Gaetano	CRO	624
2397	Basso Gionatan	ITA	428
2284	Bauer Laura	USA	405
2192	Beard Marcia	USA	456
2483	Bee Bee Lim	SIN	-
2403	Ben Benjamin	BEL	417
2182	Beraldo David	ITA	559
2229	Berg Frédéric	FRA	534
2144	Berruex Damien	SUI	591
2106	Beyer Moritz	GER	625
2589	Biadgleng Ermias	SUI	461
2175	Biders Toms	LAT	566

BIB	Lastname Name	Country	UTMB index
2046	Biggs Sophie	GBR	622
2445	Bilić Mario	CRO	340
2324	Biliotti Alfredo Alessandro	ITA	480
2385	Birindjieva-Ilcheva Lalka	BUL	336
2275	Boisrame Alexis	FRA	508
2417	Bokic Bojan	SRB	404
2323	Bonvicini Alessandro	ITA	480
2266	Bonvicini Matteo Paolo	ITA	515
2257	Borriello Francesco	ITA	521
2347	Boskovic Jelena	CRO	370
2165	Bouzigues Mathieu	FRA	573
2219	Brancaleone Barbara	ITA	439
2270	Brázdil Peter	SVK	513
2588	Brdar Duško	CRO	485
2486	Brečević Dragan	CRO	-
2351	Bresciani Tommaso	ITA	469
2161	Brglez Grega	SLO	577
2297	Brotto Alessandra	ITA	399
2269	Brusaferro Renzo	ITA	514
2371	Bu Yunping	SIN	349
2230	Buday Péter	HUN	534
2308	Buiani Giorgio	ITA	491
2550	Bulatovic Nemanja	MNE	-
2286	Cacco Denis	ITA	503
2013	Čačulovič Matic	SLO	817
2516	Cada Martin	CZE	-
2289	Campadello Dario	ITA	501
2020	Campano Manon	FRA	671
2534	Camviel Swann	FRA	-
2237	Canal Giacomo	ITA	531
2055	Canals Rovira Sílvia	ESP	593
2225	Capoferri Mirco	ITA	535
2181	Capoferri Simone	ITA	560
2335	Carino Arene	GBR	-
2263	Carrarini Diego	ITA	516
2378	Čavlek Tomislav	CRO	443
2075	Cecan Cristina	ROU	568
2345	Ceccolini Andrea	ITA	470
2411	Cerdan Lucas	FRA	408
2037	Cerna Kristyna	CZE	636
2116	Cernevska Lauma	LAT	514
2520	Červa Tadeáš	CZE	-
2478	Chee Khim Wong	MAS	-
2553	Cherepanov Artem	CRO	-
2375	Chiang Ai Kim	SIN	346
2211	Chirap Ionut	ROU	544

START LIST

BIB	Lastname Name	Country	UTMB index
2022	Chmielowska Claudia	POL	650
2325	Chobot Miloslav	CZE	479
2191	Ciapponi Alice	ITA	456
2193	Cimarosti Gabriele	ITA	555
2145	Claes Frederik	BEL	590
2011	Cocco Mirko	ITA	820
2321	Conti Gabriele	ITA	481
2227	Čop Igor	CRO	534
2540	Coppen Perry	GBR	-
2298	Corbiaux Pierre	BEL	497
2380	Cordella Stefano	ITA	440
2437	Čosić Luka	CRO	374
2416	Čuček Sven	CRO	404
2460	Culej Jelena	CRO	-
2501	Curkovic Filip	CRO	-
2503	Dakić Ivan	CRO	-
2247	Dale Rachel	GBR	426
2367	Dalla Pozza Luca	ITA	456
2537	Davies Andrew	GBR	-
2343	Dax Adi	AUT	470
2282	De Anta Antonio	ESP	505
2271	De Pontevès Thalia	BEL	411
2014	Debette Florian	FRA	815
2459	Decock Rémy	BEL	-
2125	Dede Sümeyye	TUR	505
2273	Del Fabbro Alessio	ITA	510
2372	Della Putta Riccardo	ITA	448
2443	Dessi Nicola	ITA	349
2386	Diatka Vladimír	CZE	435
2580	Dixon Emily	GBR	633
2164	Do Carmo Martins Pereira Isadora	BRA	474
2083	Doblinger Reinhold	AUT	654
2469	Dobrinčić Maja	CRO	-
2118	Dorkić Katarina	CRO	511
2080	Doroshenko Anastasiia	UKR	558
2406	Dr. Vörös Balázs	HUN	415
2587	Dragatis Anastasios	GRE	513
2558	Dravinec Uroš	SLO	-
2420	Dringus Adrian	SVK	402
2480	Drumond Andrade Mariana	BRA	-
2535	Du Yanni	GBR	-
2031	Dzhadan Ievgen	UKR	762
2434	Ecser Gábor	HUN	377
2415	Eder Stephan	GER	405
2272	Eleftheriadou Maria	GRE	411
2070	Elek-Belus Fruzsina	HUN	574

BIB	Lastname Name	Country	UTMB index
2311	Enescu Marius	ROU	489
2581	Eppich Hannes	AUT	477
2008	Erkkilä Anna-Stiina	FIN	747
2261	Ermini Filippo	ITA	518
2142	Erznožnik Martina	SLO	493
2579	Esselbrugge Anja	NED	-
2248	Fasolino Davide	ITA	525
2143	Fayolle Bertrand	FRA	591
2170	Fiala Stanislav	CZE	569
2073	Fischer Falk	GER	668
2112	Fischer Jan	GER	617
2376	Flerin Klemen	SLO	445
2348	Foddai Graziella	ITA	370
2354	Foidl Lucas	AUT	466
2500	Fosin Nikola	CRO	-
2005	Frano Peter	SVK	877
2221	Frassl Irene	AUT	438
2333	Fresch Bruno	ITA	477
2117	Frolová Lucie	CZE	513
2599	Fugaš Ivan	CRO	-
2184	Fuks Boštjan	SLO	559
2407	Funarić Igor	CRO	414
2214	Funarić Tina	CRO	443
2452	Fürpass Gerhard	AUT	-
2328	Gabriel Ciprian Nistor	ROU	479
2567	Gačić Aleksandar	SRB	-
2504	Gal Igor	CRO	-
2341	Galeazzo Marco	ITA	472
2197	Ganshofer René	AUT	552
2228	García Borràs Albert	ESP	534
2213	Gašpić Ivana	CRO	444
2593	Gastaldo Brac Alessandro	ITA	549
2392	Gausset Thomas	FRA	430
2402	Genth Christian	GER	419
2241	Georgescu Dorin	ROU	529
2363	Georgsson Stefán	ISL	460
2267	Germani Gianluca	ITA	515
2068	Giancotti Claudio	ITA	675
2338	Gładysz Irene	AUT	374
2495	Glazer Dejan	CRO	-
2119	Gluhodedov Irena	SLO	509
2134	Godlevska Mariia	UKR	500
2069	Gómez Domínguez Jon	ESP	674
2358	Gori Francesco	ITA	462
2531	Goumet Julien	FRA	-
2490	Grah Aleks	CRO	-

START LIST



BIB	Lastname Name	Country	UTMB index
2530	Grasland Jerome	FRA	
2575	Griffiths Emma	USA	-
2152	Grinsteins Marcis	LAT	583
2277	Griveaux Océane	FRA	408
2216	Groboljsek Borut	SLO	540
2202	Grohar Gregor	SLO	550
2033	Grosvenor Tara	GBR	644
2232	Gužik Martin	CZE	532
2137	Haderer Gudrun	AUT	498
2245	Hall Hannah	GBR	427
2331	Halupa Denis	CRO	478
2199	Haramincic Inga	CRO	452
2518	Havlik Ladislav	CZE	-
2007	Hawker Scotty	NZL	860
2352	Haynes Elliott	GBR	467
2180	Headley Stephanie	GER	461
2305	Hecko Michal	SVK	492
2533	Heirman Quentin	FRA	-
2493	Hekic Damir	CRO	-
2511	Heller Jan	CZE	-
2010	Heloury Yves	FRA	828
2303	Herceg Robert	CRO	493
2096	Herchel Arkadiusz	POL	637
2077	Hili Edward	MLT	661
2023	Hodžić Eldin	CRO	745
2570	Hoglund Linda	SWE	-
2307	Hok Stanislav	CZE	491
2041	Holeksa Martin	CZE	729
2592	Holmik Dražen	CRO	513
2252	Homsí Hamude	ROU	523
2439	Honkanen Jani	FIN	365
2035	Horban Valentyna	UKR	641
2427	Horvatek Vedran	CRO	386
2253	Hreško Marek	SVK	523
2517	Hron Petr	CZE	-
2259	Hunter Dan	GBR	520
2399	Huryta Jakub	DEN	423
2057	Ibadula Aifer	ROU	590
2424	Ibba Efisio	ITA	393
2301	Idzakovic Dario	CRO	496
2422	Ilic Miljan	FRA	399
2488	Iličić Nikola	CRO	-
2391	Ilies Simina	ROU	333
2410	Ivandija Vjekoslav	CRO	408
2428	Iwaszek Michal	CZE	386
2156	Jagodice Martin	SLO	579

BIB	Lastname Name	Country	UTMB index
2189	Jagodice Primož	SLO	556
2382	Jandrečić Stjepan	CRO	438
2584	Jankeviciute Monika	LTU	-
2195	Jankuskas Vytautas	LTU	554
2105	Janžek Dijana	CRO	528
2560	Janžovnik Boštjan	SLO	-
2590	Jasko Lubos	SVK	-
2186	Jegan Vlad	ROU	557
2506	Jiráková Michaela	CZE	-
2288	Jirkal Tomáš	CZE	501
2491	Jovic Sime	CRO	-
2365	Jozanović Gordana	CRO	358
2494	Jularić Zvonimir	CRO	-
2135	Jungwirth Roman	AUT	599
2079	Juran Tomas	CZE	658
2190	Jurić Iskra	CRO	456
2373	Kajfeš Ana	CRO	348
2146	Kaltenekar Matej	SLO	590
2151	Kambugu Hermann	SWE	584
2499	Kanjir Eugen	CRO	-
2318	Karamik Haci Burak	TUR	486
2446	Kardelis Boris	SRB	340
2463	Karlic Nina	CRO	-
2419	Katarincic Erwin	CRO	403
2484	Katić Filip	CRO	-
2431	Kawatko Ryszard	POL	383
2262	Kikelj Ivana	CRO	417
2572	Kingston Lindsay	USA	-
2141	Kirchner Gerald	AUT	593
2404	Kisić Marijan	CRO	417
2009	Klancnik Potrc Martina	SLO	727
2139	Klausmann Lutz	GER	595
2278	Kluge Katharina	GER	408
2461	Knezevic Sanja	CRO	-
2058	Kolaric Ivana	SRB	590
2109	Kolesár Tomáš	SVK	623
2442	Koprivnjak Marko	CRO	349
2154	Koren Filip	CRO	580
2233	Korenfeld Alexandre	FRA	532
2310	Korenfeld Christian	FRA	490
2559	Košak Jaka	SLO	-
2300	Kostelic Ranogajac Vesna	CRO	397
2432	Košťalik Rastislav	SVK	382
2400	Koszellni Danny	GER	421
2084	Kovács Ferenc	GER	651
2395	Kovacs Peter	HUN	429

START LIST

BIB	Lastname Name	Country	UTMB index
2045	Kožar Uroš	SLO	722
2114	Kraft Oliver	GER	614
2497	Krajačić Saša	CRO	-
2426	Krajc Tomislav	CRO	386
2384	Kralj Ivica	CRO	436
2250	Kramar Ivana	CRO	425
2198	Kratochvíl Jiří	CZE	552
2507	Kraus Michal	CZE	-
2569	Krnáč Jaroslav	SVK	-
2573	Kubota Eugene	USA	-
2039	Kucar Kristina	SLO	632
2413	Kudoic Kresimir	CRO	406
2063	Kühberger Anton	AUT	678
2206	Kuipers Alex	NED	549
2095	Küpfer Jerry Thomas	GER	639
2337	Kuš Jakub	POL	475
2238	Kutnik Voranc	SLO	531
2159	Kuzminchuk Halyna	UKR	478
2304	Kysel Juraj	SVK	493
2052	Lachner Evelyne	AUT	600
2148	Lagrange Jonathan	FRA	588
2525	Lajunen Ville	FIN	-
2393	Lamberty Klaus	GER	429
2240	Lampl Wolfgang	AUT	530
2157	Langer Gwendolyn	GER	479
2479	Latic Semir	CRO	-
2086	Lauda Ulrich	AUT	649
2016	Laukner Lena	GER	705
2554	Lavrič Dominika	SLO	-
2194	Lavrič Primož	SLO	555
2538	Law Andrew	GBR	-
2160	Lázár Kornél	HUN	577
2467	Lazendić Tajaba	CRO	-
2017	Lemoine Jennifer	FRA	703
2561	Lenarčič Peter	SLO	-
2294	Leonhardt Ulrike	GER	400
2545	Leskien Johannes	GER	-
2544	Lesny Philipp	GER	-
2339	Leung Yu Hin	HKG	473
2346	Levesque Milèna Daisy	CAN	370
2002	L'Hirondel Blandine	FRA	810
2489	Likar Bogdan	CRO	573
2383	Littera Mariano	ITA	438
2473	Ljubičić Sandro	CRO	-
2104	Lodi Giuliano	ITA	628
2155	Lovišček Renato	SLO	580

BIB	Lastname Name	Country	UTMB index
2130	Lovrecic Danijel	ITA	601
2405	Lovric Edvard	CRO	416
2316	Lubiana Paolo	ITA	487
2389	Luijten Ruud	BEL	434
2072	Macovei Tudor	ROU	670
2336	Magdić Iva	CRO	376
2274	Maherka Vasyl	UKR	510
2218	Malbergs Arnis	LAT	539
2429	Maligec Paolo	CRO	385
2444	Malin Zoran	CRO	348
2292	Mangia Michele	ITA	500
2302	Marchi Simone	ITA	495
2408	Marinovic Jurica	CRO	412
2357	Marques Nelson	CAN	463
2203	Martin Stanislav	CRO	549
2168	Masiero Samanta	ITA	470
2188	Masson Vincent	BEL	556
2513	Matěj Petr	CZE	
2113	Mathieu Choquet	FRA	614
2430	Matijević Luka	CRO	384
2523	Matocha Daniel	CZE	-
2132	Mazzoleni Michele	ITA	600
2062	Meirëna Linda	LAT	579
2330	Mellhorn Mattias	SWE	479
2390	Mesić Zvonimir	CRO	433
2312	Metral Robin	FRA	488
2549	Mickus Dovydas	LTU	-
2044	Milani Lorenzo	ITA	725
2555	Milanković Lili	SLO	-
2320	Milanović Ranko	SRB	482
2099	Milinković Ivan	CRO	634
2327	Mimura Shunichiro	JPN	479
2396	Mladenović Dalibor	CRO	428
2566	Mladenovic Matija	SRB	-
2201	Monet Damien	FRA	550
2090	Mony Pauline	FRA	545
2514	Mořkovský Ondřej	CZE	-
2128	Moussebois Eric	BEL	602
2187	Mozsnyak Peter	SVK	557
2472	Mrazović Matija	CRO	-
2536	Murphy Carla	GBR	-
2542	Needham Joseph	GBR	-
2577	Nemecek Ondrej	CZE	596
2200	Nemeth Beata	HUN	-
2306	Neuhold Georg	AUT	491
2458	Neuteleers Eric	BEL	-

START LIST



BIB	Lastname Name	Country	UTMB index
2585	Nijs Sven	BEL	518
2414	Nobili Riccardo	ITA	406
2360	Norio Claudio	ITA	462
2059	Nyeki Jan	CZE	688
2251	Nyers Gabor	HUN	524
2208	Ocvirk Edi	CRO	546
2085	Ocvirk Eva	CRO	551
2571	Oinas Tommy	SWE	-
2051	Olar John	USA	700
2042	Ondrášek Pavel	CZE	729
2362	Ong Khina	SIN	362
2377	Orehoci Branko	CRO	443
2018	Oswald Cornelia	AUT	677
2578	Ozvačić Dalibor	CRO	444
2093	Pabortsava Alena	MNE	542
2510	Paces Jan	CZE	-
2509	Palensky Milan	CZE	-
2196	Paquet Michael	CAN	553
2476	Pašić Saša	CRO	-
2167	Passoni Giacomo	ITA	571
2449	Patrčević Antun	CRO	-
2207	Patrichi Alexandru-Daivd	ROU	547
2129	Patterson Jack	GBR	602
2583	Pavlovic Marija	SRB	360
2433	Pawlus Marek	POL	381
2601	Pegrin Peter	AUT	510
2450	Peixoto Rodrigo	BRA	-
2322	Pelayo Jean-Charles	FRA	480
2015	Pelloux Tytgat Romaric	FRA	809
2388	Pellucci Guiltherme	BRA	434
2111	Penelle Antoine	FRA	617
2056	Perkonigg Matthias	AUT	692
2264	Petcu Costin	ROU	516
2032	Pfeffer Martin	GER	761
2127	Pianesi Giuseppe	ITA	603
2036	Pianesi Riccardo	ITA	736
2115	Piazzo Mario	ITA	614
2053	Pillot Julien	FRA	694
2089	Pinarel Chiara	ITA	546
2110	Pinte Didrik	BEL	619
2107	Pinter Uroš	SLO	625
2326	Pinto Antonio Vito	ITA	-
2369	Plieschnegger Gottfried	AUT	451
2091	Poggesi Farida	ITA	545
2356	Pollak Oskar	CRO	465
2398	Popek Dejan	CRO	423

BIB	Lastname Name	Country	UTMB index
2076	Posavec Antun	CRO	664
2524	Prääm Auris	EST	-
2455	Prattes Christian	AUT	-
2457	Prattes Thomas	AUT	-
2131	Prelich Tomasz	POL	601
2368	Prosen Primož	SLO	456
2296	Puddu Silvana	ITA	399
2462	Puntijar Andreja	CRO	-
2149	Punz-Raml Michaela	AUT	485
2234	Pušnik Klemen	SLO	532
2140	Rackovic Predrag	MNE	595
2210	Rajtar Zbigniew	POL	546
2038	Ramsfjell Kevin Brekken	NOR	732
2591	Rapaić Vaso	CRO	476
2438	Raymond Alexandre	CAN	370
2387	Rebusso Massimiliano	ITA	435
2280	Reder Matko	CRO	506
2244	Reimers Christian	GER	527
2120	Ressico Raffaella	ITA	507
2049	Richner Andreas	SUI	702
2204	Rinieri Mattia	ITA	549
2124	Ripperger Marcus	GER	-
2004	Rodrigues Andre	POR	-
2174	Rodriguez Quesada Hector Eduardo	CRC	566
2171	Rolinec Jozef	SVK	569
2548	Rossano Edoardo	ITA	-
2313	Rostagni Benoit	FRA	488
2287	Roth Erwin	AUT	501
2528	Roy Baptiste	FRA	-
2521	Ruffer Pavel	CZE	-
2508	Ruzicka Pavel	CZE	-
2546	Ruzza Davide	ITA	-
2596	Ruzza Stefano	ITA	767
2568	Ryan Timothy	SUI	-
2034	Saether Runar	NOR	743
2279	Sajn Marko	CRO	507
2299	Salinas Jean-Luc	FRA	497
2183	Salvaro Martino	ITA	559
2217	Sanchez David	FRA	539
2552	Sanciuc Marius	ROU	-
2098	Sandra Matthias	BEL	634
2173	Scarlat Ioana Bianca	ROU	467
2166	Schadow Laura	GER	473
2423	Schnedl Erich	AUT	394
2054	Schoeman Etienne	RSA	693

START LIST

BIB	Lastname Name	Country	UTMB index
2255	Schweninger Andreas	AUT	522
2138	Schwinn Maximilian	GER	595
2598	Scrignar Irena	CRO	468
2047	Šekoranja Marija	SLO	611
2088	Seliškar Tjaša	SLO	547
2340	Selmin Federica	ITA	373
2078	Serafin Simone	ITA	660
2178	Serra Patrizio	ITA	565
2147	Servy André	FRA	589
2412	Shinn Alexander	USA	407
2281	Shinn Christopher	USA	506
2071	Siegmann Timo	GER	671
2048	Sieradzki Krzysztof	POL	709
2179	Sigogne Stephanie	FRA	464
2485	Simec Edo	CRO	-
2381	Šimić Bruno	CRO	438
2370	Šimunić Dean	CRO	451
2447	Sinovčić Alan	CRO	334
2563	Šišić Jelena	SRB	-
2468	Slacki Rozi	CRO	-
2409	Slokan Simon	SLO	412
2475	Slovinac Hrvoje-Lovelos	CRO	-
2121	Smaga Anthony Paul	FRA	606
2421	Smajic Emir	BIH	401
2464	Smojver Irena	CRO	-
2291	Smoliner Georg	AUT	500
2543	Smolinski Mandy	GER	-
2505	Smyslova Miroslava	CZE	-
2541	Snow Henry	GBR	-
2235	Soddu Cristina	ITA	432
2332	Sohara Kentaro	JPN	478
2364	Solenički Tomica	CRO	458
2293	Soletto Davide	ITA	500
2136	Sommer Max	AUT	598
2551	Sotan Adrian	ROU	-
2487	Stanečić Željko	CRO	-
2425	Stánitz Attila	HUN	392
2126	Stevenson David	GBR	604
2576	Stoković Vanja	CRO	583
2177	Štolcar Peter	SLO	566
2254	Stoličný Martin	SVK	523
2436	Straßer Ronald	AUT	375
2290	Stundner Christoph	AUT	500
2100	Suhr Mathieu	FRA	634
2527	Sundström Sami	FIN	-
2265	Šurlan Igor	CRO	515

BIB	Lastname Name	Country	UTMB index
2532	Suteau Marc	FRA	-
2205	Svarinskis Sandis	LAT	549
2162	Švestková Soňa	CZE	476
2562	Tadić Snežana	SRB	-
2066	Tagge Guido	GER	676
2040	Tagliapietra Marialuisa	ITA	630
2349	Talluto Laura	ITA	370
2482	Tan Lay Zye	MAS	-
2359	Taras Giuseppe	ITA	462
2276	Taştan Murat	TUR	508
2564	Terzić Marija	SRB	-
2283	Testa Christian	ITA	505
2209	Tiengo Massimo	ITA	546
2329	Tlstý Juraj	SVK	479
2565	Todorov Nikola	SRB	-
2466	Tomašek Iva	CRO	-
2453	Tomberger Elmar	AUT	-
2268	Toniutti Ruth	AUT	415
2172	Tonizzo Marialuisa	ITA	468
2169	Trescato Giovanna	ITA	470
2379	Tschiltsch Franz	AUT	440
2133	Tudorich-Ghemo Danielle	RSA	500
2222	Tuna Arno	AUT	537
2315	Turetta Marco	ITA	487
2215	Tuscarora Neagoe	ROU	542
2556	Umek Uroš	SLO	-
2366	Umphray Rob	GBR	457
2260	Uny Nicolas	FRA	519
2103	Valdemarsdóttir Kristín Irene	ISL	529
2231	Valla Vojtech	CZE	533
2256	Vandenberghe Cedric	BEL	522
2477	Vanjak Andrija	CRO	-
2223	Vanzetto Sara	ITA	437
2003	Varmeulen Kevin	SUI	889
2355	Vass László	HUN	466
2454	Veit Juergen	AUT	-
2471	Velčić Nikola	CRO	-
2087	Venier Marco	ITA	648
2150	Vèzes Robin	FRA	584
2547	Vidotto Giacomo	ITA	715
2021	Vigano Marta	ITA	656
2342	Vigar Aaron	CAN	471
2522	Vítek David	CZE	-
2600	Vizman Avi	ISR	633354
2064	Volčanšek Mitja	SLO	678
2456	Vorauer Viktor	AUT	-

START LIST



BIB	Lastname Name	Country	UTMB index
2285	Vuković Božidar	MNE	504
2515	Vybíhal Adam	CZE	-
2374	Wagner Adam	CZE	446
2594	Walker Laurel	USA	539
2067	Walker-Blair Dave	GBR	675
2539	Weaver David	GBR	-
2344	Weber Damir	CRO	470
2153	Weber Helena	CRO	481
2574	Weightman James	USA	-
2451	Weingartner Christian	AUT	-
2239	Willems Evelyne	BEL	431
2529	Williams Benjamin	FRA	-
2043	Winklehner Anna	SUI	628
2314	Wise Ray	GBR	488
2097	Wisniewska-Barreto Joanna	POL	536
2006	Witek Andrzej	POL	874
2440	Wong Fook Seong	MAS	362
2019	Wurmsam Sabine	GER	676
2317	Xuefei Cindy Chen	CAN	387
2212	Yardley Benjamin	USA	544
2401	Zanato Luca	ITA	420
2185	Zauner Tara	CAN	459
2102	Zborucki Jan	POL	633
2295	Zelisko Zoriana	UKR	400
2512	Ženišek Jiří	CZE	-
2435	Zima Matěj	CZE	376
2470	Živković Tajana	CRO	-
2065	Žnidaršič Jernej	SLO	677
2492	Zujčić Ante	CRO	-
2418	Zuniga Ronney	CRC	403



X Elite runner criteria for 50K category

- MEN region 1* +800 UTMB index
- WOMEN region 1* +710 UTMB index
- MEN region 2** +650 UTMB index
- WOMEN region 2** +560 UTMB index

X VIP runner criteria

Istria 100 by UTMB tenth time starters.

- *region 1: USA, EUR, CHN, JPN, OCE
- **region 2: Rest of the world

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R2^{3.0} CALF SLEEVES



Compression Grid Pattern

Targeted high level muscle support.

Decreasing the risk of injury and cramps.



Waffle Proprioceptive Stripes

Promote microcirculation and lymphatic flow.

Less chance of shin splints & stomach inflammation



Achilles Proprioceptive Stripes

Promotes support and microcirculation to the achilles tendon.

Added support & less inflammation



Fibular Stripes

3D textured yarn activates the fibular muscles, improving balance & stability.

Less chance of sprained ankles

MICRO GAINS, MACRO RESULTS.



MASSAGING FIBER



SHOCK ABSORBER



THERMO-REGULATION



K-PROTECT



REFLECTIVE LOGO



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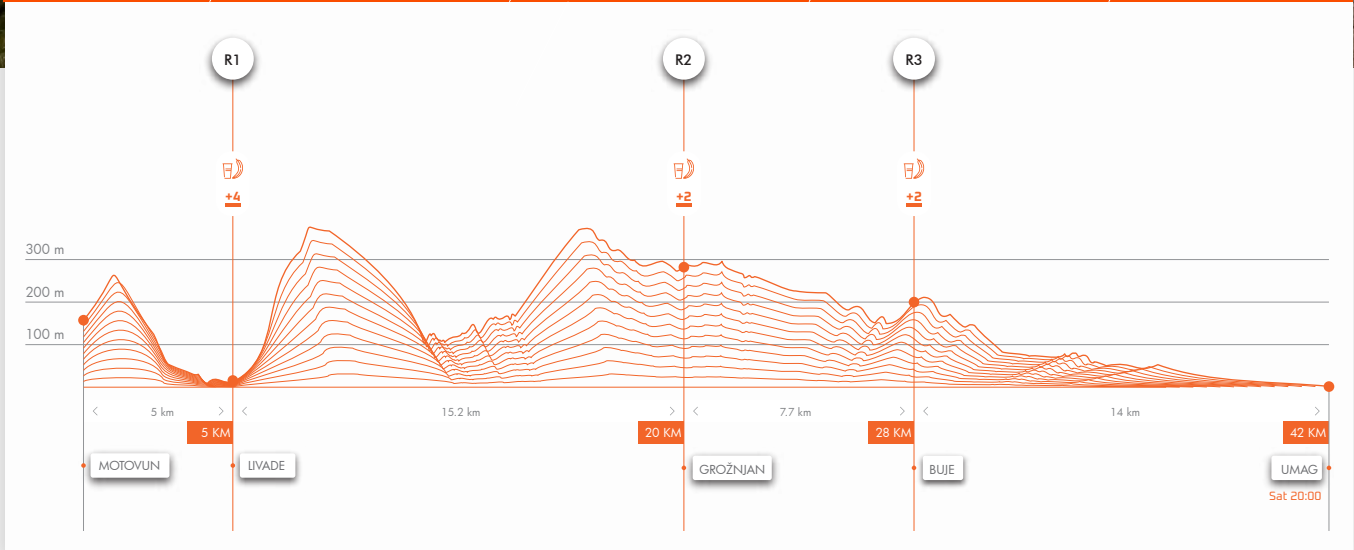
S

42K - YELLOW

This course is great for beginners in trail running. It starts at the bottom of the medieval town of Motovun, climbs up the second medieval town of Grožnjan, and merges with the other courses all the way to the seafront in Umag



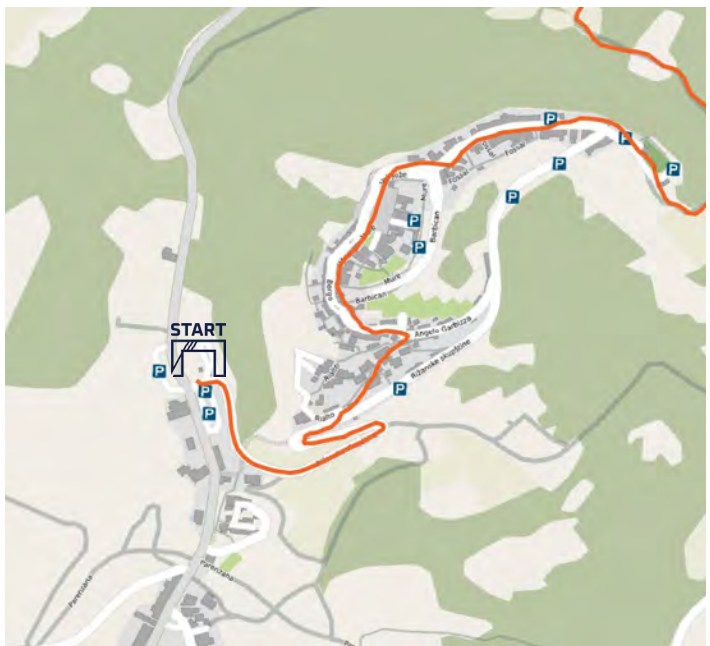
Distance 42.1 KM	Elevation gain 950 m D+	Start place Motovun	Start date 15/04/2023	Start time 12:00
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R1 CHECKPOINT - no assistance permitted

R2 CHECKPOINT with assistance permitted

START MAP



START INFO

START MOTOVUN
 Lower city parking
 SATURDAY 15th @ 12:00

from Umag - fastest route*

Umag - direction Buje - in Buje direction Buzet

distance: 35 km
 drive time: 0h 49min

TIMETABLE






THURSDAY 13TH

Time	Location	What
14:00 - 20:00	Sports Hall, Umag	 BIB distribution

FRIDAY 14TH

14:00 - 20:00	Sports Hall, Umag	 BIB distribution
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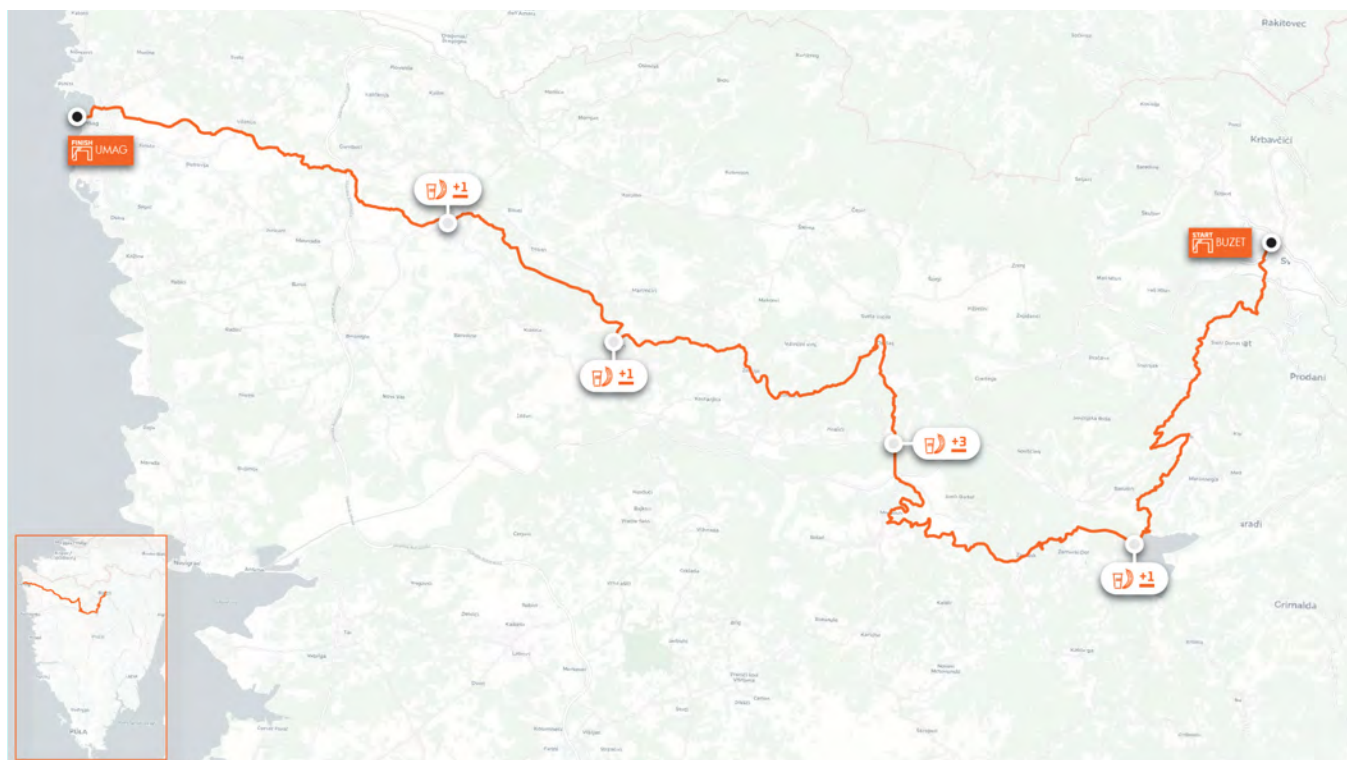
SATURDAY 15TH

07:30 - 10:00	Sports Hall, Umag	 BIB distribution
10:30	Sports Hall, Umag	 Bus departure to start
12:00	Motovun	 START!
15:00	Finish line, Umag	 Expected Winner
20:00	Finish line, Umag	 Time limit

SUNDAY 16TH

13:00	Finish line, Umag	 AWARD CEREMONY
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MAP



AID STATIONS & TIME CHARTS

Point	Altitude	Distance inter	Dist	Elevation +	Elevation -	Fastest time	Slowest time	Cut Off	Services
Motovun	157	0	0	0	0	Sat 12:00	Sat 12:02		START
Livade	11	5	5	99	246	Sat 12:19	Sat 12:55		Medical, Aid
Grožnjan	277	15.2	20.2	727	612	Sat 13:30	Sat 16:09		Medical, Aid
Buje	189	7.7	27.9	789	765	Sat 14:01	Sat 17:33		Medical, Aid
Umag	1	14	42	811	966	Sat 14:55	Sat 20:00	Sat 20:00	FINISH

START STARTING LINE

FINISH FINISH LINE

AID STATION

MEDICAL STATION

Aid station	Hot-food	Cheese / Meat	Pas-tries	Fruits	Bread	Salty snacks	Nutella	Bis-cuits	Cola	Water	Iso- tonic	Tea	Coffe	Hot soup
Livade		X	X	X		X		X	X	X	X	X	X	X
Grožnjan		X		X	X	X	X		X	X	X	X	X	X
Buje		X	X	X		X		X	X	X	X	X	X	X
Umag				X		X		X	X	X				



START LIST



BIB	Lastname Name	Country	UTMB index
3570	Aguilar Gonzalo	ITA	-
3622	Agustinos Anthony	FRA	484
3381	Ajeti Luan	KOS	-
3323	Aktaş Cem	TUR	399
3155	Aktaş Mümtaz	TUR	527
3176	Aktas Zeynep Gul	TUR	412
3152	Albayrak Sercan	TUR	528
3193	Albayrak Songül	TUR	400
3040	Alič Domen	SLO	693
3337	Alija Hekuran	KOS	387
3425	Alispahić Ćosić Ema	CRO	-
3043	Amato Enea	ITA	673
3297	Amrich Jonas	CZE	425
3119	Andrei Badiu	ROU	560
3219	Antal Adel Eva	HUN	383
3602	Antalová Andrea	SVK	-
3453	Antolović Filip	CRO	-
3482	Antolović Mauricio	CRO	-
3616	Arndt Callie	USA	-
3003	Arrigoni Luca	ITA	871
3578	Attard Isaac	MLT	-
3554	Attila Horváth	HUN	-
3346	Avelino Da Silva Junior Francisco	BRA	379
3481	Badanjak Danko	CRO	-
3573	Badovinac Vanja	SLO	-
3331	Banek Mislav	CRO	393
3568	Barbato Marco Richard	ITA	-
3195	Barbetta Andrea	ITA	500
3445	Barić Ante	CRO	-
3226	Barić Mihaela	CRO	379
3261	Baričak Danijela	CRO	353
3351	Barović Sandro	CRO	370
3023	Barrow Joshua	GBR	771
3259	Bartolić Bruno	CRO	459
3423	Barulić Mateo	CRO	-
3433	Bashota Robert	CRO	-
3034	Basso Enrico	ITA	706
3504	Baštýř Jan	CZE	-
3010	Becker Ruedi	SUI	830
3429	Bedrina Vanja	CRO	-
3116	Bell John	CAN	561
3370	Ben Mansour Hatem	TUN	335
3368	Bergamini Andrea Stefano	ITA	344
3054	Bergel Piotr	POL	645
3156	Biasiolo Stefania	ITA	426
3335	Bijelic Hodzic Natalija	CRO	288
3487	Bilić Toni	CRO	-
3177	Billardon David	FRA	512

BIB	Lastname Name	Country	UTMB index
3071	Bizjak David	SLO	620
3061	Blab Florian	GER	631
3130	Blab Matthias	GER	550
3314	Blagojevic Nemanja	SRB	411
3021	Blanchard Coralie	FRA	687
3414	Blaško Miran	CRO	-
3537	Bliznakovska Sunchica	MKD	-
3480	Bobinac Katia	CRO	-
3484	Bonaca Damir	CRO	-
3599	Bontognali Tomaso	SUI	-
3460	Borovčak Tin	CRO	-
3139	Bošković Vido	CRO	539
3067	Bozano Alessio	ITA	626
3086	Bozkurt Letifşah	TUR	601
3339	Bračun Nenad	CRO	385
3444	Braškić Ana	CRO	-
3608	Brázdilová Jana	SVK	-
3434	Bregović Romana	CRO	-
3234	Brignone Claudio	ITA	473
3284	Bruneau Paul	FRA	434
3022	Bruseth Fredrik	NOR	777
3626	Budi Franjo	CRO	-
3085	Bukovy Jozef	SVK	602
3606	Burğaç İlker	TUR	-
3564	Burke Colin	IRL	-
3123	Cabiati Carlotta	ITA	456
3447	Čačić Marko	CRO	-
3033	Caiani Matteo	ITA	708
3149	Čajko Igor	SVK	534
3367	Calderari Di Palazzolo Paolo	ITA	349
3631	Čalić Dejan	SRB	489
3200	Čampa Matjaz	SLO	499
3280	Carabellese Edoardo	ITA	440
3169	Cardoso Marques Caldeira Fátima Alexandra	POR	416
3611	Cartwright Christine	USA	-
3612	Cartwright Hannah	USA	-
3576	Casagrande Cristiano	ITA	-
3058	Casasola Alessandro	ITA	634
3223	Casati Stefano	ITA	480
3324	Caviedes Jeimy	COL	299
3595	Celar Peter	SLO	-
3365	Cena Shkumbin	KOS	352
3333	Cencić Žiljana	CRO	292
3620	Černac Goran	CRO	404
3623	Cerovac Vanja	CRO	609
3610	Chovancova Alex	SVK	-
3173	Ciaponi Giorgio	ITA	513

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BIB	Lastname Name	Country	UTMB index
3097	Čić Alen	CRO	585
3395	Čiček Renata	CRO	-
3558	Cierpikowska Agnieszka	POL	-
3188	Cimarelli Giulia	ITA	402
3089	Čiurea Ioana Andreea	ROU	498
3497	Cizkova Veronika	CZE	-
3135	Cobo Blanco Francisco	ESP	546
3157	Cagnolato Arabella	ITA	426
3265	Colson Bart	BEL	451
3013	Comellas Espelt Roger	ESP	823
3275	Comisso Christian	CRO	443
3037	Consolaro Mirco	ITA	702
3015	Conti Fabiola	ITA	753
3490	Čovran Zoran	CRO	-
3053	Cuadrado Laura	ESP	546
3585	Čuk Nevenka	SLO	-
3452	Cvetko Franka	CRO	-
3248	Dadasović Damir	CRO	466
3364	Dallatorre Nicola	ITA	353
3142	Dalleau William	FRA	538
3288	Dambean Iuliu	ROU	433
3371	Dautović Branko	CRO	333
3005	Davis Eleanor	GBR	756
3566	De Barra Evan	IRL	-
3194	De Meo Francesco	ITA	500
3197	De Pellegrin Monica	ITA	399
3625	Dec Saša	CRO	-
3065	Dede Şahap	TUR	628
3281	Dees Christian	GER	439
3615	Denona Josip	CRO	-
3041	Deželak Anja	SLO	587
3251	Di Lena Gianluca	ITA	465
3216	Didier Alexandre	FRA	484
3361	Diker Emre	TUR	355
3105	Dimitrov Christina Blagowesta	GER	477
3107	Dobрева Milena	BUL	475
3581	Dolinar Simona	SLO	-
3329	Donard Erwann	FRA	395
3153	Doolan Milly	CRO	427
3493	Dovijanić Boris	CRO	-
3221	Drakšič Mitja	SLO	481
3215	Drobez Andrej	SLO	485
3162	Drobez Katja	SLO	422
3083	Druzina Daniel	ITA	602
3526	Duffy Emily	IRL	-
3496	Dujić Marko	CRO	-
3621	Durco Martin	SVK	548
3047	Dvorska Denisa	SVK	566

BIB	Lastname Name	Country	UTMB index
3603	East Matthew	SWE	-
3532	Edwards Paul	GBR	-
3402	Erceg Sandra	CRO	-
3373	Ergül Ayla	TUR	200
3301	Evans Paul	GBR	421
3567	Favalli Mattia	ITA	-
3523	Fekete Alexandra	HUN	-
3154	Ferencic Katja	CRO	427
3342	Ferrigno Marco	ITA	384
3515	Filka Tomas	CZE	-
3121	Finotto Cristiano	ITA	559
3131	Fischer Andreas	GER	550
3096	Fischli Derek	SUI	586
3014	Folscher Lindy-Lee	RSA	613
3201	Fonseca Jessica	COL	399
3146	Fourniols Patrick	FRA	535
3385	Francavilla Hannah	AUS	-
3630	Franković Mario	CRO	666
3501	Freyceon Roxane	FRA	-
3230	Frisch Wilhelm	GER	474
3456	Frljužec Karlo	CRO	-
3378	Fučkar Kristijan	CRO	-
3540	Gahrman Miranda	NED	-
3209	Gailunas Darius	LTU	494
3430	Gajski Djino	CRO	-
3087	Gambaretto Riccardo	ITA	599
3012	García Terrones Sergi	ESP	824
3183	García Yebra Rafael F.	ESP	506
3246	Gašparac Branko	SLO	467
3133	Gavrovski Majsec Nikolina	CRO	448
3577	Geci Liridon	KOS	-
3204	Gesselbauer Philipp	AUT	495
3222	Geyik Yener	TUR	481
3245	Gleeson Daniel	IRL	469
3198	Godec Tihomir	CRO	499
3217	Golubić Mateja	CRO	384
3002	Gosselin Simon	FRA	876
3268	Grant Sharon	ITA	349
3235	Grbac Marijana	CRO	373
3232	Grbavac Željka	CRO	374
3328	Grbić Goran	CRO	395
3077	Gregorová Jana	CZE	508
3419	Gregov Cvita	CRO	-
3473	Gregov Pokrajac Marija	CRO	-
3007	Grinius Gediminas	LTU	850
3277	Grosu Adrian Mihai	ROU	443
3128	Grubisic Mirna	CRO	451
3078	Grünberger Simon	AUT	608

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BIB	Lastname Name	Country	UTMB index
3542	Gudem Hilde	NOR	-
3082	Gudmundsdottir Sigrídur Lara	ISL	503
3287	Gurel Ozguvenir Ilayda	TUR	334
3250	Gutkin Nadège	FRA	366
3044	Gutnik Vika	UKR	570
3137	Gysels Raf	BEL	543
3582	Haagstra Lj	NED	-
3415	Halgaš Matej	CRO	-
3109	Hamacher Markus	GER	574
3099	Handler Waltraud	AUT	482
3140	Hanssler Daniel	GER	539
3262	Hartwig Marie-Thérèse	AUT	352
3358	Hartwig Sven	GER	359
3541	Haukeberg Skaar Camilla	NOR	-
3546	Headley Peter	GER	-
3479	Hećimović Patricia	CRO	-
3070	Hendaoui Chefia	TUN	523
3045	Hill Andrew	AUS	666
3114	Hilz Fabian	GER	568
3113	Hirsch Sébastien	FRA	571
3274	Hirth Jasmin	GER	344
3472	Hlebar Igor	CRO	-
3461	Hmelina Miljenko	CRO	-
3509	Hobl Martin	CZE	-
3019	Hoeche Marcel	GER	828
3001	Hoffmann Benedikt	GER	885
3405	Hörl Fabian	AUT	-
3046	Hren Luka	SLO	666
3470	Hrenar Tomislav	CRO	-
3212	Hribovšek Luka	SLO	491
3624	Hrkač Violeta	CRO	-
3517	Hudec Jan	CZE	-
3510	Hudec Lukáš	CZE	-
3549	Huehne Florian	GER	-
3132	Husár Ľuboš	SVK	548
3326	Idi Sonat	TUR	396
3604	Ilk Haydar	TUR	-
3094	Iordache Daniel	ROU	590
3575	Ivančič Jurše Lili	SLO	-
3081	Ivandija Ivana	CRO	503
3318	Ivanov Daniel	ROU	405
3166	Izdebski Tomasz	POL	519
3182	Jagunić Mislav	CRO	507
3363	Jahnke Patrick	GER	353
3459	Jandel Barbara	CRO	-
3352	Janjanin Bojan	CRO	369
3387	Jansche Christine	AUT	-
3090	Jarc Špela	SLO	498

BIB	Lastname Name	Country	UTMB index
3391	Jeftinić Senka	CRO	-
3069	Jelavić Žiga	SLO	624
3463	Jerbić Ivan	CRO	-
3080	Jerman Maksim	CRO	605
3191	Johnssen Caroline	GER	401
3347	Jones Paul	GBR	376
3617	Jonke Ivana	CRO	-
3597	Jovanovic Danilo	SRB	-
3418	Juras Martina	CRO	-
3164	Kaapu Onni	FIN	520
3518	Kacetyl Vojtěch	CZE	-
3435	Kalčić Ingrid	CRO	-
3252	Kapałka Adrian	POL	464
3257	Kaptan Abdullah	TUR	461
3379	Karakoç Elbeği	TUR	-
3362	Kaufmann Peter	GER	354
3348	Kaulimo Minna	FIN	273
3377	Kazalac Marijan	CRO	-
3160	Kekić Danuša	SLO	833
3598	Keller Stephan	SUI	-
3369	Kerner Aleš	CZE	341
3291	Kilduff Justin	IRL	431
3214	Kim Alina	KAZ	389
3129	Kimyaci Serkan	CYP	550
3441	Kinkela Gabrijela	CRO	-
3299	Kisiel Michał	POL	422
3350	Klarić Ivan	CRO	371
3343	Klarić Krunoslav	CRO	383
3312	Knežević Branko	CRO	412
3038	Kociotek Witold	POL	696
3505	Koddebusch Johanna	GER	-
3273	Kogej Marko	SLO	446
3477	Kolembus Tihomir	CRO	-
3557	Koleszár Zoltán	HUN	-
3205	Konieczny Gaetan	FRA	495
3483	Korica Goran	CRO	-
3051	Korona-Sieradzka Boguslawa	POL	560
3398	Kosiak Wolfgang	AUT	-
3170	Košir Domen	SLO	516
3220	Kovačić Vedran	CRO	482
3357	Koyuncu Hasmet Emre	TUR	362
3366	Koyuncu Lutfu Ozgur	TUR	350
3514	Kozák Jakub	CZE	-
3443	Kralj Kreković Katarina	CRO	-
3110	Krušec Tadeja	CRO	474
3062	Kržišnik Gnezda Kristina	SLO	530
3632	Kuin Sjaak	NED	482
3228	Kunst Dubravka	SLO	377

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BIB	Lastname Name	Country	UTMB index
3298	Kurkowski Krzysztof	POL	424
3310	Kurtov Stana	CRO	316
3538	Kustudic Zoja	MNE	-
3134	Kutnik Urška	SLO	447
3594	Lacova Lenka	SVK	-
3563	Laffan Diarmuid	IRL	-
3560	Lakatos Gabor	HUN	-
3237	Lambert Thomas	GBR	472
3613	Lance Kio	USA	-
3355	Langegger Michael	AUT	364
3138	Långsjö Camilla	FIN	442
3596	Lapajne Jošt	SLO	-
3151	Latin Krste	CRO	528
3072	Leoni Michele	ITA	619
3143	Leśniak Tomasz	POL	538
3056	Lindlmaier Michael	GER	640
3424	Livić Ivan	CRO	-
3263	Lopez Ana	FRA	352
3218	Lopez Marie Carmen	FRA	383
3203	Lubowska-Kuchta Małgorzata	POL	396
3158	Ludovini Marco	ITA	524
3374	Luhti Toni	FIN	294
3074	Lund Armann E.	ISL	617
3115	Lupša Boštjan	SLO	566
3513	Machalicky Jakub	CZE	-
3126	Maciejewski Daniel	POL	554
3420	Maduna Zvonko	CRO	-
3093	Maggiani Gregorio	ITA	591
3587	Makovec Matej	SLO	-
3534	Malnasi Andreea	ITA	-
3466	Mandaković Dubravka	CRO	-
3406	Mandić Jelena	CRO	-
3117	Marcuzzi Massimo	ITA	560
3161	Marin Lionel	FRA	523
3475	Marinčić Štifanić Jasminka	CRO	-
3171	Markič Silvo	SLO	514
3478	Markić Zvonimir	CRO	-
3325	Markota Igor	CRO	396
3440	Maroević Jan	CRO	-
3629	Marolt Ziga	SLO	633
3524	Martin Denis	FRA	-
3474	Marušić Franko	CRO	-
3104	Mascarin Marc	ITA	578
3316	Masnjak Ivan	CRO	406
3531	Mason John	GBR	-
3016	Mathou Paul	FRA	871
3393	Matijašec Lucija	CRO	-
3147	Matijević Zrinka	CRO	434

BIB	Lastname Name	Country	UTMB index
3031	Matovina Alen	CRO	725
3561	Mcdermott Brian	IRL	-
3254	Medaric Zorana	SLO	363
3241	Medvešek Polona	SLO	370
3238	Mekhraf Kader	SUI	472
3189	Melischnig Günter	AUT	502
3224	Memić Mirsad	CRO	479
3586	Mendes Da Maia Goncalo	POR	-
3574	Meško Peserl Katja	SLO	-
3633	Meštrić Josip	CRO	700
3009	Meyleu Alexandre	FRA	846
3448	Mihalić Ana	CRO	-
3271	Mihalits Dominik Stefan	AUT	447
3302	Mihic Bozidar	CRO	420
3491	Miličić Igor	CRO	-
3488	Milošević Manuel	CRO	-
3442	Milošević Marko	CRO	-
3544	Miltenyi-Martinez Gabriel	GER	-
3383	Mišan Dragan	CRO	-
3489	Mlčochová Alice	CZE	-
3192	Mocholi Giménez María Jesús	ESP	400
3376	Modrušan Valentino	CRO	-
3467	Modrušan Vanja	CRO	-
3006	Moitoso Dário	POR	851
3199	Mølholm Nicky	DEN	499
3042	Morais Benek	POR	680
3511	Moravec Jan	CZE	-
3410	Mössler Mario	AUT	-
3028	Mrčela Krešimir	CRO	742
3465	Mrkić Iva	CRO	-
3304	Mroziński Marcin	POL	419
3485	Mujic Edis	CRO	-
3278	Mulas Andrea	ITA	442
3336	Müller Julia	GER	288
3025	Naglmayr Matthias	AUT	760
3290	Napradean Ciprian	ROU	432
3522	Natusch Caroline	GER	-
3295	Neale Stefan	GER	427
3354	Nedelcu Emil Costel	ROU	367
3270	Nedelcu Ionela	ROU	348
3512	Nekolny Petr	CZE	-
3451	Nerić Marko	CRO	-
3571	Nikolic Maja	SLO	-
3360	Nobile Andrea Michele	ITA	355
3588	Novak Alen	SLO	-
3206	Novak Aljoša	SLO	495
3494	Noviková Darina	CZE	-
3327	Novosel Ivor	CRO	395

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BIB	Lastname Name	Country	UTMB index
3255	Nowak Adam	POL	462
3535	Nursila Alua	KAZ	-
3536	Nursila Meruyert	KAZ	-
3562	O Meara Gavin	IRL	-
3035	Oblak Jaka	SLO	704
3163	Oblak Luka	SLO	522
3409	Ochsenhofer Jakob	AUT	-
3450	Očić Tatjana	CRO	-
3208	Okretič Renata	CRO	394
3427	Olenik Ana	CRO	12345
3244	Omahony Daniel	IRL	469
3607	Önen Muhsin	TUR	-
3580	Ong Bryan	MAS	-
3305	Oparnica Aleksandar	SRB	418
3207	Orlovic Nenad	SRB	495
3127	Ormerod Emily	GBR	453
3225	Över Ali	TUR	479
3315	Pancl Ondrej	CZE	408
3181	Panclová Radana	CZE	408
3059	Pantis Alena Maria	GER	534
3609	Parker Andrew	USA	-
3231	Pavlič Boštjan	SLO	474
3112	Pavlik Miroslav	CZE	573
3233	Pavlović Boris	CRO	473
3468	Pavlović Matea	CRO	-
3550	Pecher Andreas	GER	-
3180	Pedrazzini Matteo	ITA	509
3403	Pegrin Andreas	AUT	-
3458	Peharda Mateja	CRO	-
3552	Pénzes Bence	HUN	-
3249	Percan Erik	CRO	466
3372	Perčević Robert	CRO	311
3498	Peroutková Veronika	CZE	-
3276	Perrone Francesco	ITA	443
3266	Pervanja Simon	SLO	450
3591	Peserl Marko	SLO	-
3455	Petrinić Danijel	CRO	1234
3457	Petrinić Dario	CRO	-
3136	Petrone Michele	ITA	545
3309	Petrović Sladetić Tatjana	CRO	316
3308	Phelan Richard	IRL	416
3036	Piątek Beata	POL	602
3500	Picault Delphine	FRA	-
3579	Pielage Rens	NED	-
3026	Pieropan Alberto	ITA	758
3256	Pietikäinen Jaro	FIN	461
3521	Pineiro Pedro	ESP	-
3553	Piórkowska Aleksandra	POL	-

BIB	Lastname Name	Country	UTMB index
3322	Pirc Jure	SLO	400
3421	Piškur Franjo	CRO	-
3029	Pišotek Katarina	SLO	635
3356	Podgorelec Samo	SLO	363
3495	Pokrajac Darko	CRO	-
3178	Poliwka-Kisiel Małgorzata	POL	410
3032	Postl Andreas	AUT	712
3292	Prahin Vedran	CRO	430
3437	Prica Filip	CRO	-
3341	Prišlin Marko	CRO	384
3050	Puchin Michael	ITA	560
3380	Pueo Richard	BEL	-
3618	Putanec Gordan	CRO	-
3338	Pyykkönen Sanna	FIN	286
3619	Quinesser Markus	AUT	616
3464	Radoš Marin	CRO	-
3334	Radulovic Renato	CRO	392
3375	Rakić Saša	CRO	-
3210	Ramaneckaitė-Dirzininkienė Asta	LTU	394
3118	Ramos Marco	POR	560
3073	Rech Nicola	ITA	618
3048	Reginato Nicola	ITA	665
3507	Rehder-Kampka Kathrin Isabell	GER	-
3547	Reich Wilhelm	GER	-
3545	Reiche Christoph	GER	-
3018	Reiterer Andreas	ITA	909
3529	Renault Vincent	FRA	-
3600	Repka Jaroslav	SVK	-
3404	Rescec Filip	AUT	-
3172	Rigney James	AUS	513
3100	Ripatti Jani	FIN	581
3283	Riss Ernst	AUT	437
3303	Rodocanachi Jean-Emmanuel	FRA	419
3386	Röhrer Barbara	AUT	-
3186	Romanin Matteo	ITA	504
3508	Rondot Andrea	GER	-
3503	Rostas Lukas	CZE	-
3111	Rožič Alenka	SLO	474
3572	Rožič Darja	SLO	-
3332	Rozic Sara	CRO	292
3055	Rudisch Peter	GER	641
3240	Rušnjak Igor	CRO	471
3039	Salas Serra Laura	ESP	594
3389	Salieri Sabine	BEL	-
3417	Sambolec Alen	CRO	-
3340	Samec Miljenko	CRO	384
3187	Saprygin Sergey	HUN	504
3502	Saran Sandy	GBR	-

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BIB	Lastname Name	Country	UTMB index
3098	Sargut Selin	TUR	-
3286	Sargut Serkan	TUR	-
3285	Sava Cornel	ROU	434
3296	Sbiroli Vito Walter	ITA	427
3057	Scheer Eva	AUT	535
3011	Schmitz Emily	USA	726
3400	Schneider Manuel	AUT	-
3017	Schreiber Kim	GER	725
3307	Schreiber Thomas	GER	416
3101	Schulz Stephan	GER	579
3242	Šćuric Alan	CRO	469
3476	Šegarić Anton	CRO	-
3449	Šegon Sonela	CRO	-
3060	Sekulovic Marija	SRB	533
3311	Sel Jerome	FRA	414
3565	Semenič Suzana	SLO	-
3416	Senčić Igor	CRO	-
3394	Šestak Emanuela	CRO	-
3614	Sherman George	USA	-
3528	Signoret Maxence	FRA	-
3471	Šiljeg Rino	CRO	-
3426	Šimic Ana	CRO	-
3184	Šimiuc Mihaela	ROU	404
3122	Sitar Miha	SLO	558
3313	Skorić Radan	CRO	412
3439	Škrlin Ana	CRO	-
3589	Slapar Tatjana	SLO	-
3293	Smirnovs Sergejs	LAT	430
3084	Smrekovsky Peter	SVK	602
3605	Sókmenli Serkan	TUR	-
3279	Šolaja Anica	SRB	341
3317	Spinelli Michele Celeste	ITA	405
3145	Stafa Anamarija	CRO	436
3349	Staletović Marko	CRO	373
3399	Stančić Valentina	CRO	-
3407	Stanek Manfred	AUT	-
3548	Stanek Marvin	GER	-
3052	Stangreciak Adam	POL	648
3272	Stano Michal	SVK	447
3185	Starker Lukas	AUT	504
3190	Stepinac Nino	CRO	502
3411	Stevens Michel	BEL	-
3258	Štifanić Siniša	CRO	460
3091	Stonkute Monika	LTU	497
3095	Struna Kristina	SLO	490
3551	Struš Katarzyna	POL	-
3247	Suhadolnik Jana	SLO	367
3236	Šupe Ivica	CRO	472

BIB	Lastname Name	Country	UTMB index
3345	Šupraha Denis	CRO	381
3202	Susic Darko	CRO	497
3229	Suster Blaz	SLO	475
3027	Svetina Aleš	SLO	755
3436	Svich Daniel	CRO	-
3282	Szováti Katalin	HUN	338
3260	Tamburic Ivan	SRB	457
3004	Tanguy Audrey	FRA	762
3559	Tankovics Csongor	HUN	-
3063	Tasker Frederick	GBR	629
3148	Taslidza Miran	SLO	534
3264	Tekavcic Pompe Manca	SLO	352
3289	Tekyol Davut	TUR	433
3144	Terziev Nedyalko	BUL	537
3102	Tetik Tugba	TUR	479
3486	Tičak Nikola	CRO	-
3165	Tichy Martin	AUT	519
3601	Tirpak Lubos	SVK	-
3008	Tobias Geiser	ITA	847
3030	Toljan Josip	CRO	728
3108	Tome' Elena	ITA	475
3384	Tonelotti Grecco Jose Carlos	BRA	-
3168	Tosetto Luisella	ITA	417
3556	Tóth Gergely	HUN	-
3527	Touly Adrien	FRA	-
3516	Touska Krystof	CZE	-
3092	Trček Majda	SLO	493
3075	Tristram Madeleine	GER	512
3319	Trnková Zuzana	SVK	304
3401	Trost Stefan	AUT	-
3382	Tršinski Kruno	CRO	-
3413	Tsochev Bozhidar	BUL	-
3530	Tullis Euan	GBR	-
3213	Turk Mirela	CRO	389
3446	Udovičić Dino	CRO	-
3593	Urbanček Rok	SLO	-
3159	Uygun Turgut Ramazan	TUR	524
3243	Vadier Sébastien	FRA	469
3422	Vadinjof Antonio	CRO	-
3469	Valić Ivan	CRO	-
3088	Van Delm Tara	BEL	498
3320	Van Der Bruggen Koen	NED	402
3196	Van Niekerk Helena	RSA	400
3412	Van Wesepoel Kenny	BEL	-
3396	Vanjak Ivana	CRO	-
3525	Vastag Fanni	HUN	-
3499	Velecká Agnieszka	CZE	-
3167	Velić Srdoč Valentina	CRO	418

START LIST



BIB	Lastname Name	Country	UTMB index
3076	Ves Blazka	SLO	510
3321	Virtanen Marko	FIN	-
3543	Vitte Lillian	GER	-
3300	Vižin Boštjan	SLO	422
3533	Vocci Eva	ITA	-
3141	Voicu Alin	ROU	539
3390	Voivoda Stančić Claudia	CRO	-
3253	Vojnović Gabrijela	CRO	363
3079	Volontar Kristina	SLO	507
3388	Von Trapp Amanda	AUT	-
3506	Voplakal Tomas	CZE	-
3428	Vrančić Lež Mladen	CRO	-
3397	Vrančić Lež Petra	CRO	-
3267	Vrba Roman	CZE	449
3432	Vukasovic Slaven	CRO	-
3064	Vyduch Ludek	CZE	628
3068	Wagner Claudia	AUT	526
3120	Wagner Claudia Renate	BRA	459
3227	Walter Bernhard	AUT	477
3519	Walz Sabine	GER	-
3269	Wansart Jean-François	BEL	448
3392	Weidlich Petra	CRO	-
3454	Weidlich Stefan	CRO	-
3359	Whiting Shaun	GUA	355
3555	Wolanin Barbara	POL	-
3211	Wolfart David	AUT	491
3539	Zachary Maria	NED	-
3330	Žalik David	SLO	394
3583	Zalopa Jerzy	POL	-
3174	Založnik Tilen	SLO	513
3408	Zechmeister David	AUT	-
3569	Zeffferino Marco	ITA	-
3592	Zefran Janez	SLO	-
3584	Zefran Marija	SLO	-
3124	Zelco Alice	ITA	456
3492	Ženišková Lada	CZE	-
3103	Zgrablic Paolo	CRO	578
3353	Zhuniqi Florent	KOS	368
3150	Židanić Vesna	CRO	432
3239	Živanović Dijana	SRB	372
3431	Zrna Siniša	CRO	-
3306	Zuecco Stefano	ITA	417
3179	Župevc Milan	SLO	510



21K - WHITE

The shortest course is for everyone who would like to experience trail running for the first time

RACE CATEGORY

20K M



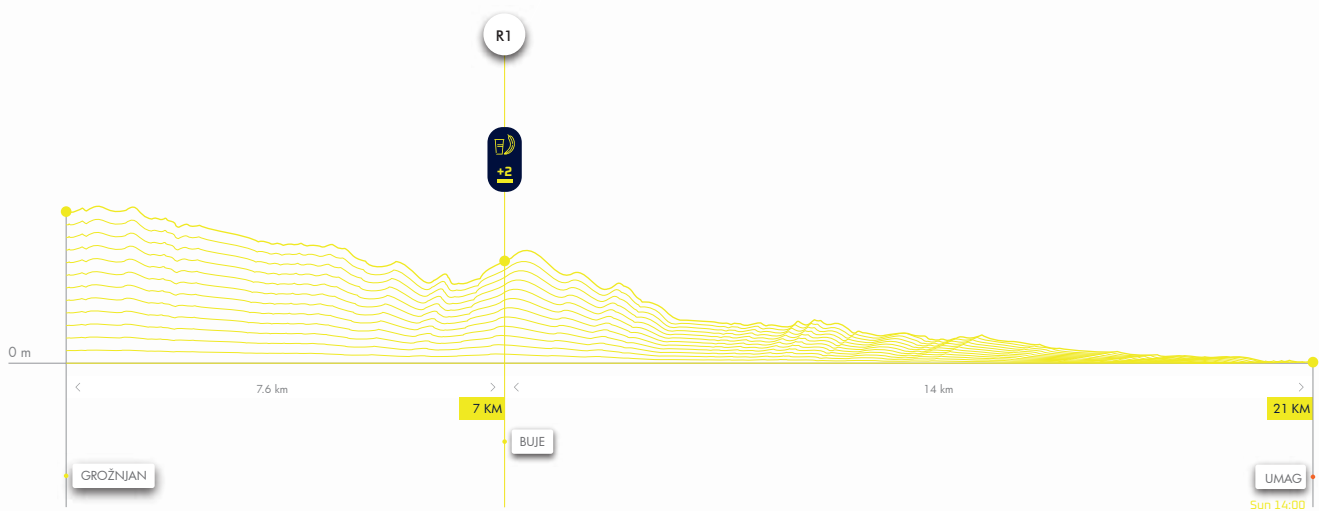
Distance
 21.4 KM

Elevation gain
 130 m D+

Starting place
 Grožnjan

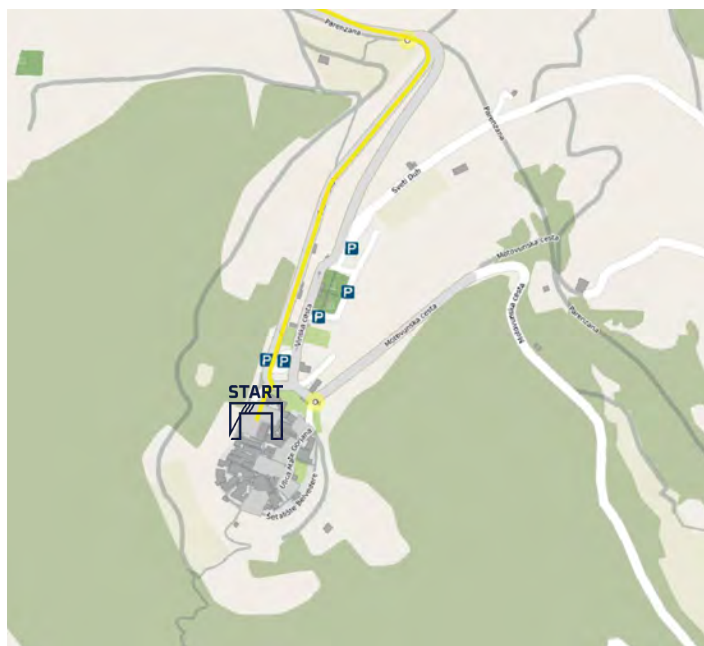
Start date
 16/04/2023

Time of departure
 10:00



R1 CHECKPOINT - no assistance permitted

START MAP



START INFO



START GROŽNJAN
 Town square
 SUNDAY 16th @ 10:00




from Umag - fastest route*

Umag - direction Buje - in Buje direction Buzet

distance: 21 km
 drive time: 0h 27min

TIMETABLE

THURSDAY 13TH

Time	Location	What
14:00 - 20:00	Sports Hall, Umag	 BIB distribution


FRIDAY 14TH

14:00 - 20:00	Sports Hall, Umag	 BIB distribution
---------------	-------------------	--

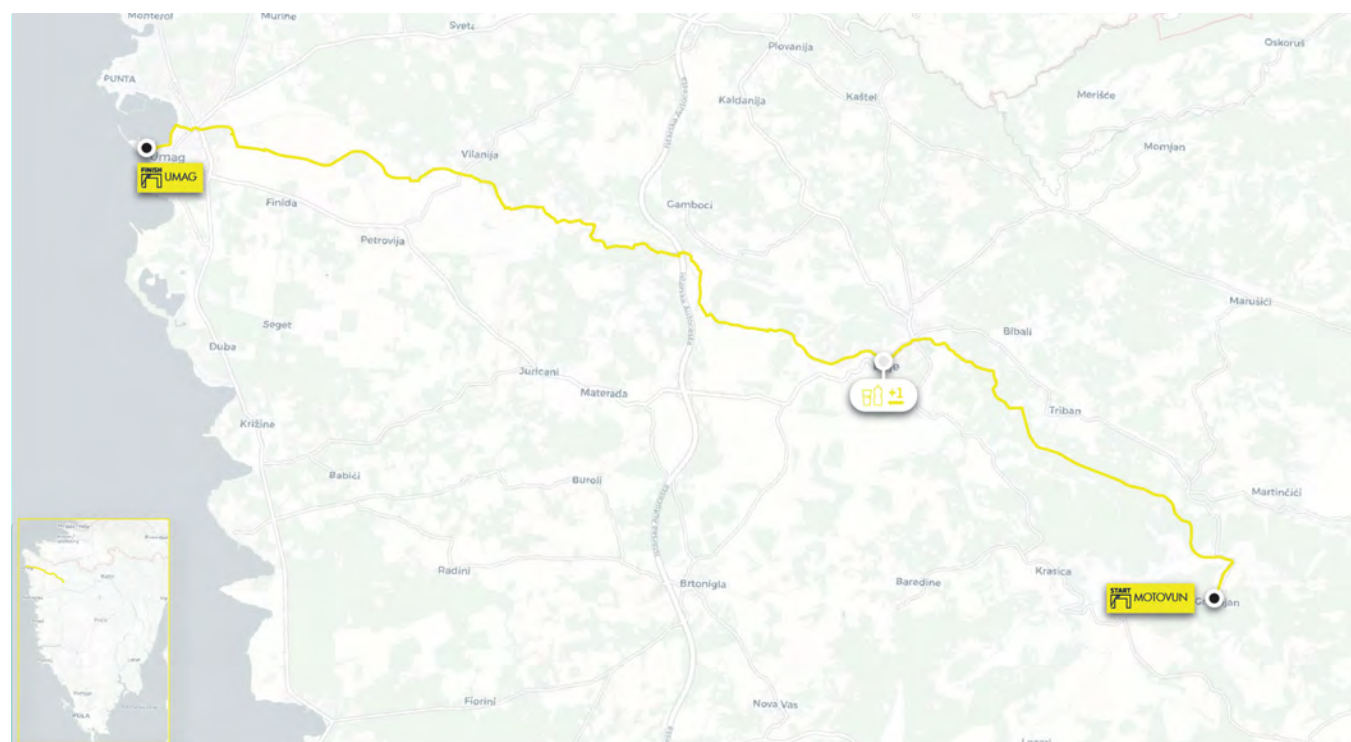
SATURDAY 15TH

07:30 - 13:00	Sports Hall, Umag	 BIB distribution
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SUNDAY 16TH

08:30	Sports Hall, Umag	 Bus departure to start
10:00	Grožnjan	 START!
11:15	Finish line, Umag	 Expected Winner
13:00	Finish line, Umag	 AWARD CEREMONY
14:00	Finish line, Umag	 Time limit

MAP







 STARTING LINE

 FINISH LINE

 AID STATION

AID STATIONS & TIME CHARTS

Point	Altitude	Distance inter	Dist	Elevation +	Elevation -	Fastest time	Slowest time	Cut Off	Services
Grožnjan	0	0	0	0	0	Sun 10:00	Sun 10:02		START 
Buje	189	7.6	7.6	61	155	Sun 10:30	Sun 11:22		 
Umag	1	14	21.6	130	356	Sun 11:29	Sun 14:00	Sun 14:00	FINISH 

 STARTING LINE

 FINISH LINE

 AID STATION

 MEDICAL STATION

Aid station	Hot-food	Cheese / Meat	Pas-tries	Fruits	Bread	Salty snacks	Nutella	Bis-cuits	Cola	Water	Iso- tonic	Tea	Coffe	Hot soup
Buje		X	X	X		X		X	X	X	X	X	X	X
Umag				X		X		X	X	X				



START LIST



BIB	Lastname Name	Country	UTMB index
4271	Ackermann Delphine	SUI	-
4282	Agardi Sandor	HUN	441
4226	Aleksić Hrvoje	CRO	-
4187	Alho Nanna	FIN	-
4290	Ali M Alfarjani Nawras	LBA	-
4124	Andrić Suzana	CRO	-
4055	Antal Adél	HUN	468
4116	Antoine Laurence	BEL	-
4238	Anton Tobias	GER	-
4229	Ardalić Valter	CRO	-
4008	Ardeleanu Amalia-Florentina	ROU	521
4080	Babac Arzu	TUR	320
4223	Bajan Mićo	CRO	-
4094	Baltaci Bilal	TUR	382
4199	Bandalo Ivan	CRO	-
4286	Banek Suzana	CRO	-
4064	Banek Zrinka	CRO	347
4027	Barańska Monika	POL	436
4291	Barić Renata	CRO	-
4010	Bauer Michael	AUT	616
4028	Bednáriková Eva	SVK	434
4125	Begić Barbara	CRO	-
4014	Bekas Marcin	POL	591
4157	Belina Antonija	CRO	-
4211	Belina Juraj	CRO	-
4224	Bencić Michele	CRO	-
4074	Benčić Tijana	CRO	329
4060	Benek René	CZE	452
4065	Benková Gabriela	CZE	346
4043	Berce Jan	SLO	497
4067	Bertozzi Giacomo	ITA	440
4179	Bešić Irena	CRO	-
4172	Bestak Jelena	CRO	-
4227	Beštak Marko	CRO	-
4272	Beštaš Derya	TUR	-
4149	Bestić Nikolina	CRO	-
4153	Blagec Lucija	CRO	-
4264	Blatnik Matej	SLO	-
4164	Bolšec Martina	CRO	-
4107	Borsoi Igor	ITA	315
4236	Bradley Adriana	ROU	-
4061	Brainovic Perica	CRO	451
4202	Brala Dino	CRO	-
4126	Brščić Snježana	CRO	-
4018	Budić Ivan	CRO	566
4289	Bugarski Staša	SRB	-
4001	Bures Maël	FRA	725
4098	Čauš Sanja	CRO	265

BIB	Lastname Name	Country	UTMB index
4021	Ceglarska Joanna	BEL	450
4215	Čertanc Saša	CRO	-
4239	Chaniotis Konstantinos	GRE	-
4045	Chiseliov Victoria	MDA	396
4300	Christoffels Anne-Marie	BEL	-
4025	Ciglar Leon	SLO	543
4196	Čirković Milan	BIH	-
4117	Čirković Nevena	BIH	-
4041	Constantinescu Maria-Cristina	FRA	398
4169	Čovran Petra	CRO	-
4130	Crnčan Dorina	CRO	-
4066	Croisier Thomas	FRA	443
4178	Čujko Melanija	CRO	-
4019	Cvetko Staša	SLO	455
4296	Damde Karsten	GER	428
4285	Damić Marino	CRO	-
4056	Danis Milan	SVK	467
4273	Danis Milan	SVK	-
4265	Danisova Silvia	SVK	-
4057	Dax Lena	AUT	365
4101	Devčić Domagoj	CRO	357
4071	Devicenzi Luigi	ITA	434
4046	Dominko Darko	CRO	491
4191	Dossi Philipp	AUT	-
4203	Drandić Denis	CRO	-
4132	Dudrak Svjetlana	CRO	-
4013	Dugalić Toffolini Slaven	CRO	591
4180	Duić Iris	CRO	-
4204	Đurović Danijel	CRO	-
4141	Đurović Diana	CRO	-
4017	Dželalija Marijan	CRO	569
4069	Elferink Anna	NED	338
4257	Eurlings Camiel	NED	-
4246	Fajmut Vlasta	SLO	-
4012	Fatuzzo Flaviano	ITA	611
4174	Fink Radaković Vlatka	CRO	-
4274	Franca Diana	USA	-
4005	Freimann Johan	FRA	680
4068	Freys Jonathan	FRA	439
4295	Galant Nikola	CRO	-
4254	Galea Joseph	MLT	-
4148	Gašpar Mitrečić Vanda	CRO	-
4086	Gašparović Zoran	CRO	403
4089	Geerts Frédéric	BEL	397
4044	Gertič Iztok	SLO	496
4235	Giba Georgiana-Mirela	ROU	-
4240	Gilli Matteo	ITA	-
4284	Glavičić Goran	CRO	-

START LIST

BIB	Lastname Name	Country	UTMB index
4084	Göynü Oğuz	TUR	408
4145	Grgas Sanja	CRO	-
4176	Grman Fanfani Andrea	CRO	-
4200	Groß Isabell	GER	-
4237	Groß Josef	GER	-
4175	Grubješić Ana	CRO	-
4183	Gručić Savina	CRO	-
4261	Guček Rok	SLO	-
4038	Gumhalter Lada	CRO	403
4114	Habdija Hrvoje	CRO	-
4035	Heckenbichler Kevin	AUT	515
4310	Helander Jakob	SWE	664
4305	Hernandez Becerra Marco Tulio	VEN	-
4081	Hinz-Proyer Ulrike	GER	319
4201	Hlača Bojan	CRO	-
4252	Hlupič Danaja Stasja	SLO	-
4294	Hopf Andreas	GER	-
4037	Horvat Jerneja	SLO	408
4302	Hrkač Denis	CRO	-
4097	Huzak Dubravko	CRO	367
4053	Huzak Gordana	CRO	370
4051	Imeraj Valentina	KOS	382
4248	Ipavec Kristina	SLO	-
4249	Irmancnik Tadeja	SLO	-
4168	Ivančić Nera	CRO	-
4073	Ivič Zdenka	SLO	334
4219	Jaič Tomislav	CRO	-
4106	Jakovčić Marinko	CRO	317
4007	Jan Knyttl	CZE	624
4234	Janković Saša	GER	-
4095	Jones Paul	GBR	376
4154	Jurić Barbara	CRO	-
4123	Juričić Boić Ivana	CRO	-
4270	Kaltenekar Denis	SLO	-
4058	Karapandzic Vedran	CRO	461
4024	Kavčić Rok	SLO	543
4162	Kekez Martina	CRO	-
4049	Kernjus Deni	CRO	482
4205	Kiralj Dražen	CRO	-
4152	Kisiček Virna	CRO	-
4216	Klun Luka	CRO	-
4258	Kogut Krzysztof	POL	-
4230	Kolarcik Ondrej	CZE	-
4184	Kolarcikova Ilona	CZE	-
4000	Kone Rebecca	RSA	654
4292	Konenko Snježana	CRO	200
4110	Kopfer Tomislav	CRO	200
4209	Koraca Filip	CRO	-

BIB	Lastname Name	Country	UTMB index
4225	Koraca Sandro	CRO	-
4263	Koren Ales	SLO	-
4244	Koren Simona	SLO	-
4299	Kos Pifar Silvija	CRO	-
4030	Koščević Željka	CRO	424
4088	Kozhrakova Gulnara	KAZ	300
4163	Kozlović Ariela	CRO	-
4105	Krajnc Igor	SLO	342
4076	Kralj Petra	CRO	325
4307	Kramar Dragan	CRO	562
4083	Križanec Alja	SLO	312
4079	Križanec Manja	SLO	323
4077	Kršćanski Robert	CRO	425
4255	Kustudić Đorđije	MNE	2345
4143	Labinjan Lana	CRO	-
4190	Laffay Alix	FRA	-
4276	Lang Stephen	USA	-
4040	Laukner Rico	GER	500
4277	Lenovšek Anže	SLO	555
4262	Leskovšek Polak Jan	SLO	-
4231	Lesniak Sylwia	POL	-
4122	Liang Weiran	CHN	-
4222	Lim Yan Ling	MAS	-
4309	Lind Hansen Stine	DEN	330
4194	Lindon-Forrester Carly	GBR	-
4241	Lise Cristian	ITA	-
4303	Lisica Lucija	CRO	429
4304	Loustau Vincent	FRA	806
4288	Luca George	GER	350
4002	Lupša Lena	SLO	612
4118	Maia Fabiana	BRA	-
4032	Maier Carmen	AUT	420
4279	Maier Thomas	GER	486
4212	Makovac David	CRO	-
4075	Marcan Luka	CRO	427
4186	Markkanen Heidi	FIN	-
4144	Maršić Ivana	CRO	-
4198	Martinić Dubravko	CRO	-
4129	Martinović Anna-Maria	CRO	-
4306	Mastrota Natalia	ITA	668
4159	Matošević Suzana	CRO	-
4087	Matusevicius Laimonas	LTU	401
4052	Mekhraf Kader	SUI	472
4220	Mickuvienė Algirda	LTU	-
4137	Mihovilović Gorana	CRO	-
4161	Miikić Mirna	CRO	-
4218	Miletić Marko	CRO	-
4156	Mise Ana	CRO	-

START LIST



BIB	Lastname Name	Country	UTMB index
4160	Mišetić Asja	CRO	-
4033	Mofardin Irena	CRO	418
4026	Molnár Anna	HUN	438
4146	Nežić Ivana	CRO	-
4207	Nežić Nevio	CRO	-
4221	Ng Soot Goh	MAS	-
4102	Novak Goran	CRO	357
4232	Nowak Dorota	POL	-
4247	Ognjanović Petra	SLO	-
4082	Olson Zachary	USA	414
4062	Pajdić Sasa	CRO	450
4011	Papeš Goran	CRO	612
4042	Pardhan Daniel	AUT	497
4113	Parodi Lorenzo	ITA	-
4297	Pausin Enrico	ITA	699
4100	Pavelic Doris	CRO	258
4155	Pavić Marijana	CRO	-
4135	Pavlovic Marina	CRO	-
4167	Penava Katarina	CRO	-
4260	Petrusic Jovana	SRB	-
4242	Piras Robert	ITA	-
4280	Pirnat Gašper	SLO	-
4281	Pirnat Monika	SLO	-
4031	Pirnat Nina	SLO	421
4192	Plank Philipp	AUT	-
4293	Polak Matevž	SLO	-
4029	Ponsolle Fabien	FRA	532
4217	Protega Goran	CRO	-
4165	Prpić Ivana	CRO	-
4047	Puchina Ksenia	ITA	390
4150	Puklin Vucelić Mirna	CRO	-
4182	Puvača Nena	CRO	-
4181	Rajić Žic Ines	CRO	-
4140	Rakušić Nika	CRO	-
4093	Remke Mark	GER	382
4050	Rencsi Marta	HUN	382
4243	Renga Alberto	ITA	-
4111	Res Robert	CRO	200
4195	Reynolds Steph	GBR	-
4036	Rigney James	AUS	513
4158	Ril Maja	CRO	-
4072	Rogan Tatjana	SLO	334
4006	Romič Miha	SLO	645
4139	Roncevic Nikol	CRO	-
4134	Roša Kristina	CRO	-
4298	Rubinić Antonio	CRO	-
4228	Rubinić Ivan	CRO	-
4136	Ruskaj Marijana	CRO	-

BIB	Lastname Name	Country	UTMB index
4256	Ruzicka Jeroen	NED	-
4085	Šalaj Sanja	CRO	304
4096	Šamec Roberta	CRO	274
4039	Sanković Jasmina	CRO	401
4090	Sau Andrea	ITA	395
4119	Schiavetti Junior Elmo	BRA	-
4275	Schmidt Nathan	USA	-
4023	Schüler Petr	CZE	547
4188	Schurl Sebastian	AUT	-
4278	Sebai Ismael	ESP	-
4131	Šiljeg Dubravka	CRO	-
4109	Şimşek Songül	TUR	200
4171	Sirotić Martina	CRO	-
4004	Sivignon Pierrick	FRA	685
4283	Šljivić Zoran	CRO	-
4177	Šneler Aleksandra	CRO	-
4166	Šofić Jelena	CRO	-
4142	Sokol Sanja	CRO	-
4210	Solenički Gabrijel	CRO	-
4112	Sternad Sebastjan	SLO	-
4091	Stetin Nadja	SRB	294
4138	Stimac Uravic Vanda	CRO	-
4287	Štukar Viktorija	CRO	-
4253	Sultana Steve	MLT	-
4269	Svensson Mikaela	SWE	-
4268	Svetina Uroš	SLO	-
4250	Svetina Urška	SLO	-
4108	Taylor Erica	ITA	200
4213	Terlizzi Francesca	ITA	-
4233	Thippeswamy Rohit	GBR	-
4070	Timmerman Annemiek	NED	337
4099	Tohoneyanu Daniel	ROU	363
4059	Tomaić Marija	CRO	357
4266	Tomaskovicova Lucia	SVK	-
4147	Tomić Ines	CRO	-
4301	Tomić Vladimir	BIH	-
4208	Tomičić Kristian	CRO	-
4189	Trauchessec Cathy	FRA	-
4092	Trbić Svjetlana	CRO	293
4151	Trošt Bobić Tatjana	CRO	-
4193	Tullis Elizabeth Anne	GBR	-
4009	Tuza Tamas	HUN	619
4048	Tuza-Buczko Judit	HUN	389
4063	Ucherek Kazimierz	POL	450
4022	Ucherek Kinga	POL	450
4173	Ukota Manuela	CRO	-
4120	Vaillancourt Audrée	CAN	-
4251	Veber Zupan Tina	SLO	-

BIB	Lastname Name	Country	UTMB index
4245	Vidovič Andreja	SLO	-
4214	Villani Viola	ITA	-
4206	Vlasic Zlatko	CRO	-
4170	Vučetić Miranda	CRO	-
4078	Vujasinovic Jasenko	CRO	424
4115	Vuković Donald	CRO	-
4016	White Tammy	USA	476
4103	Whiting Shaun	GBR	355
4185	Wiesnerová Kateřina	CZE	-
4308	Willemin Célien	SUI	688
4054	Winklehner Thomas	SUI	470
4003	Winkler Till	GER	709
4197	Zaccai Robert	CRO	-
4133	Zaccai Romina	CRO	-
4121	Zauner Brandon	CAN	-
4128	Zdarilek Ana	CRO	-
4034	Zeng Yi	NZL	517
4259	Živojinović Kruna	SRB	-
4127	Zlencić Vana	CRO	-
4267	Zliechovcová Terézia	SVK	-
4104	Žogan Tanja	SLO	243





All the information you need to follow, support and immerse yourself in the event on a single application

Main features :



Follow an event :

Access general event information, follow your family or friends live or relive a past event.



Find and follow a runner :

Follow the progress of a runner in detail including their speed, last point of passage, the estimated arrival at their next point of passage and find their videos (if option LiveCam).



Oriente yourself around the course :

View all the routes including the time barriers and utilize the GPS navigation to find waypoints.



Create a specific roadbook :

To assist a group, enter your list of favorites, configure the waypoints where you want to see all the runners and the application will do the rest of the work according to your journey times.



Make a favorites list :

Select multiple runners to follow and keep up to date on their progress through automatic notifications.





The runner's digital swiss army knife! Optimize your race management, stay connected with your friends participating in the same race, and share your adventure with your loved ones

Main features:



Safety during the race :

Report your abandonment, send an SOS or call the Race Direction.



Ghost Runner :

Set up a ghost runner based on your UTMB®Index or time goal and receive notifications to let you know if you're on track.



Landmarks on the course :

Find out the next important waypoints with the estimated time to get there.



Sharing on social networks :

Share your race progress on your social networks in one click to update your friends. Also share your personalized certificate at the end of the race.



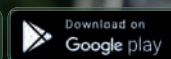
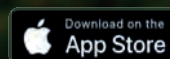
Follow your friends :

For friends on the same race, follow them to know if you are in front or behind, and by how long. For those on another race, keep up to date their progress without changing the app



GPS tracking :

Use your smartphone as a GPS beacon to send information directly to your runner file on the live tracking site.



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CONTACT:

istria100@service.byutmb.world

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