



STAGE 4

+ KLOSTERS

+ GOTSCHNAGRAT



4

STAGE 4
SEPTEMBER 9 2025



9,40 KM



1.129 HM

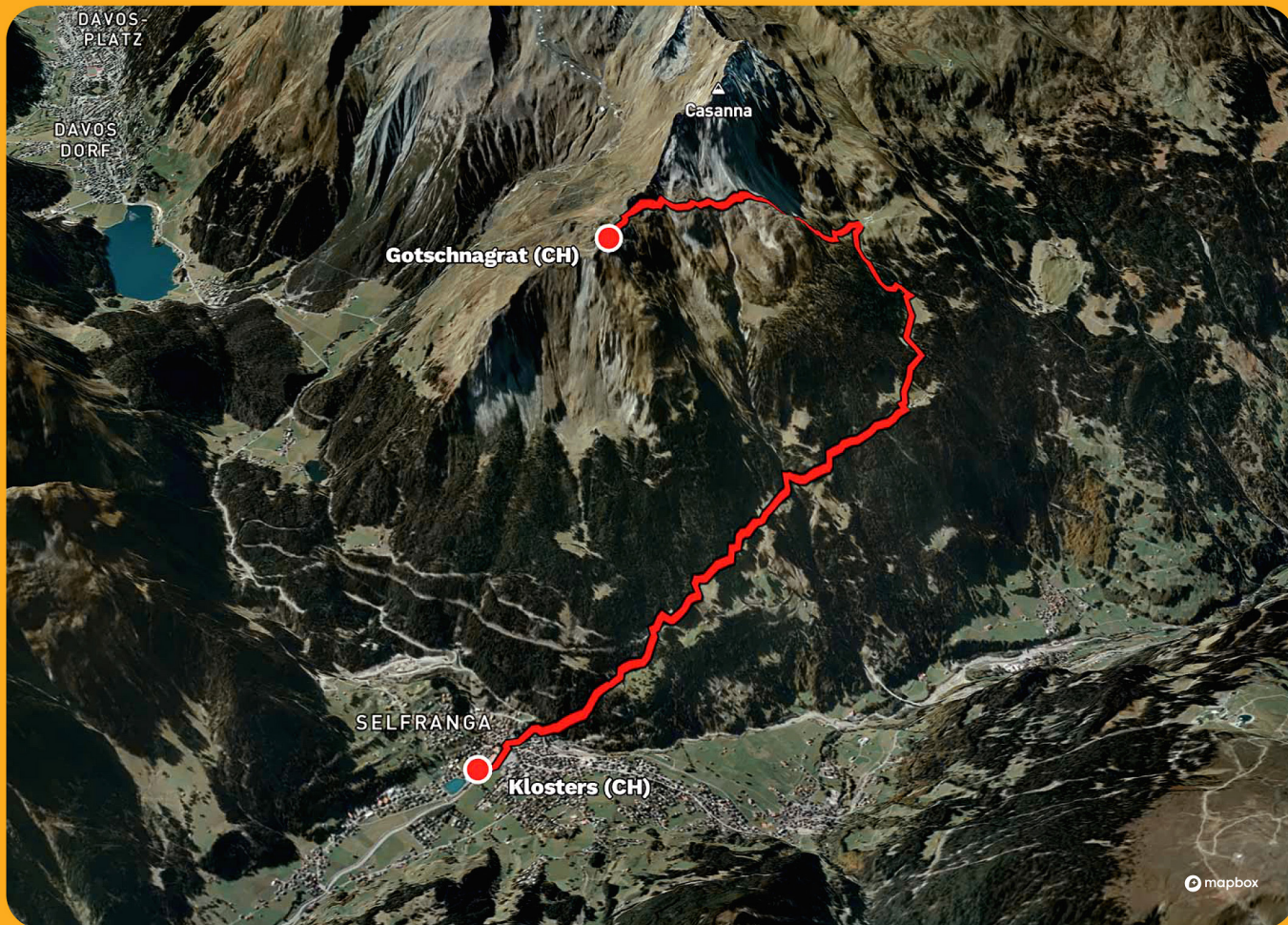


33 HM

START 9:00

1ST FINISHER 9:55

TIME LIMIT 3 HOURS





KLOSTERS



GOTSCHNAGRAT



STAGE 4
SEPTEMBER 9 2025



9,40 KM



1.129 HM

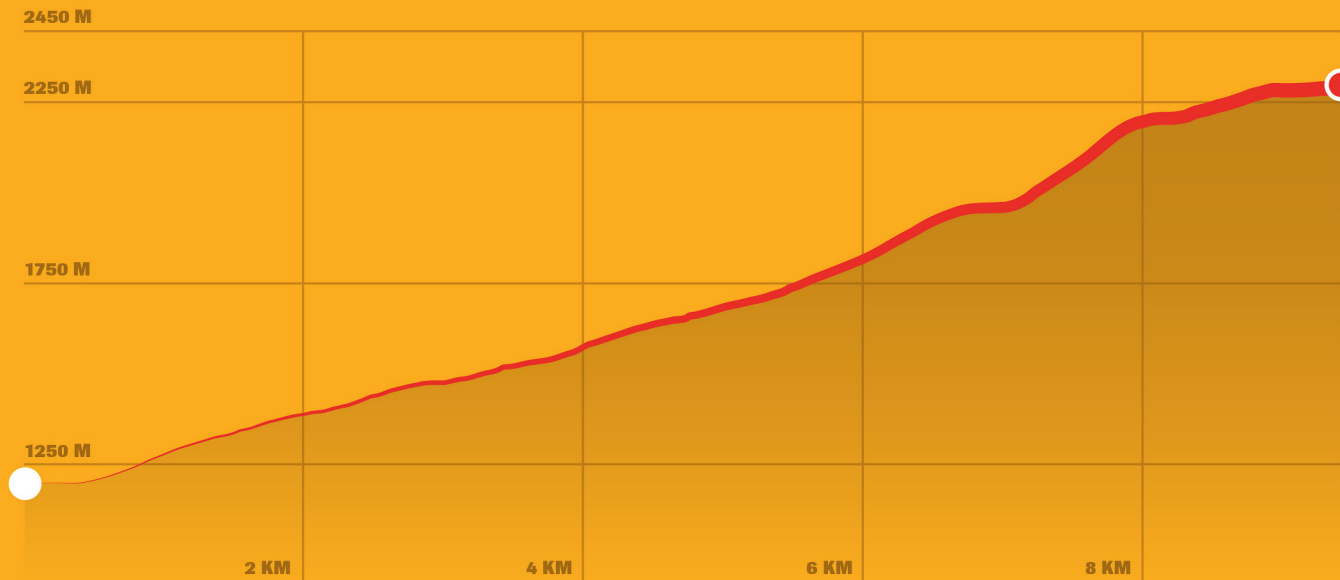


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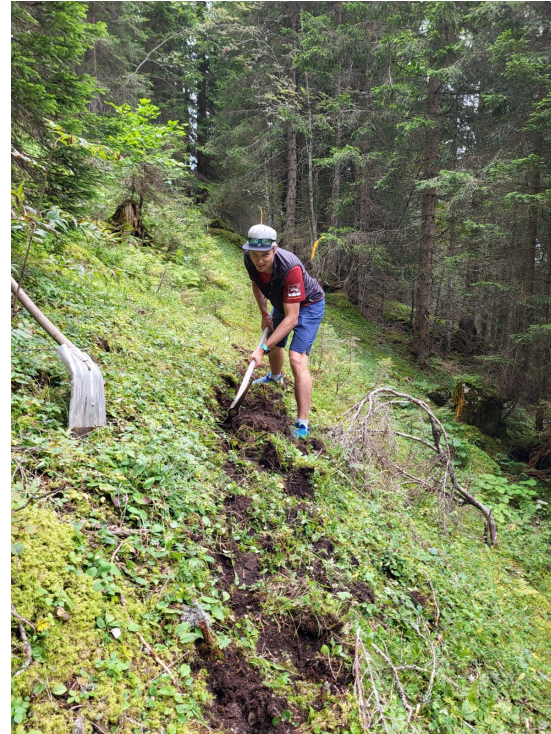
4

**KLOSTERS****GOTSCHNAGRAT**

	Strecke/Wegpunkte <i>Course/Waypoints</i>	Höhe <i>Altitude</i>	Aufstieg (m) <i>Ascent (m)</i>	Abstieg (m) <i>Descent (m)</i>	Distanz (km) <i>Distance (km)</i>	Zum Ziel (km) <i>To finish (km)</i>	Zeit schnell <i>Time fast</i>	Zeit langsam <i>Time slow</i>	Zeitlimit <i>Time limit</i>
1	Start: Klosters	1.180	0	0	0,00	9,40	9:00	9:00	-
2	Cavadürli	1.375	176	4	1,80	7,60	9:07	9:18	-
3	Serneuser Schwendi	1.631	458	6	4,70	4,70	9:26	9:59	-
4	Untersäss	1.941	762	7	6,70	2,70	9:39	10:32	-
5	Finish: Gotschnagrät	2.282	1.129	33	9,40	0,00	9:52	11:22	3 hours

Technical Section

STAGE 4 · SEP 9, 2025



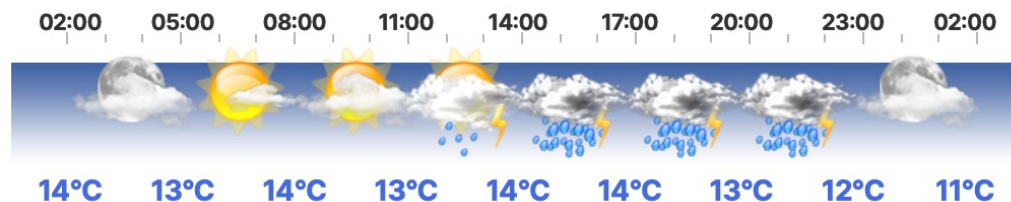
Course Change

STAGE 4 · SEP 9, 2025



Wetterbericht

WEATHER FORECAST



<	-	-	-	2l	5l	4l	0,3l	-	>
	-	-	-	70%	90%	90%	75%	-	
	3.250m	3.190m	3.160m	3.110m	3.240m	3.220m	3.260m	3.400m	
	-	10%	20%	40%	60%	50%	40%	20%	
	O 1	O 1	SW 1	-	W 1	-	-	SO 1	
	5 km/h	5 km/h	-	-	5 km/h	-	-	5 km/h	

Dienstag

4h Sonnenscheindauer

↑ 06:50 ↓ 19:44 - 12h 54m

14°C max **12°C** min

10l Niederschlag (l/m²)

3.210m Schneefallgrenze

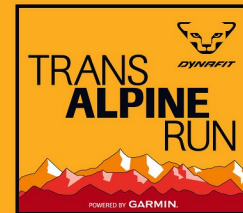
60% Gewitterwahrscheinlichkeit

W1 Wind (Bft)
Wind (km/h)

Quelle: GeoSphere Austria/bergfex

Daily Infoboard

STAGE 4 · SEP 9, 2025



Blockstarts BLOCK STARTS

- 8:55: Reunion Runner
- 9:00: Leader all categories
- ab 9:05 Blöcke a 100 Läufer gemäß Overall Ranking alle 5 Minuten

Blocks of 100 runners according to overall ranking every 5 minutes

- 9:10: Block A, overall ranking ... - 100
- 9:15: Block B, overall ranking 101-200
- 9:20: Block C, overall ranking 201 - 300, etc.
- Startlists are online

Bitte spätestens 20 Minuten vor jeweiligem Start im Startbereich einfinden

Please arrive at the start area at least 20 minutes before the respective starts

Keine Verpflegung auf der Strecke *No food station on the course*

Daily Infoboard

STAGE 4 · SEP 9, 2025

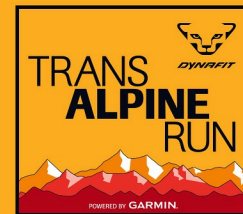


TEAM Regeln & Wertung TEAM RULES & SCORING

- Jeder Läufer kann für sich selbst laufen *Every runner can run for themselves*
- 2 Minuten-Regel ist aufgehoben *2-minute rule is lifted*
- Für die Tageswertung gilt: es zählt die addierte Zeit beider Läufer:Innen
For the daily classification: the added time of the fastest runner(s) counts.
- Für die Gesamtwertung gilt: es zählt die Zeit des/der langsameren ~~schnellsten~~ Läufer:In
For the overall ranking: the time of the slower ~~fastest~~ runner(s) counts.
- Regenjacke! *Waterproof Jacket*

Daily Infoboard

STAGE 4 · SEP 9, 2025



Dropbags

Bis spätestens 8:30 Uhr im Start abgeben – gilt für alle Läufer!

By 8:30 am at the latest at the start - applies to all runners!

TAR Lunch

Ab 11:00 in der Bergstation der Gotschna Bahn *from 11:00 at the Gotschna cable car mountain station*

Siegerehrung AWARD CEREMONY

11:30 und 13:00

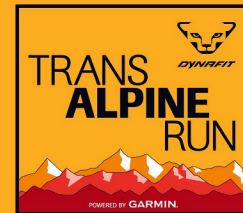
Bergbahn CABLE CAR

Zugang mit Startnummer - bergauf und bergab *Access with start number uphill and downhill*

Fußweg von Talstation zur Arena: 5 min *Footpath from the valley station to the arena: 5 min*

Daily Infoboard

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The main poster for Tar Movie Night features a black and white photograph of a mountain landscape. In the foreground, two people are standing on a rocky ridge. In the background, there are more mountains and a valley. A small version of the Trans Alpine Run logo is in the top left corner of the image. A white banner with the text 'JOIN US #TARFAMILY' is in the bottom right corner of the image.

**TAR
MOVIE NIGHT**

SEPTEMBER 9, 2025
5 PM

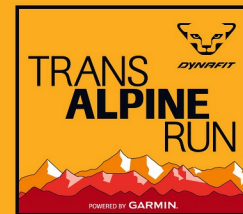
INSIDE KLOSTERS
ARENA

2 TAR MOVIES: EIGHT STEPS | HEAVEN & HELL

WWW.TRANSALPINE-RUN.COM

Daily Infoboard

STAGE 4 · SEP 9, 2025



Ausblick Etappe 5 OUTLOOK STAGE 5



	-	2l	3l	3l	3l	4l	2l	2l	
	-	65%	85%	85%	85%	85%	75%	65%	
	3.400m	3.100m	3.100m	3.100m	3.000m	2.900m	2.900m	2.800m	
	30%	40%	40%	20%	30%	30%	30%	30%	
	SO 1 5 km/h	SO 1 5 km/h	SW 1 5 km/h	NW 1 5 km/h	NW 1 5 km/h	N 1 5 km/h	NW 1 5 km/h	NO 1 5 km/h	

Mittwoch

0h Sonnenscheindauer

↑ 06:52 ↓ 19:42 - 12h 51m

13°C max 9°C min

19l Niederschlag (l/m²)

3.000m Schneefallgrenze

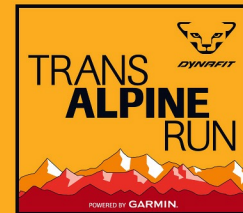
40% Gewitterwahrscheinlichkeit

N-SW 1 Wind (Bft)
Wind (km/h)

Quelle: GeoSphere Austria/bergfex

Daily Infoboard

STAGE 4 · SEP 9, 2025



Ausblick Etappe 5 *OUTLOOK STAGE 5*

Neue Startzeit: 6:10 Uhr *New Starting time 6:10 am*

Ausrüstung *Gear*

- Wechselklamotten & warme Sachen im Laufrucksack - lieber mehr als zu wenig
A change of clothes & warm things in your running vest - better more than too little
- Stirnlampe *Headlamp*

Alle Details im morgigen Briefing *All details in tomorrow's briefing*

HAVE FUN

AND KEEP ON RUNNING



GARMIN®



**orthomol
sport**

SPORT
conrad

Seeberger 

Powerbar®

 **LEDLENSER**

 **HAFENMAIR**
Berge Erleben

