



2022

RACE GUIDE

Istria, Croatia
April 7-10 2022





GENERAL SECTION

**WELCOME IN ISTRIA
BY RD**
[P. 4](#)

**COURSES
OVERVIEW**
[P. 6-7](#)

**UTMB®
WORLD SERIES**
[P. 8](#)

**UTMB® INDEX
RANKING**
[P. 12](#)

**PROGRAMME FOR
THE WEEKEND**
[P. 14](#)

COVID-19 INFO
[P. 18](#)

RACE RULES
[P. 19](#)

REGISTRATIONS OFFICE
[P. 30-31](#)

**BAGS
AND STICKERS**
[P. 32](#)

**TRANSFER TO THE
START**
[P. 33](#)

**BIB
GUIDE**
[P. 34](#)

COURSE SIGNAGE
[P. 35](#)

VIP AND ELITES
[P. 36](#)

HALL OF FAME
[P. 39](#)

**RUNNERS TO FOLLOW
FEMALE**
[P. 46](#)

SAFETY
[P. 44](#)

**IMPORTANCE OF
THE EQUIPMENT**
[P. 45](#)

**COURSE
CONDITIONS**
[P. 48](#)

METEO
[P. 48](#)

**START PACK
GIFTS**
[P. 49](#)

TECHNICAL SECTION

**RED COURSE
START**
[P. 52](#)

**RED COURSE
EXPECTED TIMES**
[P. 53](#)

**RED COURSE
TECHNICAL DETAILS**
[P. 54](#)

**RED COURSE
START LIST**
[P. 55](#)

**BLUE COURSE
START**
[P. 60](#)

**BLUE COURSE
EXPECTED TIMES**
[P. 61](#)

**BLUE COURSE
TECHNICAL DETAILS**
[P. 62](#)

**BLUE COURSE
START LIST**
[P. 63](#)

**GREEN COURSE
START**
[P. 66](#)

**GREEN COURSE
EXPECTED TIMES &
TEHNICAL DETAILS**
[P. 67](#)

**GREEN COURSE
START LIST**
[P. 68](#)

**YELLOW COURSE
START**
[P. 72](#)

**YELLOW COURSE
EXPECTED TIMES &
TEHNICAL DETAILS**
[P. 73](#)

**YELLOW COURSE
START LIST**
[P. 74](#)

**WHITE BY HEP COURSE
START**
[P. 78](#)

**WHITE BY HEP COURSE
EXPECTED TIMES &
TEHNICAL DETAILS**
[P. 79](#)

**WHITE BY HEP COURSE
START LIST**
[P. 74](#)



TECHNICAL SECTION

COURSE SECTIONS AND AID STATIONS PREVIEW

P. 83

LABIN - PLOMIN LUKA

P. 84

PLOMIN LUKA - MOŠĆENIČKA DRAGA

P. 86

MOŠĆENIČKA DRAGA - POKLON

P. 88

LOVRAN - POKLON

P. 89

POKLON - BRGUDAC

P. 92

BRGUDAC - TRSTENIK

P. 94

TRSTENIK - BUZET

P. 96

BUZET - BUTONIGA

P. 98

BUTONIGA - LIVADE

P. 100

LIVADE - GROŽNJAN

P. 102

GROŽNJAN - BUJE

P. 104

BUJE - UMAG

P. 106

VISIT ISTRIA!

ACCOMMODATION AND TRANSFERS

P. 111

ISTRIA WHERE DREAMS COME TRUE

P. 116

ISTRIAN CUISINE AND WINES

P. 118

IMPRESSUM

Photo: Dejan Hren, 3 sporta,
Krume Ivanovski, Marko Kadija,
Istria Tourist Board
Text and data : Alen Paliska, ITRA,
Istria Tourist Board



ALEN PALISKA

RACE DIRECTOR

WEL- COME IN ISTRIA BY RD

ENJOY ON THE TRAIL, BUT DON'T MISS OTHER THINGS ISTRIA OFFERS

Dear runners, dear friends,

in these very strange or can I say - interesting times we are living in, it is my outmost joy to welcome all of you on the 9th edition of this very special trail running event.

The event evolved from a ordinary race into one of the most prominent trail running events in the world. By entering UTMB® World Series, we are determined to bring you even better organization while keeping our well known warm hospitality and kindness. Traversing from one coast to another, it will show you, from 7 to 10 April 2022, our marvellous region at its best.

The UTMB® World Series is a revolution for the sport, that will bring the trail running community together through a new, integrated sports system that is open to all. Inspired by the high standards of UTMB®, runners will be able to take part in the most beautiful events on the planet, and the UTMB® World Series will be the only place where runners can begin their quest to Mont-Blanc, France, where the prestigious UTMB® World Series Finals will be held. In-line with the rapid growth of the sport, events will be held across six continents, giving all runners more opportunities to live the UTMB® experience on a global scale.

It is for us, without a doubt, a huge honor to be part of the UTMB® World Series and to be able to organize this event on the Istrian peninsula that, beyond it's recognized touristic attributes, offers excellent conditions for practicing this sport.

The trail routes will lead you to the heart of the Istrian peninsula, through some pretty old medieval towns, you will feel like running in the medieval era!

In the previous year all courses had been subjected to a revision resulting that there is only one path to the finish line which will make the race even more interesting.

Besides the elite longest course (RED - 168 km) we offer another four courses which start in Lovran (BLUE - 128 km), Buzet (GREEN - 67 km), Motovun (YELLOW - 40 km) and Grožnjan (WHITE - 20 km). All courses finish on the western part of the peninsula, in Umag, which is located 30 minutes from the border with Slovenia and has a wide range of hotel accommodation nearby.

We strongly believe that this event will have all the brilliance expected and be an extra motive to all who are here to stay a while longer or, perhaps, to return one day.

While in Istria, don't miss out on our exquisite local cuisine! It offers you a wide range of delicious food based on the Mediterranean cuisine, as well as top notch wines, and what is more, Istria has been ranked as the best olive-growing region in the world.

We wish you a splendid and unforgettable stay in our beautiful region, a successful race and let the best win!

Welcome to the 9th edition of Istria 100 by UTMB®!



UTMB®
WORLD SERIES

HOKA

PREMIER PARTNER

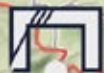
Join us on utmb.world

FINISH



Umag

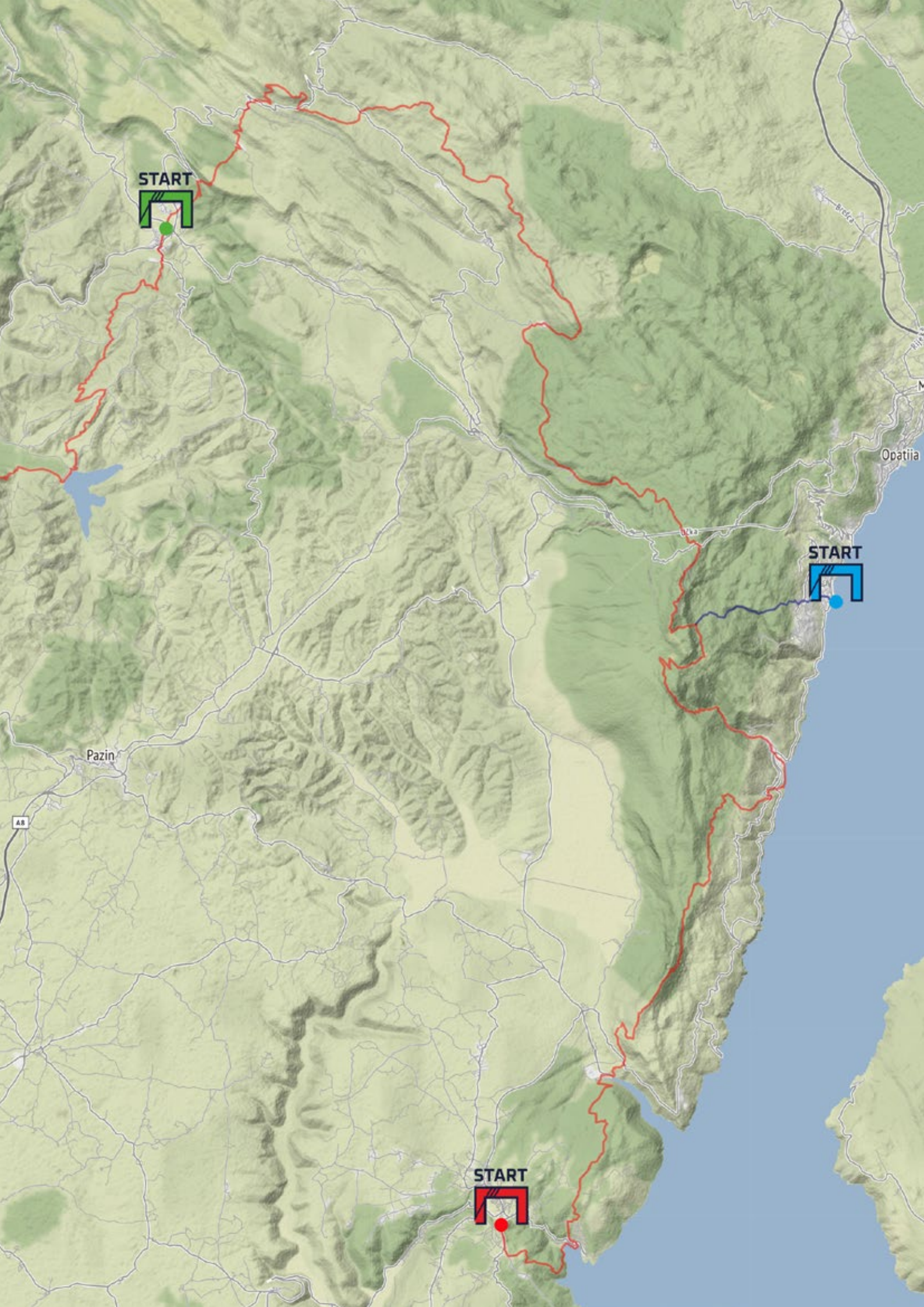
START



START



**SCAN THE CODE
TO REVEAL THE COURSES
AND ALL IMPORTANT LOCATIONS**





UTMB®

WORLD SERIES

DO YOU REALLY KNOW WHAT IT TAKES TO RUN WITH THE BEST?

JOIN THE UTMB® WORLDS SERIES AND FIND OUT!

WHAT IS UTMB® WORLDS SERIES?

The UTMB® World Series is the world's leading trail running circuit, bringing together the best races in the world, which take place in exceptional locations in the heart of unspoiled nature. Open to all, the UTMB® World Series is designed to meet the expectations of both elite and amateur runners and aims to offer every trail running enthusiast an extraordinary adventure. For runners, it is the gateway to the UTMB® Mont-Blanc, which will host the UTMB® World Series Finals in the 50km, 100km and 170km distances.

The UTMB® World Series is made up of 4 levels:

[UTMB® World Series Finals](#)
[UTMB® World Series Majors](#)
[UTMB® World Series Events](#)
[UTMB® World Series Qualifiers](#)

UTMB® World Series Finals

UTMB® Mont-Blanc is the place where legends of the sport are made, and the event will now also see the official crowning of the UTMB® World Series male and female champions. UTMB® World Series

titles will be awarded in each of the three key distances of the UTMB® Mont-Blanc - known as the OCC (50K), CCC® (100K) and UTMB® (100M), - and qualification can only be achieved by participating in one of the UTMB® World Series Events or UTMB® World Series Majors.

UTMB® World Series Majors

Three UTMB® World Series Majors will take place each year, where athletes can go head-to-head at the continental Series finals in the Americas, Europe and in Asia/Oceania. Each UTMB® World Series Major will include at least one race in each category - 50K, 100K and 100M - with elite and amateur finishers having at least double the chance to access the UTMB® World Series Finals.

UTMB® World Series Events

From Europe, to Asia, Oceania, the America's and Africa, UTMB® World Series Events are the best events on the planet, taking place in exceptional locations in the heart of unspoiled nature. Organized to the highest quality standards to bring the UTMB® adventure closer to runners, each event will include at least one quali-

fying race in the 50K, 100K or 100M categories. These races will award Running Stones that give access to the UTMB® World Series Finals. The stars of the sport will also be able to enter the Finals based on their performance in the UTMB® World Series Events.

UTMB® World Series Qualifiers

UTMB® World Series Qualifiers are the gateway to the UTMB® World Series, with thousands of races around the world which are open to all. Participating in a UTMB® World Series Qualifier race is not mandatory to begin your adventure in the Series but runners who do take part will benefit from privileged access to the UTMB® World Series Events.

WHAT ARE THE UTMB® WORLDS SERIES EVENTS?

From Europe, to Asia, Oceania, the America's and Africa, UTMB® World Series Events are the best events on the planet, taking place in exceptional locations in the heart of unspoiled nature. Organized to the highest quality standards to bring the UTMB® adventure

closer to runners, each event will include at least one qualifying race in the 50K, 100K or 100M categories. These races will award Running Stones that give access to the UTMB® World Series Finals. The stars of the sport will also be able to enter the Finals based on their performance in the UTMB® World Series Events.

WILL THE UTMB® WORLDS SERIES BE OPEN TO ALL?

The UTMB® World Series sports system has been designed to be inclusive and to unite the global trail running community with a clear structure. Set within the values of UTMB®, the UTMB® World Series is open to everyone, from elite runners to everyday runners. The global growth with the Series gives runners of all races, religions, nationalities, and sexual orientations, the ability to experience Extraordinary. Through solidarity towards each other, we uphold anti-discrimination standards, gender equity commitment, and strict commercial partner ethical guidelines.

Runners with a valid Performance Index will have privileged access to register for any UTMB® World Series Event. A valid Performance Index is achieved by completing at least one UTMB® World Series Major, UTMB® World Series Event or UTMB® World Series Qualifier race within the last 24 months.

WHAT ARE THE UTMB® WORLDS SERIES 20K, 50K, 100K, 100M CATEGORIES?



The 20K, 50K, 100K and 100M categories are the main UTMB® World Series distances ranked according to the kilometer-effort, a formula for measuring the race distance in trail running by considering both the distance and elevation gain. 100M stands for 100 miles and represents races over 170km effort.

For example, a race of 78km and 4000m of elevation gain race has 118km-effort, and therefore falls into the 100K category.

HOW THE RUNNING STONES WORK?

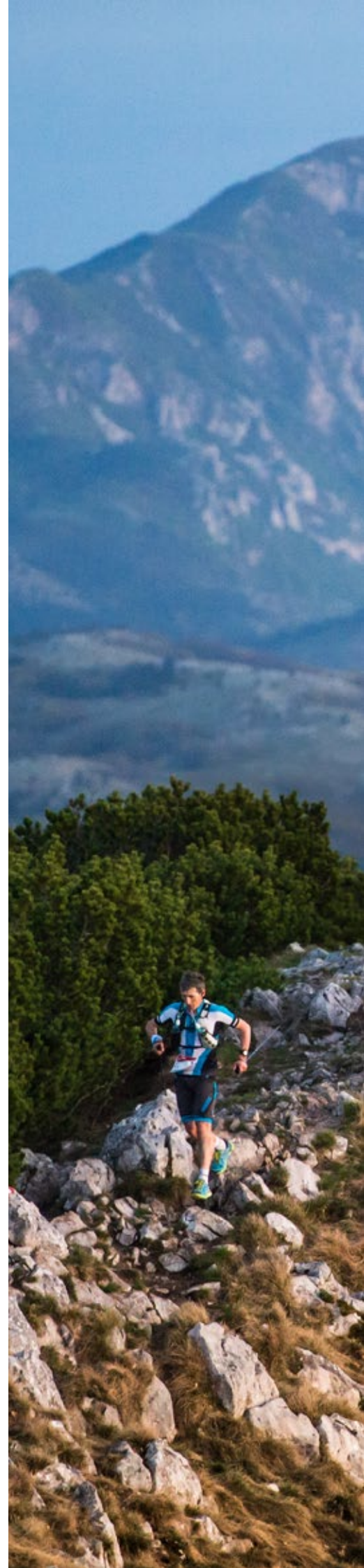
One Running Stone is equivalent to one entry into the lottery to participate in the UTMB® World Series Finals, i.e., the UTMB®, CCC® and OCC races of the UTMB® Mont-Blanc. Running Stones will be awarded to all finishers of a 20K, 50K, 100K and 100M UTMB® World Series Event. Running Stones accumulate over time and each Running Stone gives an additional chance to be selected via the lottery.

Running Stones can be used to enter the lottery for only one race per edition of the UTMB® World Series Finals. If the athlete is not selected, they may use their Running Stones for a subsequent edition of the lottery for the race of their choice if they have a valid UTMB® Index in the category.

For example, if you have 9 Running Stones, your name appears 9 times in the lottery, thus tripling your odds in the lottery vs someone who only has 3 Running Stones.

HOW DO YOU COLLECT RUNNING STONES IN THE THE UTMB® WORLDS SERIES?

- All Finishers of a UTMB® World Series Events 20K race earn 1 Running Stone
- All Finishers of a UTMB® World Series Events 50K race earn 2 Running Stones
- All Finishers of a UTMB® World Series Events 100K race earn 3 Running Stones
- All Finishers of a UTMB® World Series Events 100M race earn 4 Running Stones
- All Finishers of a UTMB® World Series Majors 20K race earn 2 Running Stones
- All Finishers of a UTMB® World Series Majors 50K race earn 4 Running Stones
- All Finishers of a UTMB® World Series Majors 100K race earn 6 Running Stones
- All Finishers of a UTMB® World Series Majors 100M race earn 8 Running Stones



UTMB®

WORLD SERIES

2022 FULL

25 EVENTS COMING

WWW.UTMB.WORLD

APRIL

07-10 Istria 100 by UTMB®
Croatia

23 Canyons Endurance Runs by UTMB®
USA

MAY

12-15 Ultra-Trail Australia™ by UTMB®
Australia

JUNE

11 Trail du Saint-Jacques by UTMB®
France

18 mozart 100® by UTMB®
Austria

23-26 La Sportiva® Lavaredo Ultra Trail® by UTMB®
Italy

24-26 Trail 100 Andorra by UTMB®
Andorra

25-26 Western States® 100-Mile Endurance Run
USA

JULY

01-03 Ultra-Trail Snowdonia by UTMB®
Wales

07-09 Restonica Trail by UTMB®
France

07-10 Val d'Aran by UTMB®
Spain

08-10 Trail Verbier Saint-Bernard by UTMB®
Switzerland

15-17 Eiger Ultra-Trail by UTMB®
Switzerland

22-23 Speedgoat Mountain Races by UTMB®
USA

FOLLOW THE TOUR

FACEBOOK: [HTTPS://WEB.FACEBOOK.COM/UTMBWORLD SERIES](https://web.facebook.com/UTMBWORLD SERIES)

INSTAGRAM: [HTTPS://WWW.INSTAGRAM.COM/UTMBWORLD SERIES/](https://www.instagram.com/UTMBWORLD SERIES/)

TWITTER: [HTTPS://TWITTER.COM/UTMBWORLD SERIES](https://twitter.com/UTMBWORLD SERIES)

YOUTUBE: [HTTPS://WWW.YOUTUBE.COM/C/UTMBWORLD SERIES](https://www.youtube.com/c/UTMBWORLD SERIES)



CALENDAR

CONFIRMED

AUGUST

22-28 UTMB® Mont-Blanc
France, Italy, Switzerland

SEPTEMBER

08-11 Wildstrubel by UTMB®
Switzerland

16-18 Julian Alps Trail Run by UTMB®
Slovenia

22-25 Nice Côte d'Azur by UTMB®
France

OCTOBER

20-23 Transvulcania by UTMB®
Spain

28-30 Puerto Vallarta México by UTMB®
Mexico

NOVEMBER

04-06 Kullamannen by UTMB®
Sweden

04-06 TransLantau™ by UTMB®
Hong Kong

DECEMBER

08-11 Thailand by UTMB®
Thailand

15-18 Ultra-Trail Kosciuszko by UTMB®
Australia

COMING SOON

Panda Trail by UTMB®
China





RANKING BY UTMB® INDEX



WORLD RANKING GENERAL CATEGORY TOP 20

RANK	COUNTRY	NAME	UTMB® INDEX
1		SUI MAUDE MATHYS	836
2		NED NIENKE BRINKMAN	830
3		USA COURTNEY DAUWALTER	824
4		USA CAMILLE HERRON	822
5		SWE TOVE ALEXANDERSSON	821
6		FRA BLANDINE L'HIRONDEL	808
7		USA GRAYSON MURPHY	800
8		USA ALLIE MCCLAUGHLIN	798
9		NZL RUTH CROFT	797
10		GBR BETH PASCALL	796
11		FRA ANAIS SABRIE	791
12		ESP AZARA GARCIA DE LOS SALMONES	790
13		SUI JUDITH WYDER	790
14		NED RAGNA DEBATS	788
15		USA RACHEL DRAKE	785
16		FRA CAMILLE BRUYAS	782
17		USA BRITTANY CHARBONEAU	781
18		ESP SHEILA AVILES	776
19		USA KATIE SCHIDE	775
20		USA ADDIE BRACY	773

The UTMB® Index is calculated for each of the 4 UTMB® World Series race categories 20K, 50K, 100K and 100M.

A valid UTMB® Index is achieved by completing at least one UTMB® World Series Major, UTMB® World Series Event or UTMB® World Series Qualifier race in the relevant category within the last 24 months. Once a race category has been activated, all races from the past 36 months will be used to calculate the UTMB® Index.

Trail runners are also given a General UTMB® Index calculated by combining results from all race categories. The General UTMB® Index is available as soon as a valid UTMB® Index is achieved in one category: 20K, 50K, 100K and 100M.

WORLD RANKING CATEGORY 100M TOP 10



RANK	COUNTRY	NAME	UTMB® INDEX
1		USA COURTNEY DAUWALTER	824
2		USA CAMILLE HERRON	822
3		GBR BETH PASCALL	788
4		USA KATIE SCHIDE	769
5		NZL RUTH CROFT	769
6		FRA CAMILLE BRUYAS	768
7		NED RAGNA DEBATS	768
8		USA NICOLE BITTER	755
9		CAN AILSA MACDONALD	754
10		FRA AUDREY TANGUY	752

WORLD RANKING CATEGORY 100K TOP 10



RANK	COUNTRY	NAME	UTMB® INDEX
1		GBR BETH PASCALL	794
2		ESP AZARA GARCIA DE LOS SALMONES	789
3		NED RAGNA DEBATS	782
4		USA COURTNEY DAUWALTER	781
5		NZL RUTH CROFT	779
6		USA ADDIE BRACY	773
7		SUI MAUDE MATHYS	770
8		FRA CAMILLE BRUYAS	768
9		ESP GEMMA ARENAS	766
10		USA KEELY HENNINGER	763

WORLD RANKING CATEGORY 50K TOP 10



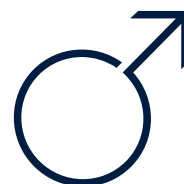
RANK	COUNTRY	NAME	UTMB® INDEX
1		GBR BETH PASCALL	794
2		ESP AZARA GARCIA DE LOS SALMONES	789
3		NED RAGNA DEBATS	782
4		USA COURTNEY DAUWALTER	781
5		NZL RUTH CROFT	779
6		USA ADDIE BRACY	773
7		SUI MAUDE MATHYS	770
8		FRA CAMILLE BRUYAS	768
9		ESP GEMMA ARENAS	766
10		USA KEELY HENNINGER	763

WORLD RANKING CATEGORY 20K TOP 10



RANK	COUNTRY	NAME	UTMB® INDEX
1		SUI MAUDE MATHYS	802
2		NED NIENKE BRINKMAN	802
3		USA GRAYSON MURPHY	800
4		SWE TOVE ALEXANDERSSON	782
5		FRA BLANDINE L'HIRONDEL	774
6		SUI JUDITH WYDER	764
7		FRA CHRISTEL DEWALLE	762
8		USA RACHEL DRAKE	761
9		USA JANELLE LINCKS	760
10		FRA ELISE PONCET	754

RANKING BY UTMB® INDEX



WORLD RANKING GENERAL CATEGORY TOP 20

RANK	COUNTRY	NAME	UTMB® INDEX
1		NOR STIAN ANGERMUND	941
2		USA JIM WALMSLEY	941
3		ESP KILIAN JORNET-BURGADA	940
4		USA ADAM PETERMAN	933
5		GBR JONATHAN ALBON	931
6		POL BARTLOMIEJ PRZEDWOJEWSKI	930
7		ITA DAVIDE MAGNINI	928
8		ESP MANUEL MERILLAS	928
9		FRA FRANCOIS D'HAENE	920
10		SUI CHRISTIAN MATHYS	920
11		USA HAYDEN HAWKS	920
12		FRA FRÉDÉRIC TRANCHAND	919
13		USA JOE GRAY	918
14		GBR ROBBIE SIMPSON	915
15		ITA ANDREAS REITERER	914
16		FRA SEBASTIEN SPEHLER	913
17		SUI REMI BONNET	913
18		FRA THIBAUT BARONIAN	912
19		ITA WILLIAM BOFFELLI	912
20		MAR ELHOUSINE ELAZZAOU	912

The UTMB® Index is calculated for each of the 4 UTMB® World Series race categories 20K, 50K, 100K and 100M.

A valid UTMB® Index is achieved by completing at least one UTMB® World Series Major, UTMB® World Series Event or UTMB® World Series Qualifier race in the relevant category within the last 24 months. Once a race category has been activated, all races from the past 36 months will be used to calculate the UTMB® Index.

Trail runners are also given a General UTMB® Index calculated by combining results from all race categories. The General UTMB® Index is available as soon as a valid UTMB® Index is achieved in one category: 20K, 50K, 100K and 100M.

WORLD RANKING CATEGORY 100M TOP 10



RANK	COUNTRY	NAME	UTMB® INDEX
1		USA JIM WALMSLEY	922
2		FRA FRANCOIS D'HAENE	920
3		GER HANNES NAMBERGER	899
4		USA JARED HAZEN	898
5		CHN JING LIANG	895
6		ESP PAU CAPELL	894
7		CHN JIAJU ZHAO	894
8		ESP PABLO VILLA	894
9		FRA AURELIEN DUNAND-PALLAZ	885
10		USA DYLAN BOWMAN	879

WORLD RANKING CATEGORY 100K TOP 10



RANK	COUNTRY	NAME	UTMB® INDEX
1		GBR JONATHAN ALBON	920
2		ESP KILIAN JORNET-BURGADA	917
3		ESP MANUEL MERILLAS	915
4		FRA SEBASTIEN SPEHLER	909
5		POL BARTLOMIEJ PRZEDWOJEWSKI	907
6		USA JIM WALMSLEY	907
7		RUS DMITRY MITYAEV	907
8		ESP MIGUEL HERAS	898
9		CHN JING LIANG	898
10		CHN LONGFEI YAN	896

WORLD RANKING CATEGORY 50K TOP 10



RANK	COUNTRY	NAME	UTMB® INDEX
1		USA ADAM PETERMAN	932
2		ESP KILIAN JORNET-BURGADA	930
3		NOR STIAN ANGERMUND	922
4		GBR JONATHAN ALBON	921
5		USA HAYDEN HAWKS	919
6		ITA DAVIDE MAGNINI	918
7		USA JIM WALMSLEY	916
8		ITA ANDREAS REITERER	912
9		GBR ROBBIE SIMPSON	911
10		SUI CHRISTIAN MATHYS	911

WORLD RANKING CATEGORY 20K TOP 10



RANK	COUNTRY	NAME	UTMB® INDEX
1		NOR STIAN ANGERMUND	802
2		USA JOE GRAY	802
3		ITA NADIR MAGUET	800
4		MAR ELHOUSINE ELAZZAOU	782
5		FRA FRÉDÉRIC TRANCHAND	774
6		SUI REMI BONNET	764
7		ITA DAVIDE MAGNINI	762
8		USA DARREN THOMAS	761
9		POL BARTLOMIEJ PRZEDWOJEWSKI	760
10		SUI JOEY HADORN	754



PROGRAMME FOR THE RACE WEEKEND

THURSDAY, APRIL 7TH



FRIDAY, APRIL 8TH





SATURDAY, APRIL 9TH



LEGEND | R RED course B BLUE course G GREEN course Y YELLOW course W WHITE by HEP course

SUNDAY, APRIL 10TH



LEGEND | **R** RED course **B** BLUE course **G** GREEN course **Y** YELLOW course **W** WHITE by HEP course



COVID-19 INFO

BIB PICK-UP

Runner has to come personally to pick up the BIB, identify himself and have the equipment check (which is obligatory to carry during the race).

Before entering the sports hall for the BIB pick-up while waiting in the line and inside the sports hall, masks are obligatory!

Volunteer will check the temperature to each runner. In case a person has temperature higher than 37,2 Celsius or has symptoms that could show signs of Covid-19, will not be allowed to enter the sport hall for the BIB pick-up and will have to step away.

Runner coming for the BIB pick-up will have to meet one of the following three conditions:

- Vaccination certificate (2nd dose included)
- Recent PCR or antigenic test (48h or 72h)
- Covid-19 recovery certificate

If one of the written conditions is valid, runner will get a bracelet valid for the event days. Without this bracelet, access to the sports hall, entering bus to the start and access to the start line may be denied by security personnel.

TRANSFER BY BUS TO THE START

While entering the bus, runner will have to show the bracelet. Masks are obligatory in the bus.

START

Masks are obligatory while standing in the start area and starting the race.

AID STATIONS

Volunteers will serve food and drinks to each runner. Runner can not take the food or drink by himself.

Masks are obligatory while entering and being at the feed zone

TRANSFER IN THE CASE OF A CANCELLATION OR A INJURY

Masks are obligatory while being in the vehicle.

FINISH LINE

After entering the finish line, runner will have to step away from the finish area as soon as possible.

AWARD CEREMONY

Masks are obligatory while getting to the stage.





RACE RULES

READ THIS SECTION VERY CAREFULLY!

Whether you have already run the Istria 100 by UTMB® or whether it is the first time that you are participating, read these pages carefully.

You will find all the information that you will need for organising your race, and in particular the specifics of the 2022 rules and regulations.





1 DEFINITION OF THE RACES

Istria 100 by UTMB® is an event that includes several races in the open country, winding through the hiking routes of Istria. Each event takes place in one single stage, at an undefined pace, and within a time limit.

100M CATEGORY **100M M**

- RED course: around 168 km and about 6.515 meters elevation gain, starts from Labin, in semi-autonomy. The cut-off time for finishing is 46 hours.
- BLUE course: around 128 km and about 5.075 meters elevation gain, starts from Lovran, in semi-autonomy. The cut-off time for finishing is 34 hours.

50K CATEGORY **50K M**

- GREEN course: around 68 km and about 2.160 meters elevation gain, starts from Buzet, in semi-autonomy. The cut-off time for finishing is 15 hours.
- YELLOW course: around 40 km and about 930 meters elevation gain, starts from Motovun, in semi-autonomy. The cut-off time for finishing is 8 hours.

20K CATEGORY **20K M**

- WHITE course: around 20 km and about 130 meters elevation gain, starts from Grožnjan, in semi-autonomy. The cut-off time for finishing is 4 hours.

2 RUNNER'S COMMITMENT

To participate in Istria 100 by UTMB® event, in particular, RED and BLUE course it is essential:

- To be completely aware of the length and specificity of the event and to be perfectly prepared for it.
- To have acquired, previous to the race, a real capacity of personal autonomy in the mountains allowing for the management of problems induced by this type of event, and notably:
 - Know how to confront, without outside help, climatic conditions which could be very difficult to deal with at altitude (night, wind, cold, fog, rain, or snow).
 - Know how to manage, including when one is isolated, physical or mental problems arising from great fatigue, digestive problems, muscle or articular pains, small wounds...
 - To be totally conscious that the organization's role is not to help a runner manage these problems.
 - To be totally aware that for such an activity

in the mountains, security depends upon the runner's capacity to adapt to the problems encountered or foreseen.

- To inform and sensitize the members of the runner's entourage towards the respect of nature, people, and the regulations of the race.

3 SEMI-AUTONOMY

The principal of an individual race in semi-autonomy is the rule. The 100 by UTMB® events take place in one single stage, at an undefined pace, within the limits of the time barriers which are specified for each event. Semi-autonomy is defined as having the capacity to be autonomous between two refreshments posts, as much on the food front as that of clothing and security, allowing for adapting to problems encountered or foreseen (bad weather, physical problems, injury...)

This principle implies, in particular, the following rules:

1. Each runner must have with them throughout the duration of the race the totality of their obligatory equipment. They transport this equipment in a pack; tagged during race-bib distribution and which cannot be changed along the race route. At any moment of the race, the race stewards can verify the pack and its contents. The runner is obliged to submit to these checks in good humor, at the risk of exclusion from the race.
2. The refreshment posts supply drinks and food to be consumed on-site. The organization only supplies still water or energizing drinks for filling water bottles or hydration packs. The runner should take care to ensure they have when leaving each refreshment post, the quantity of drink and food which is necessary to keep them going until the following refreshment post.
3. A personal assistant is tolerated exclusively at certain refreshment posts (*), in the zone specifically reserved for this use, and at the discretion of the chief of the post. One person can only give this assistance, without specific equipment other than a bag with a maximum volume of 30 liters. Assistance given by a team of professionals, or any medic or paramedic, is strictly forbidden. The rest of the refreshment post is strictly reserved for the runners.
4. It is forbidden to accompany or be accompanied along any part of the race route by a person not registered for the race, outside of the tolerance zones which are clearly marked in the proximity of the refreshment posts.
5. It is not allowed to be accompanied by a dog or any other animal.
6. A participant who accepts being accompanied outside of the expressly designated zones contravenes the principle of semi-autonomy. The race stewards witnessing irregularities are authorized to penalize the participants in order to guarantee

the spirit of trail-running events.

(*) Personal assistance is tolerated at the following posts:

RED course

- Mošćenička draga
- Poklon
- Buzet
- Livade

BLUE course

- Poklon
- Buzet
- Livade

GREEN course

- Livade

It is forbidden at all other aid stations, as well as at any other point of the race route.

YELLOW and WHITE course: no assistance is allowed at any point throughout the race

4 EQUIPMENT - GENERAL

In order to ensure their security and the smooth running of each event, each participant must carry with them all the items listed in the mandatory equipment checklist (see below). And take all the equipment with them during the race even if the runner is not using it.

The "hot-weather" and the "cold-weather" kits are part of the mandatory equipment.

According to the weather conditions, the organization might require one of those three additional kits and inform each participant before the opening of the race-pack collection.

Systematic and/or random checks will be carried out during the race. A penalty up to disqualification will be applied to runners who do not have all the mandatory equipment with them (see [PENALTIES](#)).

Please note: the items included in the mandatory equipment checklist are the basic pieces that each trail-runner must adapt according to their own skills. In particular, you should not choose the lightest possible clothing but prefer clothing that really provides good protection in the mountains against cold, wind, and snow, and therefore better safety and performance.

Music: Listening to music using earphones only, is tolerated, so long as it is safe to do so. Any earphones **MUST** be removed when crossing any roads, as well as on approach to, and whilst at, any checkpoints and when approaching and passing any Safety Team members.

5 EQUIPMENT - RED & BLUE COURSE



BASIC KIT

1. Running pack to carry mandatory gear throughout the race.
2. Mobile phone (smartphone strongly recommended): the runner must be reachable at any time before, during, and after the race:
 - mobile phone with international roaming (load into its memory the organization's security numbers, don't mask your number and don't forget to take the start of your race with the battery fully charged)
 - keep the phone on, airplane mode is forbidden and could give rise to penalties.
 - for smartphones: [LiveRun application](#) installed and activated.
 - an external battery is highly recommended
3. Personal soft cup 15 cl minimum (bottles or flasks with lids are not accepted)
4. Minimum water supply: 1 liter
5. 2 working headlamps with spare cells/batteries for each headlamp
 - Recommendation: 200 lumens or more for the main torch
6. Survival blanket of 1.40m x 2m minimum
7. Whistle
8. Self-adhering elastic bandage for bandaging or strapping (minimum 100 cm x 6 cm)
9. Food reserve
 - Recommendation: 800kcal (2 gels + 2 power bars each of 65g)
10. Jacket with hood for bad weather in the mountains. The jacket must be made of a waterproof* and breathable** membrane (eg. Outdry)
 - *minimum recommended 10 000 Schmerber
 - **RET recommended inferior to 13
 - the jacket must, imperatively, have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer.
 - the seams must be sealed.
 - the jacket must not have sections of fabric that are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back)- since they do not damage in any obvious way the impermeability- are accepted.
 - the runner must judge whether, according to the beforementioned criteria, the jacket complies with the regulations and therefore is suitable for bad weather in the mountains. However, during a check, the race director's opinion on the matter shall prevail.
11. Long-legged trousers or race leggings OR a com-



combination of leggings and socks to cover the legs completely

12. Cap or bandana or Buff®
13. Additional warm second layer: a warm second layer top with long sleeves (excluding cotton) weighing at least 180g (men's size medium – M) OR the combination of a long-sleeved warm undergarment (first or second layer, excluding cotton) weighing at least 110g (men's size medium – M) and a windproof jacket* with durable water-repellent protection (DWR protection)
 - *the wind-proof jacket does not replace the mandatory waterproof jacket, and vice versa
14. Hat
15. Warm and waterproof gloves
16. Waterproof over pants
17. ID – passport/ID card

HOT WEATHER KIT (

may be required by the organization, depending on weather conditions)

1. Sunglasses ***
2. Saharan cap or any combination which completely covers the head and nape of the neck
3. Sunscreen
 - Recommendation: minimum sun protection factor (SPF) 50
4. Minimum water supply: 2 liters

COLD WEATHER KIT

(may be required by the organization, depending on weather conditions)

1. Protective eyewear ***
2. 3rd warm layer (the intermediary layer between the 2nd layer and the waterproof jacket)
3. Recommendation: fleece or compressible down jacket
4. Sturdy, closed-toe trail-running shoes (minimalist or ultralight shoes excluded)
 - *** it is possible to use the same glasses if they are suitable both for the sun and bad weather (such as glasses with photo-chromatic lenses)

All clothing items must fit the runner – in terms of size – and they must not be altered in any way after leaving the factory.

The mandatory gear must be carried in a running pack for the duration of the whole race. The running pack is tagged during the race-pack collection and must not be changed during the race.

Other recommended equipment (including but not limited to):

- Spare warm clothing, essential in case of cold

and rainy weather or in case of injury

- Poles in the case of rain or snow for your safety on slippery ground
- Vaseline or anti-heat cream
- at least 200 kn (30 EUR) cash (just in case...).
- Reusable bowl
- GPS watch
- Knife or scissors for cutting elastic bandage
- Emergency sewing kit

If you choose to take hiking poles with you, you have to carry them for the duration of the whole race. It is forbidden to take the start without poles and get them during the course of the race.

No poles are authorized in the spare bags.

If you have further questions about mandatory equipment, do not hesitate to consult our [FAQs](#).

6 EQUIPMENT - GREEN COURSE



BASIC KIT

1. Running pack to carry mandatory gear throughout the race.
2. Mobile phone (smartphone strongly recommended): the runner must be reachable at any time before, during, and after the race:
 - mobile phone with international roaming (load into its memory the organization's security numbers, don't mask your number and don't forget to take the start of your race with the battery fully charged)
 - keep the phone on, airplane mode is forbidden and could give rise to penalties.
 - for smartphones: [LiveRun application](#) installed and activated.
3. Personal soft cup 15 cl minimum (bottles or flasks with lids are not accepted)
4. Minimum water supply: 1 liter
5. 1 working headlamp
 - Recommendation: 200 lumens or more for the main torch
6. Survival blanket of 1.40m x 2m minimum
7. Whistle
8. Self-adhering elastic bandage for bandaging or strapping (minimum 100 cm x 6 cm) is recommended
9. Food reserve
 - Recommendation: 800kcal (2 gels + 2 power bars each of 65g)
10. Jacket with hood for bad weather in the mountains. The jacket must be made of a waterproof* and breathable** membrane (eg. Outdry)

- *minimum recommended 10 000 Schmerber
 - **RET recommended inferior to 13
 - the jacket must, imperatively, have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer.
 - the seams must be sealed.
 - the jacket must not have sections of fabric that are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back)- since they do not damage in any obvious way the impermeability- are accepted.
 - the runner must judge whether, according to the beforementioned criteria, the jacket complies with the regulations and therefore is suitable for bad weather in the mountains. However, during a check, the race director's opinion on the matter shall prevail.
11. Long-legged trousers or race leggings OR a combination of leggings and socks to cover the legs completely **are recommended**
 12. Cap or bandana or Buff® **is recommended**
 13. ID – passport/ID card

HOT WEATHER KIT

(may be required by the organization, depending on weather conditions)

1. Sunglasses
2. Saharan cap or any combination which completely covers the head and nape of the neck
3. Sunscreen
 - Recommendation: minimum sun protection factor (SPF) 50
4. Minimum water supply: 2 liters

COLD WEATHER KIT

(may be required by the organization, depending on weather conditions)

1. 3rd warm layer (the intermediary layer between the 2nd layer and the waterproof jacket)
2. Recommendation: fleece or compressible down jacket
3. Sturdy, closed-toe trail-running shoes (minimalist or ultralight shoes excluded)

All clothing items must fit the runner – in terms of size – and they must not be altered in any way after leaving the factory.

The mandatory gear must be carried in a running pack for the duration of the whole race. The running pack is tagged during the race-pack collection and must not be changed during the race.

Other recommended equipment (including but not limited to):

ited to):

- Spare warm clothing, essential in case of cold and rainy weather or in case of injury
- Poles in the case of rain or snow for your safety on slippery ground
- Vaseline or anti-heat cream
- at least 200 kn (30 EUR) cash (just in case...).
- Reusable bowl
- GPS watch
- Knife or scissors for cutting elastic bandage
- Emergency sewing kit

If you choose to take hiking poles with you, you have to carry them for the duration of the whole race. It is forbidden to take the start without poles and get them during the course of the race.

If you have further questions about mandatory equipment, do not hesitate to consult our [FAQs](#).

7 EQUIPMENT - YELLOW COURSE



BASIC KIT

1. Running pack to carry mandatory gear throughout the race.
2. Mobile phone (smartphone strongly recommended): the runner must be reachable at any time before, during, and after the race:
 - mobile phone with international roaming (load into its memory the organization's security numbers, don't mask your number and don't forget to take the start of your race with the battery fully charged)
 - keep the phone on, airplane mode is forbidden and could give rise to penalties.
 - for smartphones: [LiveRun application](#) installed and activated.
3. Personal soft cup 15 cl minimum (bottles or flasks with lids are not accepted)
4. Minimum water supply: 1 liter
5. Survival blanket of 1.40m x 2m minimum
6. Whistle
7. Self-adhering elastic bandage for bandaging or strapping (minimum 100 cm x 6 cm) is recommended
8. Food reserve
 - Recommendation: 800kcal (2 gels + 2 power bars each of 65g)
9. Jacket with hood for bad weather in the mountains. The jacket must be made of a waterproof* and breathable** membrane (eg. Outdry) - **TO BE ANNOUNCED PRIOR TO THE RACE**
 - *minimum recommended 10 000 Schmerber
 - **RET recommended inferior to 13



- the jacket must, imperatively, have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer.
- the seams must be sealed.
- the jacket must not have sections of fabric that are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back)- since they do not damage in any obvious way the impermeability- are accepted.
- the runner must judge whether, according to the beforementioned criteria, the jacket complies with the regulations and therefore is suitable for bad weather in the mountains. However, during a check, the race director's opinion on the matter shall prevail.

10. Cap or bandana or Buff® is recommended
11. ID – passport/ID card

HOT WEATHER KIT

(may be required by the organization, depending on weather conditions)

1. Sunglasses
2. Saharan cap or any combination which completely covers the head and nape of the neck
3. Sunscreen
 - Recommendation: minimum sun protection factor (SPF) 50
4. Minimum water supply: 2 liters

COLD WEATHER KIT

(may be required by the organization, depending on weather conditions)

1. 3rd warm layer (the intermediary layer between the 2nd layer and the waterproof jacket)
2. Recommendation: fleece or compressible down jacket
3. Sturdy, closed-toe trail-running shoes (minimalist or ultralight shoes excluded)

All clothing items must fit the runner – in terms of size – and they must not be altered in any way after leaving the factory.

The mandatory gear must be carried in a running pack for the duration of the whole race. The running pack is tagged during the race-pack collection and must not be changed during the race.

Other recommended equipment (including but not limited to):

- Spare warm clothing, essential in case of cold and rainy weather or in case of injury
- Poles in the case of rain or snow for your safety on slippery ground
- Vaseline or anti-heat cream

- at least 200 kn (30 EUR) cash (just in case...).
- Reusable bowl
- GPS watch
- Knife or scissors for cutting elastic bandage
- Emergency sewing kit

If you choose to take hiking poles with you, you have to carry them for the duration of the whole race. It is forbidden to take the start without poles and get them during the course of the race.

If you have further questions about mandatory equipment, do not hesitate to consult our [FAQs](#).

8 EQUIPMENT - WHITE BY HEP COURSE



BASIC KIT

1. Running pack to carry mandatory gear throughout the race.
2. Mobile phone (smartphone strongly recommended): the runner must be reachable at any time before, during, and after the race:
 - mobile phone with international roaming (load into its memory the organization's security numbers, don't mask your number and don't forget to take the start of your race with the battery fully charged)
 - keep the phone on, airplane mode is forbidden and could give rise to penalties.
 - for smartphones: [LiveRun application](#) installed and activated.
3. Personal soft cup 15 cl minimum (bottles or flasks with lids are not accepted)
4. Minimum water supply: 1 liter
5. Survival blanket of 1.40m x 2m minimum
6. Whistle
7. Food reserve
 - Recommendation: 800kcal (2 gels + 2 power bars each of 65g)
8. Jacket with hood for bad weather in the mountains. The jacket must be made of a waterproof* and breathable** membrane (eg. Outdry) - **TO BE ANNOUNCED PRIOR TO THE RACE**
 - *minimum recommended 10 000 Schmerber
 - **RET recommended inferior to 13
 - the jacket must, imperatively, have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer.
 - the seams must be sealed.
 - the jacket must not have sections of fabric that are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back)-

since they do not damage in any obvious way the impermeability- are accepted.

- the runner must judge whether, according to the beforementioned criteria, the jacket complies with the regulations and therefore is suitable for bad weather in the mountains. However, during a check, the race director's opinion on the matter shall prevail.

9. Cap or bandana or Buff® is **recommended**
10. ID – passport/ID card

HOT WEATHER KIT

(may be required by the organization, depending on weather conditions)

1. Sunglasses
2. Saharan cap or any combination which completely covers the head and nape of the neck
3. Sunscreen
 - Recommendation: minimum sun protection factor (SPF) 50
4. Minimum water supply: 2 liters

COLD WEATHER KIT

(may be required by the organization, depending on weather conditions)

1. 3rd warm layer (the intermediary layer between the 2nd layer and the waterproof jacket)
2. Recommendation: fleece or compressible down jacket

All clothing items must fit the runner – in terms of size – and they must not be altered in any way after leaving the factory.

The mandatory gear must be carried in a running pack for the duration of the whole race. The running pack is tagged during the race-pack collection and must not be changed during the race.

Other recommended equipment (including but not limited to):

- Spare warm clothing, essential in case of cold and rainy weather or in case of injury
- Vaseline or anti-heat cream
- GPS watch

If you choose to take hiking poles with you, you have to carry them for the duration of the whole race. It is forbidden to take the start without poles and get them during the course of the race.

If you have further questions about mandatory equipment, do not hesitate to consult our [FAQs](#).

9 RACE-BIBS

Race-bibs are handed over to each runner upon presentation of:

- A valid ID with a photo
- Your race pack and all mandatory equipment checklist items

The race-bib must be worn on the chest or stomach and must remain permanently and completely visible during the whole race. It must always be placed on top of all clothing and must not be positioned on a leg or on the pack. The runner's name and partner's logos must not be altered or hidden. The bib is the pass to access the shuttles, buses, aid stations, medical points, restrooms, showers, bag drop-off, or pick-up areas... The bib is only withdrawn if the runner refuses to comply with the race director's decision. If the runner abandons the race, the bib is cut and deactivated.

10 DROP BAGS / SPARE BAGS

RED and BLUE course: at the race-pack collection, each participant receives a 30-liter bag. After filling them with the items of their choice and closing them, they can drop them at the bag drop-off location in Umag.

RED, BLUE, GREEN, YELLOW, and WHITE course: at the race-pack collection, each participant receives a small bag. After filling them with the items of their choice and closing them, they can drop them off at the start location.

How to get your bags in Umag: The bags are returned to either the runner or a family member or friend, only upon presentation of the race-bib. The bags must be retrieved no later than 2 hours after the end of the race (Sunday, April 10th 17:00).

The organization will take to Umag the bags of runners who drop out, on the condition that their withdrawal is registered. Because of logistical factors, the organization cannot guarantee that all bags are brought to Umag before the end of the race.

Only bags supplied by the organization will be transported. Poles are not allowed in these bags. As the items in the bags are neither checked nor controlled, we will accept no claims on that matter. We recommend not to put any valuable items in the bags. We advise you to keep toiletries and spare clothes in Umag.

11 AID STATIONS

Along the race route, there are some points where runners can get food and drinks supplies. Aid stations supply drinks and food for consumption in situ. The



organization supplies still water and energizing drinks for filling water bottles/hydration packs and personal soft cups are mandatory. The runner must make sure when leaving the aid station, that they have the necessary quantity of food and drinks to keep them going until the next aid station.

For further information concerning aid stations, visit the page “aid stations”

To enter the aid stations, runners must wear their race bib.

The race guide* and the relevant pages on our website provide an exhaustive list of aid stations and what kind of food/drinks runners may find there.

12 CHECKPOINTS

Runners are checked upon arrival at an aid station and at some security points.

Unexpected checkpoints are set up along the route. Their location is kept a secret.

13 WAYMARKING

Waymarkers are made of a reflective material that catches the light from your headlamp so that you can easily spot them even at night.

WARNING: if you can't see any way marker, turn back!

Because we respect the environment, we do not use any paint on the trails.

14 SECURITY AND MEDICAL ASSISTANCE

There are several medical stations along the route. These stations are directly linked to the race security HQ. There are medical staff at the race security HQ in Umag during the events.

Medical stations are intended to assist any person in danger with the organization's own or public means.

It is up to a runner in trouble or seriously hurt to call for the help:

- By going to a medical station
- By calling the race HQ
- By asking another runner to alert the security service
- By using the SOS app LiveRun
- Every runner must give assistance to any person in danger and alert the security services.

If you are unable to call the race HQ, and only if it is an absolute emergency, you may call directly one

of the national security services (especially if you are crossing an area where only emergency calls are possible): **112**

Do not forget that any kind of unexpected events – linked to the environment and the race – could make you wait for help longer than expected. Your safety, therefore, depends upon the quality of the items that you have put in your pack.

All medical, paramedical, first aid, and guide staff, as well as any person appointed by the race direction, are able to:

- exclude from the race any participant who is deemed to be unable to continue the event
- demand to any competitor to use any item of the mandatory equipment
- evacuate by any means the runners they deem to be in danger
- refer patients to the most appropriate care structure

A runner who contacts a doctor or search and rescue staff submits to their authority and agrees to accept their decisions.

If a runner's state of health justifies treatment via an intravenous drip, the runner shall compulsorily withdraw from the race.

There is a medical base in Umag available for runners with severe medical problems. Comfort care is based on the decision of the medical staff within the limits of availability.

Runners must stay on the marked path, even when they sleep.

If you need to sleep along the way, you are highly recommended to use the “sleep bib” supplied by the organization. This bib clarifies that you need to take a little nap without being disturbed.

All runners who voluntarily venture from the way-marked course are no longer under the responsibility of the organization.

15 TIME LIMITS AND CUT-OFF TIMES

The cut-off time for finishing each race is:

RED course: 46 hours

BLUE course: 34 hours

GREEN course: 17 hours

YELLOW course: 8 hours

WHITE course: 4 hours

You may find the time limit (cut-off times) for leaving the main aid stations further on in a technical part of this Race guide. In case of any changes (see Exceptional

Conditions), the new cut-off times will be announced via SMS/text message.

Cut-off times are calculated to allow participants to reach the finish within the time limit. In order to be authorized to continue a race, all participants must leave the checkpoint/aid station before the cut-off time (whatever their time of arrival at the checkpoint).

All participants excluded from the race who wish to continue the route can only do so after having returned their race-bib and under their own responsibility and in complete autonomy.

16 DROP OUT AND REPATRIATION

Except in case of injury, a runner wishing to withdraw from the race must do so only at a checkpoint. They must inform the person responsible for the point or report their withdrawal via the [LiveRun app](#) and inform the race HQ.

If a runner wishes to withdraw while on the route between two checkpoints, they must reach the nearest checkpoint where they must report their withdrawal.

Runners who withdraw must keep their race bib because it is the pass to access shuttles, buses, meals, treatment rooms...

Repatriation works as follow:

- Vans are available at some aid stations – marked by a pictogram «van» on time charts – to take runners who drop out back to (place).
- Runners who abandon at any other aid station or checkpoint but whose state of health does not require them to be evacuated must return as quickly as possible and by their own means to the nearest point of repatriation.
- As for aid stations or security points accessible by car or 4x4:
 - after the closing of the aid station/security points, the organization might repatriate any runners who have abandoned and haven't left the aid station yet.
 - in the event of bad weather conditions justifying the partial or total stop of the race, the organization will make sure that all runners are repatriated as soon as possible.

17 FINISH

When you finish your race, you will receive the finisher's medal.

Finishers will have access to a final aid station located in Umag with restricted access to runners.

18 SHOWERS

Runners may take a shower only at the end of the race. Runners need to show their race bib in order to enter the shower.

During the race, showers are available at the Buzet aid station.

19 REST

During the race, runners will have some rest areas in some aid stations, with camp beds and blankets.

Runners having finished their race and wishing to prolong their stay must have their own accommodation.

- RED course: At Buzet, each competitor can benefit from a rest area (with camp beds and blankets).
- BLUE course: At Buzet, each competitor can benefit from a rest area (with camp beds and blankets).

20 RANKING AND AWARDS

For each race, there is a general ranking – men and women – and a category ranking – men and women – (see below for further details for each category).

- RED and BLUE course: the first 5 men and the first 5 women in the general ranking
- GREEN, YELLOW and WHITE by HEP course: the first 3 men and the first 3 women in the general ranking

No awards for age categories.

Results for all participants on www.utmbworld.com.

Age categories

- 20-34
- 35-39
- 40-44
- 45-49
- 50-54
- 55-59
- 60-64
- 65-69
- 70-74
- 75-79
- 80-84
- 85+

22 PENALTIES - DISQUALIFICATION

If a runner breaks the rules, race directors and aid stations' / security points' team leaders can instantly apply (*) a penalty according to the following chart:



BREACH OF REGULATION	PENALTIES* - DIS-QUALIFICATION
Short-cutting the route	at the race director's discretion
Missing item(s) of the mandatory equipment checklist (no water supply of a volume of a minimum of 1 liter, no waterproof jacket with hood, no torch, no survival blanket, no smartphone)	disqualification
Absence of other mandatory equipment items (race leggings or long trousers, only one torch, cap or bandana, hat, warm and waterproof gloves, long-sleeved top, waterproof over-trousers, whistle, self-adhesive elasticated bandage, food reserve, soft cup)	1-hour penalty
Refusal to have obligatory equipment checked	disqualification
Smartphone turned off or in airplane mode	15-minute penalty
Discarding of rubbish (voluntary act) by a competitor or a member of their entourage	1-hour penalty
Lack of respect for others (organization or runners) Note: a participant whose supporters are uncivil and/or refuse to respect the organization's instructions will be penalized.	disqualification
Not assisting a person in difficulty (in need of care)	disqualification
Assistance outside the designated areas	1-hour penalty
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station.	15-minute penalty
Cheating (eg.: use of a means of transport, sharing a race-bib, ...)	immediate disqualification for life
Lack of visible race-bib	15-minute penalty
Wearing a non-conforming race-bib	15-minute penalty (during which time the runner places their race-bib in a manner that conforms to the rules)
Dangerous behavior (eg.: poles with unprotected points orientated towards runners or spectators)	15-minute penalty
No electronic chip	at the race director's discretion
No passage through a checkpoint	at the race director's discretion
Refusal to comply with an order from the race directors, race stewards, aid station's team leader, doctors or search and rescue staff.	disqualification

Refusal of anti-doping control	the runner will be sanctioned in the same manner as they would be for drug taking
Departure from a checkpoint after the time limit	disqualification
Pack not tagged	1-hour penalty
Use of poles not carried from the beginning of the race	1-hour penalty

(*) The time penalties are immediately applicable in situ, that's to say that the runner must interrupt their race for the duration of the penalty time. (*)

Any other breach of the rules will be subject to a penalty decided by the Race Directors.

23 COMPLAINTS

Any complaint must be sent by email, within 10 days after the end of the event.

24 EXCEPTIONAL CONDITIONS

If necessary, the organization reserves the right to modify at any time the routes, starting times, cut-off times, the position of aid stations and medical stations, and any other aspect related to the smooth running of the events.

In case of force majeure, bad weather conditions, or any other circumstance endangering the participants' safety, the organization reserves the right to:

- postpone the start of the race
- modify the cut-off times
- change the start date
- adapt the race's course
- cancel the event
- neutralize the event
- stop the race in progress

If a race is canceled or if the event needs to be organized differently (e.g. one or more races need to be canceled), for any reason beyond the control of UTMB International, more than 30 days before the start, runners will be partially refunded the entry fees. The amount of the refund will be decided to allow the organization to deal with the irremediable expenses incurred as of the date of the cancellation. Runners will be refunded as follows:

- Until 07.12.2021. 60%
- Until 07.02.2022. 50%
- Until 07.03.2022. 30%
- After 07.03.2022. No refund

If a race is canceled less than 30 days before the start or if a race in progress is interrupted, for any reason beyond the control of UTMB International, entry fees will not be refunded.

NOVI DACIA DUSTER

Dacia je službeni automobilski partner
UTMB World Series



Prosječna potrošnja u mješovitoj vožnji: 6,3–7 l / 100 km. Emisija CO₂ : 125–144 g / km. Slika automobila je simbolična.



THURSDAY 7TH

TIME

14:00 - 20:00   BIB distribution | spare bag drop off

FRIDAY 8TH

TIME

09:00 - 12:00   BIB distribution | spare bag drop off

14:00 - 20:00   BIB distribution | spare bag drop off

SATURDAY 9TH

TIME

08:00 - 09:30  BIB distribution

10:00 - 13:00  BIB distribution

14:00 - 24:00  bag pick up

SUNDAY 10TH

TIME

00:00 - 16:00  bag pick up

BAG DROP OFF
ENTRANCE

PHYSIO ZONE
ENTRANCE

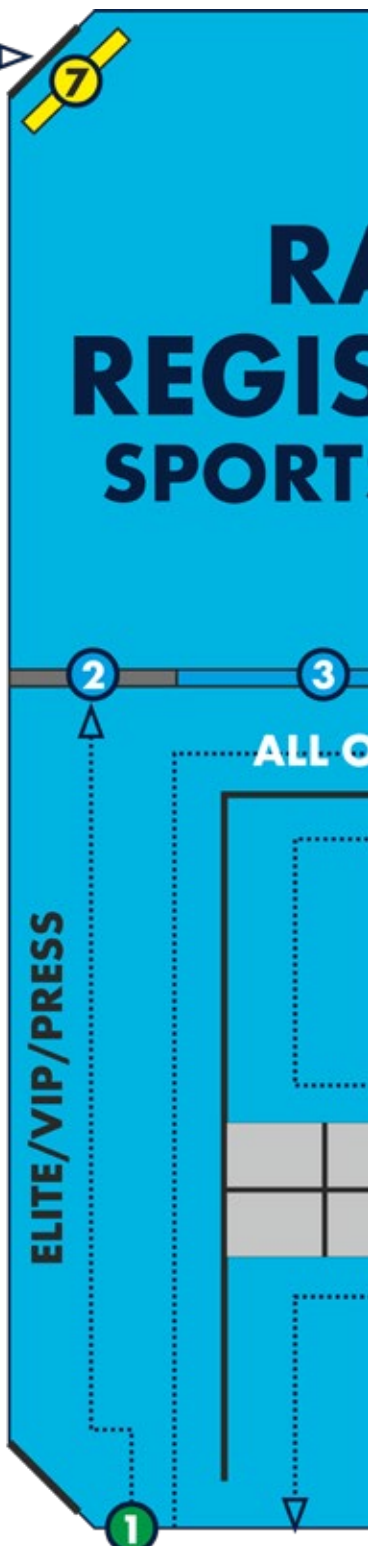
PHYSIO
ZONE

LOCKER ROOMS / SHOWERS

SPORTS HALL
LAYOUT

REGISTRATIONS/EXPO
ENTRANCE
COVID-19 CHECK

EXIT



REGISTRATIONS OFFICE

ELEMENTARY SCHOOL "MARIJA I LINA"

Address:

Školska ulica 14

HR-52470 Umag

RACE HQ REGISTRATIONS HALL UMAG

OTHER RUNNERS



CHILL
ZONE

ELITE
PRESENTATION

1 COVID-19 CHECK

PLEASE PREPARE:

- EU DIGITAL CERTIFICATE OR OTHER COVID-19 PROTOCOL COMPLIANT DOCUMENT

2 INFO/ELITE/VIP DESK

3 ID

PLEASE PREPARE:

- AN PHOTO ID |R|B|G|Y|W|

4 MANDATORY EQUIPMENT CHECK

PLEASE PREPARE MANDATORY EQUIPMENT:

- RUNNING PACK |R|B|G|Y|W|
- MOBILE PHONE |R|B|G|Y|W|
- PERSONAL SOFT CUP (MIN. 15 CL) |R|B|G|Y|W|
- WORKING HEADLAMP WITH SPARE BATTERIES |R|B|G|
- SELF-ADHERING ELASTIC BANDAGE |R|B|
- SURVIVAL BLANKET |R|B|G|Y|W|
- WHISTLE |R|B|G|Y|W|
- HOODED WATERPROOF JACKET |R|B|G|Y*|W*|
- LONG TROUSERS OR LEGGINGS |R|B|
- CAP OR BANDANA |R|B|
- ADDITIONAL WARM SECOND LAYER TOP WITH LONG SLEEVES |R|B|
- HAT |R|B|
- WARM AND WATERPROOF GLOVES |R|B|
- * to be announced according to the weather forecast

5 BIB

YOU WILL RECEIVE:

- YOUR PERSONAL BIB |R|B|G|Y|W|
- STICKER FOR THE SPARE BAG |R|B|
- STICKER FOR THE SMALL BAG |R|B|G|Y|W|
- BUS TRANSFER VOUCHER*
- POST-RACE HOT MEAL VOUCHER
- SLEEP BIB |R|B|
- *only if you have paid for it during registration

6 START PACK GIFT

YOU WILL RECEIVE:

- OFFICIAL TECHNICAL T-SHIRT |R|B|G|Y|W|
- OFFICIAL TRAIL SOCKS |R|B|G|Y|W|
- OFFICIAL BEER |R|B|G|Y|W|
- SPARE BAG |R|B|
- SMALL BAG |R|B|G|Y|W|

7 SPARE BAG DROP OFF |R|B|

YOU CAN LEAVE YOUR SPARE BAG IN THE FOLLOWING WORKING HOURS:

- THURSDAY, APRIL 7TH 14:00 - 20:00
- FRIDAY, APRIL 8TH 09:00 - 12:00 | 14:00 - 20:00

7 SPARE AND SMALL BAG PICK UP |R|B|G|Y|W*|

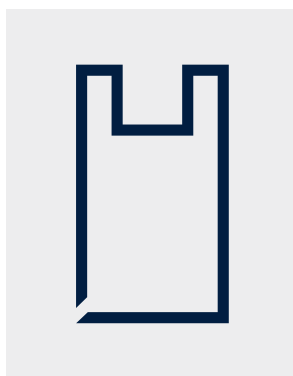
YOU CAN PICK YOUR BAGS IN THE FOLLOWING WORKING HOURS:

- SATURDAY, APRIL 9TH 14:00 - MIDNIGHT
- SUNDAY, APRIL 10TH MIDNIGHT - 16:00

*only upon presenting your personal BIB



BAGS AND STICKERS



SMALL BAG

| R | B | G | Y | W |



SPARE BAG

| R | B |

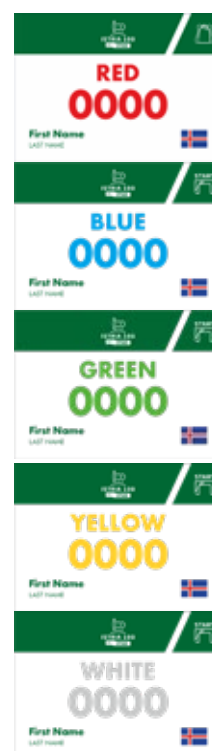
In your race pack, you will get two plastic bags. One big which will serve as your drop bag and it will be deposited in Buzet (half way down the course, only RED and BLUE) and another small one which you can use for depositing personal stuff/gear at the start.

Big one should be deposited in Umag after BIB distribution, we will transport it to Buzet, you can reclaim it there and it must be deposited in Buzet for repatriation to Umag. Smaller one is simpler, when you arrive at the start, you can pack in it any excess stuff/gear/clothes that you don't need in the race, it can be deposited at the start, we will repatriate it back to Umag where can be reclaimed after you finish the race. Of course, only upon showing your BIB.

We will transport only the bags that we provide, so don't try to bring any of yours because it will not be transported to Buzet. And please, don't put your walking poles in it because not only it is against the rules, but it could be easily broken. We will not be responsible for it.

On each bag you receive, you should put the corresponding sticker with your designated BIB, bigger one on the spare bag, smaller one on the small bag.

SMALL BAG
and the stickers



SPARE BAG
and the stickers





TRANSFER TO THE START

You will have transfer to the start **ONLY** if you have reserve it during your registration.

On your BIB you will find number of your bus in which you have a secured place (see BIB below).
Details for departure will be written on your BIB envelope.

Please, respect your bus number and be on time for the departure.

Gathering is in front of the sports hall.

Don't forget your BIB! Without BIB you will not be able to enter the bus and start the race ;)

*If you don't have bus number on your BIB, that means that you don't need a bus transfer.

TRANSFER SCHEDULE AND ITINERARY

COURSE	LOCATION	ITINERARY	DAY, DATE	TIME OF DEPARTURE	TIME OF ARRIVAL
RED	Umag	Umag - Labin	Friday, April 8 th	14:30	16:00
BLUE	Umag	Umag - Lovran	Friday, April 8 th	18:00	19:30
GREEN	Umag	Umag - Buzet	Saturday, April 9 th	10:00	11:00
YELLOW	Umag	Umag - Motovun	Saturday, April 9 th	07:00	07:45
WHITE BY HEP	Umag	Umag - Grožnjan	Sunday, April 10 th	08:30	09:00

BIB
and the
bus transfer number
info





10

0000



0000

FIRST NAME
LAST NAME

First Name

LAST NAME



TEL +385 98 XXX XXX EMERGENCY 112

BIB GUIDE



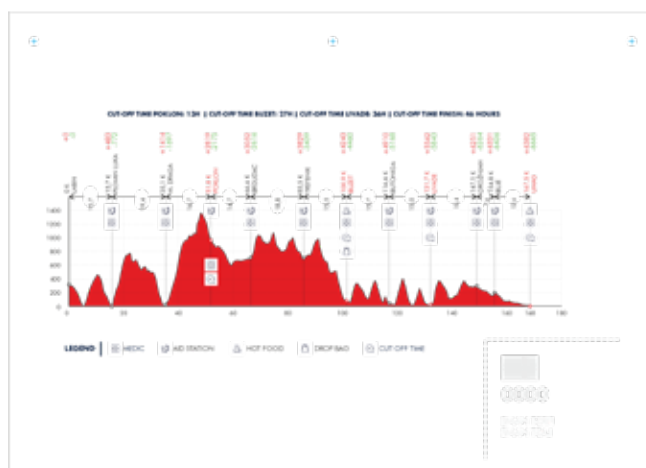
BIB

proper way to wear a BIB during the race



RED COURSE BIB

front side



RED COURSE BIB

back side



BLUE COURSE BIB

front and back side



GREEN COURSE BIB

front and back side



YELLOW COURSE BIB

front and back side



WHITE COURSE BIB

front and back side



COURSE SIGNAGE



FLAGS ON THE COURSE
outside urban areas

COURSE MARKINGS

There are more than 7.000 fluo orange flags on the course (every 40 meters) along with around 150 arrow signs and a few kilometers of red-and-white stripe tape.

In the urban areas, pay attention to the green markings sprayed on the road (every 50 m), which points in the right direction.



PLASTIC GUIDEPOST



MARKINGS ON THE ROAD
urban areas

AID STATION SIGNAGE

At every aid station you will find a large sign like this one on the right.

It shows all the information needed to survive up to the next aid station:

- the name of the aid station
- the name of the next aid station
- the distance to the next aid station
- cumulative ascent to the next aid station
- the distance to the finish
- cumulative ascent to the finish
- course profile



AID STATION SIGNAGE



VIP AND ELITES

TWO SPECIFIC GROUPS OF RUNNERS. ONE OF THEM IS ELITE RUNNERS GROUP AND THE OTHER ONE IS VIP GROUP. BOTH OF THEM WILL HAVE AN ACCELERATED REGISTRATION PROCEDURE

ELITE

RUNNERS

Who are ELITE runners?

	REGION	100M 	100K 	50K 
	REGION 1	+720 UTMB INDEX	+770 UTMB INDEX	+720 UTMB INDEX
	REGION 2	+580 UTMB INDEX	+660 UTMB INDEX	+580 UTMB INDEX
	REGION	100M 	100K 	50K 
	REGION 1	+560 UTMB INDEX	+610 UTMB INDEX	+650 UTMB INDEX
	REGION 2	+450 UTMB INDEX	+520 UTMB INDEX	+560 UTMB INDEX

REGION 1 | **USA, EUR, CHN, JPN, OCE**

REGION 2 | **REST OF THE WORLD**

VIP

RUNNERS

Who are the VIP runners?

Well, first of all, winners of the each course since 2013 and a group of runners who's been faithful to the race from the very beginning, meaning that they had been present on every race edition so far. We are overwhelmed by their loyalty, so this would be a little push up for them. Croatian national champions are considered VIPs as well.

WINNERS SO FAR

Mauricio Križmanić CRO
Ivan Blečić CRO
Nataša Aljančič SLO
Tadeja Krušec CRO
Vedran Dakić CRO
Špela Strasser SLO
Zdenek Kriz CZE
Mateja Blažević CRO
Jay Aldous USA
Marta Poretti ITA
Toni Vencelj SLO
Ajda Radinja SLO
Darija Bostjančič CRO
Marjan Zupančič SLO
Francesca Canepa ITA
Igor Yovanovitch Gil ESP
Stephanie Manivovz FRA

Sebastian Fuchs GER
Petr Zakovsky CZE
Jelena Brezak CRO
Thomas Wagner AUT
Sebastijan Zarnik SLO
Barbara Trunkelj SLO
Johannes Klein GER
Graziana Pe' ITA
Elizaveta Ershova USA
Dylan Bowman USA
Matic Čačulović SLO
Ivan Hrastovec SLO
Anastasia Chelysheva RUS
Roberto Mastrotto ITA
Kamila Glodowska POL
Paul Giblin SCO
Helio Fumo POR
Marcela Mikulecka CZE
Aleš Sedlak CZE

Ingrid Nikolesić CRO
Kazufumi Ose JPN
Katja Kegl Vencelj SLO
Tomáš Štverák CZE
Eva Urbanc SLO
Mariangela Curini ITA
Roberto Alberio ITA
Mirjana Šimek Bilić CRO
Donatello Rota ITA
Michela Biacca ITA
Matija Lisec CRO
Slavka Mlynceková SVK

RACE INVENTORY :)

Bernard Ivanov CRO
Stjepan Jandrečić CRO
Peter Macuh SLO
Ivan Mučnjak CRO
Ivan Perić CRO
Marija Trontelj SLO
Igor Verbnjak CRO
Mladen Živčić CRO
Jelena Rosandić CRO

CROATIAN NATIONAL CHAMPIONS

Filip Turk CRO
Maja Urban CRO

ELITES



COUNTRY	BIB	SURNAME AND NAME	UTMB PI	COURSE
ROU	1	Hajnal Robert	870	
NEP	4	Sherpa Sangé	837	
ITA	7	Mastrotto Roberto	816	
FRA	9	Boucheix Alexandre	801	
AUT	5	Grasel Florian	789	
ITA	12	Zambon Alessio	782	
CZE	13	Šverak Tomáš	773	
CZE	14	Sedlak Aleš	765	
CRO	18	Kruljac Pavle	748	
AUT	21	Muhm David	739	
CRO	22	Ostojić Nenad	739	
ITA	23	Bonfante Marco	738	
CZE	24	Đopan Lukáš	737	
PER	84	Martinez Daniel	580	
NED	500	Van Der Zon Peter	822	
ITA	502	Rota Donatello	813	
SLO	504	Čačulović Matic	797	
AUT	505	Kaufmann Gerhard	796	
CAN	506	Reynolds Galen	777	
SUI	507	Fausser Fabrice	768	
AUT	508	Wagner Thomas	748	
POL	509	Choroś Piotr	745	
SVK	511	Borčin Tomáš	739	
AUT	512	Geisler Michael	731	
ITA	515	Malusa Mattia	721	
SLO	516	Mamic Andi	721	
IND	527	Meena Lokesh Kumar	643	
SRI	539	Sriskaran Viros	606	
ITA	1000	Cheraz Davide	884	
POR	1007	Fumo Helio	845	
NED	1002	Van Noorden Huub	807	
CZE	1004	Petr Jiří	802	
TUR	1005	Soytürk Mehmet	801	
SVK	1006	Halász Martin	800	
ITA	1500	Ghiano Gianluca	874	
SUI	1501	Vermeulen Kevin	874	
ITA	1502	Meridio Michele	825	
PER	1504	Olivera Luis Andres	767	
FRA	2140	Humbert Demian	880	

COUNTRY	BIB	SURNAME AND NAME	UTMB PI	COURSE
SUI	3	Buehler Luzia	731	
ESP	2	Debats Ragna	788	
FRA	6	Bannwarth Claire	693	
RSA	8	Brand Naomi	686	
ITA	10	Olivi Alessandra	659	
AUT	11	Striednig Ulrike	658	
AUT	15	Schnabl Sophia	631	
TUR	16	Solak Aysen	627	
SWE	17	Karlsson Amelie	619	
CRO	19	Nikolesić Ingrid	611	
SLO	20	Urbanc Eva	611	
SLO	26	Jolič Barbara	598	
CRO	27	Vrdoljak Paula	588	
SUI	30	Daxelhoffer Brigitte	571	
SLO	32	Trontelj Marija	566	
AUT	501	Oswald Cornelia	683	
HUN	503	Wermescher Ildiko	668	
CRO	510	Ostojić Lana	613	
AUT	513	Keil Wonny	600	
GBR	514	Moore Eve	593	
ITA	1001	Guidolin Nicol	693	
LAT	1003	Švilpe Anete	673	
TUR	1503	Yalaç Aysel	658	

VIP

COUNTRY	BIB	SURNAME AND NAME	UTMB PI	COURSE
CRO	72	Perić Ivan	597	
CRO	136	Verbnjak Igor	510	
SLO	137	Macuh Peter	510	
CRO	163	Mučnjak Ivan	488	
CRO	198	Jandrečić Stjepan	443	
CRO	1122	Rosandić Jelena	402	
CRO	1064	Krušec Tadeja	475	
SLO	1228	Živčić Mladen	402	
CRO	1505	Lisec Matija	726	

Prijatelj SPORTA

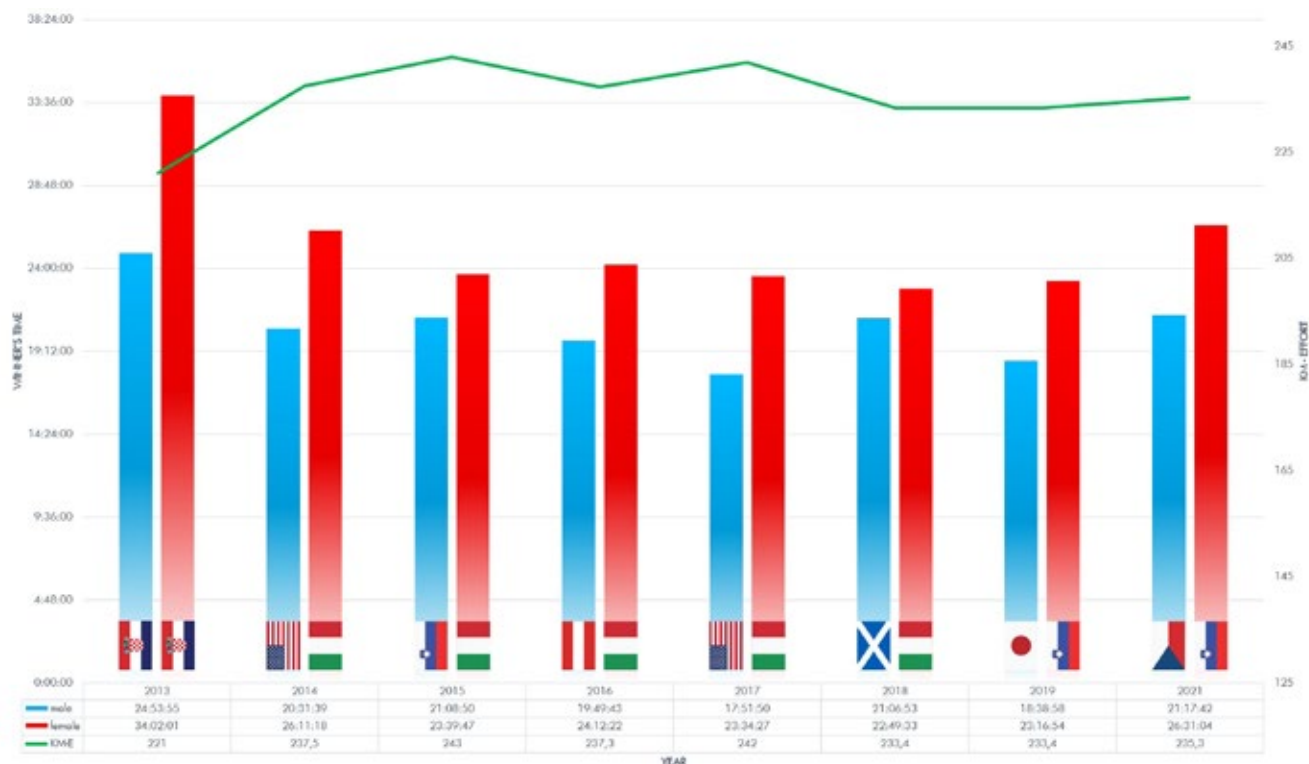
Ponosni smo što svakodnevno doprinosimo
promicanju i razvoju sporta.





HALL OF FAME

RED COURSE WINNERS HISTORY



WINNERS

2013 F TADEJA KRUŠEC (CRO) 34:02:01
2013 M MAURICIO KRIŽMANIĆ (CRO) 24:53:55

2014 F MARTA PORETTI (ITA) 26:11:18
2014 M JAY ALDOUS (USA) 20:31:39

2015 F FRANCESCA CANEPA (ITA) 23:39:47
2015 M MARJAN ZUPANČIĆ (SLO) 21:08:50

2016 F FRANCESCA CANEPA (ITA) 24:12:22
2016 M THOMAS WAGNER (AUT) 19:49:43

2017 F FRANCESCA CANEPA (ITA) 23:34:27
2017 M DYLAN BOWMAN (USA) 17:51:50*

2018 F FRANCESCA CANEPA (ITA) 22:49:33*
2018 M PAUL GIBLIN (SCO) 21:06:53

2019 F KATJA KEGL VENCELJ (SLO) 23:16:54
2019 M KAZUFUMI OSE (JPN) 18:38:58

2021 F EVA URBANEC (SLO) 26:31:04
2021 M TOMÁŠ ŠTVERÁK (CZE) 21:17:42

* COURSE RECORDS

TOP RESULTS WOMEN

1. FRANCESCA CANEPA (ITA) 22:49:33
2. KATJA KEGL VENCELJ (SLO) 23:16:54
3. KATJA KEGL VENCELJ (SLO) 23:25:44
4. FRANCESCA CANEPA (ITA) 23:34:27
5. FRANCESCA CANEPA (ITA) 23:39:47
6. FRANCESCA CANEPA (ITA) 24:12:22
7. FEDERICA BIOFAVA (ITA) 24:25:38
8. DARIJA BODNAR (UKR) 24:46:37
9. ALENKA PAVC (SLO) 24:52:58
10. JULIA BOETTGER (GER) 24:54:52

TOP RESULTS MEN

1. DYLAN BOWMAN (USA) 17:51:50
2. KAZUFUMI OSE (JPN) 18:38:58
3. OLIVIERO BOSATELLI (ITA) 18:54:31
4. GREGOIRE CURMER (FRA) 18:55:50
5. PAUL GIBLIN (SCO) 19:21:56
6. LUCA MANFREDI NEGRI (ITA) 19:30:37
7. THOMAS WAGNER (AUT) 19:49:43
8. PETER KIENZL (ITA) 19:52:44
9. GERHARD SCHIEMER (AUT) 20:10:19
10. TONI VENCELJ (SLO) 20:19:55



HALL OF FAME

BLUE COURSE WINNERS HISTORY



WINNERS

2013 F NATAŠA ALJANČIĆ (SLO) 18:52:34
2013 M IVAN BLEČIĆ (CRO) 14:53:19

2014 F MATEJA BLAŽEVIĆ (CRO) 15:49:58
2014 M ZDENEK KRIZ (CZE) 12:10:27

2015 F DARIJA BOSTJANČIĆ (CRO) 16:36:22
2015 M ZDENEK KRIZ (CZE) 12:12:25

2016 F JELENA BREZAK (CRO) 15:59:11
2016 M PETR ZAKOVSKY (CZE) 11:57:33

2017 F ELIZAVETA ERSHOVA (USA) 14:24:32*
2017 M MARJAN ZUPANČIĆ (SLO) 11:38:36

2018 F KAMILA GŁODOWSKA (POL) 15:38:07
2018 M ROBERTO MASTROTTO (ITA) 11:31:55*

2019 F INGRID NIKOLESIĆ (CRO) 14:32:43
2019 M ALEŠ SEDLAK (CZE) 11:53:48

2021 F MARIANGELA CURINI (ITA) 20:22:50**
2021 M ALEŠ SEDLAK (CZE) 15:32:34**

* COURSE RECORDS 110K COURSE
** COURSE RECORDS 128 K COURSE

TOP RESULTS WOMEN*

1. ELIZAVETA ERSHOVA (USA) 14:24:32
2. DARIJA BOSTJANČIĆ (CRO) 14:30:15
3. INGRID NIKOLESIĆ (CRO) 14:32:43
4. MIRJANA KOLAC (CRO) 14:36:12
5. AYSAN SOLAK (TUR) 14:50:06
6. SARA TREVISAN (ITA) 14:55:26
7. INES JOŽIĆ (CRO) 15:07:51
8. MARIYA NIKOLOVA (BUL) 15:15:00
9. ALESSANDRA OLIVI (ITA) 15:31:48
10. KAMILA GŁODOWSKA (POL) 15:38:07

TOP RESULTS MEN*

1. ROBERTO MASTROTTO (ITA) 11:31:55
2. MARJAN ZUPANČIĆ (SLO) 11:38:36
3. MARTIN HALASZ (SVK) 11:42:57
4. CARLO SALVETTI (ITA) 11:51:29
5. ALEŠ SEDLAK (CZE) 11:53:48
6. CLEMENT BARRET (FRA) 11:55:28
7. PETR ZAKOVSKY (CZE) 11:57:33
8. ALISTER BIGNELL (SUI) 12:00:00
9. ZDENEK KRIZ (CZE) 12:12:25
10. PIOTR CHOROS (POL) 12:12:38

* 110 KM COURSE

HALL OF FAME

GREEN COURSE WINNERS HISTORY



WINNERS

2014 F ŠPELA STRASSER (SLO) 6:58:20
2014 M VEDRAN DAKIĆ (CRO) 6:03:45

2015 F AJDA RADINJA (SLO) 6:39:15
2015 M TONI VENCELJ (SLO) 5:43:00

2016 F AJDA RADINJA (SLO) 6:35:47*
2016 M SEBASTIAN FUCHS (GER) 6:31:06

2017 F GRAZIANA PE' (ITA) 7:23:00
2017 M JOHANNES KLEIN (GER) 5:39:28

2018 F ANASTASIA CHELYSHEVA (RUS) 7:22:10
2018 M IVAN HRASTOVEC (SLO) 5:37:32*

2019 F MARCELA MIKULECKA (CZE) 7:47:47
2019 M MATIC ČAČULOVIĆ (SLO) 5:43:35

2021 F MIRJANA ŠIMEK BILIĆ (CRO) 7:46:30
2021 M ROBERTO ALBERIO (ITA) 6:56:37

* COURSE RECORDS

TOP RESULTS WOMEN

1. AJDA RADINJA (SLO) 6:35:47
2. AJDA RADINJA (SLO) 6:39:15
3. ŠPELA STRASSER (SLO) 6:58:20
4. INGRID NIKOLESIĆ (CRO) 7:15:34
5. ANITA VAJDA (HUN) 7:21:19
6. ANASTASIA CHELYSHEVA (RUS) 7:22:10
7. GRAZIANA PE' (ITA) 7:23:00
8. VIKTORIJA MODRIJAN (SLO) 7:27:15
9. SABRINA RATH (AUT) 7:30:21
10. NANCY ABURTO (ITA) 7:30:48

TOP RESULTS MEN

1. IVAN HRASTOVEC (SLO) 5:37:32
2. JOHANNES KLEIN (GER) 5:39:28
3. TONI VENCELJ (SLO) 5:43:00
4. MATIC ČAČULOVIĆ (SLO) 5:43:35
5. YURY SHTANKOV (RUS) 5:44:36
6. DONATELLO ROTA (ITA) 5:47:29
7. DAMIR MESEC (CRO) 5:56:32
8. TOMICA KOLENKO (CRO) 5:57:43
9. JULIEN CHORIER (FRA) 6:01:51
10. VEDRAN DAKIĆ (CRO) 6:03:45



HALL OF FAME

YELLOW COURSE WINNERS HISTORY



WINNERS

2016 F STEPHANIE MANIVOZ (FRA) 3:59:49
2016 M IGOR YOVANOVITCH GIL (ESP) 3:42:35

2017 F BARBARA TRUNKELJ (SLO) 3:42:16
2017 M SEBASTIJAN ZARNIK (SLO) 3:14:43

2018 F BARBARA TRUNKELJ (SLO) 3:39:26
2018 M MATIC ČAČULOVIČ (SLO) 3:19:35

2019 F BARBARA TRUNKELJ (SLO) 3:26:19*
2019 M HELIO FUMO (POR) 2:55:19*

2021 F MICHELA BIACCA (ITA) 4:10:44
2021 M DONATELLO ROTA (ITA) 3:17:48

*COURSE RECORDS

TOP RESULTS WOMEN *

1. BARBARA TRUNKELJ (SLO)	3:26:19
2. BARBARA TRUNKELJ (SLO)	3:39:26
3. BARBARA TRUNKELJ (SLO)	3:42:16
4. STEPHANIE MANIVOZ (FRA)	3:43:52
5. ZORANA TEŽAK (CRO)	3:53:58
6. ANTONIA MIELERT (GER)	3:58:24
7. STEPHANIE MANIVOZ (FRA)	3:59:49
8. PETRA KULIĆ (CRO)	4:02:53
9. MAJA URBAN (CRO)	4:05:04
10. HRISTINA KOZAREVA-LEIKEB (BUL)	4:05:49

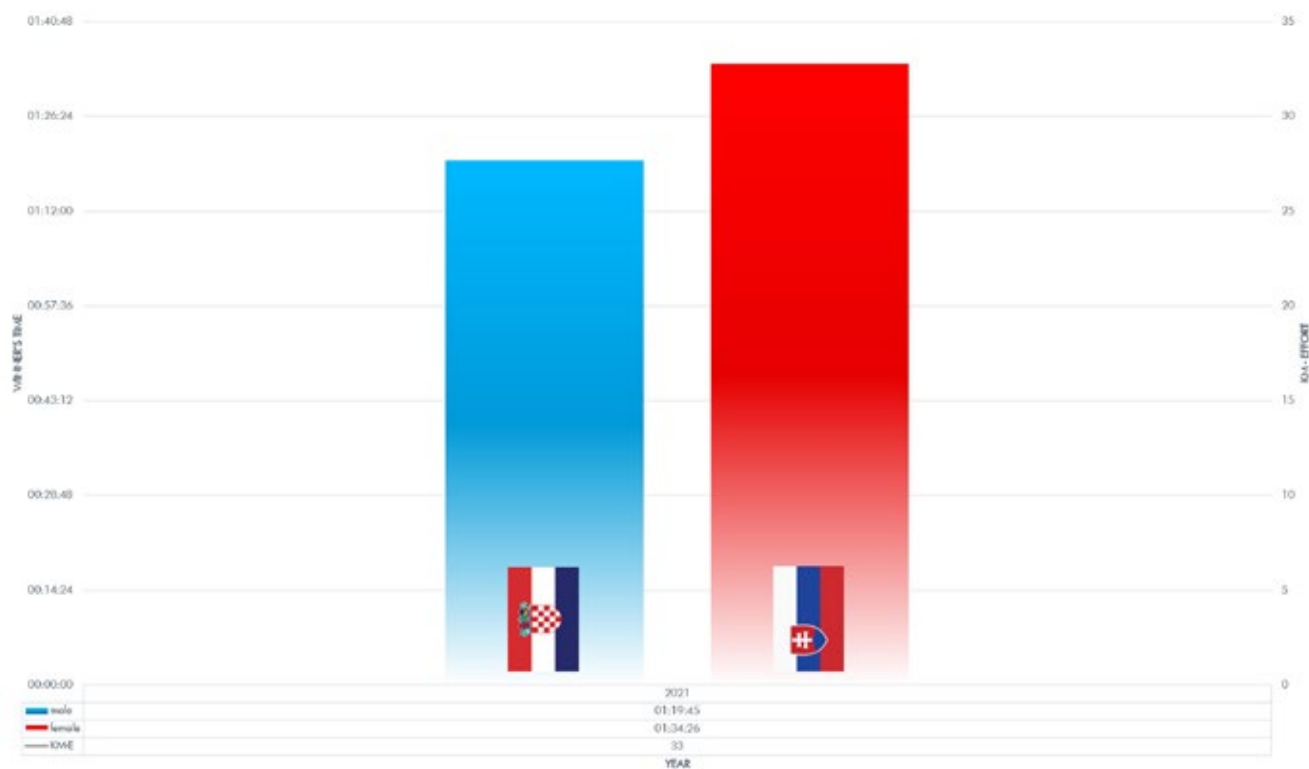
TOP RESULTS MEN *

1. HELIO FUMO (POR)	2:55:19
2. MARJAN ZUPANČIĆ (SLO)	3:11:57
3. ANDREI IVANESCU GLIGA (ROU)	3:12:21
4. SEBASTIJAN ZARNIK (SLO)	3:14:43
5. MARTIN JOR (CZE)	3:16:51
6. DONATELLO ROTA (ITA)	3:17:48
7. MARKUS GLANTSCHNIG (AUT)	3:18:11
8. MATIC ČAČULOVIČ (SLO)	3:19:35
9. ANDRIY TKACH (UKR)	3:20:58
10. DINO DORČIĆ (CRO)	3:26:13

* 110 KM COURSE

HALL OF FAME

WHITE BY HEP COURSE WINNERS HISTORY



WINNERS

2021 F SLAVKA MLYNČEKOVÁ (SVK) 1:34:26 *
2021 M MATIJA LIŠEĆ (CRO) 1:19:45 *

*** COURSE RECORDS**

TOP RESULTS WOMEN

1. SLAVKA MLYNČEKOVÁ (SVK)	1:34:26
2. JOZEFINA BULIĆ (CRO)	1:44:19
3. SOFIE MANGERTSEDER (GER)	1:47:38
4. IVANA STVORIĆ (CRO)	1:56:13
5. JANA BENVEGNI-LEBAN (CRO)	1:58:16
6. PAULA DELIĆ (CRO)	2:01:53
7. LUCIJA LISICA (CRO)	2:03:03
8. NATAŠA DRAŠLER (SLO)	2:03:05
9. MARGERITA ROVIS (CRO)	2:07:48
10. EVA LAKATOS (HUN)	2:08:15

TOP RESULTS MEN

1. MATIJA LIŠEĆ (CRO)	1:19:45
2. SLAVOMIR DOBAK (SVK)	1:25:10
3. ŽELJKO KONOSIĆ (CRO)	1:34:51
4. NIKO MISJA (SLO)	1:36:34
5. MATIJA BRLEK (CRO)	1:44:00
6. SAŠA BUKARIĆ (CRO)	1:44:24
7. STEFANO DIMINI (ITA)	1:46:42
8. BENJAMIN KOREN (CRO)	1:48:31
9. ALAN ALAGIĆ (CRO)	1:48:38
10. DENI KRNIJUS (CRO)	1:48:38



SAFETY

As organisers, our role is to guarantee the security of the competitors and in particular the security on the ground, thanks to our volunteers; doctors, nurses and first-aiders.

Even in the summer, sudden changes in the weather conditions can occur. At the start of April, the temperature in the mountainous areas can drop to 0°C during the night, rain or hail can fall abundantly, and one can get lost in fog despite comparatively comprehensive way-markers. And it can also reach more than 25°C!

Each runner is responsible for his own security. Even the best runners are not immune to injury which might immobilise them during the night, in the cold and rain high in the mountains.

To minimise the risks it is necessary to:

Understand that Istria 100 by UTMB® is neither a marathon nor an ordinary trail. Run below your possibilities to keep some "juice" to tackle a difficult situation such as a sudden change of the weather conditions.

In the mountains, one of the first rules is to systematically avoid stopping at a high point, very exposed to the wind and other bad weather conditions.

In case of weakness, do not hesitate to rest at the next refreshment point, but never at the top of a pass or at a high point. A few moments of recovery, quick burning sugars mixed with some slow-burning sugars will allow continuing in a better shape.

Avoid any heat loss, anticipate the changes in temperature (it's while going down that one cools down), do not wait to shiver before covering up, do not change into dry clothes in full wind, plan ahead or wait to be in a sheltered position.

If over several hundred metres you do not see any way markers, turn round and retrace your steps to find the last one.

Stay on the paths.

Do not stop to rest, in the case of extreme fatigue, in the cold and wind, go to the nearest security post, if necessary by going back the way you came.

Alert other competitors in case of injury or of incapacity to continue. Call the race direction **+385 99 529 89 90** or even the emergency number, **112** for Croatia.

Walking poles: be careful with your poles, especially in the first part of the race when the human density is particularly strong. Do not use the wriststraps on the descents: if you fall, the wrist straps prevent you from getting back using your hands (also causes injuries to the shoulders, wrists, forearms ... or graver still the skull).

Remember : Assisting an injured runner (or volunteer), or one whom is in difficulty is an absolute must!

A mobile telephone is obligatory for each runner with the international roaming action activated throughout the race and with the battery in working order (think of deactivating your options to save you batteries, eg: Bluetooth). For those who are afraid of being disturbed by the ring of their phone, put it into silent mode keeping the "text alert" active. If the race should be stopped, keep your telephone switched on to receive further race information. The organisation must be able to contact you under any circumstance, which includes before and after the race, due to bad weather or any other unforeseen occurrence.

Verify that the number that you have put on your registration document is the

number of the phone that you will be carrying during the race.

IN CASE OF BAD WEATHER CONDITIONS, AND FOR SECURITY REASONS, THE ORGANISATION RESERVES THE RIGHT TO STOP THE RACE OR MODIFY THE CUT-OFF TIMES!

IMPORTANT NUMBERS

RACE HQ
00385 (0)99 529 89 90

RESCUE SERVICE
112



PHOTO.

Snowy conditions at Učka mountain during 2019 snow storm



THE IMPORTANCE OF THE EQUIPMENT

Do not forget that various hazards connected to both the environment and the race, might keep you waiting longer than expected for assistance.

Your safety will therefore depend upon the quality of what you put in your pack. The mandatory equipment is therefore an absolute must!

MANDATORY EQUIPMENT

RUNNING PACK

| R | B | G | Y | W |

*find me in Sport box shop at the Expo



Running pack to carry mandatory gear throughout the race.

MOBILE PHONE

| R | B | G | Y | W |



Save in the contacts the security numbers of the organization, keep it switched on, do not hide one's number and do not forget to set off with recharged batteries.

LIVE TRAIL APP

| R | B | G | Y | W |



PERSONAL SOFT CUP

| R | B | G | Y | W |

*find me in Sport box shop at the Expo



Minimum 15cl
Water-bottles or flasks with lids are not acceptable.

STOCK OF WATER

| R | B | G | Y | W |

*find me in Sport box shop at the Expo



MINIMUM WATER SUPPLY: 1 LITER

HEAD TORCH

| R | B | G |

*find me in Sport box shop at the Expo



In good working condition with replacement batteries

SURVIVAL BLANKET

| R | B | G | Y | W |

*find me in Sport box shop at the Expo



Minimum dimensions 1,40 m x 2,0 m

WHISTLE

| R | B | G | Y | W |





THE IMPORTANCE OF THE EQUIPMENT

ADHESIVE ELASTIC BAND

| R | B | G** | Y** |

** recommended for Green and Yellow course



Enables making a bandage or a strapping (minimum 100cm x 6 cm)

FOOD RESERVE

| R | B | G | Y | W |

*find me in Sport box shop at the Expo



HOODED JACKET

| R | B | G | Y** | W** |

*find me in Sport box shop at the Expo

** to be announced for Yellow and White course



Capable of withstanding the bad mountain weather and made with a waterproof (recommended: 10 000 Schmerber) and breathable (RET recommended less than 13) membrane

LONG RUNNING TROUSERS

| R | B | G** |

*find me in Sport box shop at the Expo

** recommended for Green course



Or leggings or a combination of leggings and long socks which cover the legs completely

CAP OR BANDANA

| R | B | G** | Y** | W** |

*find me in Sport box shop at the Expo

** recommended for Green, Yellow and White course



ADDITIONAL WARM MIDLAYER TOP

| R | B |

*find me in Sport box shop at the Expo



THE IMPORTANCE OF THE EQUIPMENT

WARM HAT

| R | B |

*find me in Sport box shop at the Expo



WATERPROOF OVER-TROUSERS

| R | B |

*find me in Sport box shop at the Expo



WARM AND WATERPROOF GLOVES

| R | B |

*find me in Sport box shop at the Expo



ID CARD

| R | B | G | Y | W |



HOT WEATHER KIT

May be required by the organization, depending on the weather conditions

SUNGLASSES***

| R | B |

*find me in Sport box shop at the Expo



it is possible to use the same glasses if they are suitable both for the sun and bad weather (such as glasses with photo-chromatic lenses)

SAHARAN CAP

| R | B |

*find me in Sport box shop at the Expo



SUNSCREEN

| R | B | G | Y | W |



MINIMUM WATER SUPPLY: 2 LITERS

COLD WEATHER KIT

May be required by the organization, depending on the weather conditions

- Protective eyewear ***
- 3rd warm layer (the intermediary layer between the 2nd layer and the waterproof jacket). Recommendation: fleece or compressible down jacket
- Sturdy, closed-toe trail-running shoes (minimalist or ultralight shoes excluded)

*** it is possible to use the same glasses if they are suitable both for the sun and bad weather (such as glasses with photo-chromatic lenses)

All clothing items must fit the runner – in terms of size – and they must not be altered in any way after leaving the factory.

The mandatory gear must be carried in a running pack for the duration of the whole race. The running pack is tagged during the race-pack collection and must not be changed during the race.



COURSE CONDITIONS

CLIMATE

The basic characteristic of the climate of the Istrian peninsula is given by the Mediterranean climate. Along the coast, it gradually changes towards the continent and it passes into continental, due to cold air circulating from the mountains and due to the vicinity of the Alps.

The main characteristics of the Mediterranean climate are dry and warm summers, with the average number of approximately 2.400 sunny hours a year. Winters are mild and pleasant, while it snows very rarely.

The annual average of air temperatures along the northern part of the coast is about 14°C, while it is 16°C in the southern area and the islands. January is the coldest month with the average temperature mainly of about 6°C, and July and August are the warmest, with the average temperature of about 24°C.

The period when the daytime middle of the air temperature is higher than 10°C approximately lasts for 260 days a year, while hot weather, with a daily maximum above 30°C, lasts for maximally twenty days.

TERRAIN

Mild and wavy relief shapes rise up towards the central part of the peninsula, to reach their highest point in the north-east, on the mountain massif of Čičarija and Učka - peak Vojak with 1.396 metres (situated in the Primorsko-Goranska Region).

According to the geological and geomorphic structure, the Istrian peninsula can be divided in three completely different areas.

The hilly northern and north-eastern part of the peninsula, due to its scarce vegetation and nude Karst surfaces is also known as White Istria.

South-west from White Istria stretches the area that is considerably richer morphologically. These are the lower flisch mountainous tracts consisting of impermeable marl, clay, and sandstone, which is why this part is called Grey Istria.

Limestone terrace along the coastline, covered with red earth is called Red Istria.

METEO

MEAN VALUES FOR APRIL

AIR TEMPERATURE	
Mean	12,8° C
Abs. maximum	28.9° C
Abs. minimum	-0,2° C
SUNSHINE	
Duration (hours)	180,3
PRECIPITATION	
Total (mm)	108,8
Max. snow cover (cm)	0
DAYS WITH	
clear sky	4
Fog	0
Rain	12
Frost	0
Snow	0
Min. Temp < 0° C	0
Max. Temp > 25° C	1

SUN		
	Sunrise	Sunset
April 8th	6:30	19:38
April 9th	6:28	19:40
April 10th	6:26	19:41

MOON PHASE		
first quarter - illumination: 44,6-64,2%		
	Moonrise	Moonset
April 8th	10:30	02:18
April 9th	11:25	03:08
April 10th	12:27	03:49



START PACK GIFTS

We want your great istrian memories to last. Each participant will be given a quality souvenir to wear it proudly :)



OFFICIAL ISTRIA 100 BY UTMB® T-SHIRT

In the start pack for each course



OFFICIAL ISTRIA 100 BY UTMB® BEER

In the start pack for each course



OFFICIAL ISTRIA 100 BY UTMB® TRAIL SOCKS

In the start pack for each course

Energija koja pokreće Hrvatsku



Više od struje



100M / M

RED

KM
|←→| 168 KM

△ +6.515 M

KM-E ↗ 233





TIME TABLE

THURSDAY 7TH

TIME	LOCATION		
14:00 - 20:00	Umag		RED BIB distribution

FRIDAY 8TH

TIME	LOCATION		
9:00 - 12:00	Umag		RED BIB distribution
14:30	Umag		RED bus departure to the start
16:00	Labin		RED bus arrival to the start
17:00	Labin		RED START!

SUNDAY 10TH

TIME	LOCATION		
13:00	Umag		RED award ceremony
15:00	Umag		RED time limit



Course start map



AWARDS

first, second and third | men & women
 direct qualification for
 UTMB® World Series Finals
 (UTMB or CCC)

finishers | men & women
 4 running stones
 WSER qualification



LABIN APRIL 8TH 17:00

OLD TOWN SQUARE

HOW TO GET THERE BY CAR?

from Umag - fastest route *

Umag - direction Buje - enter A9/E751
 towards Rijeka / Pula - take exit 2 (Žminj)
 A9/E751 - direction Labin / Barban - in
 Barban direction Labin
 *toll roads

distance: 91 km
 ETA: 1h 28min

from Umag - scenic route

Umag - direction Buje - in Buje direction
 Buzet - in Buzet direction Tunel Učka - in
 Lupoglav direction Boljun - in Boljun direc-
 tion Labin

distance: 98 km
 ETA: 2h 01min



AID STATIONS

EXPECTED TIMES

ALLOWED SUPPORT	LOCATION	KM	FASTEST	SLOWEST	TIME LIMIT	CAR/PARKING
NO	Rabac	5,2	Fr - 17:23	Fr - 17:52	-	
NO	Standar	10,3	Fr - 18:00	Fr - 19:00	-	
NO	Plomin luka	15,6	Fr - 18:23	Fr - 20:09	-	
NO	Plomin	16,7	Fr - 18:34	Fr - 20:34	-	
NO	Mošćenice	32,7	Fr - 20:13	Sa - 00:19	-	
YES	Mošćenička draga	35,0	Fr - 20:23	Sa - 00:42	-	
NO	Vojak	48,0	Fr - 22:25	Sa - 05:15	-	
YES	Poklon	51,7	Fr - 22:43	Sa - 05:59	Sa - 06:00	
NO	Brest pod Učkom	59,0	Fr - 23:21	Sa - 07:34	-	
NO	Brgudac	66,6	Sa - 00:06	Sa - 09:27	-	
NO	Orljak	74,4	Sa - 01:19	Sa - 12:28	-	
NO	Gomila	81,4	Sa - 02:12	Sa - 14:40	-	
NO	Trstenik	84,2	Sa - 02:36	Sa - 15:41	-	
NO	Žbevnica	89,3	Sa - 03:21	Sa - 17:33	-	
NO	Slum	93,7	Sa - 03:45	Sa - 18:30	-	
YES	Buzet	99,5	Sa - 04:20	Sa - 20:00	Sa - 20:00	
NO	Sovinjsko polje	106,4	Sa - 05:10	Sa - 21:51	-	
NO	Vrh	111,0	Sa - 05:40	Sa - 23:00	-	
NO	Butoniga	116,3	Sa - 06:13	Su - 00:35	-	
NO	Zamask	121,3	Sa - 07:06	Su - 02:19	-	
NO	Motovun	127,7	Sa - 07:54	Su - 04:04	-	
YES	Livade	131,9	Sa - 08:18	Su - 05:00	Su - 05:00	
NO	Oprtalj	135,3	Sa - 09:00	Su - 06:45	-	
NO	Završje	142,0	Sa - 09:28	Su - 08:25	-	
NO	Grožnjan	147,3	Sa - 09:58	Su - 09:56	-	
NO	Buje	154,9	Sa - 10:40	Su - 11:55	-	
	Umag	167,6	Sa - 11:46	Su - 15:00	Su - 15:00	

LEGEND



town



village



summit



aid station



medic



time limit



spare bag



hot food station



rest



showers



finish

Fr Friday

Sa Saturday

Su Sunday



car access allowed



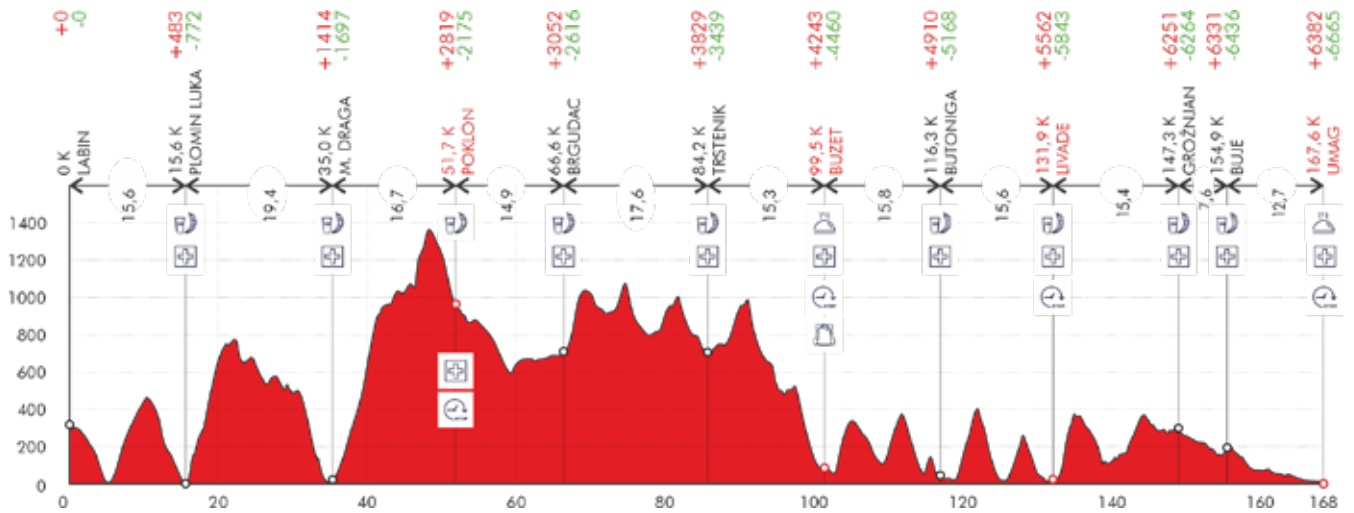
car access not allowed



parking



TECHNICAL DETAILS



AID STATION NAME	CUT OFF HOURS FROM THE START	CUT-OFF ACTUAL TIME	MEDIC	SPARE BAG	AID STATION	HOT FOOD	SHOWERS	CHEESE/MEAT	PASTRIES	FRUITS	BREAD	SALTY SNACKS	NUTELLA :)	BISCUITS	COLA	WATER	ISOTONIC	TEA	COFFEE	HOT SOUP	LIVE TIMING
PLOMIN LUKA			X		X				X	X		X			X	X		X	X	X	X
MOŠČENIČKA DRAGA			X		X					X		X		X	X	X					X
POKLON	13 h	Sa 06:00	X		X			X		X	X	X	X		X	X	X	X			X
BRGUDAC			X		X				X	X		X		X	X	X		X	X	X	X
TRSTENIK			X		X			X		X	X	X	X		X	X		X		X	X
BUZET	27 h	Sa 20:00	X	X	X	X	X		X	X	X	X	X	X	X	X	X	X	X		X
BUTONIGA			X		X					X		X		X	X	X		X	X	X	X
LIVADE	36 h	Su 05:00	X		X				X	X		X		X	X	X	X	X	X	X	X
GROŽNJAN			X		X			X		X	X	X	X		X	X					X
BUJE			X		X				X	X		X		X	X	X					X
UMAG	46 h	Su 15:00	X			X	X			X		X			X	X					X

START LIST
























































LEGEND **BIB** ELITE RUNNERS
BIB VIP RUNNERS

COUNTRY	BIB	SURNAME AND NAME A-Z	BUS	UTMB PI
GER	66	Adam Eric	YES	611
CRO	230	Alkić Mauro	YES	0
ROU	202	Ardelean Cozmin	YES	436
TUR	116	Babac Mehmet Burak	NO	530
ITA	147	Baggio Enzo	YES	499
ITA	58	Baggio Enrico	YES	622
ROU	101	Bagonya Oszkar	YES	549
FRA	6	Bannwarth Claire	YES	693
CRO	73	Barlović Branko	YES	592
CRO	108	Basiaco Roberto	YES	541
GER	57	Beckmann Alexander	YES	623
ITA	131	Benvenuti Vittorio	YES	518
CRO	126	Berač Mirjana	YES	392
ESP	121	Bermejo Sanchez Juan Carlos	YES	528
SLO	65	Bernik Bostjan	YES	613
GER	61	Blum Markus	YES	615
ITA	23	Bonfante Marco	YES	738
HUN	172	Borsos Attila	YES	476
FRA	9	Boucheix Alexandre	YES	801
NED	200	Boulet Jeanot	YES	437
CRO	220	Božić Dejan	YES	389
RSA	8	Brand Naomi	YES	686
CRO	165	Brdar Duško	YES	484
CRO	149	Brozić Denis	YES	498
AUT	107	Buchinger Julian	YES	542
AUT	175	Buchinger Reinhard	YES	475
POL	169	Buczyński Radosław	YES	479
SUI	3	Buehler Luzia	YES	731
CRO	97	Bulek Željko	YES	555
GBR	196	Buley Mark	YES	445
CRO	140	Buljat Vice	YES	506
GBR	95	Burke Michael	YES	562
SRB	209	Cakić Ivan	YES	413
ITA	144	Cangini Jacopo	YES	503
SLO	195	Cerar Dusan	YES	446
CZE	50	Cernocky Jan	YES	639
ITA	226	Cesca Nicola	YES	335
CAN	127	Chen Xuefei	YES	392
ROU	99	Chis Ioan Daniel	YES	551
CZE	120	Chládek Roman	YES	528
SLO	111	Cokan Rok	YES	540
GBR	203	Cooksey Andy	YES	432
ITA	93	Damiani Francesco	YES	564
NED	212	Dattatreya Robi	YES	408
SUI	30	Daxelhofer Brigitte	YES	571
ESP	2	Debats Ragna	NO	788
CRO	211	Dervisevic Olgonedi	YES	408
SLO	56	Dolinar Miha	YES	627
SLO	60	Dolinar Gregor	YES	616
CRO	162	Domitrović Nikola	NO	490
CZE	24	Đopan Lukáš	YES	737
GER	88	Dravec Karlheinz	YES	569
CRO	193	Dundara Robert	NO	447
CZE	234	Dvořák Richard	YES	0
UKR	171	Dymenko Serhii	YES	478

COUNTRY	BIB	SURNAME AND NAME A-Z	BUS	UTMB PI
AUT	227	Ebster Peter	NO	0
CRO	191	Erak Marko	YES	449
SLO	37	Erjavšek Boštjan	YES	682
GBR	81	Evans Jordan	YES	581
CRO	38	Franković Mario	YES	672
HUN	197	Frisch László	YES	444
AUT	68	Fuchslueger Joerg	YES	606
JPN	110	Fujita Naoki	YES	540
ROU	75	Gabor Miruna	YES	459
POL	46	Garbowska Monika	YES	517
SVK	42	Gelcinsky Lubos	YES	662
POL	155	Goncharov Andrei	YES	494
SWE	53	Gottberg Mikael	YES	638
AUT	5	Grasel Florian	YES	789
POL	151	Grodzki Sebastian	YES	496
ITA	180	Grosso Roberto	YES	469
CRO	143	Gruborović Vladimir	NO	503
AUT	135	Gschwantner Jan	YES	510
GER	194	Guenther Maik	YES	447
AUT	48	Hain Gregor	YES	641
CZE	63	Hajek Jakub	YES	614
CZE	79	Hájek Jan	YES	584
ROU	1	Hajnal Robert	YES	870
BIH	161	Haracic Rasid	YES	490
GER	98	Hardes Christoph	YES	553
GER	221	Heinz Roland	YES	387
CZE	233	Hladík Jiří	YES	0
IRL	90	Hogan Steve	YES	566
CZE	154	Holý Richard	NO	494
BIH	216	Ilić Goran	YES	400
ROU	45	Istvan Szokolszky	YES	650
SLO	129	Jagodic Joža	NO	520
FRA	41	Jalmin Loic	YES	662
CRO	198	Jandrečić Stjepan	YES	443
CRO	159	Jelaš Deni	YES	491
SLO	26	Jolič Barbara	YES	598
CRO	124	Kapetanovic Tomislav	YES	524
MKD	54	Karanfiloski Antonio	YES	635
SWE	17	Karlsson Amelie	YES	619
GER	224	Kaster Gerhard	YES	359
CRO	185	Kecman Anđelko	YES	459
BIH	183	Kličić Mirsad	YES	463
CRO	208	Kolaric Igor	YES	414
CRO	128	Končurat Luka	YES	520
GBR	77	Koraca Peter	YES	585
CRO	138	Korić Franjo	YES	507
CRO	145	Korotaj Ronald	NO	501
SLO	215	Kos Marko	YES	402
GER	43	Kostka Anita	YES	527
ROU	67	Kotai Victor	YES	610
SLO	134	Kotnik Matej	YES	512
CRO	231	Kovačević Veljko	YES	0
CZE	69	Kozubík Lukáš	NO	606
POL	241	Krajewski Artur	YES	0
CZE	232	Kříž Jan	YES	0

START LIST

LEGEND **BIB** ELITE RUNNERS
BIB VIP RUNNERS

COUNTRY	BIB	SURNAME AND NAME A-Z	BUS	UTMB PI
 MKD	178	Krle Dejan	NO	473
 CRO	18	Kruljac Pavle	NO	748
 POL	52	Kulicki Łukasz	YES	638
 JPN	190	Kurosawa Yukimasa	YES	451
 DEN	139	Laugesen Lars	YES	507
 SLO	150	Lekše Toni	YES	498
 FRA	103	Lenoir Thierry	YES	548
 GER	86	Leonov Dimitriy	YES	572
 SLO	137	Macuh Peter	YES	510
 DEN	235	Madsen Allan Norlund	YES	0
 CRO	186	Maglica Danijel	YES	458
 GER	156	Maier Hubert	YES	493
 GER	238	Maldener Jasmin	YES	0
 SRB	100	Mandić Danijel	NO	550
 PER	84	Martinez Daniel	YES	580
 ITA	78	Mascarin Marc	YES	585
 ITA	7	Mastrotto Roberto	YES	816
 SRB	243	Matarić Gašpar	YES	0
 SRB	244	Matić Miljan	YES	0
 CRO	222	Mayer Miroslav	YES	386
 NED	214	McLoughlin Michael	YES	405
 GBR	176	McWilliams Louise	YES	344
 CRO	229	Mesec Damir	NO	0
 SRB	246	Milosavljevic Marko	YES	0
 JPN	173	Mizui Yoshimitsu	YES	476
 AUT	204	Mohl Thomas	YES	421
 FRA	85	Molinaro Grégory	YES	573
 GBR	184	Moreton Chris	YES	461
 POL	70	Moreva Daria	YES	475
 CRO	163	Mučnjak Ivan	YES	488
 AUT	21	Muhm David	YES	739
 POL	80	Murawski Maciej	YES	583
 SLO	218	Mutec Ignac	YES	392
 GBR	189	Narbett Oliver	YES	452
 GER	94	Neuweiler Wolfgang	YES	563
 CRO	19	Nikolesić Ingrid	NO	611
 CRO	167	Novosel Dean	YES	480
 GRE	210	Ntikiadi Ioannis	YES	410
 POL	31	Ogły Krystian	NO	696
 ITA	10	Olivi Alessandra	YES	659
 BEL	157	Olivier Langelez	YES	491
 CRO	22	Ostojić Nenad	YES	739
 HUN	64	Oszaczki Géza	YES	613
 CRO	72	Perić Ivan	YES	597
 CRO	29	Persic Mauro	NO	704
 SLO	133	Petrinjak Dalibor	NO	512
 FRA	174	Pham Minh Bao	NO	476
 SLO	112	Pinterič Dejan	YES	533
 CRO	91	Poljanec Davor	YES	565
 CRO	187	Popara Dunja	YES	324
 IRL	104	Reynolds Tom	YES	548
 ITA	62	Rigodanza Lorenzo	YES	615
 ITA	201	Rodeghiero Luigi	YES	436
 IRL	160	Rodgers Donal	YES	491
 POR	170	Rodrigues Paulo Jorge	YES	479

COUNTRY	BIB	SURNAME AND NAME A-Z	BUS	UTMB PI
 CRO	39	Rogić Nataša	YES	538
 POL	213	Rybaltowski Miroslaw	YES	406
 BIH	148	Šabić Admir	YES	498
 CRO	153	Šagi Goran	YES	494
 CRO	205	Salamon Elvis	YES	420
 OMA	240	Saleem Hassan Al-Saidi Sami	YES	0
 JPN	115	Sasabe Kazuhiro	YES	530
 SWE	96	Šašinka Aramis	YES	560
 AUT	15	Schnabl Sophia	YES	631
 SLO	242	Schönlieb Boštjan	YES	0
 CZE	14	Sedlak Aleš	YES	765
 NEP	4	Sherpa Sangé	YES	837
 USA	206	Siedler Jason	YES	417
 CRO	146	Škropeta Luka	YES	500
 CRO	113	Slukan Ivan	NO	532
 FRA	125	Smol Christophe	YES	523
 TUR	16	Solak Aysen	YES	627
 CRO	228	Sosic Dean	NO	0
 CRO	188	Špehar Marko	YES	453
 AUT	168	Srb Markus	YES	479
 GER	92	Stahala Martin	YES	565
 GER	89	Steblin Alexej	YES	569
 POL	132	Stępień Wojciech	YES	516
 GER	109	Steurer Steffen	YES	540
 GBR	236	Stewart Douglas	YES	616
 ITA	118	Stivanello Mariano	YES	529
 AUT	225	Strasser Ronald	NO	356
 AUT	11	Striednig Ulrike	YES	658
 CZE	13	Štverak Tomáš	NO	773
 BIH	158	Sujoldzic Bakir	YES	491
 BIH	130	Suljic Irhad	YES	519
 CRO	117	Švaljek Stjepan Tomislav	YES	529
 CRO	217	Švigir Roman	YES	397
 JPN	239	Takeuchi Shin'Ya	YES	0
 SRB	106	Tasić Jadranka	YES	414
 AUT	59	Tautscher Hannes	YES	619
 SLO	142	Težak Tešky Andrej	NO	505
 SRB	245	Timotić Askanije	YES	0
 ITA	114	Toldo Alberto	YES	530
 ITA	71	Tomasi Mattia	YES	602
 ITA	82	Tomasi Roberto	YES	581
 SLO	32	Trontelj Marija	YES	566
 CZE	166	Urbaczka Pavel	YES	481
 SLO	20	Urbanc Eva	YES	611
 CRO	47	Vale Vedran	YES	467
 ITA	122	Valente Emanuele Paolo	YES	526
 BEL	74	Vanbeneden Kristof	YES	591
 ROU	123	Varadi Attila	YES	525
 CRO	141	Varga Igor	YES	505
 ITA	219	Vellandi Emilio	YES	390
 CRO	136	Verbnjak Igor	YES	510
 ROU	36	Vezentan Laurentiu	YES	687
 ITA	76	Vianello Giulia	NO	457
 SLO	28	Vidali Miha	YES	709
 CRO	152	Vilke Siniša	NO	495

START LIST

LEGEND **BIB** ELITE RUNNERS
BIB VIP RUNNERS

COUNTRY	BIB	SURNAME AND NAME A-Z	BUS	UTMB PI
 CAN	182	Violot Benjamin	YES	465
 ROU	199	Voda Rares	YES	441
 GER	105	Vogel Timo	YES	546
 GER	207	Vogel Stephan	YES	416
 GER	237	Vogeleit Tobias	YES	0
 SLO	40	Volčanšek Mitja	YES	663
 CZE	55	Vopička Josef	YES	632
 CRO	27	Vrdoljak Paula	YES	588
 SLO	87	Vukotić Dejan	YES	572
 CRO	181	Vuković Nenad	YES	467
 GER	51	Wächter Ben	YES	639
 CHN	49	Wang Yuan	YES	641
 CZE	223	Wiesner Richard	YES	383
 POL	179	Wrobel Grzegorz	YES	472
 JPN	102	Yoshioka Atsuko	NO	418
 ITA	12	Zambon Alessio	YES	782
 ITA	177	Zaniboni Daniele	YES	473
 SLO	119	Zidar Pavlo	YES	529





100M / M

BLUE

KM
|←→| 128 KM

△ +5.075 M

KM-E ↗ 179





TIME TABLE

THURSDAY 7TH

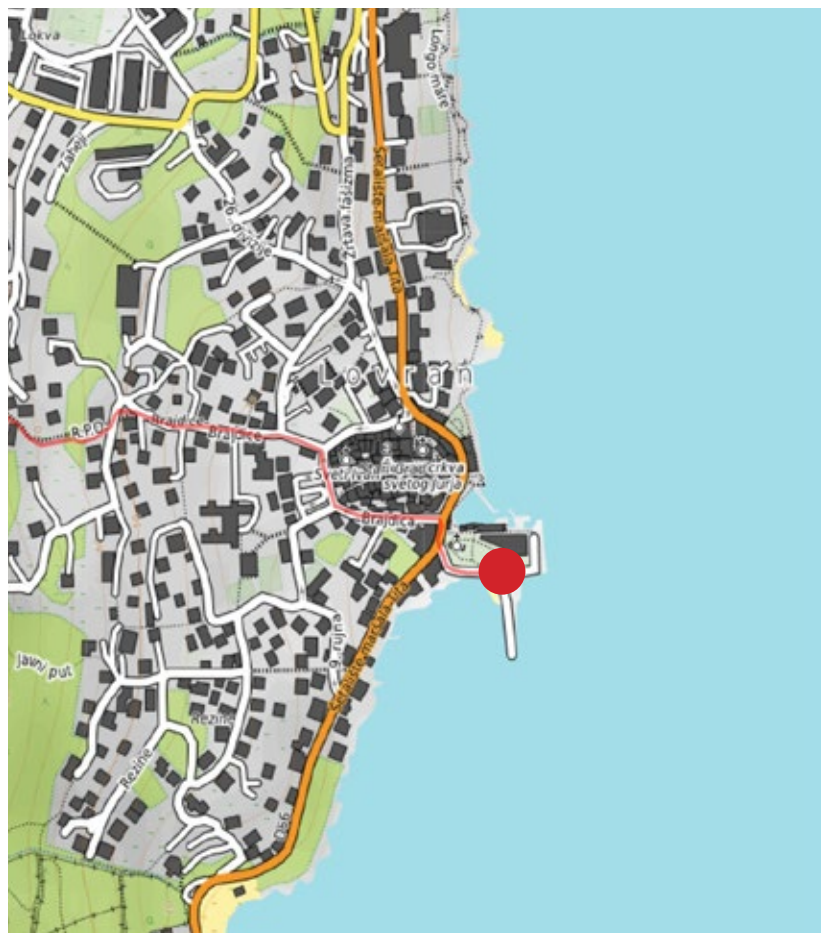
TIME	LOCATION		
14:00 - 20:00	Umag		BLUE BIB distribution

FRIDAY 8TH

TIME	LOCATION		
9:00 - 12:00	Umag		BLUE BIB distribution
14:00 - 17:30	Umag		BLUE BIB distribution
18:00	Umag		BLUE bus departure to the start
19:30	Lovran		BLUE bus arrival to the start
21:00	Lovran		BLUE START!

SUNDAY 10TH

TIME	LOCATION		
07:00	Umag		BLUE time limit
13:00	Umag		BLUE award ceremony



Course start map



AWARDS

finishers | men & women

4 running stones

WSER qualification /under 28 h/



START



LOVRAN

APRIL 8TH 21:00

OLD PORT

HOW TO GET THERE BY CAR?

from Umag - fastest route *

Umag - direction Buje - in Buje direction
Buzet - in Buzet direction Tunel Ucka -
through tunnel - exit Veprinac direction Icici
- in Icici turn right
*toll roads

distance: 89 km

ETA: 1h 53min

from Umag - scenic route

Umag - direction Buje - in Buje direction
Buzet - in Buzet direction Tunel Ucka -
before tunnel exit Labin - in Vozilici turn left
direction Rijeka

distance: 123 km

ETA: 2h 01min



AID STATIONS

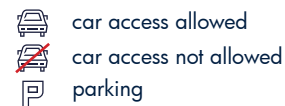
EXPECTED TIMES

ALLOWED SUPPORT	LOCATION	KM	FASTEST	SLOWEST	TIME LIMIT	CAR/PARKING
NO	Vojak	8,2	Fr - 22:25	Sa - 00:15	-	
YES	Poklon	12,0	Fr - 22:43	Sa - 01:00	Sa - 01:00	
NO	Brest pod Učkom	19,2	Fr - 23:16	Sa - 02:11	-	
NO	Brgudac	26,8	Fr - 23:59	Sa - 03:46	-	
NO	Orljak	34,5	Sa - 00:58	Sa - 05:57	-	
NO	Gomila	41,6	Sa - 01:42	Sa - 07:35	-	
NO	Trstenik	44,4	Sa - 02:05	Sa - 08:25	-	
NO	Žbevnica	49,6	Sa - 02:46	Sa - 09:57	-	
NO	Slum	54,2	Sa - 03:07	Sa - 11:10	-	
YES	Buzet	59,8	Sa - 03:42	Sa - 12:00	Sa - 12:00	
NO	Sovinjsko polje	66,7	Sa - 04:26	Sa - 13:43	-	
NO	Vrh	71,3	Sa - 05:05	Sa - 15:30	-	
NO	Butoniga	76,6	Sa - 05:36	Sa - 16:26	-	
NO	Zamask	81,2	Sa - 06:23	Sa - 18:13	-	
NO	Motovun	88,0	Sa - 07:11	Sa - 20:04	-	
YES	Livade	92,2	Sa - 07:34	Sa - 21:00	Su - 21:00	
NO	Oprtalj	95,6	Sa - 08:10	Sa - 22:40	-	
NO	Završje	102,5	Sa - 08:56	Su - 00:36	-	
NO	Grožnjan	107,6	Sa - 09:32	Su - 02:13	-	
NO	Buje	115,2	Sa - 10:15	Su - 04:06	-	
	Umag	128,0	Sa - 11:21	Su - 07:00	Su - 07:00	

LEGEND

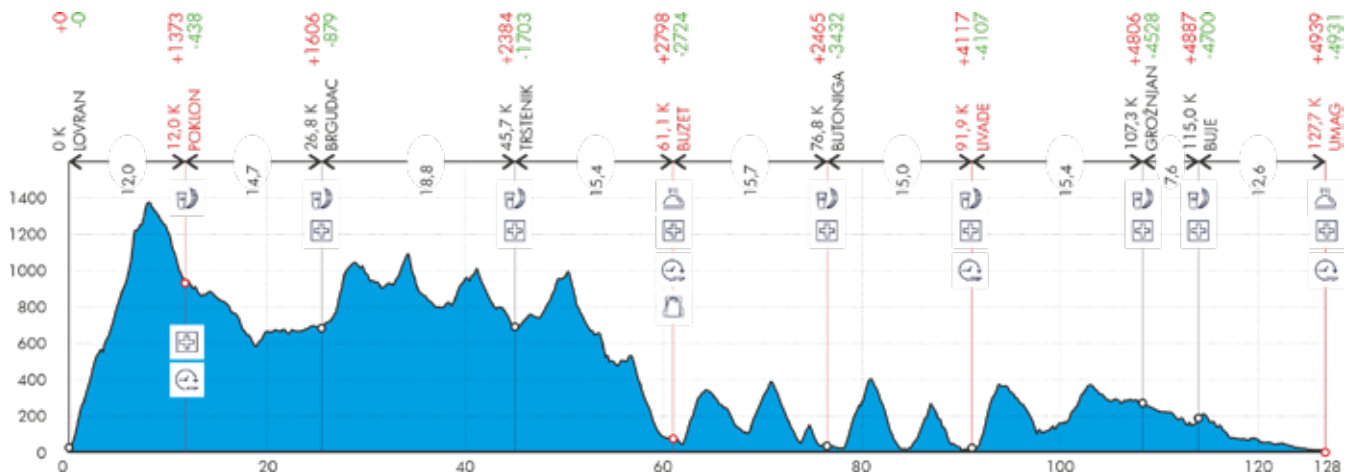


Fr Friday
Sa Saturday
Su Sunday




























































TECHNICAL DETAILS


























































AID STATION NAME	CUT OFF HOURS FROM THE START	CUT-OFF ACTUAL TIME	MEDIC	SPARE BAG	AID STATION	HOT FOOD	SHOWERS	CHEESE/MEAT	PASTRIES	FRUITS	BREAD	SALTY SNACKS	NUTELLA :)	BISCUITS	COLA	WATER	ISOTONIC	TEA	COFFEE	HOT SOUP	LIVE TIMING
POKLON	4 h	Sa 01:00	X		X			X		X	X	X	X		X	X	X	X			X
BRGUDAC			X		X				X	X		X		X	X	X		X	X	X	X
TRSTENIK			X		X			X		X	X	X	X		X	X		X		X	X
BUZET	15 h	Sa 12:00	X	X	X	X	X		X	X	X	X	X	X	X	X	X	X	X		X
BUTONIGA			X		X					X		X		X	X	X		X	X	X	X
LIVADE	24 h	Sa 21:00	X		X				X	X		X		X	X	X	X	X	X	X	X
GROŽNJAN			X		X			X		X	X	X	X		X	X					X
BUJE			X		X				X	X		X		X	X	X					X
UMAG	34 h	Su 07:00	X			X	X			X		X			X	X					X

START LIST






















LEGEND **BIB** ELITE RUNNERS
BIB VIP RUNNERS

COUNTRY	BIB	SURNAME AND NAME A-Z	BUS	UTMB PI
 ESP	595	Andreu Sugrañes Jordi	NO	506
 GER	582	Aust Frank	YES	534
 CRO	613	Bajtl Igor	YES	459
 CAN	562	Bak Angela	YES	441
 CRO	637	Balen Filip Ivan	YES	-
 CRO	591	Barkiċ Tomislav	YES	517
 HUN	604	Beke Tamás	YES	476
 POL	529	Bieniek Grzegorz	YES	631
 CRO	593	Bilić Dejan	YES	512
 ITA	518	Bonzi Loris	NO	708
 SVK	511	Borċin Tomáš	NO	739
 GER	641	Braun Daniel	YES	-
 SRB	563	Brbaklic Tepavac Marina	YES	440
 SLO	618	Brković Luka	YES	448
 ITA	566	Brosolo Olivier	YES	562
 ESP	574	Brotons Aracil Jose Ramon	YES	553
 AUT	572	Brunner Juergen	YES	554
 SUI	610	Büchi Alex	YES	463
 CRO	547	Budinski Milan	NO	603
 SLO	504	Čačulović Matic	NO	797
 CRO	538	Čajko Ivica	YES	606
 CZE	586	Čakrt Martin	YES	525
 AUS	609	Chew Denis	YES	465
 POL	509	Choroś Piotr	YES	745
 CRO	602	Ćurlin Slaven	YES	485
 ITA	643	De Bona Davide	YES	-
 CRO	597	Deković Daniel	NO	499
 CRO	626	Dellabernardina Goran	NO	399
 AUT	635	Dernitl Karl	NO	-
 GBR	557	Dreelan Ian	YES	582
 CRO	596	Družeta Toni	YES	505
 CRO	624	Dundović Vedran	YES	426
 AUT	634	Ebner Sabine	YES	-
 EGY	583	El Sawy Omar	YES	531
 GBR	568	Ellis Simon	YES	558
 SUI	578	Erbrich Stefan	YES	542
 CZE	639	Fajfr Daniel	YES	-
 SUI	507	Fausser Fabrice	YES	768
 GBR	576	Fleming Emma	YES	419
 USA	647	Fox Chelsea	NO	-
 ITA	530	Fumagalli Diego	YES	630
 AUT	512	Geisler Michael	YES	731
 BUL	628	Georgiev Radi	YES	348
 SUI	611	Gerber Marc	YES	463
 POL	645	Goebel Pawel	YES	-
 HUN	581	Gombár Gábor	YES	540
 FRA	640	Guillon Sylvain	NO	-
 SRB	621	Gvozden Vladimir	YES	443
 ROU	533	Gyongyi Lenart	YES	491
 HUN	585	Hallai Raymond	YES	527
 SVK	550	Hamran Matej	YES	594
 SVK	587	Hornak Rastislav	YES	525
 CRO	629	Ilić Dejan	YES	346
 ROU	554	Ionce Florin Adrian	YES	589
 ROU	561	Ivanov Alexandru	YES	571

COUNTRY	BIB	SURNAME AND NAME A-Z	BUS	UTMB PI
 SLO	607	Jugovič Roman	YES	467
 ISR	592	Kadosh Shlomo	YES	513
 SVK	646	Kamenska Adriana	NO	-
 BIH	556	Kapetanović Jenko Šejla	YES	457
 AUT	505	Kaufmann Gerhard	NO	796
 AUT	513	Keil Wonny	YES	600
 CRO	584	Klarić Antonio	YES	528
 GER	526	Knobloch Antje	YES	518
 GER	649	Kohlstock Patrick	YES	-
 CZE	625	Kosmák Jakub	YES	419
 SLO	616	Kralj Vane	YES	598
 SLO	590	Kramar Bojan	YES	520
 SLO	522	Krašovec Bogdana	YES	553
 AUT	555	Kronberger Wolfgang	YES	587
 CRO	612	Krsnik Stanislav	YES	461
 GER	537	Kuerschner Till	YES	608
 CZE	622	Laza Filip	NO	438
 ROU	619	Lenart Denes	YES	446
 CRO	630	Lovrekovic Damir	YES	335
 CRO	573	Lubar Božo	YES	553
 POR	648	Luciano Joao	YES	-
 GER	577	Lüftenegger Norbert	YES	548
 ITA	569	Magon Mirco	YES	558
 ITA	515	Malusa Mattia	YES	721
 SLO	516	Mamic Andi	YES	721
 SLO	548	Markovič Miha	YES	599
 GBR	524	Mcnestry Anna	YES	527
 IND	527	Meena Lokesh Kumar	YES	643
 SLO	588	Mencinger Jernej	YES	524
 GBR	594	Merfield Graham	YES	508
 GER	517	Mielke Marian	YES	717
 IRL	642	Millar Ivan	NO	-
 BUL	599	Mitova Vera	YES	362
 SRB	525	Momić Duško	YES	653
 GBR	514	Moore Eve	YES	593
 ITA	534	Moro Flavio	YES	614
 GER	617	Mues Christoph	YES	451
 CZE	638	Nadymáček Tomáš	YES	-
 JPN	644	Nakano Tomoki	YES	-
 CRO	532	Nikolic Predrag	NO	626
 FRA	603	Noiret Emmanuel	YES	481
 SUI	531	Ormuz Tina	YES	497
 CRO	510	Ostojić Lana	YES	613
 AUT	501	Oswald Cornelia	YES	683
 SLO	551	Pajnič Pika Neža	YES	462
 AUT	571	Patek Andreas	YES	557
 PER	623	Perez Chu Jose Fernando	YES	429
 ITA	598	Picco Fabiano	YES	499
 GBR	546	Poole James	YES	605
 CRO	552	Poznanović Goran	YES	589
 SLO	560	Prosen Meta	YES	448
 SLO	620	Prosen Primož	YES	446
 SLO	608	Pucko Primož	YES	466
 ITA	535	Puiatti Stefano	YES	614
 SLO	605	Rauter Dusan	NO	469

START LIST

LEGEND **BIB** ELITE RUNNERS
BIB VIP RUNNERS

COUNTRY	BIB	SURNAME AND NAME A-Z	BUS	UTMB PI
 LUX	519	Remakel Sven	YES	705
 CAN	506	Reynolds Galen	YES	777
 ITA	600	Riboli Paolo	YES	488
 CZE	606	Ridel Jakub	YES	468
 ITA	502	Rota Donatello	NO	813
 SLO	567	Rozman Andrej	YES	561
 GER	564	Schmitt Thomas	YES	569
 ROU	523	Schuller Peter	YES	681
 ROU	580	Sfecla Octavian	YES	541
 CZE	631	Soukup Michal	YES	332
 SRI	539	Sriskaran Viros	YES	606
 SWE	614	Stanar Radana	YES	329
 ROU	559	Stanca Bogdan Mihail	YES	580
 ITA	565	Stopponi Giacomo	NO	566
 LAT	615	Svarinskis Sandis	YES	457
 SWE	632	Thorell Anders	YES	317
 AUT	633	Tischler Florian	YES	-
 CRO	636	Tomac Goran	NO	-
 POL	650	Trzpiola Tycjan	NO	-
 CRO	558	Valentić Krešimir	YES	581
 NED	500	Van Der Zon Peter	YES	822
 AUT	508	Wagner Thomas	YES	748
 HUN	503	Wermescher Ildiko	YES	668
 JPN	575	Youngok Cha	YES	422
 ITA	570	Zanon Francesco	YES	558
 SLO	589	Zefran Janez	YES	522
 CAN	627	Zigich Boyan	YES	361
 SLO	521	Zupan Primož	YES	689
 CZE	579	Zvěřina Tomáš	YES	541

50K / M

GREEN

KM
|←→| 68 KM

△ +2.160 M

KM-E ↗ 90





TIME TABLE

THURSDAY 7TH

TIME	LOCATION		
14:00 - 20:00	Umag		GREEN BIB distribution

FRIDAY 8TH

TIME	LOCATION		
14:00 - 20:00	Umag		GREEN BIB distribution

SATURDAY 9TH

TIME	LOCATION		
08:00 - 09:30	Umag		GREEN BIB distribution
10:00	Umag		GREEN bus departure to the start
11:00	Buzet		GREEN bus arrival to the start
12:00	Buzet		GREEN START!

SUNDAY 10TH

TIME	LOCATION		
03:00	Umag		GREEN time limit
13:00	Umag		GREEN award ceremony



Course start map



AWARDS

first, second and third | men & women
direct qualification for
UTMB® World Series Finals
(OCC)

finishers | men & women
2 running stones



START



BUZET

APRIL 9TH 12:00

TOWN CENTRE

HOW TO GET THERE BY CAR?

from Umag - fastest route*

Umag - direction Buje - in Buje direction
Buzet

distance: 48 km

ETA: 1h 02min



AID STATIONS EXPECTED TIMES AND TECHNICAL DETAILS

ALLOWED SUPPORT	LOCATION	KM	FASTEST	SLOWEST	TIME LIMIT	CAR/PARKING
NO	Sovinjsko polje	6,7	Sa - 12:33	Sa - 13:26	-	
NO	Vrh	11,5	Sa - 13:00	Sa - 14:50	-	
NO	Butoniga	16,8	Sa - 13:21	Sa - 15:30	-	
NO	Zamask	21,4	Sa - 13:52	Sa - 16:51	-	
NO	Motovun	28,2	Sa - 14:24	Sa - 18:15	-	
YES	Livade	32,3	Sa - 14:42	Sa - 19:00	Sa - 19:00	
NO	Oprtalj	35,9	Sa - 15:05	Sa - 20:00	-	
NO	Završje	42,5	Sa - 15:40	Sa - 21:36	-	
NO	Grožnjan	47,7	Sa - 16:05	Sa - 22:46	-	
NO	Buje	55,4	Sa - 16:42	Su - 00:24	-	
	Umag	67,6	Sa - 17:40	Su - 03:00	Su - 03:00	

LEGEND



town



village



aid station



medic



time limit



hot food station



finish

Sa Saturday

Su Sunday



car access allowed



car access not allowed













parking





















AID STATION NAME	CUT OFF HOURS FROM THE START	CUT-OFF ACTUAL TIME	MEDIC	AID STATION	HOT FOOD	SHOWERS	CHEESE/MEAT	PASTRIES	FRUITS	BREAD	SALTY SNACKS	NUTELLA :)	BISCUITS	COLA	WATER	ISOTONIC	TEA	COFFEE	HOT SOUP	LIVE TIMING
BUTONIGA			X	X					X		X		X	X	X		X	X	X	X
LIVADE	7 h	Sa 19:00	X	X				X	X		X		X	X	X	X	X	X	X	X
GROŽNJAN			X	X			X		X	X	X	X		X	X					X
BUJE			X	X				X	X		X		X	X	X					X
UMAG	15 h	Su 03:00	X		X	X			X		X			X	X					X

START LIST
























































LEGEND **BIB** ELITE RUNNERS
BIB VIP RUNNERS
























































COUNTRY	BIB	SURNAME AND NAME A-Z	BUS	UTMB PI
 SVK	1034	Afanasyeva Yana	YES	544
 CRO	1252	Angelini Manuel	NO	0
 ITA	1281	Aulic Sanda	NO	-
 CRO	1141	Aušperger Danijela	YES	383
 CRO	1249	Baranašić Vinko	YES	0
 CRO	1095	Barić Hrvoje	NO	562
 CRO	1101	Barić Stjepan	YES	558
 HUN	1068	Bartalos Gergely	YES	598
 BIH	1229	Begic Maid	YES	401
 SLO	1076	Behar Etienne	YES	587
 BEL	1245	Belleflamme Gwennael	YES	0
 BEL	1246	Ben Benjamin	NO	0
 ITA	1124	Bertoldo Marianna	YES	401
 SUI	1191	Biadgleng Ermas	YES	455
 SLO	1287	Biščević Jasmin	YES	0
 CRO	1214	Bogdan Mladen	YES	424
 POL	1088	Bojka Piotr	YES	570
 CRO	1106	Bošković Jelena	YES	421
 CRO	1301	Bralić Duje	YES	-
 CRO	1206	Bušić Ivica	YES	431
 SLO	1143	Čampa Helena	NO	377
 SLO	1152	Čampa Matjaž	NO	502
 ITA	1114	Capoferri Simone	YES	542
 CRO	1194	Caric Matej	YES	450
 BEL	1160	Carpi Edi	NO	491
 CRO	1187	Čavlek Tomislav	YES	460
 CRO	1067	Černeka Jacin Rahela	NO	471
 ITA	1000	Cheraz Davide	YES	884
 IRL	1026	Chiobhain Lean	NO	570
 GBR	1179	Chivoiu Ciprian	YES	474
 POL	1105	Chomiak Katarzyna	YES	422
 ITA	1098	Cimarosti Gabriele	YES	560
 ROU	1078	Cirstoveanu Daniel	YES	583
 CRO	1151	Čizmešija Nenad	YES	502
 USA	1294	Cleary Patrick	YES	0
 ITA	1031	Comotti Matteo	YES	688
 CZE	1043	Czeczotková Helena	YES	507
 CRO	1062	Dakić Vedran	YES	609
 CRO	1266	Dakić Ivan	YES	0
 GER	1104	Damjanic Igor	YES	553
 CRO	1244	Dautović Branko	YES	334
 ITA	1027	De Riz Francesco	YES	700
 BEL	1020	De Vet Lotte	YES	597
 SLO	1128	Debevec Uršula	YES	400
 IRL	1205	Deegan Lillian	YES	302
 SLO	1039	Del Giusto Sara	YES	523
 CRO	1023	Diklić Ivan	NO	722
 CRO	1236	Dokleja Dejan	YES	375
 CRO	1209	Doležal Zlatko	YES	429
 SVK	1047	Dovala Tomas	YES	629
 SLO	1033	Dragar Blaž	NO	679
 CZE	1142	Drbohlav Jan	YES	513
 SLO	1040	Drobež Katja	YES	515
 SLO	1119	Drobež Andrej	YES	536
 CRO	1207	Dugandžić Marko	YES	431

COUNTRY	BIB	SURNAME AND NAME A-Z	BUS	UTMB PI
 GER	1215	Eggert Moritz	YES	424
 AUT	1145	Eppich Hannes	YES	505
 SLO	1086	Eržen Boris	YES	572
 CRO	1138	Fabris Tanja	YES	392
 AUT	1045	Fahrengruber Rene	YES	634
 CZE	1129	Fiala Stanislav	YES	529
 GRE	1094	Fikia Marousa	YES	433
 CRO	1257	Filipović Matej	YES	0
 SLO	1292	Finžgar Luka	YES	0
 ITA	1127	Fioraso Davide	YES	530
 SLO	1234	Flere Pavle	NO	389
 AUT	1050	Freyhofer Bettina	YES	496
 SLO	1097	Fuks Boštjan	YES	561
 SLO	1007	Fumo Helio	YES	845
 SLO	1241	Furlan Aleš	YES	357
 BIH	1184	Gačić Šemsa	YES	335
 ITA	1204	Galloro Stefano Giovanni	YES	435
 SLO	1180	Gašparac Branko	NO	473
 FRA	1298	Gaudin Vincent	YES	502
 CRO	1125	Gavran Ivan	YES	530
 ITA	1137	Germani Gianluca	YES	523
 ITA	1239	Girardi Marco	YES	365
 AUT	1144	Gładysz Irene	YES	376
 SLO	1288	Gombač Marko	YES	0
 ITA	1134	Gombach Daniele	YES	524
 AUT	1155	Gondeck Martina	YES	369
 AUT	1030	Grafl Sabine	YES	558
 IRL	1036	Greenan Conor	NO	668
 CRO	1256	Gregurić Dominik	YES	0
 CRO	1117	Gržetić Marko	NO	541
 ITA	1001	Guidolin Nicol	NO	693
 SVK	1006	Halász Martin	YES	800
 CRO	1199	Halupa Denis	YES	439
 CRO	1253	Harmicar Mihael	YES	0
 GER	1130	Haumann Tobias	YES	529
 GER	1012	Hegemann Ida-Sophie	NO	635
 HUN	1224	Henglár György	YES	409
 SIN	1243	Heong Ng Wee	YES	349
 CRO	1157	Herceg Robert	YES	497
 SIN	1190	Ho Sharlin	YES	327
 CRO	1262	Hobor Denis	YES	0
 CRO	1263	Hobor Andrej	YES	0
 CZE	1269	Hok Dominik	YES	0
 SLO	1029	Hren Luka	YES	690
 SLO	1290	Hren Andreja	YES	-
 SLO	1084	Hribar Matej	YES	577
 SVK	1035	Hudak Martin	YES	674
 CRO	1146	Huić Dubravko	YES	505
 CRO	1232	Husnjak Janko	YES	390
 EGY	1108	Hwaidak Neena	YES	420
 HUN	1177	Ile Adrian Paul	YES	475
 CRO	1203	Ilic Drago Grga	YES	436
 SIN	1295	Inspired Siao	YES	0
 CRO	1265	Ištuk Mirko	YES	0
 CRO	1220	Ivandija Vjekoslav	YES	416

START LIST







LEGEND **BIB** ELITE RUNNERS
BIB VIP RUNNERS

COUNTRY	BIB	SURNAME AND NAME A-Z	BUS	UTMB PI
 CRO	1048	Ivandija Ivana	YES	498
 CRO	1165	Jančiev Basrak Jelena	YES	356
 SLO	1055	Jelavić Ziga	YES	620
 SRB	1181	Jovanovic Mihajlo	YES	472
 CRO	1240	Jug-Dujaković Domagoj	YES	359
 MNE	1139	Junčaj Mija	YES	386
 CRO	1227	Jurcan Ronald	NO	408
 CRO	1260	Jurčić-Matošević Lara	YES	-
 BIH	1173	Jurić Leontina	YES	348
 AUT	1063	Kaiser Harald	YES	607
 CZE	1272	Kaiser Belinda	YES	-
 GER	1218	Kammerer Jochen	YES	421
 SLO	1221	Kaučič Marijan	YES	412
 GBR	1277	Kavangh Finch Harry	YES	0
 SLO	1291	Kavčič Rajko	YES	0
 CRO	1085	Keča Dalibor	YES	574
 CRO	1109	Kikelj Ivana	YES	419
 CRO	1212	Kisić Marijan	YES	425
 LAT	1123	Klavis Atis	YES	532
 SLO	1072	Klemen Darija	YES	462
 SLO	1197	Kljenak Ivo	YES	445
 SLO	1017	Knafelj Tajda	NO	603
 AUT	1136	Kölle Wolfgang	YES	523
 AUT	1166	König Sylvia	YES	355
 SLO	1175	Korošec Simon	YES	476
 CRO	1148	Korotaj Maksimilian	NO	503
 SVK	1293	Košťalik Rastislav	YES	0
 CRO	1235	Kovačević Dragan	YES	386
 CRO	1156	Kovačić Vedran	YES	498
 SLO	1024	Kožar Uroš	YES	716
 CRO	1255	Krajačić Saša	YES	0
 CRO	1251	Kralj Ivica	YES	0
 CRO	1258	Kralj Vedran	YES	0
 MNE	1282	Krković Dragana	YES	0
 CRO	1064	Krušec Tadeja	YES	475
 SLO	1013	Kucar Kristina	NO	630
 CRO	1237	Kudoic Kresimir	YES	365
 AUT	1032	Kühberger Anton	YES	686
 GER	1107	Küntzle Janna	YES	421
 UKR	1074	Kuzminchuk Halyna	NO	459
 AUT	1018	Lachner Evelyne	YES	600
 FRA	1120	Lai Brandon	YES	535
 AUT	1167	Lampl Wolfgang	YES	484
 GBR	1219	Lavender Mark	YES	421
 SLO	1092	Lavrič Dominika	YES	436
 SLO	1132	Lavrič Primož	YES	525
 HUN	1083	Lázár Kornél	YES	580
 SLO	1289	Lepoša Uroš	NO	0
 CRO	1077	Licul Zgrablić Biljana	NO	455
 FRA	1080	Lin Ling	YES	452
 CRO	1073	Ljevar Kristina	NO	461
 CRO	1193	Lončarić Robert	YES	451
 SLO	1079	Lovišek Renato	YES	583
 CHN	1248	Lu Pan	YES	-
 AUT	1195	Luftensteiner Jochen	YES	448

COUNTRY	BIB	SURNAME AND NAME A-Z	BUS	UTMB PI
 SLO	1115	Lupša Boštjan	YES	542
 CRO	1131	Marangon Gianluca	NO	526
 CRO	1226	Marcan Luka	NO	408
 CRO	1261	Marion Merle Emili	YES	-
 SLO	1149	Markič Silvo	YES	503
 CRO	1178	Markovic Marko	NO	474
 CRO	1110	Martin Stanislav	YES	548
 HUN	1046	Márton Kucsera	YES	632
 CZE	1275	Matula Zdeněk	YES	0
 GER	1154	Mellies Dirk	YES	501
 ITA	1011	Merlo Stefania	NO	644
 CRO	1051	Meštrić Matija	NO	625
 CRO	1066	Meštrić Josip	NO	603
 CRO	1158	Mikulić Hrvoje	YES	497
 CRO	1259	Mofardin Paolo	YES	0
 CRO	1208	Možanić Tomislav	YES	430
 MNE	1091	Mugosa Marina	YES	436
 BIH	1247	Mulić Vernes	YES	0
 POL	1118	Murawska Joanna	YES	409
 CRO	1100	Mušić Jadranko	YES	559
 SLO	1168	Nagode Andreja	NO	354
 AUT	1052	Nau Sebastian	YES	624
 CRO	1268	Negovetić Matei	YES	0
 AUT	1159	Neuhold Georg	YES	492
 CZE	1081	Neuwirth Luboš	YES	581
 SIN	1283	Ng Laychin	YES	0
 SLO	1025	Novak Aleš	YES	710
 CZE	1233	Novák Tomáš	YES	390
 CZE	1274	Novelinka Adrien Yves	YES	0
 CRO	1192	Ocic Mario	NO	453
 SVK	1202	Okruhlica Lubomir	YES	437
 SVK	1090	Okruhlicova Zuzana	NO	437
 HUN	1082	Olvaszto Daniel	YES	581
 MAS	1170	Othman Faizah	YES	352
 CRO	1267	Pađan Velibor	NO	0
 CRO	1053	Pavlović Ankica	YES	490
 CRO	1211	Perkov Ante	YES	426
 SLO	1093	Perme Matevž	NO	564
 CRO	1201	Perosa Ivan	NO	437
 CZE	1004	Petr Jiří	YES	802
 SLO	1059	Pintar Tina	YES	482
 GER	1037	Pleintinger Sebastian	YES	668
 SLO	1042	Plevnik David	YES	643
 CRO	1297	Popović Josipa	YES	0
 CRO	1196	Povsic Bojan	YES	448
 SLO	1071	Požun Marko	YES	593
 CRO	1112	Prišlin Ivana	YES	415
 SLO	1286	Prodan Jadran	NO	0
 LAT	1015	Pukite Irita	NO	624
 ROU	1058	Pupaza Ciprian	YES	612
 CRO	1264	Pustijanac Bojana Alavuk	YES	-
 MNE	1164	Radulović Vanja	NO	357
 GER	1121	Reimers Christian	NO	532
 CRO	1250	Rinkovec Sara	YES	-
 SLO	1049	Robek Nika	YES	498

START LIST

LEGEND **BIB** ELITE RUNNERS
BIB VIP RUNNERS

COUNTRY	BIB	SURNAME AND NAME A-Z	BUS	UTMB PI
 CRO	1122	Rosandić Jelena	YES	402
 FRA	1276	Rossocelo Arnaud	YES	0
 CRO	1223	Rubinić Marin	NO	410
 CRO	1198	Rušnjak Igor	NO	440
 CZE	1273	Ryška Tomáš	YES	0
 POL	1096	Rzadkosz Wojciech	YES	561
 CRO	1188	Šafran Zoran	NO	459
 SLO	1054	Sajovic Blaz	NO	620
 BIH	1174	Šakić Ilma	YES	348
 CRO	1060	Šarić Nives	YES	480
 CRO	1225	Šarlija Goran	NO	408
 GER	1280	Scheu Jochen	YES	0
 AUT	1183	Schmiedpeter Harald Anton	YES	468
 GER	1296	Schönhut Steffen	YES	0
 CRO	1065	Scrignar Irena	YES	473
 CRO	1254	Šegon Alen	NO	0
 SLO	1019	Šekoranja Marija	YES	600
 ITA	1061	Serafin Simone	NO	610
 ITA	1230	Sergon Edi	YES	401
 SLO	1111	Simončič Tanja	YES	417
 CRO	1161	Šišeta Lovro	NO	490
 SLO	1089	Škorc Denis	NO	569
 MKD	1153	Škrekovski Riste	YES	502
 SUI	1014	Sommer Corina	YES	629
 SLO	1133	Šorli Andrej	YES	525
 TUR	1005	Soytürk Mehmet	YES	801
 SLO	1162	Štabuc Roman	YES	488
 CRO	1102	Stanić Grgurević Elvira	YES	427
 HUN	1231	Stánitz Attila	NO	394
 CRO	1070	Starčević Robert	YES	593
 GER	1278	Stehle Sonja	YES	-
 ROU	1113	Stewart Alecsa	YES	415
 SVK	1116	Stoličný Martin	NO	542
 SLO	1285	Štrekelj Irena	YES	-
 CRO	1217	Štrlek Dean	YES	422
 GER	1279	Stutzer Oliver	YES	0
 LAT	1003	Švilpe Anete	YES	673
 AUT	1213	Tanninger Roman	YES	424
 POL	1147	Tęcza Dariusz	YES	505
 CRO	1176	Tomljanovic Kruno	YES	475
 HUN	1169	Toth Balazs	YES	483
 SLO	1284	Tusek Andrej	YES	0
 CZE	1126	Urbaczka Matej	YES	530
 SLO	1150	Urbanc Franci	YES	503
 HUN	1028	Vajda Anita	YES	566
 ITA	1163	Valle Omar	YES	487
 MEX	1135	Vallejo Yazmin	YES	394
 NED	1002	Van Noorden Huub	YES	807
 SLO	1140	Verbič Polonca	NO	384
 SLO	1041	Ves Blazka	YES	513
 CZE	1270	Vitásek Aleš	YES	0
 CRO	1103	Vojnovic Lucija	YES	424

COUNTRY	BIB	SURNAME AND NAME A-Z	BUS	UTMB PI
 AUT	1242	Vorauer Viktor	YES	355
 AUT	1044	Vrzal Wolfgang	YES	634
 CRO	1185	Vuzem Tomislav	YES	463
 GER	1172	Vystejn Jiri	YES	481
 AUT	1057	Wimmer David	YES	613
 SUI	1016	Winklehner Anna	YES	609
 JPN	1216	Yoshida George	YES	423
 SLO	1189	Zajc Leon	YES	459
 GRE	1238	Zanas Nikos	YES	365
 CRO	1222	Zaninić Petar	NO	410
 CZE	1271	Zavacky Martin	YES	0
 CRO	1200	Žebčević Karlo	YES	438
 SLO	1069	Žibert Dejan	YES	594
 SLO	1228	Živčić Mladen	YES	402
 CRO	1087	Zonta Teo	NO	570

50K / M

YELLOW

KM
|←→| 40,6 KM

Δ +940 M

KM-E 50





TIME TABLE

THURSDAY 7TH

TIME	LOCATION		
14:00 - 20:00	Umag	257	YELLOW BIB distribution

FRIDAY 8TH

TIME	LOCATION		
14:00 - 20:00	Umag	257	YELLOW BIB distribution

SATURDAY 9TH

TIME	LOCATION		
07:00	Umag	🚌	YELLOW bus departure to the start
07:45	Motovun	🚌	YELLOW bus arrival to the start
09:00	Motovun	START	YELLOW START!
17:00	Umag	STOP	YELLOW time limit

SUNDAY 10TH

TIME	LOCATION		
13:00	Umag	🏆	YELLOW award ceremony



AWARDS

finishers | men & women

2 running stones



Course start map



START



MOTOVUN

APRIL 9TH 09:00

LOWER CITY PARKING

HOW TO GET THERE BY CAR?

from Umag - fastest route *

Umag - direction Buje - in Buje direction
Buzet

distance: 35 km

ETA: 0h 49min



AID STATIONS EXPECTED TIMES AND TECHNICAL DETAILS

ALLOWED SUPPORT	LOCATION	KM	FASTEST	SLOWEST	TIME LIMIT	CAR/PARKING
NO	Motovun	1,0	Sa - 09:08	Sa - 09:20	-	
NO	Livade	5,0	Sa - 09:22	Sa - 10:01	-	
NO	Oprtalj	8,6	Sa - 09:40	Sa - 11:02	-	
NO	Završje	15,3	Sa - 10:17	Sa - 12:30	-	
NO	Grožnjan	20,4	Sa - 10:40	Sa - 12:32	-	
NO	Buje	28,0	Sa - 11:09	Sa - 14:53	-	
	Umag	40,6	Sa - 11:55	Sa - 17:00	Sa - 17:00	

LEGEND



town



village



aid station



medic



time limit



hot food station



finish

Sa Saturday



car access


























































parking


























































AID STATION NAME	CUT OFF HOURS FROM THE START	CUT-OFF ACTUAL TIME	MEDIC	AID STATION	HOT FOOD	SHOWERS	CHEESE/MEAT	PASTRIES	FRUITS	BREAD	SALTY SNACKS	NUTELLA :)	BISCUITS	COLA	WATER	ISOTONIC	TEA	COFFEE	HOT SOUP	LIVE TIMING
LIVADE			X	X				X	X		X		X	X	X	X	X	X	X	X
GROŽNAN			X	X			X		X	X	X	X		X	X					X
BUJE			X	X				X	X		X		X	X	X					X
UMAG	8 h	Sa 17:00	X		X	X			X		X			X	X					X

START LIST
























































LEGEND **BIB** ELITE RUNNERS
BIB VIP RUNNERS
























































COUNTRY	BIB	SURNAME AND NAME A-Z	BUS	UTMB PI
 ITA	1564	Adobati Andrea	YES	525
 CRO	1811	Aladrović Josip	NO	-
 CRO	1769	Antonović Daria	NO	-
 AUT	1576	Aßlauer Johannes	YES	507
 CRO	1756	Baćac Martina	NO	-
 SLO	1662	Bakija Andrej	NO	387
 CRO	1697	Banek Mislav	YES	0
 CRO	1764	Barbir Andrija	YES	0
 CRO	1710	Barić Nino	YES	0
 CRO	1752	Baričević Zoran	NO	0
 CRO	1681	Barlek Mirko	YES	336
 CRO	1700	Barović Sandro	YES	0
 ARG	1581	Barrio Santiago Cornelio	NO	501
 CRO	1660	Bayer Zlatko	YES	388
 GBR	1776	Bergius Sam	YES	0
 CZE	1589	Bernatkova Aneta	YES	397
 CRO	1616	Bezjak Miro	YES	459
 SVK	1807	Bialko Marian	YES	0
 ESP	1774	Bielsa Lucas	YES	0
 CRO	1582	Bilic Rezić Jelena	YES	399
 CRO	1647	Blažeković Kezele Ana Marija	NO	0
 AUT	1535	Bohaumilitsky Andrea	YES	496
 ITA	1510	Bonzi Mattia	YES	735
 POL	1552	Borycki Artur	YES	549
 GBR	1638	Bradley Chris	YES	431
 CRO	1711	Brainovic Perica	YES	0
 BEL	1742	Bratić Zlatko	NO	0
 SLO	1604	Brelj Brane	NO	478
 CRO	1636	Brezinscak Luka	YES	432
 CRO	1767	Buhin Zvonimir	YES	0
 CRO	1737	Bukovac Goran	NO	0
 SLO	1793	Bukovec Mitja	YES	0
 AUS	1688	Burns Sanja	YES	0
 CRO	1574	Buždon Vedran	YES	508
 ITA	1680	Calderari Di Palazzolo Paolo	YES	339
 ROU	1511	Cecan Cristina	YES	589
 SLO	1803	Celar Peter	YES	0
 CRO	1695	Cepanec Dugandžić Rosana	YES	-
 TUR	1588	Cetinkaya Burcu	NO	398
 CZE	1772	Cfka Miroslav	YES	0
 CRO	1629	Čop Igor	YES	437
 ITA	1545	Corso Andrea	YES	568
 CRO	1678	Čosić Luka	YES	347
 ITA	1525	D'Alberto Emanuel	YES	629
 CRO	1813	Dadasović Damir	NO	0
 SLO	1519	Del Giusto Sara	YES	523
 CRO	1719	Devčić Domagoj	YES	0
 SLO	1529	Deželak Anja	NO	510
 CRO	1757	Di Lenardo Zamlić Predrag	NO	0
 CZE	1578	Dobešová Jana	YES	404
 CRO	1730	Doolan Milly	NO	-
 CRO	1546	Đorđević Maja	YES	466
 SLO	1599	Drakšič Mitja	YES	483
 CRO	1712	Dugalić Toffolini Slaven	YES	0
 CRO	1706	Dujmović Sandro	YES	0

COUNTRY	BIB	SURNAME AND NAME A-Z	BUS	UTMB PI
 CRO	1686	Đurđević Mario	YES	319
 CRO	1713	Fabac Žarko	NO	0
 CRO	1664	Fable Denis	NO	381
 CRO	1656	Fabris Milovan	NO	401
 CRO	1727	Ferenčić Katja	YES	-
 CRO	1623	Fain Alen	YES	446
 HUN	1522	File Balazs	YES	638
 CRO	1750	Flah Iva	NO	-
 SLO	1655	Flejšer Sašo	NO	402
 SLO	1548	Frelj Janez	NO	557
 SLO	1538	Fric Križanec Helenca	YES	450
 CRO	1753	Funarić Igor	YES	0
 CRO	1754	Funarić Tina	YES	-
 SLO	1639	Gabor Marjan	NO	431
 CRO	1683	Galović Dean	YES	331
 SLO	1593	Gantar Martina	NO	395
 SLO	1594	Gantar Tami	NO	395
 CHN	1690	Gao Zecui	YES	-
 CRO	1815	Gašparac Branko	YES	0
 ITA	1541	Gelisio Alessandro	NO	576
 CRO	1708	Gelo Ivica	YES	0
 POR	1809	George Eva	YES	-
 CRO	1723	Gerić Marko	YES	0
 SLO	1584	Gerlič Iztok	YES	499
 ITA	1500	Ghiano Gianluca	YES	874
 CRO	1761	Golenko Matija	NO	0
 SLO	1796	Gombac Majda	YES	-
 CRO	1748	Grabar Dario	YES	0
 USA	1628	Grant Sharon	YES	339
 GBR	1528	Gray David	YES	611
 CRO	1632	Grbac Marijana	NO	334
 CZE	1531	Gregorová Jana	YES	509
 CRO	1624	Grgić Tatjana	YES	345
 SLO	1601	Groboļšek Borut	YES	481
 SLO	1549	Grohar Gregor	NO	555
 CRO	1720	Grubešić Daniel	NO	0
 CRO	1559	Hađur Kristijan	YES	530
 CRO	1571	Hek Goran	NO	514
 SLO	1799	Hladnik Matic	NO	0
 CRO	1670	Horvatek Vedran	YES	370
 CRO	1812	Horvat Marko	YES	0
 CRO	1729	Huzak Dubravko	YES	0
 CRO	1583	Idzakovic Dario	YES	499
 AUT	1689	Isola Antonia	YES	-
 BUL	1692	Ivanov Tsonev Rumen	YES	0
 CRO	1745	Jajcevic Darijo	YES	0
 CRO	1658	Jakovčić Marinko	NO	401
 SLO	1798	Janežic Lojze	YES	0
 POL	1648	Janik Janusz	YES	417
 CRO	1532	Janjić Vedrana	YES	477
 CRO	1735	Janjić Tvrtko	YES	0
 PER	1783	Jara Huberth	YES	0
 CRO	1714	Jedretic Luka	YES	0
 CRO	1625	Jelić Mario	YES	444
 CRO	1537	Jerman Maksim	NO	581

START LIST



















































LEGEND **BIB** ELITE RUNNERS
BIB VIP RUNNERS






























COUNTRY	BIB	SURNAME AND NAME A-Z	BUS	UTMB PI
 CRO	1562	Jezovita Ana	YES	428
 GBR	1554	Jones Caitlin	YES	445
 CRO	1718	Jozanović Gordana	YES	-
 CRO	1743	Juran Ivan	YES	0
 CRO	1596	Juras Vesna	YES	386
 CRO	1611	Jurcan Ana	YES	362
 CRO	1684	Jurcan Vanja	YES	322
 CRO	1585	Jurić Karoli Ljerka	YES	398
 CRO	1705	Jurković Verica	NO	-
 CRO	1572	Jušta Eleonora	NO	384
 CRO	1579	Kajfeš Darko	NO	503
 CRO	1613	Kajfeš Dolores	NO	362
 CRO	1524	Kaligari Hek Mihaela	YES	531
 CRO	1617	Karapandzic Vedran	YES	457
 SRB	1805	Kardelis Boris	YES	0
 CRO	1699	Katalinić Josip	YES	0
 SLO	1590	Kekić Danuša	YES	397
 SLO	1642	Ketiš Aljaž	YES	426
 CRO	1703	Klaric Ivan	YES	0
 CRO	1758	Klarić Krunoslav	YES	0
 CRO	1614	Knežević Suzana	YES	332
 CRO	1654	Knežević Branko	YES	405
 SLO	1595	Kobal Mateja	NO	393
 SLO	1630	Kobal Matjaž	NO	435
 SLO	1646	Kogej Marko	NO	422
 CRO	1751	Kolar Ištuk Ana	YES	-
 SLO	1800	Kolenko Peter	YES	0
 SLO	1530	Komic Golar Anja	YES	510
 CRO	1687	Koprivnjak Marko	YES	309
 CRO	1651	Koren Igor	YES	412
 CRO	1744	Koren Filip	NO	0
 SLO	1567	Korošec Simon	YES	521
 CRO	1517	Košeto Marjan	NO	673
 SLO	1555	Košir Domen	YES	544
 SLO	1790	Kotnik Jaka	YES	0
 SLO	1600	Kovač Domen	YES	481
 GER	1779	Krämer Björn	YES	0
 SLO	1789	Kravanja Vilma	YES	-
 GER	1778	Krebs Marcel	YES	0
 SLO	1804	Križanec Manja	YES	0
 MKD	1782	Krle Tanja	NO	-
 CRO	1521	Kržišnik Kristina	NO	540
 CRO	1731	Kuća Ana Marija	YES	-
 CRO	1732	Kuća Petra	YES	-
 SLO	1602	Kunst Dubravka	YES	380
 CRO	1701	Kušlan Darko	YES	0
 POL	1512	Labeledzka Agata	NO	582
 CRO	1685	Ladavac Ivan	YES	322
 CRO	1747	Ladavac Nina	YES	-
 SLO	1792	Lah Matej	YES	0
 ITA	1610	Lamera Manuel	YES	469
 CRO	1666	Lamoš Danijel	YES	-
 CZE	1553	Laryšová Radka	YES	446
 GBR	1558	Lau Jennifer	NO	434
 SLO	1794	Lepoša Ana	YES	-

COUNTRY	BIB	SURNAME AND NAME A-Z	BUS	UTMB PI
 SLO	1797	Lepoša Mojca	YES	-
 CRO	1561	Leskovar Ivana	NO	428
 FRA	1644	Liguori Baptiste	NO	424
 SLO	1557	Lipušek Ksenja	YES	441
 CRO	1622	Lisac Filip	NO	446
 CRO	1560	Lisica Lucija	NO	430
 CRO	1749	Lisicar Tereza	NO	-
 CRO	1505	Lisec Matija	NO	726
 SLO	1787	Logar Darko	YES	0
 CRO	1536	Lončar Andriana	NO	465
 CRO	1653	Lovric Edvard	YES	406
 PER	1673	Luque Jaime	YES	361
 UKR	1586	Lysenko Volodymyr	YES	498
 CRO	1746	Magdic Iva	YES	-
 CRO	1726	Majdenić Darko	YES	0
 SLO	1667	Malešič Andrej	NO	379
 CAN	1773	Marjanovic Sara	NO	-
 CRO	1721	Maslić Almir	YES	0
 SLO	1788	Matelič Maja	NO	-
 CRO	1645	Matijević Tomislav	NO	422
 CRO	1661	Matijević Luka	YES	387
 CRO	1738	Matovina Alen	NO	0
 CRO	1771	Matušan Aleksandra	NO	0
 CRO	1702	Mendaš Hrvoje	YES	0
 ITA	1502	Meridio Michele	NO	825
 CRO	1657	Mesaric Marinko	NO	401
 CRO	1633	Mesić Zvonimir	YES	433
 CZE	1527	Michalčáková Anna	YES	513
 CRO	1556	Mikulić Jasna	YES	442
 CRO	1717	Mileta Sara	YES	-
 CRO	1763	Mišan Dragan	YES	0
 SLO	1785	Mohoric Sebastian	YES	0
 CRO	1766	Muškardin Petra	YES	-
 CRO	1734	Mustać Mate	YES	0
 CRO	1649	Novak Domagoj	YES	416
 CRO	1615	Novosel Ivor	YES	460
 SVK	1808	Odnoga Matus	YES	0
 PER	1504	Olivera Luis Andres	NO	767
 SIN	1568	Ong Alice	YES	420
 CRO	1694	Orehoci Branko	YES	0
 CRO	1551	Orehovec Ranko	NO	551
 CRO	1542	Pancelat Mateja	NO	472
 CRO	1810	Pattiera Martina	YES	525
 SLO	1801	Pavlič Boštjan	YES	0
 CRO	1762	Pavliček Alen	YES	0
 CRO	1682	Pavlović Ana	NO	204
 CRO	1768	Pavlović Matea	YES	-
 GER	1598	Pecić Bogoljub	YES	484
 BUL	1693	Pehlivanov Borislav	NO	0
 CRO	1643	Pejković Gordan	YES	424
 ISR	1663	Peretz Chen	YES	383
 SLO	1791	Petek Aleš	YES	0
 SRB	1806	Petrovic Petar	YES	0
 SLO	1570	Pišlar Martina	NO	417
 CRO	1739	Pollak Oskar	YES	0

START LIST

LEGEND **BIB** ELITE RUNNERS
BIB VIP RUNNERS

COUNTRY	BIB	SURNAME AND NAME A-Z	BUS	UTMB PI
 GBR	1539	Pope Tom	YES	579
 POL	1627	Postół Karolina	YES	339
 CRO	1609	Prahin Vedran	YES	470
 SLO	1569	Pravhar Peter	YES	520
 CRO	1698	Prišlin Marko	YES	0
 CRO	1612	Puniš Krisitna	YES	362
 GER	1534	Reiner Kathrin	YES	504
 AUT	1691	Rescec Filip	NO	0
 CRO	1603	Rogulj Hrelja Iva	NO	379
 HUN	1672	Rohoska Lajos	NO	364
 CRO	1668	Rojnic Maurizio	YES	373
 MKD	1518	Rtoska Elena	YES	566
 CRO	1547	Rudan Toni	NO	557
 GER	1641	Rush Robin	YES	428
 CRO	1736	Šagi Dražen	YES	0
 CRO	1618	Salaj Krunoslav	YES	450
 CRO	1592	Samaržija Kristijan	NO	496
 CRO	1675	Šamec Miljenko	YES	353
 CRO	1724	Sanković Jasmina	NO	-
 AUT	1540	Saurug Daniel	NO	578
 ITA	1781	Sbiroli Vito Walter	NO	0
 AUT	1520	Schmidhuber Viktoria	YES	514
 SLO	1523	Selan Špela	YES	535
 ROU	1784	Sella Andre	YES	0
 CRO	1608	Sikirić Igor	YES	471
 CRO	1709	Šimag Kristijan	YES	0
 CRO	1665	Šimić Bruno	YES	380
 CRO	1637	Šimunić Dean	YES	431
 CRO	1640	Sintić Uhač Barbara	NO	330
 CRO	1671	Širol Endi	YES	366
 CRO	1728	Skorić Radan	YES	0
 CRO	1715	Škrilin Ana	YES	-
 CRO	1755	Slacki Rozi	NO	-
 CRO	1733	Šlipogor Konrad	YES	0
 SLO	1674	Slokan Simon	YES	354
 CRO	1515	Smojver Irena	NO	554
 POL	1550	Sobieraj Grzegorz	YES	554
 SRB	1635	Šolaja Anica	YES	333
 CRO	1626	Solenički Tomica	NO	439
 CRO	1716	Šolman Marino	YES	0
 ITA	1543	Squarcina Michael	YES	571
 CRO	1760	Staletović Marko	YES	0
 CRO	1650	Stepinac Nino	YES	414
 CRO	1619	Stoković Vanja	YES	450
 SLO	1544	Štolcar Peter	NO	571
 SLO	1575	Štuklek Gregor	NO	508
 CHN	1780	Sun Yao	YES	0
 CRO	1704	Surić Maša	YES	-
 CRO	1679	Sušek Željko	YES	346
 SLO	1513	Svetina Aleš	NO	710
HUN	1577	Szalga Bogi	NO	406
GER	1597	Teichmann Kerstin	YES	356
SLO	1786	Tekavcic Pompe Manca	NO	-
SLO	1621	Tement Darko	YES	450
SLO	1605	Teržan Rok	NO	474

COUNTRY	BIB	SURNAME AND NAME A-Z	BUS	UTMB PI
 ITA	1565	Trapletti Giorgio	YES	523
 BIH	1631	Trnka Ajdin	YES	434
 SLO	1620	Urbanc Mirjana	YES	350
 SLO	1802	Urbanček Rok	YES	0
 CRO	1669	Vadinjof Antonio	NO	371
 CRO	1696	Vadinjof Nevena	NO	-
 CRO	1566	Valečić Darko	YES	521
 CRO	1814	Veljak Gašparić Stefani	NO	-
 SUI	1501	Vermeulen Kevin	YES	874
 CRO	1740	Vidmar Dino	NO	0
 ITA	1516	Vidotto Giacomo	YES	682
 CRO	1563	Vinković Adam	NO	527
 SRB	1606	Vitetta Ljiljana	YES	373
 SLO	1795	Vizin Boštjan	YES	0
 CRO	1634	Vojnović Gabrijela	YES	333
 CRO	1722	Vujasinovic Jasenko	NO	0
 CRO	1580	Weber Damir	YES	503
 CRO	1765	Weber Helena	YES	-
 GBR	1777	Wright Benjamin	YES	0
 TUR	1503	Yalaç Aysel	YES	658
 SVK	1676	Zahorjan Domician	YES	350
 SLO	1677	Zajc Tadej	YES	348
 CRO	1770	Zavrtnik Ivana	YES	0
 CRO	1759	Žerjav Krešo	NO	0
 CRO	1659	Zgrablic Paolo	NO	400
 POL	1652	Ziembinska-Buczynska Aleksandra	YES	308
 SLO	1526	Žnidaršič Aljoša	YES	619
 CRO	1725	Zubić Manuela	NO	-
 CRO	1741	Žunić Nikica	YES	-

20K / M

WHITE

KM
|←→| 20 KM

Δ +130 M

KM-E 33

BY MHEP





TIME TABLE

THURSDAY 7TH

TIME	LOCATION		
14:00 - 20:00	Umag		WHITE BIB distribution

FRIDAY 8TH

TIME	LOCATION		
14:00 - 20:00	Umag		WHITE BIB distribution

SATURDAY 9TH

TIME	LOCATION		
10:00 - 13:00	Umag		WHITE BIB distribution

SUNDAY 10TH

TIME	LOCATION		
08:30	Umag		WHITE bus departure to the start
09:00	Grožnjan		WHITE bus arrival to the start
10:00	Grožnjan		WHITE START!
13:00	Umag		WHITE award ceremony
14:00	Umag		WHITE time limit



Course start map



AWARDS

finishers | men & women

1 running stone



START



GROŽNJAN

APRIL 10TH 10:00

LOCAL PLAYGROUND

HOW TO GET THERE BY CAR?

from Umag - fastest route *

Umag - direction Buje - in Buje direction
Triban - Grožnjan

distance: 21 km

ETA: 0h 27min



AID STATIONS EXPECTED TIMES AND TECHNICAL DETAILS

ALLOWED SUPPORT	LOCATION		KM	FASTEST	SLOWEST	TIME LIMIT	CAR/PARKING
NO	Buje		7,4	Su - 10:29	Su - 11:33	-	
	Umag		20,0	Su - 11:21	Su - 14:00	Su - 14:00	

LEGEND



town



aid station



medic



time limit



hot food station



finish

Su Sunday



car access




















































































parking




































AID STATION NAME	CUT OFF HOURS FROM THE START	CUT-OFF ACTUAL TIME	MEDIC	AID STATION	HOT FOOD	SHOWERS	CHEESE/MEAT	PASTRIES	FRUITS	BREAD	SALTY SNACKS	NUTELLA :)	BISCUITS	COLA	WATER	ISOTONIC	TEA	COFFEE	HOT SOUP	LIVE TIMING
BUJE			X	X				X	X		X		X	X	X					X
UMAG	4 h	Su 14:00	X		X	X			X		X			X	X					X

START LIST

COUNTRY	BIB	SURNAME AND NAME A-Z	BUS	UTMB PI
 HUN	2138	Andrea Nagy	YES	0
 CRO	2019	Azenić Goran	YES	452
 TUR	2033	Babac Arzu	YES	
 ISR	2035	Bakaria Maryam	YES	0
 ITA	2023	Baldini Maurizio	YES	425
 CRO	2036	Banek Zrinka	YES	0
 GER	2037	Bannenberg Sandra	YES	0
 CRO	2012	Barić Mihaela	YES	376
 CRO	2038	Barićak Danijela	YES	0
 CRO	2039	Bartoli Katerina	NO	0
 CRO	2040	Bašić Sandra	YES	0
 CRO	2041	Benčić Tijana	YES	0
 CZE	2107	Benek René	YES	0
 CZE	2042	Benková Gabriela	YES	0
 CRO	2108	Blaško Miran	NO	0
 ITA	2109	Bordin Nicola	YES	0
 CRO	2146	Bračun Nenad	YES	-
 BIH	2110	Bravo Denisa	YES	0
 SLO	2030	Brolih Boštjan	NO	346
 CRO	2004	Budić Ivan	NO	538
 SVK	2043	Capicikova Katarina	YES	
 CRO	2044	Čauš Sanja	YES	0
 CRO	2111	Čaušević Samir	NO	0
 CRO	2112	Černac Goran	NO	0
 CRO	2139	Cerovac Vanja	NO	0
 ROU	2045	Cirstinoiu Cristina	NO	0
 FRA	2022	Claret Rémi	YES	429
 ROU	2046	Corbaci Corina	NO	0
 CRO	2047	Damjanović Barić Jelena	NO	0
 ISR	2114	Darawsha Sed	YES	0
 CRO	2115	Đekić Tomislav	NO	0
 CRO	2116	Deranja Filip	NO	0
 BIH	2024	Dusparic Darko	YES	422
 SLO	2048	Fajmut Vlasta	NO	0
 CRO	2117	Gašparović Zoran	YES	0
 SRB	2049	Giric-Cvetković Agneš	YES	0
 SLO	2050	Gošnik Edita	YES	0
 CRO	2051	Grabar Blažević Sandra	YES	0
 CRO	2052	Gumhalter Lada	YES	0
 CRO	2053	Heberling Martina	YES	0
 IRL	2148	Hogan Imelda	YES	0
 GER	2118	Hopf Andreas	YES	0
 CRO	2119	Horvat Marko	YES	0
 CRO	2054	Hrastovec Maja	YES	0
 FRA	2140	Humbert Demian	YES	880
 CRO	2055	Huzak Gordana	YES	0
 CRO	2056	Jakac Brajković Iva	NO	0
 AUT	2121	Jesenko Mario	YES	0
 CRO	2008	Juras Tomislav	YES	517
 GER	2057	Kasprowicz Laura	YES	0
 CRO	2143	Keller Neike	YES	0
 CRO	2060	Kodrnja Tina	NO	0
 CRO	2061	Konenko Snježana	YES	0
 CRO	2062	Kordic Martina	NO	0
 SLO	2123	Koren Ales	NO	0

COUNTRY	BIB	SURNAME AND NAME A-Z	BUS	UTMB PI
 SLO	2063	Koren Simona	NO	0
 CRO	2017	Košet Sandra	NO	454
 CRO	2064	Kovač Ivana	NO	0
 CRO	2065	Kralj Petra	YES	0
 GER	2066	Krämer Katrin	YES	0
 GER	2149	Krämer Björn	YES	0
 SLO	2067	Križanec Alja	YES	0
 GER	2124	Kubin Pascal	YES	0
 CRO	2068	Lakota Nataša	YES	0
 CRO	2069	Lalic Zvezdana	YES	0
 HUN	2125	Levai-Jennet Gabor	YES	0
 GER	2070	Li Yan	YES	0
 ISR	2071	Licht Orit	YES	0
 ITA	2018	Lucca Antonella	YES	323
 PER	2072	Lugo Leslie	YES	0
 USA	2073	Mairs Sarabeth	YES	0
 SLO	2074	Malešič Katarina	NO	0
 GER	2075	Mangertseder Sofie	NO	0
 SRB	2076	Marić Dragana	YES	0
 CRO	2077	Matijević Zrinka	YES	0
 CRO	2079	Mavrinac Tus Iva	YES	0
 CRO	2001	Melon Marina	YES	522
 ITA	2031	Menel Alessia	NO	0
 SLO	2080	Meško Peserl Katja	YES	0
 CRO	2027	Mihic Bozidar	YES	388
 CRO	2016	Mofardin Irena	YES	327
 CRO	2081	Mohorovičić Vesna	YES	0
 SLO	2082	Mostar Ines	YES	0
 CRO	2083	Novina Jasminka	NO	0
 CRO	2126	Novosel Sven	NO	0
 CRO	2137	Novosel Bruno	NO	0
 ITA	2003	Pagavino Filippo	YES	603
 CRO	2020	Pajdic Sasa	NO	438
 CRO	2145	Pandurić Vlatko	YES	-
 GER	2013	Pecic Bogoljub	YES	484
 CRO	2136	Percan Erik	YES	0
 SLO	2127	Peserl Marko	YES	0
 CRO	2128	Petelin Dario	YES	0
 CRO	2007	Petretti Marina	NO	390
 CZE	2002	Petrova Katarina	YES	478
 CRO	2085	Picco Indira	NO	0
 SRB	2120	Popović Jelena	YES	0
 SLO	2086	Poropat Tea	NO	0
 POL	2087	Požniak-Styczyńska Maja	YES	0
 CRO	2129	Rakić Saša	YES	0
 CRO	2088	Ramljak Anđelka	NO	0
 CRO	2089	Richter Novosel Željka	NO	0
 SLO	2005	Romic Miha	YES	537
 ITA	2009	Rosso Nicola	YES	516
 CRO	2142	Schiller Damir	YES	0
 AUT	2131	Schmiedpeter Sarah Louise	YES	0
 AUT	2130	Schmiedpeter Harald	YES	0
 GER	2091	Seifert Franziska	NO	0
 CRO	2006	Škrinjar Daria	YES	404
 CRO	2092	Smilovic Mirjana	NO	0

START LIST

COUNTRY	BIB	SURNAME AND NAME A-Z	BUS	UTMB PI
	CRO 2132	Smirnov Alen	NO	0
	CRO 2133	Stancic Elvis	NO	0
	CRO 2093	Stoković Jasmina	YES	0
	ROU 2150	Taban Maria	YES	-
	CRO 2021	Taslidžić Vedran	NO	433
	SIN 2147	Teo Hwi Bee	YES	0
	GER 2094	Thoelken Nadine	NO	0
	ROU 2000	Tica Andra Maria	YES	524
	ROU 2113	Tohoneyanu Daniel	YES	0
	CRO 2095	Tomačić Marija	YES	0
	SLO 2096	Tratnik Metka	YES	0
	CRO 2025	Trbić Svjetlana	YES	290
	CRO 2097	Trbojević Causevic Tamara	NO	0
	CRO 2010	Trifunac Nieve	NO	386
	CRO 2026	Trifunac Olwyn	NO	281
	CRO 2098	Tripac Vesna	NO	0
	SLO 2134	Uлага Miha	YES	0
	CRO 2099	Uljančić Marina	NO	0
	CRO 2011	Velic Srdoc Valentina	YES	382
	SLO 2015	Vidović Andreja	NO	336
	CRO 2100	Vinković Korina	NO	0
	CRO 2101	Vinšer Vanna	YES	0
	SLO 2014	Višnar Zlatko	NO	481
	CRO 2102	Voivoda Stančić Claudia	NO	0
	GER 2103	Von Radetzky Pauline	YES	0
	CRO 2029	Vukadinović Željko	NO	362
	CRO 2104	Vuković Valentina	YES	0
	GBR 2105	Webb Jennie	NO	0
	SUI 2141	Winklehner Thomas	YES	472
	SLO 2135	Žalik David	YES	0
	SLO 2028	Žogan Tanja	YES	257
	CRO 2106	Zuzija Martina	YES	0
	CRO 2144	Žulj Mijo	NO	0





COURSE SECTIONS AND AID STATIONS PREVIEW



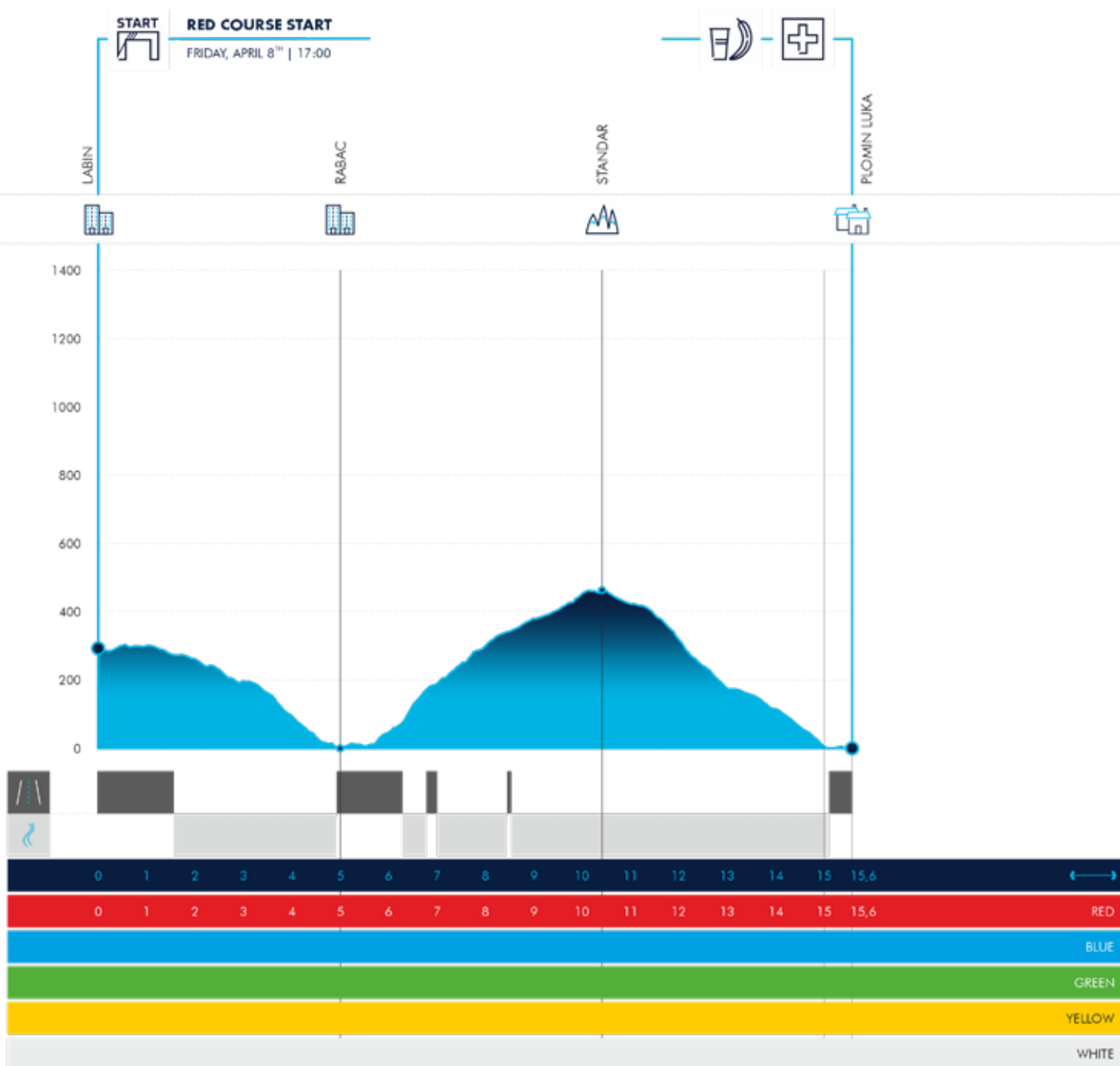
**SCAN THE CODE
TO REVEAL THE COURSES
AND ALL IMPORTANT LOCATIONS**



COURSE SECTION

LABIN - PLOMIN LUKA

COURSES: | R |



PLOMIN LUKA

AID STATION INFO

From Labin: 12 km
From Umag: 97 km

Micro location: Plomin harbour
Around 200 parking places available

GPS location: N 45.134729
E 14.174475
Altitude: 2 m

HOW TO GET THERE BY CAR?

from Labin - fastest route
Labin - direction Rijeka - in Vozilici
direction Plomin luka
distance: 12 km
ETA: 0 h 14 min

from Umag - fastest route
Umag - direction Rijeka - in Lupoglav
direction Labin
distance: 97 km
ETA: 1 h 29 min

COURSE	KM	FASTEST	SLOWEST
RED	15,6	Fr - 18:23	Fr - 20:09
BLUE	-	-	-
GREEN	-	-	-
YELLOW	-	-	-
WHITE	-	-	-

COURSE SECTION

LABIN - PLOMIN LUKA

COURSES: | R |



AID STATION TRIVIA

Plomin (Italian: Fianona) is a village in the Croatian part of Istria, situated approximately 11 km north of Labin, on an 80 meters high hill. It is a popular destination for tourists traveling through Istria by road.

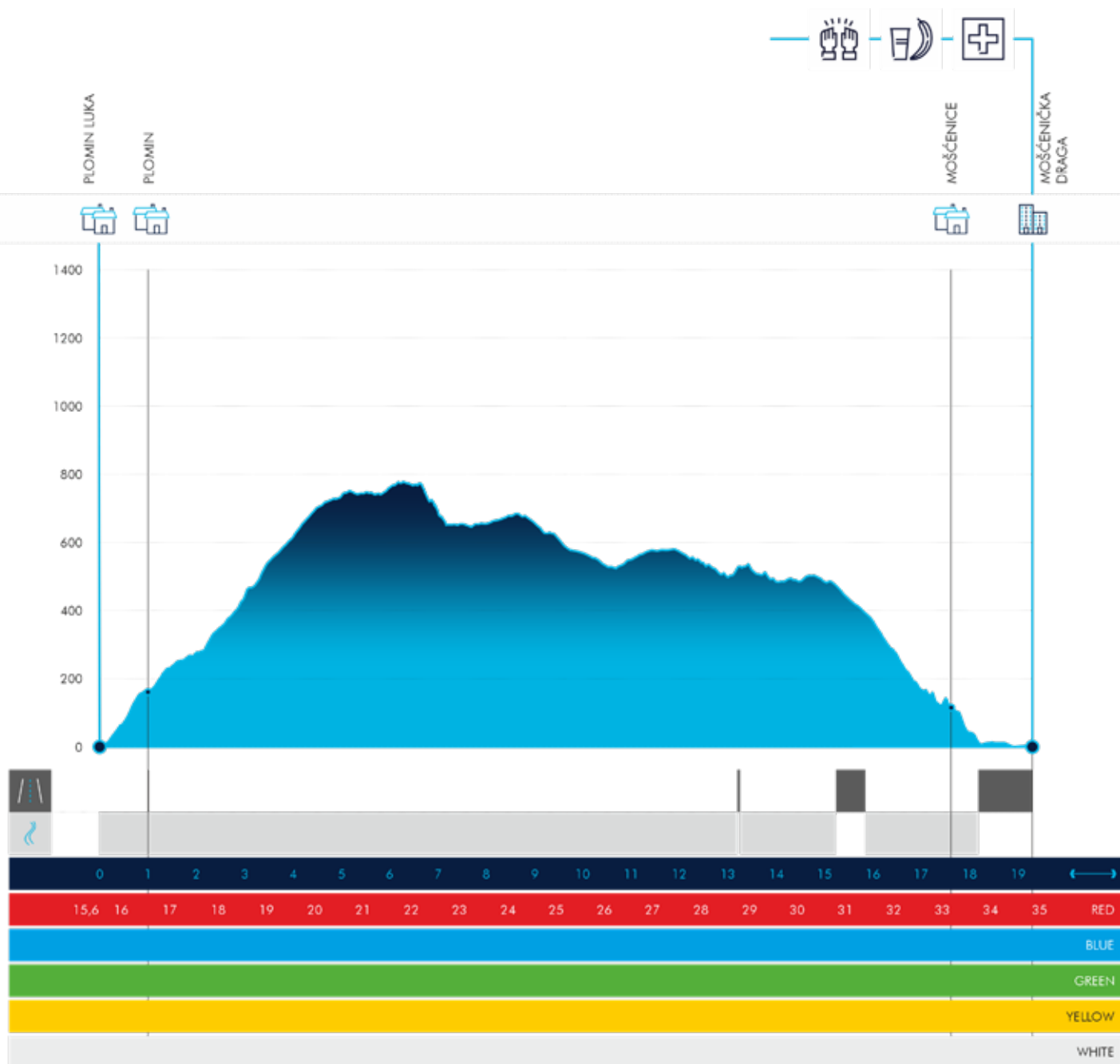
Originally named Flanona, the settlement was built in Roman times, above the bay bearing the same name. Plomin was abandoned after World War II, due to the bay becoming too muddy and its inhabitants, mostly Italians, emigrating to Italy. However, it has since been repopulated, and is today home to approximately 130 people. The buildings in the town are several hundred years old, built on the ruins of the original Roman houses. The walls date back to the 9th century.



COURSE SECTION

PLOMIN LUKA - MOŠĆENIČKA DRAGA

COURSES: | R |



MOŠĆENIČKA DRAGA

COURSE	KM	FASTEST	SLOWEST
RED	35,0	Fr - 20:23	Sa - 00:42
BLUE	-	-	-
GREEN	-	-	-
YELLOW	-	-	-
WHITE	-	-	-

AID STATION INFO

From Labin: 32 km
From Umag: 100 km

Micro location: parking near the
football stadium
Around 20 parking places available

GPS location: N 45.238850
E 14.252150

Altitude: 10 m

HOW TO GET THERE BY CAR?

from Labin - fastest route
Labin - direction Rijeka
distance: 32 km
ETA: 0 h 38 min

from Umag - fastest route
Umag - direction Rijeka - in Matulji
direction Labin
distance: 100 km
ETA: 1 h 44 min

COURSE SECTION

PLOMIN LUKA - MOŠĆENIČKA DRAGA

COURSES: | R |



AID STATION TRIVIA

Emerging from the spot where Mount Učka descends into the sea, Mošćenička Draga combines the best of both worlds. Sipar beach is one of the most beautiful in Kvarner. There are also many secluded spots along the coastal promenade, where one can enjoy the sea and sun on small natural beaches, away from the crowds and prying eyes.

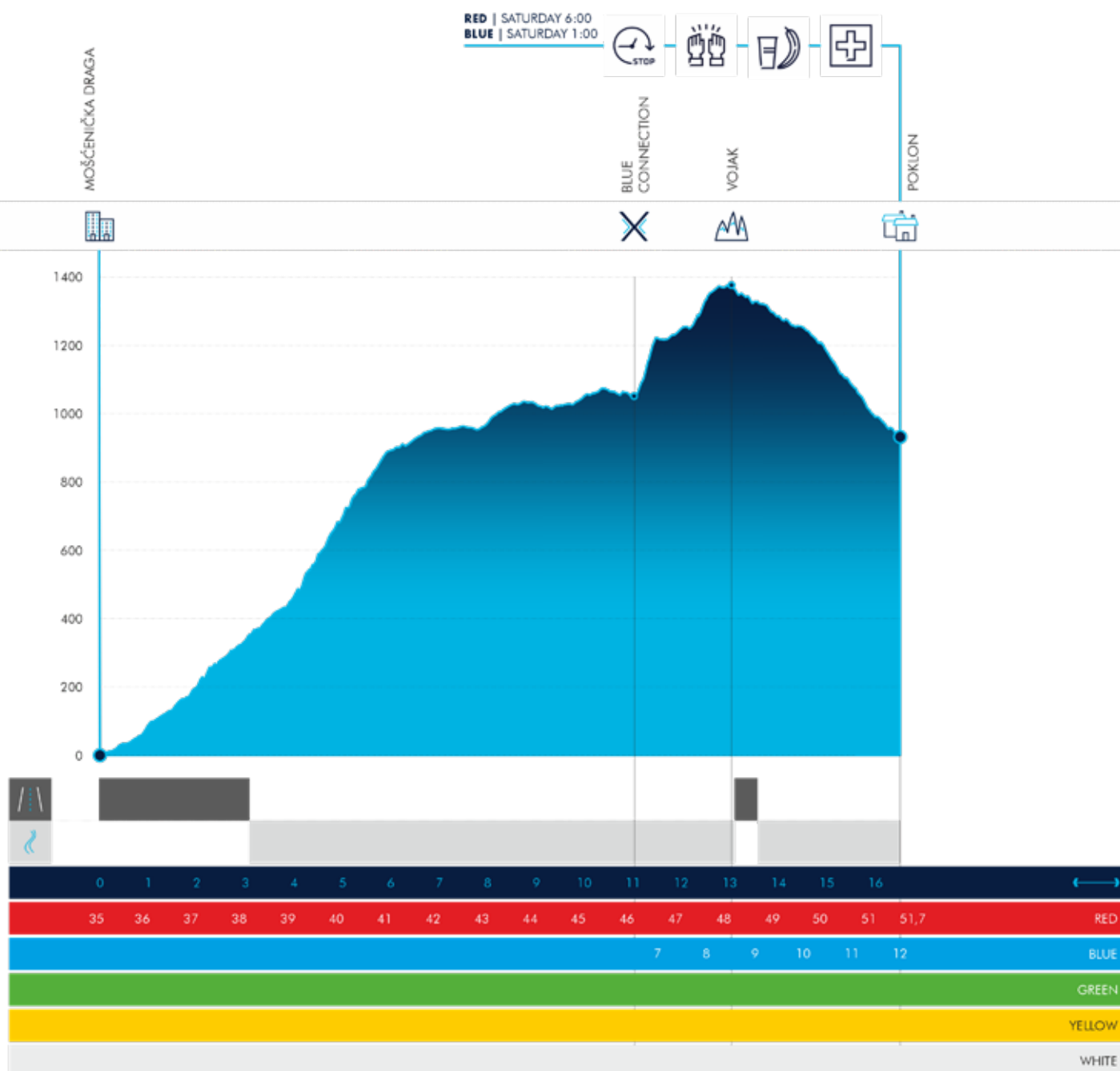
Mošćenička Draga is particularly popular among visitors looking for a peaceful, relaxing holiday. In the past, it was primarily the nobility that used to come here in their carriages from Opatija to enjoy the quiet romantic surroundings of the white fishing boats and red-roofed houses. Today, modern tourists want to recharge their batteries by spending time outdoors and swimming in the crystal clear sea.



COURSE SECTION

MOŠĆENIČKA DRAGA - POKLON

COURSES: | R |



POKLON

AID STATION INFO

From Labin: 40 km
From Umag: 78 km
From Lovran: 18 km

Micro location: parking in front of the mountain hut
Around 100 parking places available

GPS location: N 45.308049
E 14.215642
Altitude: 931 m

HOW TO GET THERE BY CAR?

from Labin - fastest route
Labin - direction Rijeka - in Vozilići direction Tunel Učka - direction Poklon
distance: 40 km
ETA: 0h 14min

from Lovran - fastest route
Lovran - direction Rijeka - in Ičići direction Veprinac - direction Poklon
distance: 19 km
ETA: 0h 31min

COURSE	KM	FASTEST	SLOWEST
RED	51,7	Fr - 22:43	Sa - 05:59
BLUE	12,0	Fr - 22:43	Sa - 01:00
GREEN	-	-	-
YELLOW	-	-	-
WHITE	-	-	-



COURSE SECTION

LOVRAN - POKLON

COURSES: | B |

START **BLUE COURSE START**
FRIDAY, SEPTEMBER 10TH | 9PM

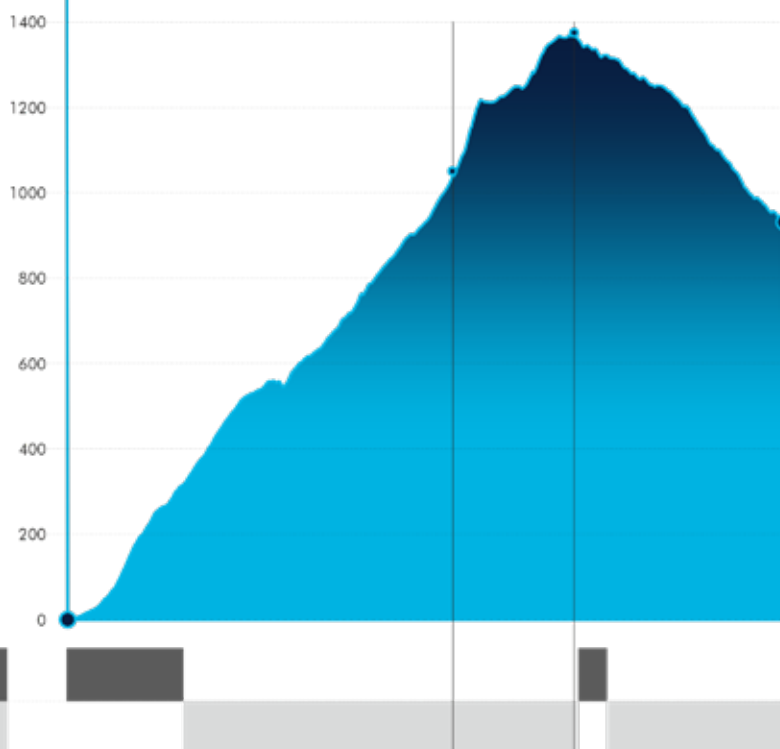
RED | SATURDAY 6:00
BLUE | SATURDAY 1:00

LOVRAN

RED
CONNECTION

VOJAK

POKLON



0 1 2 3 4 5 6 7 8 9 10 11 12

47 48 49 50 51 51,7

RED

0 1 2 3 4 5 6 7 8 9 10 11 12

BLUE

GREEN

YELLOW

WHITE

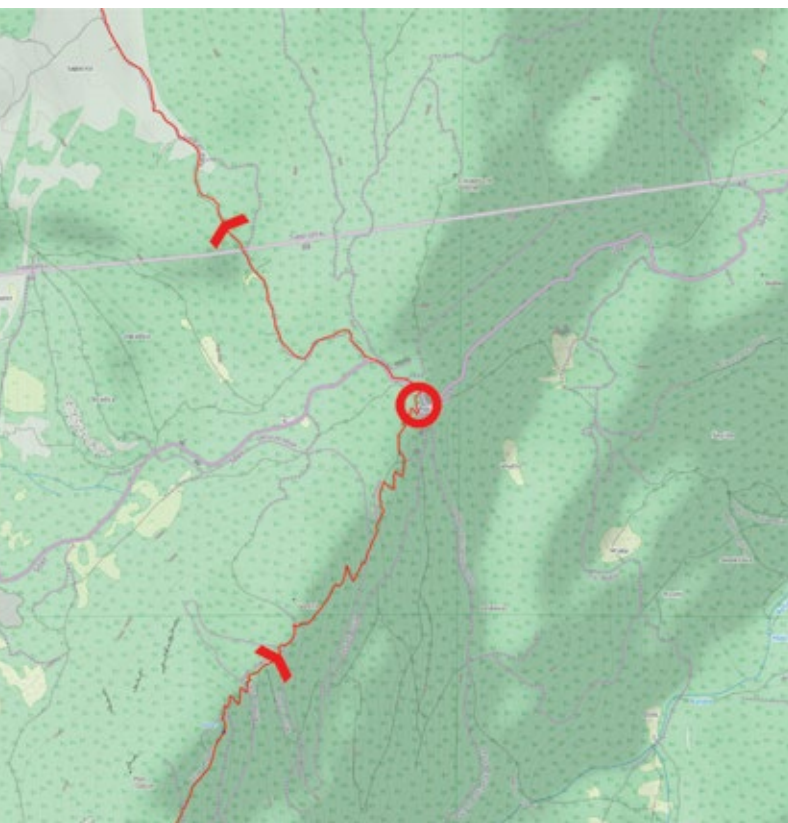


COURSE SECTION

MOŠĆENIČKA DRAGA - POKLON

LOVRAN - POKLON

COURSES: | R | B |



AID STATION TRIVIA

Poklon, pass on the road Vranje-Veprinac, through Učka, at 922m above sea level. Before the construction of the Istrian railway in 1876, pilgrims from Istria and Rijeka traveled across Učka on foot. At the Poklon pass, from which you can see all of the Kvarner bay, they would bow and take an oath to the church of Our Lady of Trsat. It is an untranslatable fraze, poklon in Croatian means to bow.

Strategically important road Pazin-Kastav was built in the 18th century, popularly called Istrian Josephine. Poklon is an integral part of the Učka Nature Park. There are hotels, Učka mountain lodge and a monument in the form of a large stone cross.

Energija koja pokreće Hrvatsku

 **HEP** Više od
struje

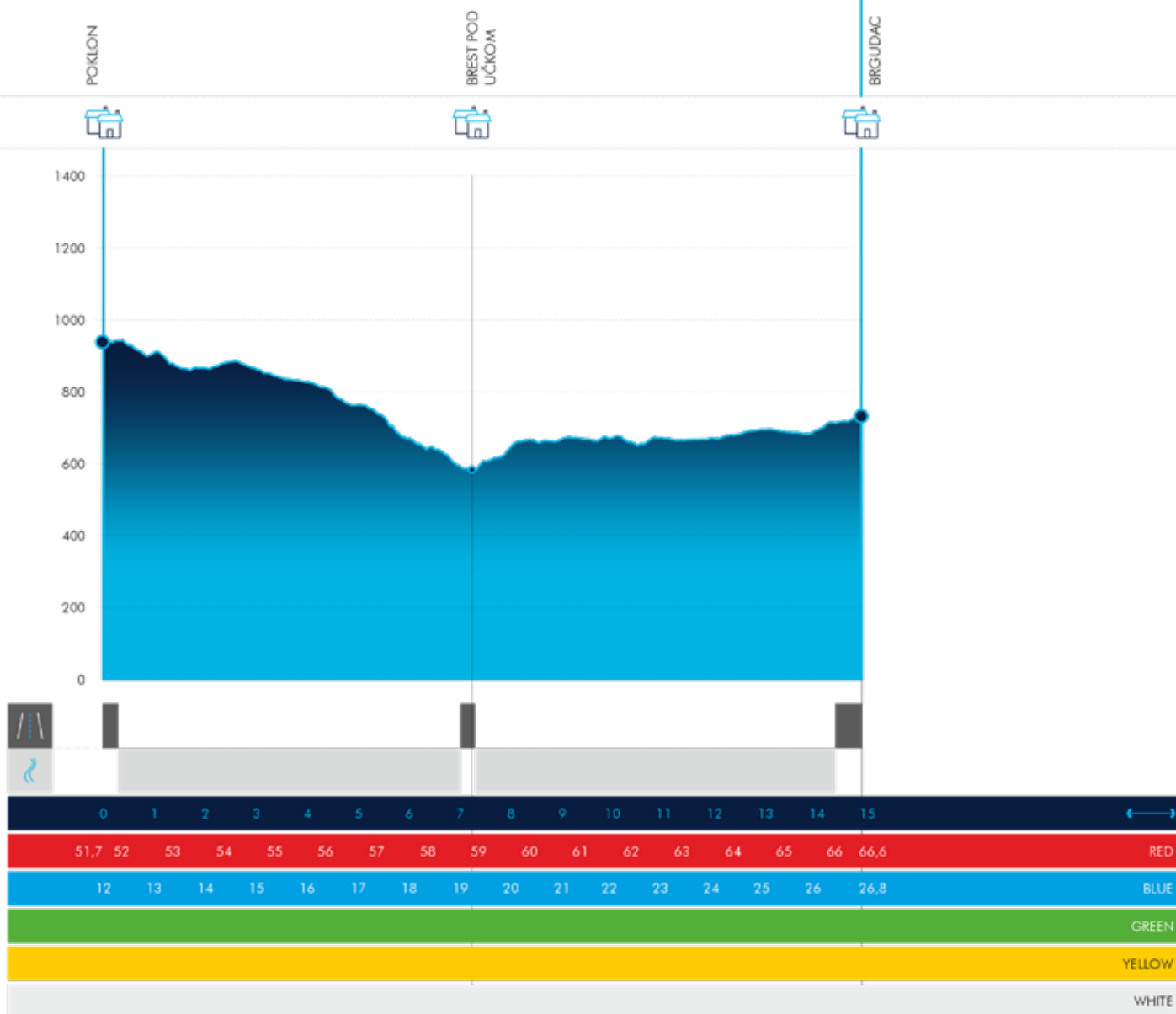




COURSE SECTION

POKLON - BRGUDAC

COURSES: | R | B |



BRGUDAC

AID STATION INFO

From Labin: 48 km
From Umag: 70 km
From Lovran: 38 km
From Buzet: 20 km

Micro location: inside the memorial building

GPS location: N 45.380908
E 14.144248

Altitude: 733 m

HOW TO GET THERE BY CAR?

NARROW ROAD
CAR ACCESS NOT ALLOWED

COURSE	KM	FASTEST	SLOWEST
RED	66,6	Sa - 00:06	Sa - 09:27
BLUE	26,8	Fr - 23:59	Sa - 03:46
GREEN	-	-	-
YELLOW	-	-	-
WHITE	-	-	-

COURSE SECTION

POKLON - BRGUDAC

COURSES: | R | B |



AID STATION TRIVIA

Brgudac, a village on Čićarija, in the municipality of Lanišće from the 12th century. Located on the edge of the flattened areas at 749 meters above the sea level at the foot of the ridge formed by the Brajkov peak (1092m) and Korita. To the village leads a narrow road from the direction of Lanišće, but there are some hiking trails toward Semić, Planik peak and mountain hut Korita. Small population cultivate modestly fertile land for their own purposes.

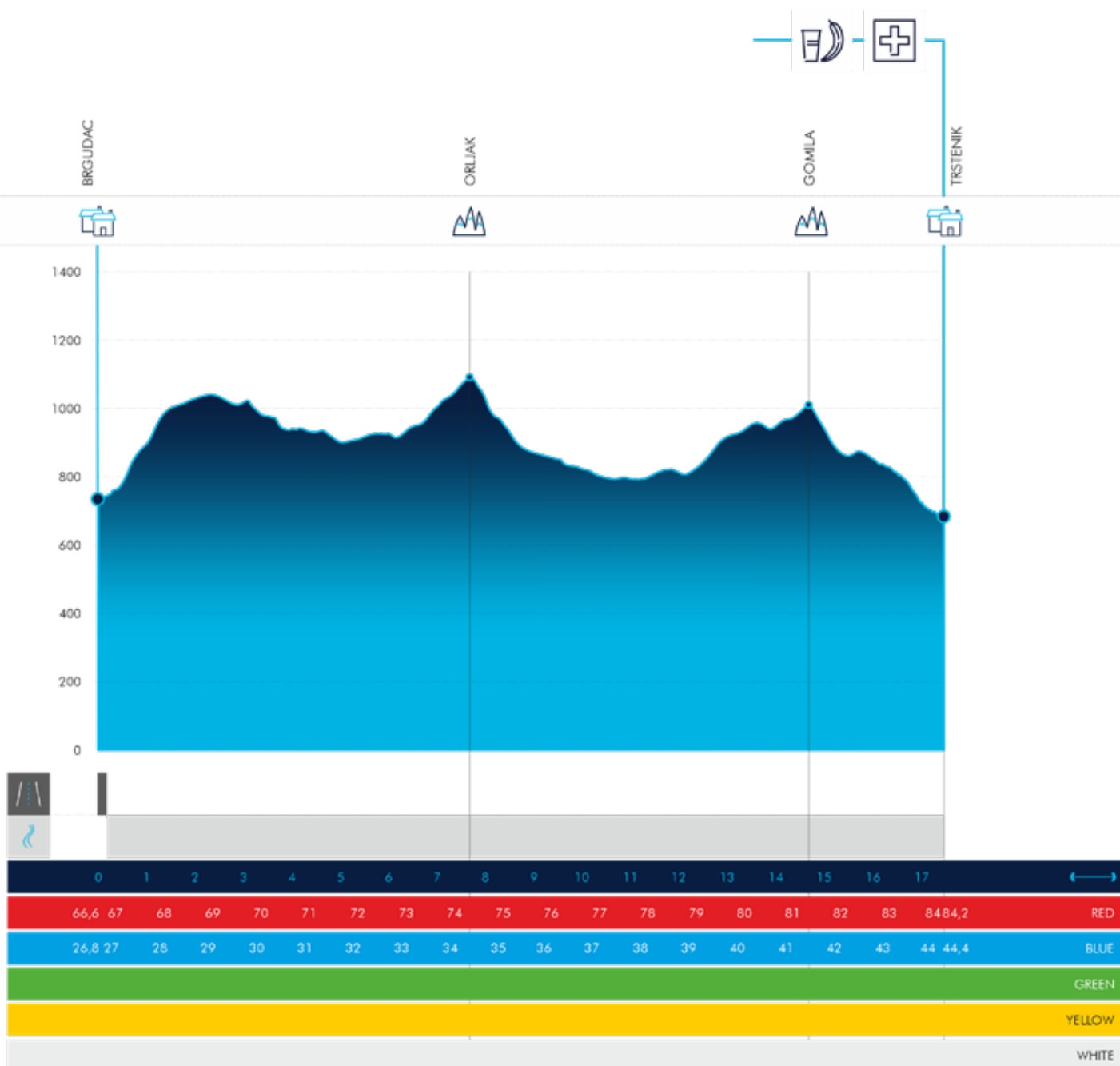
In the past there has been some cattle breeding and production of charcoal. The area in the medieval age belonged to the Patriarchate of Aquileia, the Counts of Gorica, and later to the Venetian Republic.



COURSE SECTION

BRGUDAC-TRSTENIK

COURSES: | R | B |



TRSTENIK

AID STATION INFO

From Buzet: 28 km
From Umag: 78 km

Micro location: at the parking in the village centre

GPS location: N 45.449836
E 14.057863

Altitude: 685 m

HOW TO GET THERE BY CAR?

NARROW ROAD
CAR ACCESS NOT ALLOWED

COURSE	KM	FASTEST	SLOWEST
RED	84,2	Sa - 02:36	Sa - 15:41
BLUE	44,4	Sa - 02:05	Sa - 08:25
GREEN	-	-	-
YELLOW	-	-	-
WHITE	-	-	-

COURSE SECTION

BRGUDAC-TRSTENIK

COURSES: | R | B |



AID STATION TRIVIA

Trstenik is a village in Čićarija, in the municipality of Lanišće, at 697 m above the sea level, 8 km northwest of the municipal center Lanišće. It is located on the road that leads from Lanišće for Dane (Lanišće) and Vodice (Lanišće), near the intersection of Brest (Lanišće) and Buzet, on a small hill between two longitudinal valleys.

Residents are traditionally engaged in agriculture and cattle breeding, and lived most of the milk and wood they have sold. According to the census in the late 19th century, Trstenik counted 223 inhabitants, followed by steadily losing population, and slowly dying.



COURSE SECTION

TRSTENIK - BUZET

COURSES: | R | B |

RED | SATURDAY 20:00
BLUE | SATURDAY 12:00

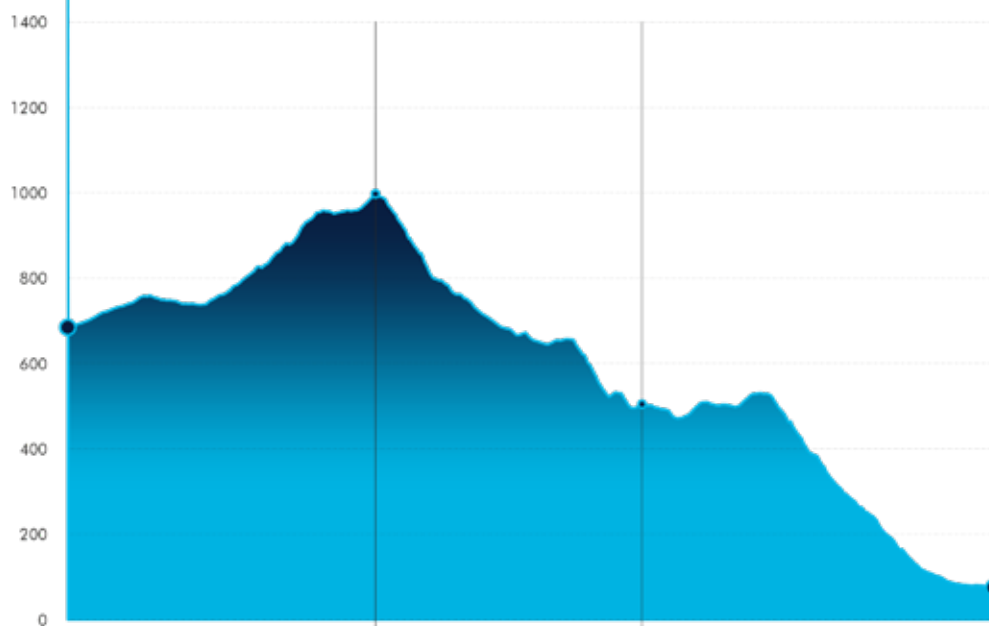


TRSTENIK

ŽBEVNICA

SLUM

BUZET



0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

84,2 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 99,5 RED

44,4 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 59,8 BLUE

GREEN

YELLOW

WHITE



BUZET

AID STATION INFO

From Umag: 52 km

Micro location: inside the sport hall
Around 100 parking places
available

GPS location: N 45.41179
E 13.966842
Altitude: 79 m

HOW TO GET THERE BY CAR?

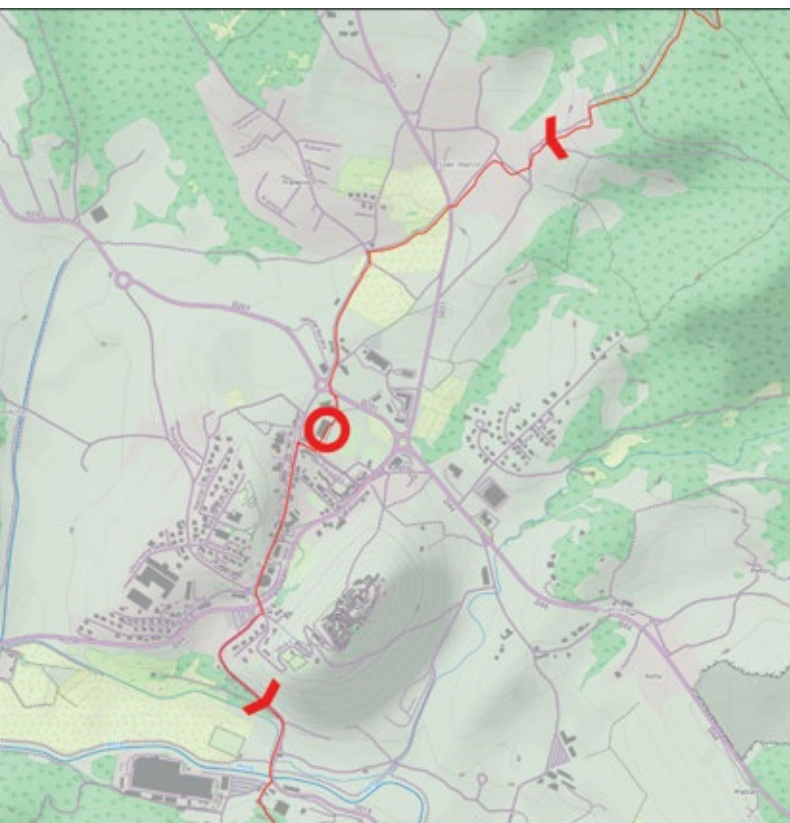
from Trstenik 28km
Trstenik - direction Buzet
ETA: 0h 34min

COURSE	KM	FASTEST	SLOWEST
RED	99,5	Sa - 04:20	Sa - 20:00
BLUE	59,8	Sa - 03:42	Sa - 12:00
GREEN	-	-	-
YELLOW	-	-	-
WHITE	-	-	-

COURSE SECTION

TRSTENIK - BUZET

COURSES: | R | B |



AID STATION TRIVIA

Deep in the Istrian interior and in the heart of the Mirna valley lies tranquil Buzet on a 151m-high hill overlooking the Mirna river. Like other towns in Istria, Buzet was once a part of the Venetian empire and bears eye-catching reminders of its days as a Venetian colony. Most of the town's monuments date from the 16th and 17th centuries.

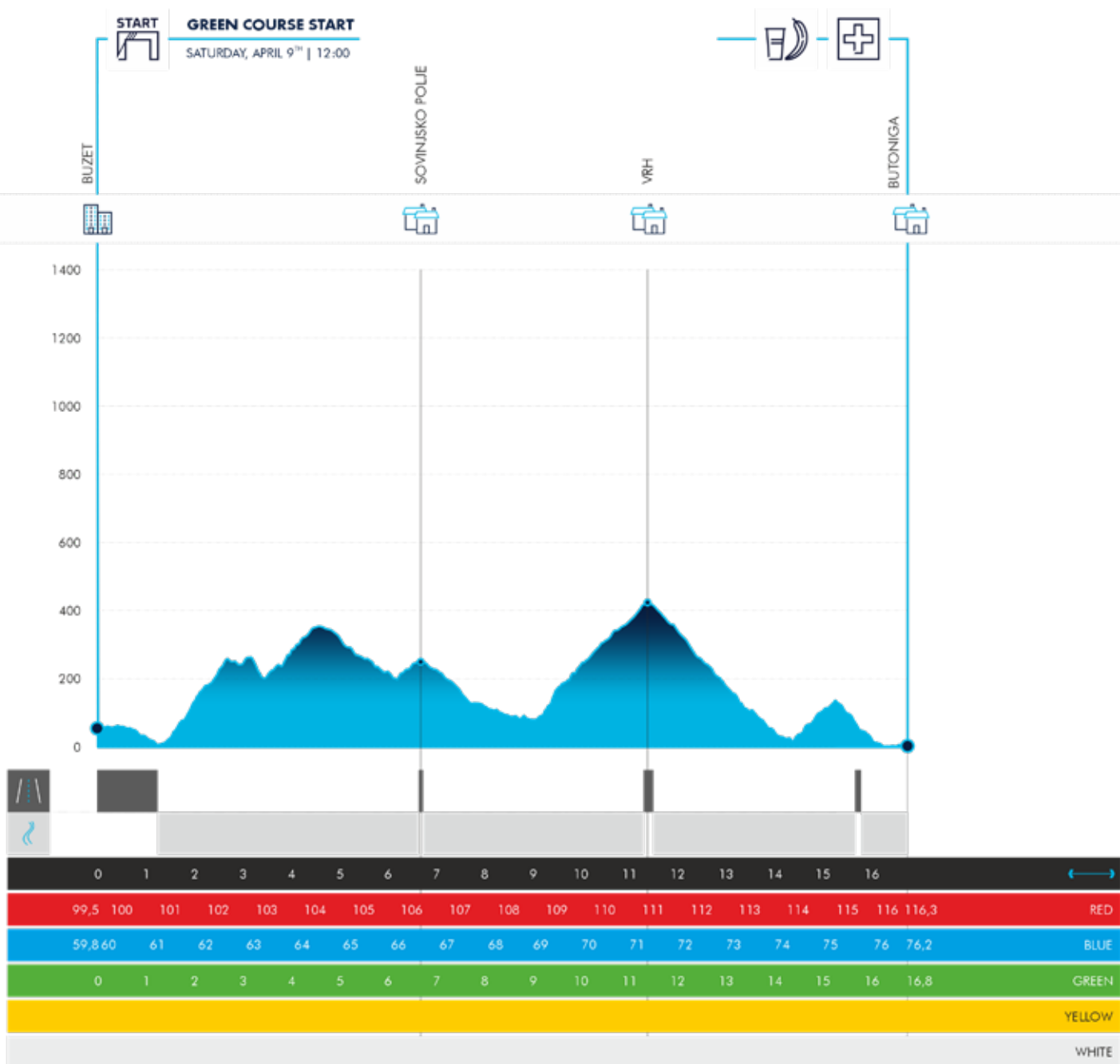
There's not a lot going on in sleepy Buzet but it is known as the Istrian "Truffle Capital" as it's in the heart of truffle country. The best time to sample the truffles is at the beginning of September when the Virgin Mary's birthday is celebrated. To honour the saint, townspeople prepare a giant omelet filled with truffles in the town square.



COURSE SECTION

BUZET - BUTONIGA

COURSES: | R | B | G |



BUTONIGA

AID STATION INFO

From Buzet: 19 km
From Umag: 43 km

Micro location: at the guarding
house at the end of the dam
Parking places available

GPS location: N 45.329451
E 13.91885
Altitude: 37 m

HOW TO GET THERE BY CAR?

Buzet - direction Umag
ETA: 0h 25min

COURSE	KM	FASTEST	SLOWEST
RED	116,3	Sa - 06:13	Su - 00:35
BLUE	76,6	Sa - 05:36	Sa - 16:26
GREEN	16,8	Sa - 13:21	Sa - 15:30
YELLOW	-	-	-
WHITE	-	-	-

COURSE SECTION

BUZET-BUTONIGA

COURSES: | R | B | G |



AID STATION TRIVIA

Butoniga lake is artificial lake in Istria, on the same river. The primary purpose is water supply, and also serves to retain water waves, and irrigation. The lake is not allowed to swim or fish.

The lake has carp, chub and trout and is suitable for fishing. Built in 1988. The main tributaries of the lakes are river Butoniga, Draguc and Račički stream. Basin Lake Butoniga located at an altitude between 40 and 500 meters. The surface on the left is 73 km². The surface of the lake at normal backflow is 2.45 km². The volume of the reservoir is 19.7 million m³, of which the dead space for the acceptance of waste sediment 2.2 million m³. Prague overflow at 41 meter above sea level.



COURSE SECTION

BUTONIGA - LIVADE

COURSES: | R | B | G | Y |

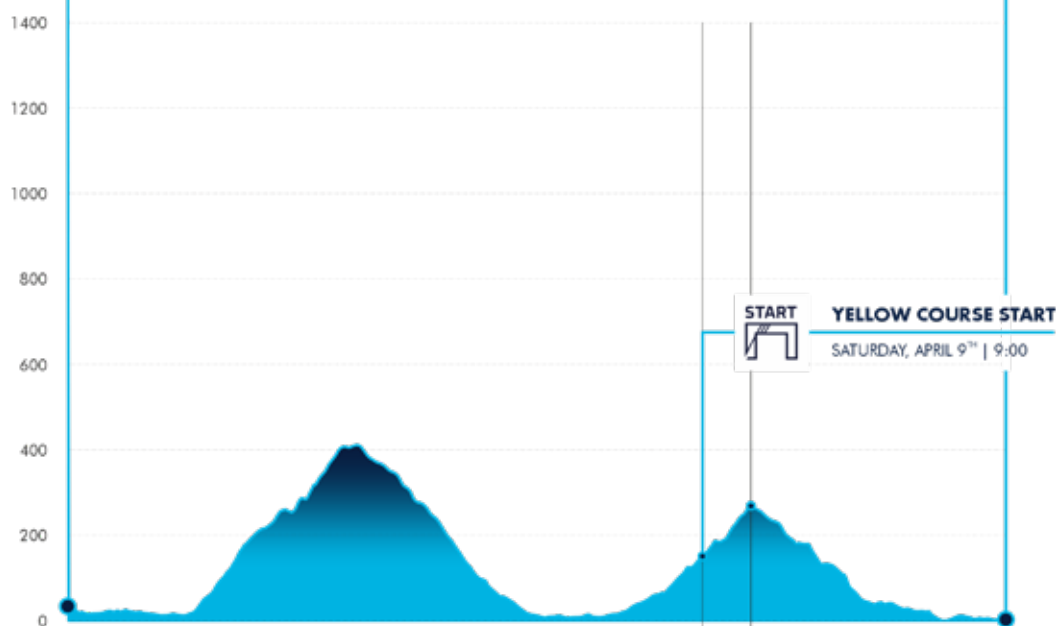
RED | SUNDAY 05:00
BLUE | SATURDAY 21:00
GREEN | SATURDAY 19:00



BUTONIGA

YELLOW
CONNECTION
MOTOVUN

LIVADE



0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15			
116,3	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	131,9	RED	
76,2	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92,2	BLUE	
16,8	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	32,3	GREEN
											0	1	2	3	4	5	YELLOW	
																	WHITE	



LIVADE

AID STATION INFO

From Umag: 36 km

Micro location: on the parking in front of the museum
Around 100 parking places available

GPS location: N 45.354570
E 13.828170
Altitude: 12 m

HOW TO GET THERE BY CAR?

from Umag 36 km
Umag - Buje - direction Buzet
ETA: 0h 33 min

COURSE	KM	FASTEST	SLOWEST
RED	131,9	Sa - 08:18	Su - 05:00
BLUE	92,2	Sa - 07:34	Sa - 21:00
GREEN	32,3	Sa - 14:42	Sa - 19:00
YELLOW	5,0	Sa - 09:22	Sa - 10:01
WHITE	-	-	-

COURSE SECTION

BUTONIGA - LIVADE

COURSES: | R | B | G | Y |



AID STATION TRIVIA

At the very heart of Istria, in the Mirna river valley, in Motovun Forest, at the foot of the quaint little town of the same name, there are no monsters. You might encounter the legend of the Istrian giant by the name of Veli Jože, but this green oasis on the largest Croatian peninsula is more widely known for a culinary gem called *Tuber magnatum pico*.

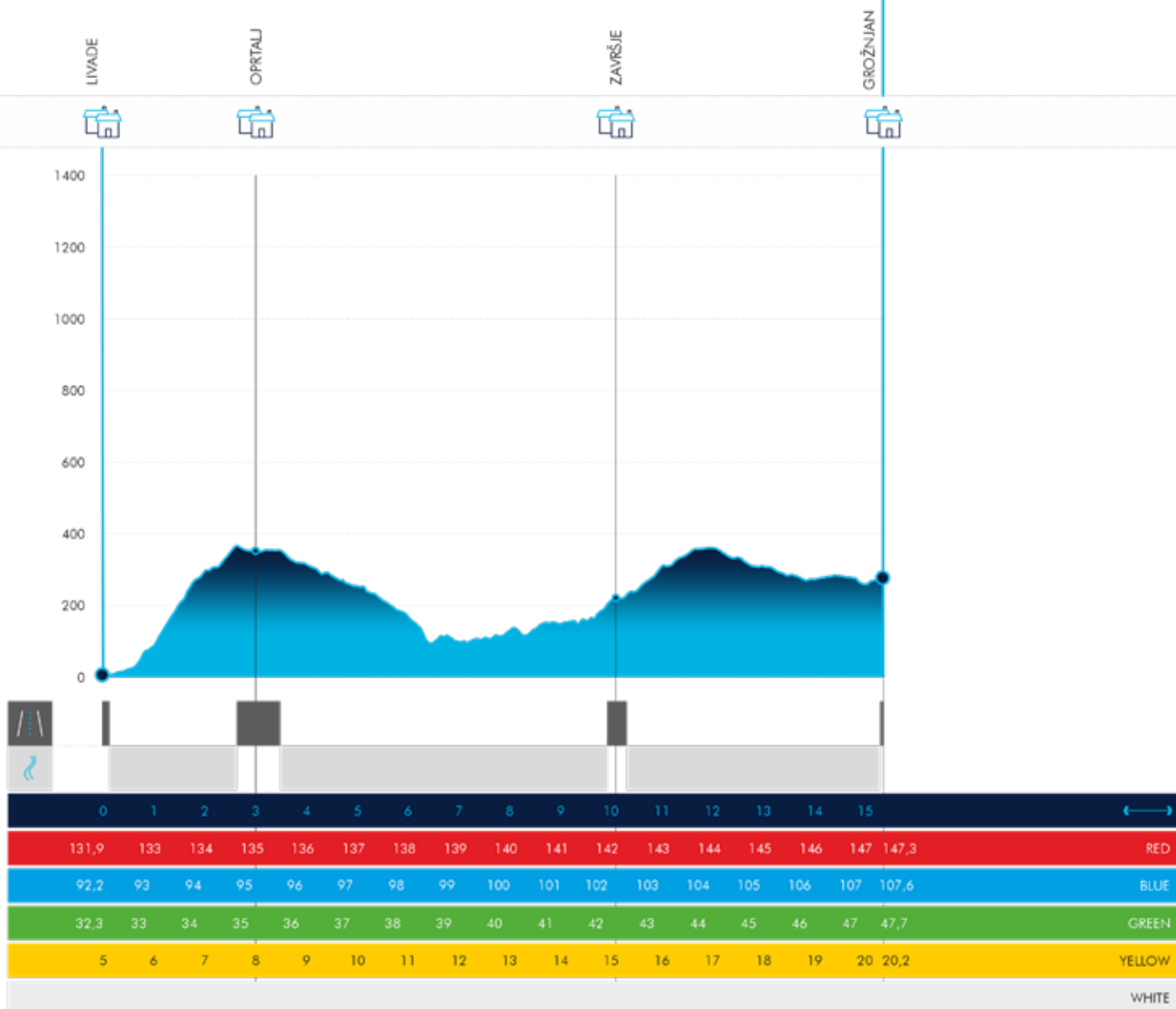
This is the white truffle – the most expensive and high-quality mushroom in the world, and a true king of Istrian cuisine. It grows from September to January in the forest around Livade thanks to a favourable combination of a specific microclimate, damp soil, and the poplar, willow, hazel, oak and lime trees whose roots it usually attaches to.



COURSE SECTION

LIVADE - GROŽNJAN

COURSES: | R | B | G | Y |



GROŽNJAN

AID STATION INFO

From Umag: 21 km

Micro location: in the city, near the town's church

There are more than 100 parking places

GPS location: N 45.379317
E 13.722641

Altitude: 283 m

HOW TO GET THERE BY CAR?

from Umag 21 km

Umag - Buje - direction Grožnjan

ETA: 0 h 26 min

COURSE	KM	FASTEST	SLOWEST
RED	147,3	Sa - 09:58	Su - 09:56
BLUE	107,6	Sa - 09:32	Su - 02:13
GREEN	47,7	Sa - 16:05	Sa - 22:46
YELLOW	20,4	Sa - 10:40	Sa - 12:32
WHITE	-	-	-

COURSE SECTION

LIVADE-GROŽNJAN

COURSES: | R | B | G | Y |



AID STATION TRIVIA

Grožnjan, a small Istrian town of great cultural significance not only in Croatia but also internationally, lives its summer months very intensely. Every year at the beginning of May, the little streets and squares of Grožnjan metamorphose and turn into a truly artistic beehive: it opens its summer music academies for young people, its artistic workshops and its peace activism workshops under the leadership of well-known experts and teachers and famous names from music, art and drama.

During those few summer months Grožnjan lives and breathes art and the labyrinth of its little streets become one great stage on which are constantly interchanging the sounds of jazz and classical music, guitar and piano, violin and cello, drum and vibraphone...



COURSE SECTION

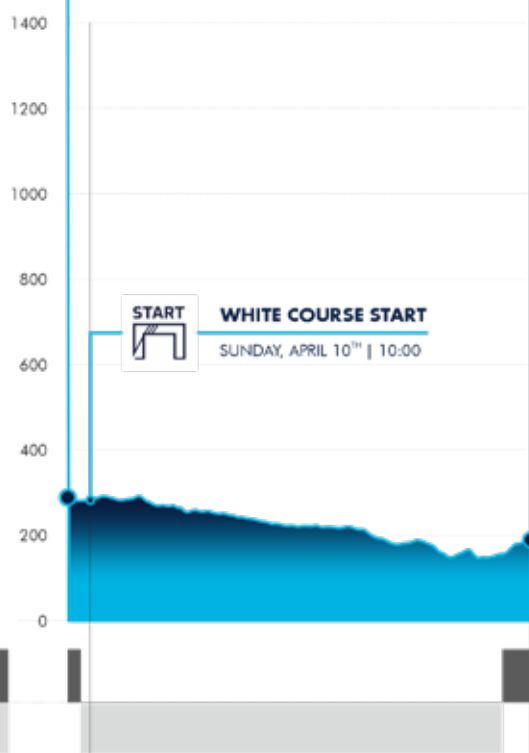
GROŽNJAN - BUJE

COURSES: | R | B | G | Y | W |



GROŽNJAN
WHITE
CONNECTION

BUJE



0	1	2	3	4	5	6	7	8	
147,3	148	149	150	151	152	153	154	154,9	RED
107,6	108	109	110	111	112	113	114	115 115,2	BLUE
47,7	48	49	50	51	52	53	54	55 55,4	GREEN
20,2	21	22	23	24	25	26	27	28	YELLOW
0	1	2	3	4	5	6	7	7,3	WHITE



BUJE

AID STATION INFO

From Umag: 21 km

Micro location: in the city, near the town's church

There are more than 100 parking places

GPS location: N 45.379317
E 13.722641

Altitude: 283 m

HOW TO GET THERE BY CAR?

from Umag 21 km

Umag - Buje - direction Grožnjan

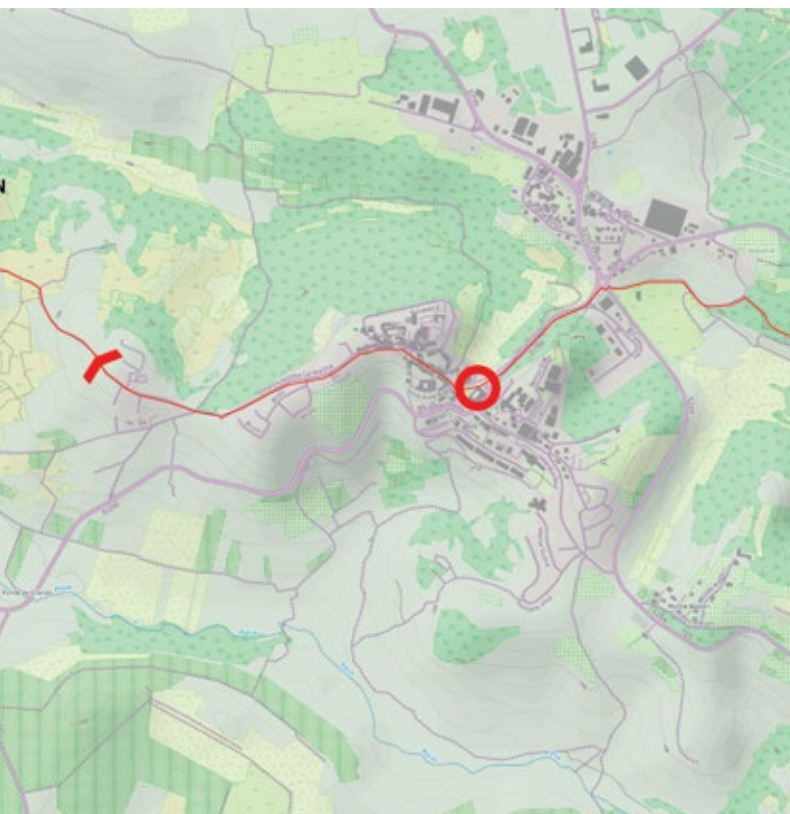
ETA: 0 h 26 min

COURSE	KM	FASTEST	SLOWEST
RED	154,9	Sa - 10:40	Su - 11:55
BLUE	115,2	Sa - 10:15	Su - 04:06
GREEN	55,4	Sa - 16:42	Su - 00:24
YELLOW	28,0	Sa - 11:09	Sa - 14:53
WHITE	7,6	Su - 10:29	Su - 11:33

COURSE SECTION

GROŽNJAN-BUJE

COURSES: | R | B | G | Y | W |



AID STATION TRIVIA

Situated on top of a hill at 222 m above sea level, the small town of Buje dominates the surrounding green terrace-like fields. Due to its strategic location it is called The Watchman of Istria.

Buje-Buje is surrounded by numerous hills which were settled already during the Bronze Age by various tribes and during the Iron Age the Histrians came to their prehistoric settlements. With the foundation of Roman Reign the region becomes Agro della Cononia di Trieste which was annexed to the region Venetia et Histria. During the turbulent time of Barbarian invasions the population found refuge in fortresses built on flat hill tops. The fortified castle of Buje-Buje dates from this period, too.

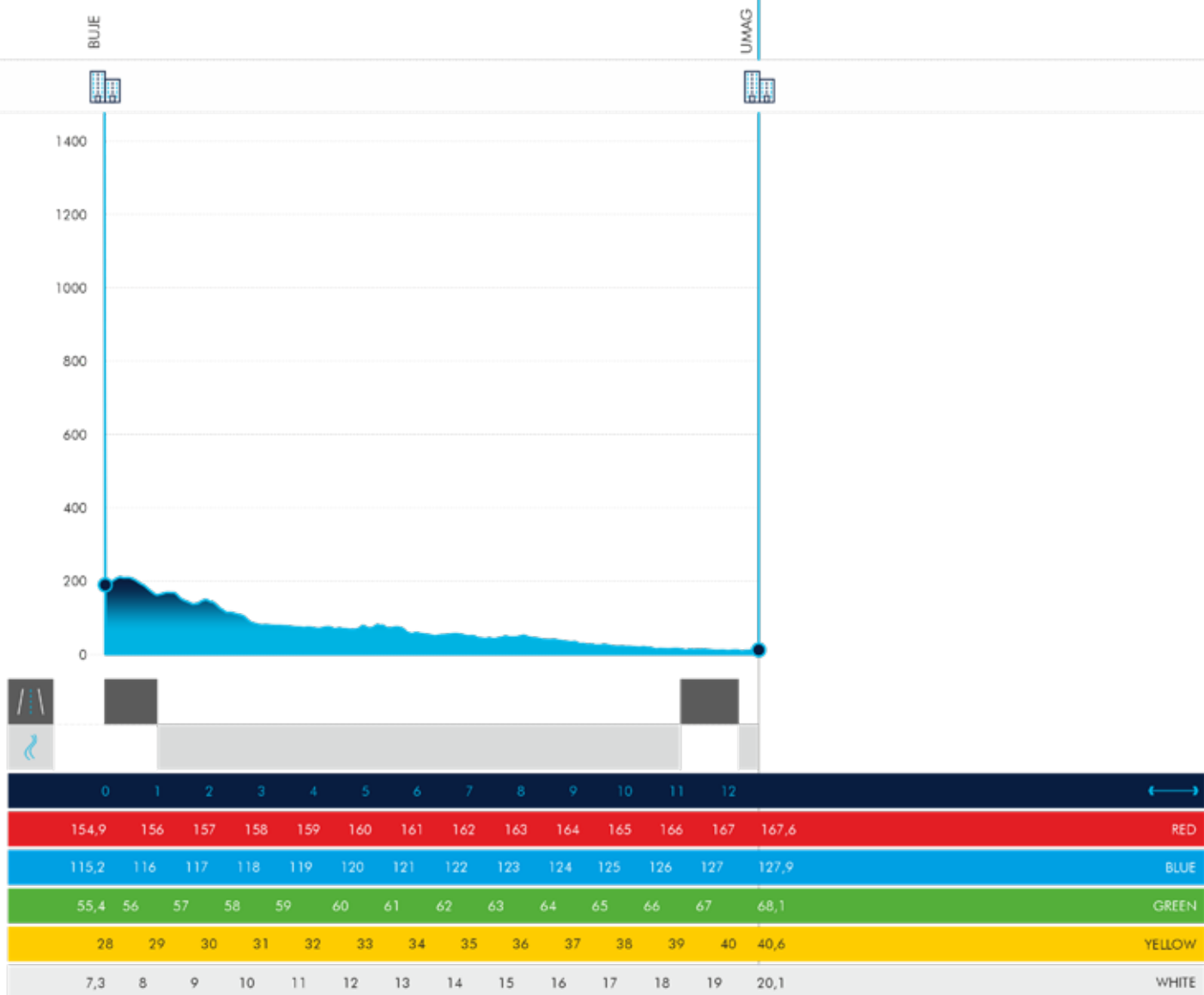


COURSE SECTION

BUJE-UMAG

COURSES: | R | B | G | Y | W |

RED | SUNDAY 15:00
BLUE | SUNDAY 7:00
GREEN | SUNDAY 3:00
YELLOW | SATURDAY 17:00
WHITE | SUNDAY 14:00



COURSE	KM	FASTEST	SLOWEST
RED	167,6	Sa - 11:46	Su - 15:00
BLUE	128,0	Sa - 11:21	Su - 07:00
GREEN	67,6	Sa - 17:40	Su - 03:00
YELLOW	40,6	Sa - 11:55	Sa - 17:00
WHITE	20,0	Su - 11:21	Su - 14:00



UMAG

COURSE SECTION

BUJE-UMAG

COURSES: | R | B | G | Y | W |



UMAG






TIME TABLE



THURSDAY 7TH

TIME	LOCATION		
14:00 - 20:00	Umag		RED, BLUE, GREEN, YELLOW and WHITE BY HEP BIB distribution

FRIDAY 8TH

TIME	LOCATION		
09:00 - 12:00	Umag		RED and BLUE BIB distribution
14:00 - 17:30	Umag		BLUE, GREEN, YELLOW and WHITE BY HEP BIB distribution
17:30 - 20:00	Umag		GREEN, YELLOW and WHITE BY HEP BIB distribution

SATURDAY 9TH

TIME	LOCATION		
08:00 - 09:30	Umag		GREEN BIB distribution
10:00 - 13:00	Umag		WHITE BIB distribution

SUNDAY 10TH

TIME	LOCATION		
13:00	Umag		RED, BLUE, GREEN, YELLOW and WHITE BY HEP award ceremony



UMAG APRIL 7-10

ELEMENTARY SCHOOL "MARIJA I LINA"

Address:

Školska ulica 14
HR-52470 Umag

Umag map



Grad Umag
Città di Umago

DOBRODOŠLI! BENVENUTI! WELCOME!

The city of Umag is situated on the western coast of the Istrian peninsula, only 6 miles away from the Slovenian border and near Savudrija, which is Croatia's westernmost point. It has a population of 14.000, with an inflow of 10.000 visitors on weekends and 40.000 guests during the tourist season.

Known as a renowned tourist destination, Umag offers high-quality accommodations all year round. The beauties of its natural attractions as well as its geographical position have been crucial for the development of tourism, so nowadays Umag has over two million overnight stays every year.

Umag is also a sports destination best known for the ATP international tennis tournament. There is more than tennis, though, as proven by the presence of 11 football fields, a modern and sophisticated handball arena and a vast number of sport associations, clubs, structures and playgrounds. Moreover, Umag hosts a unique Sports fair, as well as the "100 Miles of Istria" race, part of the Ultra-Trail World Tour.

Tourism in Umag goes hand in hand with the typical agriculture of the Mediterranean area. Its fertile soil is suitable for the cultivation of olive trees and grapevines, resulting in first-class olive oils and wines renowned both at home and abroad.

Umag has something for every season. From festivals, events, wellness days, gastronomic or sport events - you will never be bored in Umag!

ACCOMMODATION

VILLAGE SOL GARDEN ISTRA 4*

Double room:
36,00 EUR / BB / pp and night

Single use (1 person):
49,00 EUR / BB / per night



HOTEL SOL UMAG 4*

Double room:
40,00 EUR / BB / pp and night

Single use (1 person):
53,00 EUR / BB / pp and night



CONDITIONS

Prices are valid for the period
of 4.-11.4.2022.

Written prices are per person and night.

Residence tax and VAT are included in the
price.

NEED ACCOMMODATION OR TRANSFER?



FIND INFO AT
WWW.ISTRIA100.COM

ARE YOU COMING BY PLANE?

We can organize your transfer from airport to your accommodation unit and backwards. You just need to fill transfer form and our booking team will contact you with details and prices. See you in Umag!

ADDITIONAL INFORMATIONS
For more information about transfer options please contact:
BOOKING@ISTRIA100.COM

PHOTO.
Umag from the air

brüman, -mna, -mno njem. (frum)
dobar, vrijedan, marljiv (Nar.).



OFFICIAL PARTNER



· CRAFT BREWERY ·



brumancraftbrewery

Istria

Where dreams come true.



Istra





ISTRIA

THE HEART-SHAPED PENINSULA REACHING DEEP INTO THE CLEAR BLUE WATERS OF THE ADRIATIC SEA IS A HIDDEN GARDEN OF BEAUTY WHICH OPENS THE DOOR TO THE SUNNY AND WARM MEDITERRANEAN

Come and travel through it without hesitation, and the holiday of your dreams will become reality. Multicultural and hospitable, this is an area where wide-ranging diversities have come together to form a happy union.

Istria's crystal clear sea, clean shores and ports, its lively fishing boats and teeming narrow stone streets exude the true charm of the Mediterranean. Small, picturesque medieval towns perched on the peaks of its hills emanate the peace and gentleness of landscapes that irresistibly evoke the most beautiful parts of Tuscany or Provence.

Whereas the coastlines of Pula, Rovinj, Vrsar, Porec, Novigrad or Umag bring to mind heritage and antiquity and conjure up images of Venice, in the central part of Istria the spirit of Central Europe is instantly discernible. In other words, Istria offers more than just the sea, sunbathed shores, romantic coves and tiny ports! She beckons you to follow the fairyland paths leading to the small medieval towns crowning her hilly landscape. Climb up to any one of them. Be it Motovun, Grožnjan, Završje, Opatlj or, indeed, the smallest town in the world, Hum. A walk through their narrow, stone-paved streets will become a magical journey through a history that is quite unique. Follow that special path, from the massive town gate to a bench on the town loggia, and then on to the church on the main square and the bell tower, a view from which Istria will, for a brief moment, shine forth from a different panorama. Although they seem to be very similar, each of these tiny medieval towns is a quite individual entity.

So, be curious! Peek into doorways, discover the coats of arms, enter churches and find rest in the cool and quietude of the chapels. Here, you will come to understand the popular legends about diligent fairies who spend the nights building and rebuilding the walls, and also about 'štrigas' - bad witches who are always stirring up trouble. If you should meet anybody in your wanderings, feel free to stop and ask them whatever you wish. The people here are kindly and hospitable, and they will gladly tell you the story of Istria, a land in which even

the greatest diversities live in peace and harmony, taking pride in their openness.

Istria truly is 'terra magica'; blessed with unspoiled nature, the crown jewel of which are the Brijuni islands, one of the most beautiful archipelagos in the Mediterranean with rare plant and animal species. This is a land whose long and rich history can be read literally from dinosaur footprints.

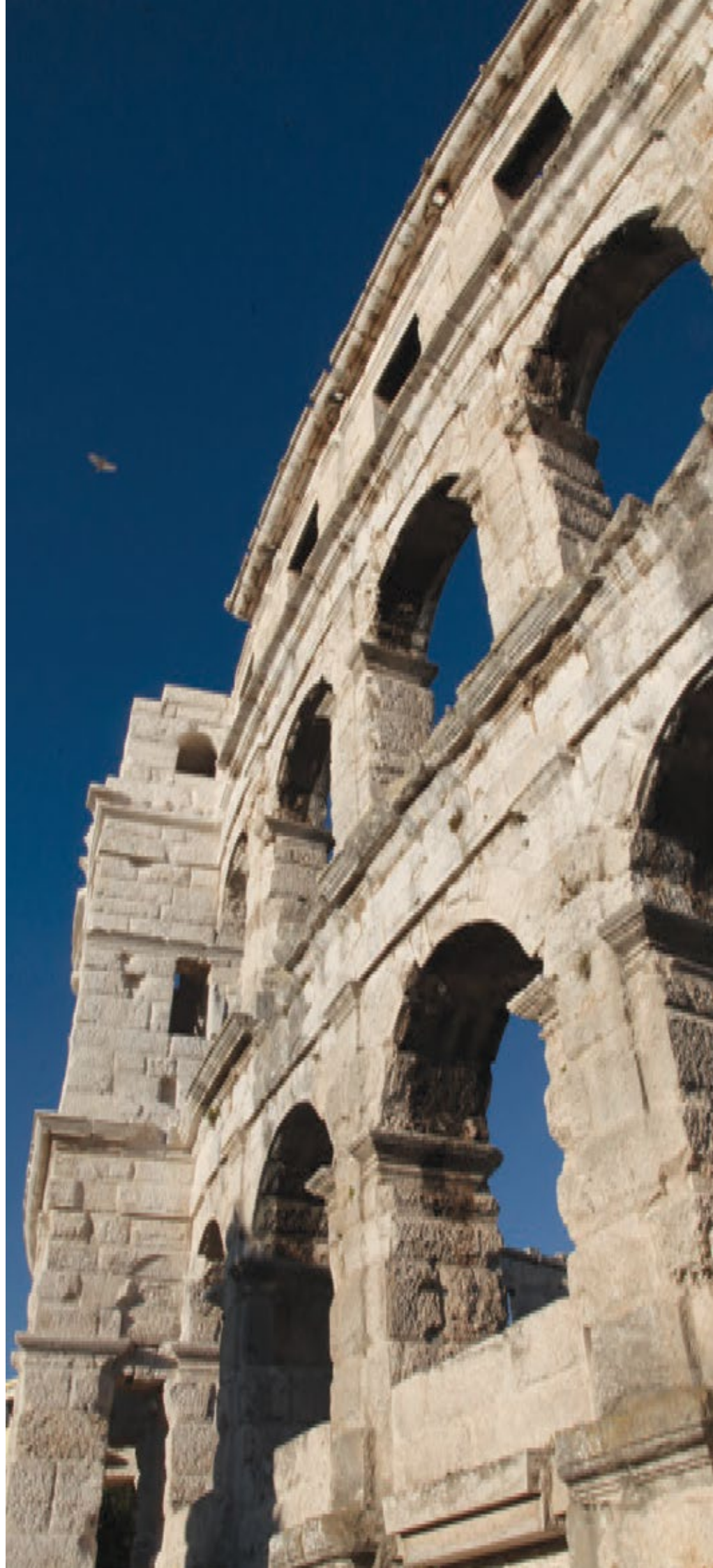
Fortified by the northerly bora and invigorated by the mistral, fragrance imbued with Spanish broom, sage and lavender, drowsy from stone pines, thyme and immortelle, with a climate that makes for a five month long swimming season, Istria is indeed the ideal tourist destination.

Of course, don't forget to taste Istria! From delicacies of the sea to delectable truffles, the liquid gold of the local Malvasia, the aromatic Muscat of Momjan, or the ruby-red Teran that once fortified Casanova himself, your palate will combine these divine pleasures into a fusion of unforgettable Istrian experiences. So, rather than dreaming of the holiday of your life - wake up in Istria! Step into this vibrant hub of civilisations whose cultural arboretum has been jealously nurtured since the times of the Histri, the Celts and the Romans, through the Slavonic peoples and the Venetians, all the way to the Austro-Hungarian Empire, and you will soon learn why Istria is so special.

To begin, remember the Legend of the Argonauts. In vain pursuit of Jason and the stolen Golden Fleece, having arrived to the shores of Istria, the people of Colchis decided not to return to their home. There is something in her magic, like in no other place in the Mediterranean. Here you will find a town which, just like Rome, lies on seven hills and boasts a famous amphitheatre. On one of those hills, a weary Hungarian king felt the desire to exchange his resplendent robes for the modest robe of a monk, and die in a state of sanctity, while the immortal Dante, inspired by the view from a panoramic viewpoint, wrote the verses of his masterpiece, The Divine Comedy. The name of this town is Pula, Istria's largest urban centre. It is the beating heart of the peninsula, with 3000



years of history behind it and a unique place in the Mediterranean. Pula boasts a diverse, impressive cultural heritage. Just like the peninsula upon which it rose, it is not without reason that it carries a feminine name. Modest but fascinating, Pula and Istria have long been known as enchantresses with a hundred faces, faces that have been seducing visitors for thousands of years. Whoever strays once into their invisible web, and experiences but a morsel of the joy they can give, always wishes to return again, and again!





ISTRIAN CUISINE AND WINES

In Mediterranean, but also wider European relations, Istria is branded as the area of wines, olives and truffles, superior gastronomy, developed wine culture, authentic model of agritourism and traditionally successful coastal tourism in towns such as Pula, Rovinj, Porec, Umag, Novigrad and many smaller places. How did Istria transform into a region of very attractive living and a growing economy, recently becoming populated not only by people from other parts of Croatia, but a growing number of foreigners, too?

It turned its least populated and somewhat forgotten, and green countryside of Istria, into its strongest and most go-ahead natural resource. The essence of the development philosophy of this region and Istria's future is based on it. The initiators of the strategic development of Istria were the first to realise that the inner part of this peninsula represents the hidden treasure yet to be discovered. They figured out that the successful development of coastal tourism will largely depend on reviving the neglected parts of Central Istria.

Many old olive groves and vineyards were restored. Large areas of deserted land were planted with young olives and vines, fruits and vegetables. The inhabitants recognised the value and potential of this extremely fertile red Istrian soil and a high

quality base for development of contemporary agriculture was soon developed. Focusing mainly on olive production and wine growing, it led the revival of the gastronomic and oenological scene.

Small family-run wine cellars and taverns revitalised traditional recipes, and the Motovun Forest with its Mirna River and black and white truffles became one of the most visited and famous forests in Europe. The elite gastronomic offer now includes seasonal specialities: meat of boškarin, indigenous Istrian cattle weighing up to one ton, and wild asparagus. Country farms and restaurants offer Istrian prosciutto of extraordinary quality, home-made sheep and goat cheese, home-grown eggs, home-made pasta, traditional pickled foods, honey, vegetables grown in village gardens, various venison dishes, pork cutlets (ombolo or zarebnjak) and sausages with pickled cabbage, žgvacet (stew or moussaka) with gnocchi, veal prepared under cripnja (steel or clay dish), Istrian red wine soup with olive oil, salt, pepper and toasted bread, crabs from the Pula local waters served with salad, sweet ravioli à la Labin, tea cakes, etc.

Istrian estates (stancije) were reconstructed, preserving the authentic architectural characteristics of ancient building traditions and they now provide visitors with

superior comfort while offering authentic food, faithfully reflecting the identity of this region and its rich gastronomic heritage.

The gastronomy was developed on the foundations of centuries-old tradition, modernised with new recipes and imaginative combinations featuring both Mediterranean and Central European cuisines.

Istrian olive oils win most prizes in all important world festivals and competitions, while Istrian wines receive high marks from world-renowned wine experts and critics in respected professional wine journals. Wine and olive trails give impressive insights into the regional wealth, while festivals (such as Vinistra in Porec, Open Days for visitors all over Istria and Days of Olive Oils in Vodnjan) give a strong incentive for faster and more quality development of wine-growing, wine production and olive growing. Malvasia became a wine trade mark of Istria, recognised in a wider region. New generations of viticulturists and winegrowers systematically improve the quality offering of this important Istrian brand.

Istrian gastronomy offers a wide palette of the most diverse delicacies; from fuži with truffles (home-made Istrian pasta), venison and boškarin with pljukanci (home-made



Istrian type of gnocchi), asparagus fritaje (a type of omelette), pasta, prosciutto smoked and dried in the original Istrian manner, bacon and other meat products, to sea specialities; fish, crabs and shells from the Lim Channel. Extraordinary biodiversities, mountain ranges from Ucka to the Mirna River valley and the coastal belt all packed into the relatively small Istrian territory. This is an inexhaustible source for the creation of an imaginative gastronomic and wine offering. The former flight of the population from the countryside turned into an emigration exodus, has now changed into a mass and ongoing return. First-class olive-growers, wine makers, winegrowers, oenologists and caterers, are becoming valued entrepreneurs. Small family-owned hotels win the highest awards in the hotel industry category on a regular basis. Refurbished estates are being equipped for the highest standard of tourism. The white truffle (*Tuber magnatum*), found in the Motovun Forest, entered the Guinness Book of World Records, as a rarity, being the largest, precious tuber ever found in the World (1.31 kg). Goat cheeses from the Kumparicka estate stand shoulder to shoulder with world renowned cheese products. Oysters and mussels from the Lim Channel will impress discerning gourmets. If we combine the Istrian gastronomic and oenological features with the beauty of the almost untouched countryside of the peninsula, its coast and islands, and in particular, the Briuni National Park and Ucka Park of Nature, it becomes obvious that Istria presents one of the most attractive European regions. It moves away from the idea of terra incognita, coming closer to being a land of truffles, wines, olives and helpful, warm hosts, who will proudly offer the wealth of the Istrian soil and traditional heritage to their guests. On the other hand, Istrian restaurants, most of which preserved the romantic atmosphere of the old taverns, compete in the quality and diversity of their offer. Some of them match the high achievements of the European catering industry.

The most popular of them are the Gianni-no, San Rocco, Monte, Milan, Blu, Pepenoro, Morgan, Batelina and Vodnjanka.

By many of its geographical features, Istria will remind you of Provence or Tuscany.

Culture in the revived Istrian towns, such as Motovun, Grožnjan, Buzet, Grimalda and Svetvincenat, contributed to the popularisation of Istria as an unmissable cultural destination. The shows at the Ulysses Theatre in Brijuni, film festivals in Pula and Motovun, summer concerts in Grožnjan and the Amphitheatre in Pula are internationally recognised cultural events, positioning Istria on the cultural map of Europe.

However, the majority of visitors are delighted with Istria because of its wine, olives and truffles – its brand-making features. The Istrian gastronomy, with its brave mix of the traditional and avant-garde, offers its guests memorable specialities, allied with wines of the Istrian climate, affirmed and recognised in the international wine arena. These are the reasons for touring Istria with plentiful gastronomic and oenological curiosity, armed with sufficient patience to discover new and so far unknown pleasures in the hidden corners of this beautiful, promised land, and to satisfy the highest hedonistic criteria.

health

Istria is a Croatian region, surrounded by the sea, thus its cuisine is mostly based on the fruits of the sea. Change of seasons and the Mediterranean climate, as well as the conditions at sea, dictate the type of seafood to be chosen at a given time. Plenty of fresh fish and famous shrimps are available for most of the year and they are a perfect choice for a healthy heart, particularly the Omega 3 fatty acids, obtained from seafood which protect the heart and vascular system.

Zinc (Zn), the mineral found amply in seafood, is of vital importance for the immune system. The amount of zinc in the body is related to vitality and replacement of lost energy; revitalisation. Shells, limpets and fish are surely the primary choices in Istria, for they are full of minerals. Exotic taste and an extravagance of truffles are a temptation for all those ready for a gastronomic adventure.

A strong point in the gastronomy of Istria is made by olive oil, which presents a perfect choice for energy and good health.



Wines

Istria is the largest peninsula in Croatia and its most western winegrowing region. Its geographic position is excellent, and is almost fully surrounded by the sea. It has a mild Mediterranean climate, with significant continental influences. This area is also very interesting and diverse from the geopolitical view; it is situated within three states, between the east and the west, in touch with many different peoples and on a crossroads of different cultures. Its rich and turbulent history, Istria nowadays uses to its advantage – it is a multi-cultural environment, open and progressive in many segments of human life and work.

All of that had its impact on the development of vineyards and wine-growing, the history of which dates far into ancient times. It is thought that the first vine was brought by the Greek colonists, several centuries before Christ. Istrian viticulture was developing through the centuries and its peak occurred at the end of the 19th century, together with other parts of Croatia, before the appearance of the vine-pest. Today, Istria is one of the most important Croatian winegrowing areas. Wine is not



only an important agricultural product, but also an integral part of the tourist offer. As proof of this, everyone who comes to Istria by car can see; after passing the tunnel through the Učka Mountain, one of the first signs: Istria – the land of good wine.

Wine-growing fields and production conditions

Istrian vineyards are situated in three winegrowing areas – western, central and eastern Istria. The whole peninsula is characterised by vast differences in its landscape – its vineyards are situated at all altitudes, from sealevel to 400 m above the sea. Climate is also diverse. The average annual temperature in Porec and Pula is high (13 – 14 °C), with a moderate amount of rainfall (of about 850 mm/year). Central Istria experiences a more significant influence from the continental climate and

thus, the average annual temperature in Pazin is just above 11 °C, with a significantly higher amount of rainfall (>1000 mm/year). But, besides these large differences in environmental conditions, the most significant and notable difference is in the soil particularly and obviously its colour. Istria is thus often divided into the Red (red soil, terra rossa), and White (flysch soil, terre bianche). It is the diversity of the environmental conditions that leads to the high number of grape varieties being successfully grown in this area. Istria is a specific region where we find an equal distribution of continental and Mediterranean varieties. Many of them achieve supreme results and significantly contribute to the fullness of Istrian wine's nose and taste.

Istrian varieties and their wine

Until the middle of the last century, red varieties prevailed in Istria. Today, the leading variety in the assortment is the Istrian Malvasia, a white variety dominant in all winegrowing fields. It belongs to the large group of malmseys, with some fifteen varieties of different characteristics. They are found all over the Mediterranean, and their common name often relates them to Greece, i.e. its historic port of Monemvasia in the Peloponnese. Still, all the research indicates that this particular



malvasia is unique and it is most probably the indigenous Istrian variety. It has been grown in Istria for centuries, and its sudden rise happened after WW II, with the increase of interest in white wines. It is a polyvalent variety, used for production of all types of wine, from sparkling to soft, dessert wines. The quality of the wine strongly depends on the growing circumstances, and particularly the quality of the soil. The best varieties of malvasia come from high terrains and soft, flysch grounds. We find it in all quality categories – from table to supreme wines. Nonetheless, the vast majority of malvasia comes from dry wines from ordinary picking, with a discrete, pleasant type of aroma, which reminds us of the locust flower, and is of good constitution with a full, balanced taste. It represents the basis of production and is the base wine for almost all Istrian wine makers.

Chardonnay, white and grey Pinot are worldknown varieties, with excellent results in Istria. The specific climate of Istria has a favourable impact on the characteristics of the wine, and they mature into wine of full and medium strength, but aromatic with a balanced taste. The same qualities can be noted with white sauvignon. This environment provides for its flavour to be fully expressed. In comparison to the colder parts of the continent, where sauvignon varieties are lighter, with an intensive flowery flavour, the wine here is fuller and the bouquet is more complex. The white Muscat wine holds a specific place within the assortment. It is usually found here under the name Muscat Momjanski (named after the area in which it is found, Momjanština). In particular, Momjan, a picturesque place in Western Istria, has a tradition of cultivating this particular variety, and is known for production of some of the best Croatian dessert wines.

These are usually much flavoured, semi-sweet or sweet wines, produced from regular picking or some traditional procedures typical of the production of dessert wines. In this way, the grapes are usually left on the vine to become over ripe, possibly until the end of October or November, or are additionally dried after picking. Teran (or Terrano) is the leading red variety in Istria. It gives usually well coloured, aromatic

wine, pleasant and fresh, with a tart taste. The best Teran wine is produced in central Istria, around Motovun. In good years, and with moderate vinification, these wines are among the best this variety can give. Refosk (refosco) is a type of variety close to Teran, and was therefore considered for that wine for a long time. Still, they differ. Refosk is less prominent, but gives wine of similar characteristics and is also considered a native variety and a trade mark of red Istrian wines.

Cabernet Sauvignon, Cabernet Franc and Merlot are world-known varieties, and they are widespread in Istria where they achieve excellent results and are used on their own or as a cuvée. They are grown all over the peninsula, but the best vineyards are found in the western, warmer part, close to the sea. The largest plantations are around Porec. Their wines are full, medium strong, well coloured and with a discrete, distinctive flavour. Red Pinot is less well represented, but it gives good wines. They are fuller and of better colour than those from inland. It gives the best results in the production of Istrian sparkling wines, together with Chardonnay and Istrian malmsey. Hrvatica (a woman of Croatia) is a less represented variety. It is considered an indigenous variety, gives a good crop and its wine is in the middle quality range. Borgonja is another variety considered as autochthonous, although, for a while, it was thought to be identical to the French Gamay. Still, genetic research has discarded this hypothesis, and has established that this variety is identical to Frankovka (a dark-skinned variety), i.e. the Blaufrankisch or Lemberger variety. It gives good, red wine, of moderate fullness and colour, very appropriate for everyday use with many Istrian traditional dishes. The Muscat Ruža of Porec is a local synonym for a more famous Austrian Rosenmuskateller or the Italian Moscato Rosa, an old variety of rather particular features; it gives excellent, mostly dessert wine, whose bouquet reminds us of roses. The wines are semi-sweet or sweet, of very intensive bouquet, moderately coloured and of full taste, balanced and with very long ending. Besides the varieties mentioned above, which form the majority in the vineyards of Istria, we can also mention draganella,

brajdenica, opacevina, dolcin, duranija, surina and some other varieties, which are today almost forgotten. They are not used separately, but as part of a mixed, mostly old plantations. We consider them the native varieties and measures have been taken lately to revitalise them.

Principal producers

According to many indicators, Istria is one of the leading Croatian wine-growing regions. The number of producers is on the rise, and the areas covered with grapevines are expanding. Most of them are located in western Istria and the majority are small wine cellars, companies and family farms. During the 90s of the last century, a new Istrian wave started from here. A few young producers started production in a new, modern way and have quickly risen to the Croatian peak. They are successful on the world markets today and their products are often given excellent marks and receive awards. Among them, distinguished are the Matošević (with famous, recognised malvasia Alba and Alba barrique, Grimalda, excellent Cuvée Chardonnay, Sauvignon and Istrian malvasia) and Kozlovic (with Santa Lucia, from the location of the same name, is one of the most sought after malvasias, and semi-sweet Momjanski Muscat in the category of dessert wines), but also Coronica and Trapan, who have been attracting world attention lately with their malvasias. There are also the Pilato, Degrassi, Arman and a dozen other less known, but perceptive wine makers.

The largest producers are the Agrolaguna and Istravino. They offer many varieties of wine of moderate price and good and excellent quality (particularly Merlot and Cabernet Sauvignon of the Agrolaguna, and Teran Dajla of the Istravino). It is important to mention also the wine maker Roxanich and Franco Arman, whose wines have recently been positioned among the best Istrian teran wines. Some of the best Croatian sparkling wines are produced in Istria, under the name of Misal, where we find several sparkling wines produced in a traditional procedure of bottle fermentation. Besides the usual varieties of chardonnay and red pinot, produced in the traditional, champagne method, the native Istrian varieties are also being vinified,

making those wines rather specific and interesting.

The Association of Vine and Wine Growers, Vinistra, is largely responsible for the development of vine-growing and wine making in Istria. They organise regular exhibitions of wine, Vinistra, (at the beginning of May) and the international competition, The World of Malvasia, which is a sort of a world championship of wine produced from different malvasias. They have initiated the programme Malvasia IQ, the system for awarding a specific marking IQ (Istrian Quality) to the best alvasias. In this way, they promote and raise the quality of the most important Istrian wine.



Welcome to Umag Riviera

Umag and it's Riviera have approximately 13 000 inhabitants. Umag is classified as one of the oldest urban settlements in Istria. It is the closest Croatian town to main European traffic routes, "the tourist gate to the Croatian Adriatic Coast and Istria". The heradic symbol of Umag is a lion (the town was ruled by Venetian Republic for centuries), while in the tourist sense it is certainly the tennis racket thanks to its world famous ATP Tournament. The tourist facilities of Umag provide more than anywhere else in Croatia possibilities for a year round operation. Two well known hotel companies are located in it: Plava laguna and Kempinski!

Don't miss out!

ATP Croatia open
Sea Star Festival
Days of Antiquity Sepomaia
Istria Wine and Walk

For more information visit:

www.coloursofistria.com



UMAG - UMAGO



TOWN OF UMAG
TOURISM ASSOCIATION

UMAGO
UMAG

CROATIA
Full of life

Istria

