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Perfect conditions at the 10th Silvrettarun 3000

On 15 and 16 July, a total of 675 hobby runners and marathon pros could choose from one marathon and 3 shorter trail running distances from Ischgl to Galtür. During the event, 2.695 euros were collected for the charity project "Wings for Life". Save the date: The 11th Silvrettarun 3000 will take place on 14 and 15 July 2023.

On the weekend, bright sunshine and smooth operations ensured a successful anniversary at the 10th Silvrettarun 3000: With around 700 pro and hobby runners from 25 nations, the Silvrettarun was once again a great success. "Our idea of combining two small runs in Ischgl and Galtür for the Silvrettarun 3000 ten years ago in order to offer the participants not only a mountain marathon at almost 3000 metres but also wonderful views of the blue Silvretta with its 74 three-thousand-meter peaks more than just worked out", says Josef Kurz, head of the organising committee, happily on the 10th anniversary.

At the anniversary, runners could choose from one of four varied trail running routes, each with a length difference of ten kilometres with starting point in Ischgl and finishing in Galtür. 147 highly fit runners engaged in an exciting race through the impressive mountain scenery over the marathon distance (40.1 kilometres). They mastered 1,814 metres difference in altitude, including the almost 3,000 metres high Kronenjoch. The variants "Small" (11.2 kilometres and 306 metres difference in altitude), "Light" (19.36 kilometres and 873 metres difference in altitude) and "Medium" (29.9 kilometres and 1,482 metres difference in altitude) routes were well-attended with 167 Medium, 123 Light and 145 Small competitors including Nordic Walkers. Total purse was 14,000 euros.

Taking first place in the men's showcase event was Tomáš Hudec from Czech Republic with a time of 3:25.29,4. Tereza Kubickova also from Czech Republic deservedly stood on the podium for the women's marathon with a time of 4:19.46,7. The medium-distance led through the impressive Fimba valley across the Ritzenjoch and through the untouched Larein valley. Here, Geoffrey Gikuni Ndungu from Kenya with a time of 2:18.02,5 was the fastest, while first place for the ladies went to Adela Stranska from Czech Republic with a time of 2:46.08,2. On the Light-route, Abraham Ebenyo Ekwam from Kenya crossed the finish line first after 1:32.05,2; for the ladies it was Ine De Stoop from Belgium

PRESS RELEASE

in 2:12.42,2 minutes. Gold on the small course went to Geoffrey Githuku Chege from Kenya with 39.43,9 minutes. The fastest lady was Anita Reinhardt from Germany in 58.21,0 minutes.

Results from the team and group classification

This year, the Silvrettarun 3000 saw 10 teams of four enter the race with one participant for each distance. After adding up all four running times, the fastest team was chosen. The team stage victory and with that gold was secured by Team Sonne 2 with a time of 8:23.43,5. Silver went to team Running4 with 8:52.43,5. Team Sonne 1 took bronze with a time of 8:52.43,5.

Up-and-coming running talents

On 15 July 2022, a total of 93 runners from 4 to 15 years lined up for the 7th Silvretta Kids Run presented by Volksbank Tirol. Depending on age, entrants ran the routes "Mini" (approx. 450 metres), "Midi" (approx. 1,000 metres) or "Maxi" (approx. 2,000 metres). All young talent finishers were awarded a medal and a gift.

Run for a good purpose

A total of 2.695 euros was collected for a good cause at the 10th Silvrettarun 3000. From the entry fee, five euros per entrant went to the Charity Partner "Wings for Life" 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.

All information and list of results can be found on www.silvrettarun3000.com.

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