

## PRESS RELEASE

### **Record number of competitors at the 8<sup>th</sup> Silvrettarun 3000 in Galtür**

**The fine weather made for a record number of competitors: At the 8<sup>th</sup> Silvrettarun 3000, a total of 701 hobby runners and marathon pros could choose from one marathon and two shorter trail running distances from Ischgl to Galtür. During the event, 3,000 euros were also collected for the charity project "Wings for Life". Save the date: The 9<sup>th</sup> Silvrettarun 3000 will take place on 17 and 18 July 2020.**

With 701 pro and hobby runners from 28 countries, the organisers of the 8<sup>th</sup> Silvrettarun 3000 on 19 and 20 July 2019 were also delighted to see a record number of competitors. Here, runners with the starting point in Ischgl and finish in Galtür could choose from one of three varied trail running routes. 179 highly fit runners engaged in an exciting race through the impressive mountain scenery over the marathon distance (42.195 kilometres). They negotiated 1,814 metres difference in altitude, including the almost 3,000 m high Kronenjoch. The variants "Medium" (29.9 kilometres and 1,482 metres difference in altitude) and "Small" (11.2 kilometres and 306 metres difference in altitude) were well-attended with 232 Medium- and 174 Small-competitors. Total prize-money was 12,000 euros.

Taking first place in the men's showcase event across the almost 3,000 m high Kronenjoch was Justin Grunewald from the United States with a time of 3:42.01,6. Katharina Zipser from Innsbruck, Austria stood on the podium for the women's marathon with a time of 4:14.04,0. The medium-distance led through the impressive Fimba across Ritzenjoch and through untouched Lareintal. Here, Robert Panin Surum from Kenya with a time of 2:17.13,3 was the fastest, while first place for the ladies went to Jana Olejnickova from the Czech Republic with a time of 3:13.42,3. On the Small-route Samuel Mwangi Muthoni from Kenya crossed the finish line first after 39.47,5 minutes; for the ladies it was Lucy Mawia Muli, also from Kenya in 45.44,9 minutes.

### **Results from the team and group classification**

This year, the Silvrettarun 3000 saw 8 teams of three enter the race with one participant each. After adding up all three times run, the fastest team was chosen. The team stage victory and with that gold was secured by Team Polar with a time of 7:11.22,5. For the group classification, the largest group that lined up was rewarded regardless of time and route. The challenge cup in this discipline went to team Hotel Sonne with 46 competitors.

### **Medals and gifts for up-and-coming running talents**

The young talent also took on the challenge: A total of 116 runners from 4 to 15 years lined up for the fifth Silvretta Kids Run presented by Volksbank Tirol. Depending on age, entrants ran the routes "Mini" (approx. 400 metres), "Midi" (approx. 1,000 metres) and "Maxi" (approx. 1,800 metres). All young talent finishers were awarded a medal and a gift.

### **Trail running for a good cause**

A total of 3,000 euros was collected for a good cause at the 8<sup>th</sup> Silvrettarun 3000. From the entry fee, five euros per entrant went to the Charity Partner "Wings for Life". This to support globally promising research projects and clinical studies for the healing of patients with spinal cord injuries or paraplegia. All the details: [www.wingsforlife.com](http://www.wingsforlife.com).

All information and results can be found on [www.silvrettarun3000.com](http://www.silvrettarun3000.com).

(3,343 characters including spaces)

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### Captions:

Nachbericht\_Silvrettarun3000\_2019\_1: With 701 pro and hobby runners from 28 countries, the organisers of the 8th Silvrettarun 3000 on 19 and 20 July 2019 were also delighted to see a record number of competitors (c) TVB Paznaun – Ischgl

Nachbericht\_Silvrettarun3000\_2019\_2: At the 8th Silvrettarun 3000, runners with the starting point in Ischgl and finish in Galtür could choose from one of three varied trail running routes (c) TVB Paznaun – Ischgl

Nachbericht\_Silvrettarun3000\_2019\_3: Taking first place in the men's showcase event across the almost 3,000 m high Kronenjoch was Justin Grunewald from the United States with a time of 3:42.01,6 (c) TVB Paznaun – Ischgl

Nachbericht\_Silvrettarun3000\_2019\_4: Katharina Zipser from Innsbruck, Austria stood on the podium for the women's marathon with a time of 4:14.04,0 (c) TVB Paznaun – Ischgl

Nachbericht\_Silvrettarun3000\_2019\_5: A total of 116 runners from 4 to 15 years lined up for the fifth Silvretta Kids Run presented by Volksbank Tirol (c) TVB Paznaun – Ischgl

Nachbericht\_Silvrettarun3000\_2019\_6: Top performances at the 8th Silvrettarun 3000 in Galtür  
(c) TVB Paznaun – Ischgl

Nachbericht\_Silvrettarun3000\_2019\_7: A total of 3,000 euros was collected for a good cause at  
the 8th Silvrettarun 3000 (c) TVB Paznaun – Ischgl

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