



Press Release, September 1, 2025

The legend lives on: Dynafit Transalpine Run 2025 powered by Garmin celebrates its 20th anniversary with a spectacular new route and record number of starters

On September 6, 2025, the 20th DYNAFIT Transalpine Run powered by Garmin (TAR) will start its seven-day journey across the Alps, from Lech am Arlberg to Lake Reschen in South Tyrol. With almost 1000 athletes from 39 countries, the TAR not only had a record number of starters, but was also booked out earlier than ever before. A total of 243 kilometers and 15,135 vertical meters have to be mastered on a route that is largely completely new.

What began in September 2005 in Oberstdorf in Allgäu with 75 teams of two from 12 countries has developed over the years into one of the most prestigious trail running events and adventures in the world: the Transalpine Run (TAR), the legendary 7 to 8-day crossing of the Alps for trail runners.

Over the years, the TAR has become bigger and more international, and new competitions have been added with the RUN2 (team competition over the first two stages) and the solo category. However, the DNA of the TAR has always remained the same: running across the Alps on spectacular trails over several days and experiencing the unique flair of the "TAR Family" up close.

The fascination of the Transalpine Run has never waned over the years - on the contrary: this year's anniversary edition was booked out earlier than ever before. Almost 1000 runners will set off on their journey across the Alps from September 6 in Lech am Arlberg, running on mostly completely new trails, with 3 new stage locations and a fitting finale at Lake Reschen in South Tyrol.

The TAR 2025 at a glance

- In the classic TAR team competition over 7 days, 180 teams of 2 will start, in the solo competition, which was only introduced in 2023, 290 runners and in the 2-day RUN 2, 160 teams of 2.
- The most represented countries are Germany, Austria and Switzerland, followed by the Netherlands, USA, Belgium, Colombia, Finland, Canada and Italy. Almost two thirds of all athletes are here for the first time. For a further 16 percent, it is their second participation, the rest are die-hard TAR fans.

- The average age is 46 for men and 43 for women and 43 for women. The proportion of women is average of 33 percent, and 47 percent for RUN2.
- With Lech am Arlberg, Klosters, Scuol and Reschensee are well-known TAR stage locations, but most of the route is the majority of the route is completely new; 5 of the 7 stages even 100%. On board for the first time are Bludenz and Brand in Austria and Zerneß in Switzerland.



The potentially strongest runners and teams include:

TAR Solo:

- **MEN**
 - Nils Bergmann (GER, ITRA 799)
 - Benedikt Nußbaum (GER, ITRA 756)
 - Slawek Gawlik, (POL, ITRA 709)
- **WOMEN:**
 - Michaela Jilg (GER, ITRA 645)
 - Simone Räss (CH, ITRA 630)
 - Ulla Huopaniemi (FIN, ITRA 616)

TAR Team

- **WOMEN:**
 - Nordic Women; Elisa Sihvola (FIN, ITRA 659) and Maija Hakala (FIN, ITRA 628)
- **MEN:**
 - Dynafit x Rennsteiglaufverein; Daniel Greiner (GER, ITRA 752) and Johannes Gerloff (GER, ITRA 693)
- **MIXED:**
 - Garmin & Berlin Track Club; Eric Breitbarth (GER, ITRA 766) and Lisa Felicitas Rihm (GER, ITRA 654)
 - Two Peaks Endurance x The North Face; Johanna Ehrenklau (GER, ITRA 713) and Arne Wolff (GER, ITRA 664)
 - Reschensee by Pro; Andreas Kristandl (ITA, ITRA 715) and Tanja Plaikner (ITA, ITRA 631)
- **MASTER MEN:**
 - Dynafit Finland; Tuomas Tervo (FIN, ITRA 761) and Pekka Itävuori (FIN, ITRA 659)
 - #handandtag; Stephan Niermann (GER, ITRA 747) and Stefan Klos (GER, ITRA 641)
 - Werun4fun; Lord Jens Kramer (ITA, ITRA 706) and Benjamin Klöppel (GER, ITRA 640)

- **MASTER WOMEN:**
 - Sporttioravat; Maija Oravamäki (FIN, ITRA 649) and Sanna Kullberg (FIN)

RUN2:

- **WOMEN**
 - Dynafit Trailhero 2; Julia Rath (GER, ITRA 627) and Nadine Gleirscher (AUT, ITRA 622)
 - Nachspielzeit; Franziska Geske (GER, ITRA 616) and Anna Meir (GER, ITRA 604).
- **MEN:**
 - Tempotandem; Dominik Hohenleitner (GER, ITRA 849) and Tobias Schmid (CH, ITRA 765)
 - Sport Schindele X Dynafit; Chris Walther (GER, ITRA 762) and Peter Schlögel (GER, ITRA 734)
- **MIXED:**
 - Dynafit Trailheroes; Clara Carste (GER, ITRA 663) and David Ludwig (GER, ITRA 699)
 - Treffpunkt Schwanseeparkplatz; Julia Güthling (GER, ITRA 653) and David Frank (GER, ITRA 703)



The stages at a glance

Stage 1, September 6: Lech am Arlberg (AUT) – Bludenz (AUT) 38,0 km, 1.740 m uphill, 2.616 m downhill

Stage 2, September 7: Bludenz (AUT) – Brand (AUT) 33,0 km, 2.300 m uphill, 1.900 m downhill

Stage 3, September 8: Brand (AUT) – Klosters (CH) 49,5 km, 2.920 m uphill, 2.715 m downhill

Stage 4, September 9: Klosters (CH) – Gotschnagrat (CH) 9,4 km, 1.129 Hm uphill, 33 Hm downhill

Stage 5, September 10: Klosters (CH) – Zernez (CH) 38,0 km, 2.199 m uphill, 1.912 m downhill

Stage 6, September 11: Zernez (CH) – Scuol (CH) 34,0 km, 2.296 m uphill, 2.563 m downhill

Stage 7, September 12: Scuol (CH) – Reschensee (ITA) 40,0 km, 2.365 m uphill, 2.075 m downhill

Live with us: the TAR LIVE CENTER

Für alle Läuferinnen und Läufer, sowie für all jene, die vor Ort nicht dabei sein können, gibt es ein **LIVE-CENTER** auf der Website, um stets auf dem Laufenden zu bleiben:

- Live cams: in addition to a daily finish camera there will also be 2 live cams on the course
- Interactive tracking: GPS tracks can be used to follow the three leading runners in each category can be followed via GPS tracks
- **Daily stage summaries and race reports**
- **Live rankings**



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