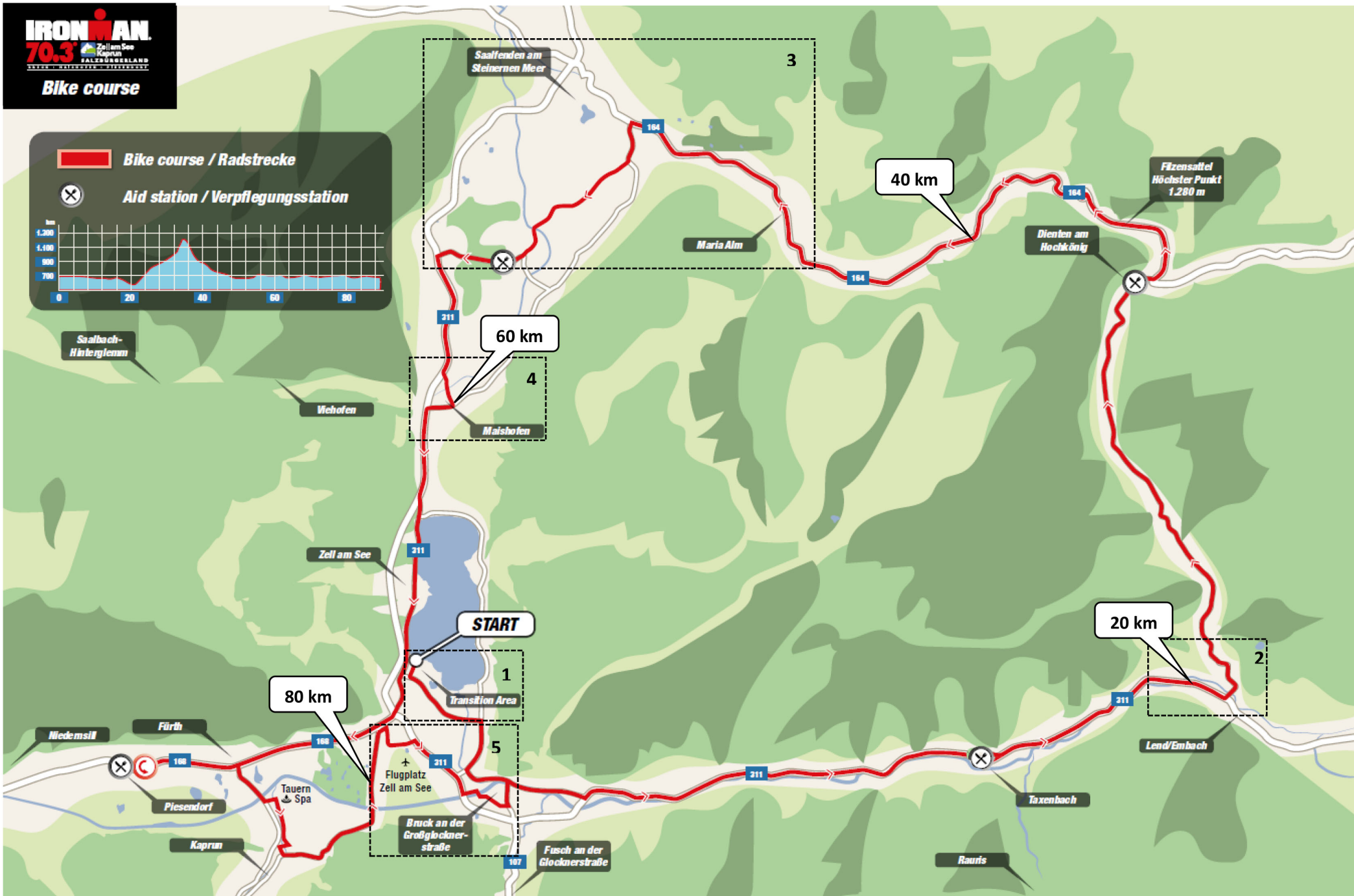
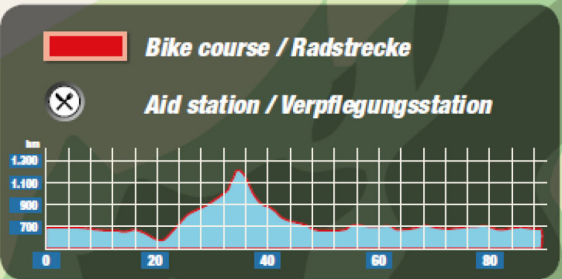
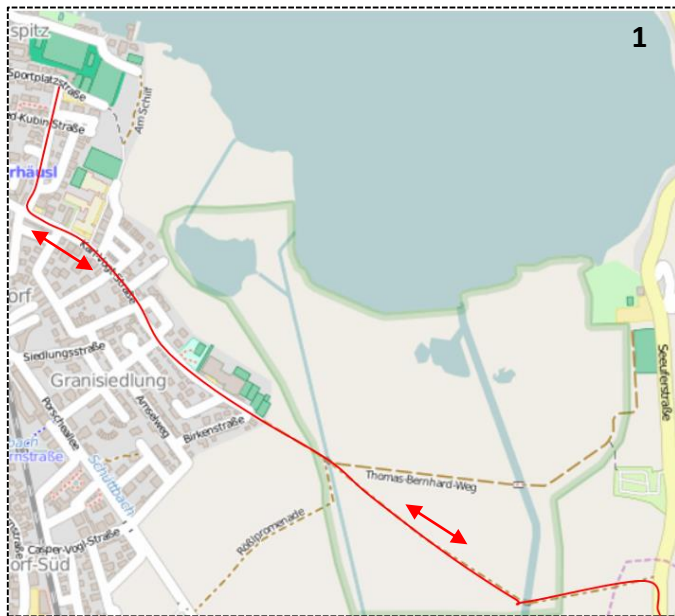


Bike course



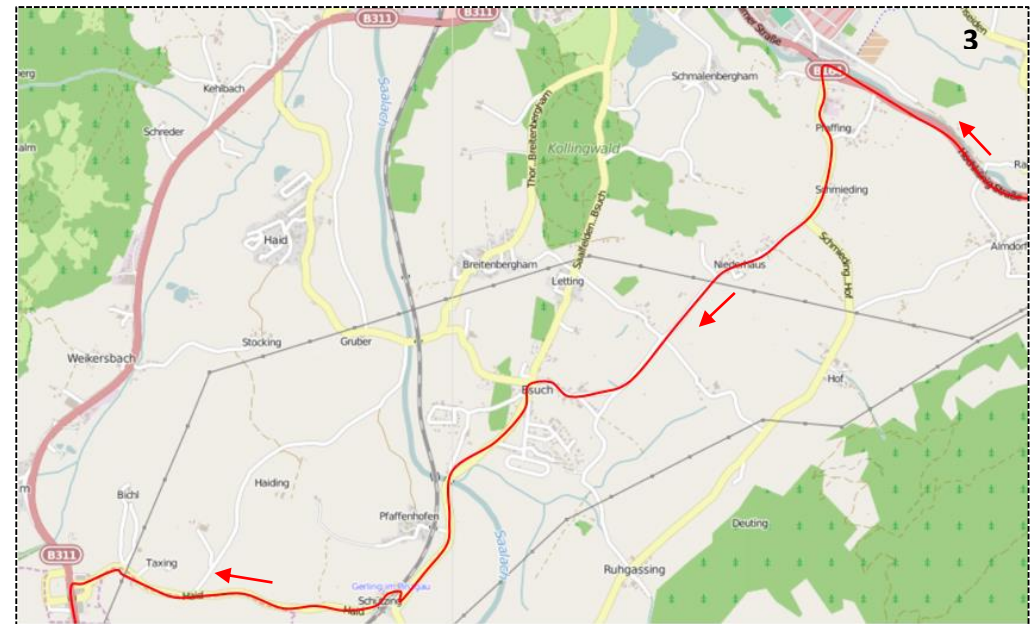
1. From transition area on the Sportplatzstraße in direction south km 0
2. Left turn to Karl-Vogt-Straße km 0,3
3. Follow Karl-Vogt-Straße through the nature reserve for 1,8 km (small road) km 1
4. Right turn to Seeuferstraße km 2,1



5. After 1,3km left turn into Zellerstraße km 3,4
6. Follow Zellerstraße until Pinzgauerstraße (L311) and take a left turn km 6,3
7. Follow the road (L311) besides the river through Taxenbach for 14,5km
8. Take the exit on the right side in direction of Dientener Landesstraße (L216) Afterwards turn left. km 20,9



9. Follow the Dientener Landesstraße (L216) for 12,4km (aid station in the city center of Dienten am Hochkönig)
10. After passing Dienten am Hochkönig you reach a crossing point where you have to turn left to Hochkönigstraße (steep climb in front) km 33,3
11. After 1,9km you reach the top of the climb (1.297m above sea-level) km 35,2
12. Follow the road to Urslau for 3,4km (end of the downhill) km 38,6
13. Follow the road in the direction Maria Alm/Saalfelden am Steineren Meer for 11,4 km
14. Turn left in the direction of Pfaffing and Bsusch km 50
15. After 4,6km you reach a crossing point in Gerling, take a turn to the right (aid station Schützing) km 54,6
16. Follow the road for 2,2km and take a turn to the left into Pinzgauer Straße (B311) km 56,7

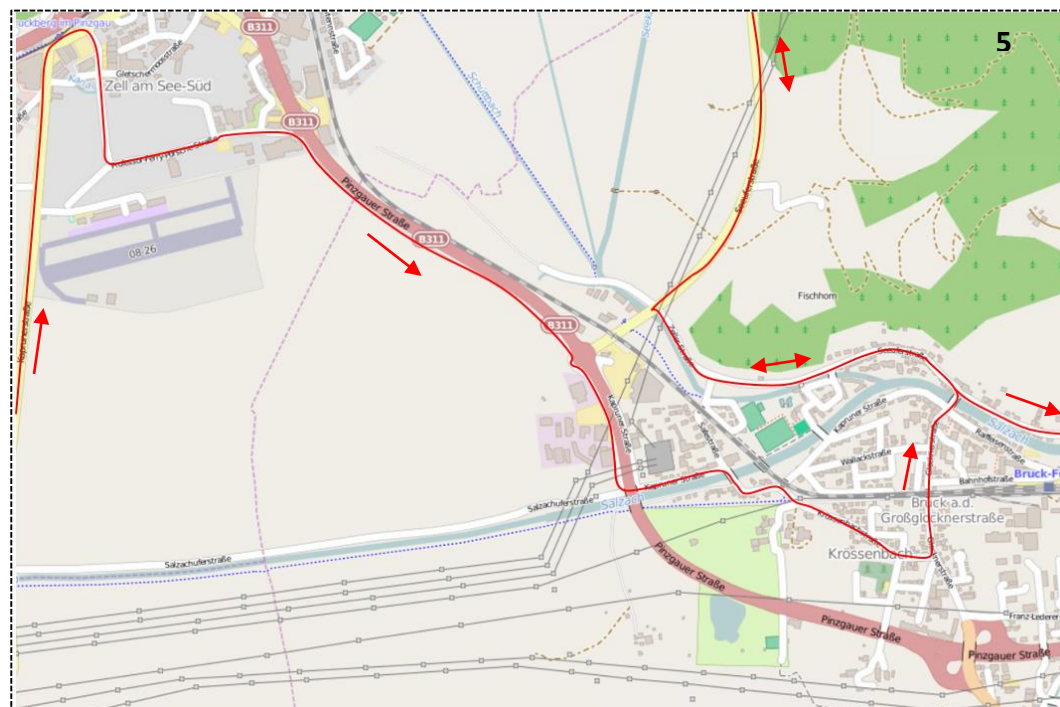


17. Follow the road to the next exit after 2km km 58,7
18. Follow the road for 600 meters and take a left turn into Kirchhamerstraße in the direction of Maishofen km 59,3
19. After 750 meters you reach the center of Maishofen, take a left turn into Schulstraße km 60
20. At the following crossing point take a right turn into Kammererstraße km 60,2
21. At the following crossing point take a right turn into Saalhofstraße and follow the road through the center of Maishofen km 60,4
22. Follow the Saalhofstraße for 800 meters until taking a left turn into the slip road to the Pinzgauerstraße.(L311) km 61,2



- 23. Follow the Pinzgauer Straße (L311) in the direction of Zell am See and take the exit on the right after 1,4km which leads you into the Brucker Straße km 62,9
- 24. Follow the Brucker Straße through Zell am See for 3,6km and take the exit on the right to Schüttdorf km 66,5
- 25. Follow the road for 1,6km to Salzachtal-Bundesstraße
- 26. Take a right turn to the Salzachtal-Bundesstraße in direction of Piesendorf km 68,5
- 27. Follow the Salzachtal Bundesstraße for 4,2km until you reach the limits of Piesendorf. Position of the Aid-Station Piesendorf on the right side. km 73,6
- 28. Take a turn-around and follow the Salzachtal Bundesstraße back until you reach a roundabout km 73,6
- 29. Take the first exit of the roundabout and follow the road in the direction of Kaprun km 75,4
- 30. After 1,1km you reach a roundabout. Take the second exit and turn left in the direction of TAUERNSPA km 76,5
- 31. Take a right turn after the bridge and follow the road in the direction of the center of Kaprun km 76,8
- 32. After 1km take a right turn over the bridge and afterwards take immediately a turn to the left (Sigmund-Thun-Straße) km 77,8
- 33. Take a turn to the left at the next crossing point into Schlosstraße and follow the road passing the castle of Kaprun and the airport Zell am See-Kaprun km 78
- 34. After 4,4km take a sharp turn to the right into Gletschermoorstraße (Shopping center) km 82,4
- 35. Follow the road for 900 meters until you reach a roundabout. Take a turn to the right into the bike path (before the roundabout) km 83,5

- 36. Follow the road for 1,6km (Bike-path ends after 1,2km)
- 37. Take a turn to the left to Kapruner Straße km 85,2
- 38. Take a turn to the right (over a bridge) km 85,5
- 39. Take a left turn into Glocknerstraße after 700 meter km 86,2
- 40. Follow the Glocknerstraße for 500 meters
- 41. Take a left turn into Zellerstraße km 86,8



- 42. Follow the Zellerstraße for 1,1km until you reach the Seeuferstraße km 88
- 43. Turn right into Seeuferstraße km 89
- 44. Turn left into Karl-Vogt-Straße (nature reserve) km 89,7
- 45. Take a turn to the right into Sportplatzstraße km 90
- 46. After 300 meters you reach the transition area