

ISTRIA, CROATIA
APRIL 11TH-14TH 2019

www.istria100.com



**100
MILES
OF
ISTRIA**

RACE GUIDE 2019

**ALL YOU NEED TO KNOW.
AND MORE!**

V1
MARCH 26TH 2019



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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 IS- TRIA BY RD

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

Company Sport Box along with the sport club SRK Alba and their partners, organize from 11 to 14 April 2019 the 7th edition of 100 Miles of Istria, ultra trail race across the Istrian peninsula.

As the director of the event, it is a great pleasure to welcome all who wish to participate in this trail running event. In the previous edition, 1.652 athletes from 52 different countries participated, which made us very happy and proud!

It is for us, without a doubt, a huge honor 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! By the way, the longest route will also take you to the smallest town in the world - Hum.

Besides the elite longest course (RED - 168 km) we offer another three courses which start in Lovran (BLUE - 110 km), Buzet (GREEN - 67 km) and Motovun (YELLOW - 41 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.

The BLUE course is this year very important because this course will be the 3rd Croatian national trail championship.

But we have even more! A super cute 1 Mile race for the kids :). Completely free!

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 7th edition of 100 Miles of Istria!

WE LOVE WHAT WE DO BECAUSE WE ARE PASSIONATE ABOUT IT



MARKO GREGURIĆ
CEO



IVANA MALOVIĆ GREGURIĆ
Accommodation and transfers



MICHELE FABRO
Logistics



ELENA GRŽINIĆ
Registrations



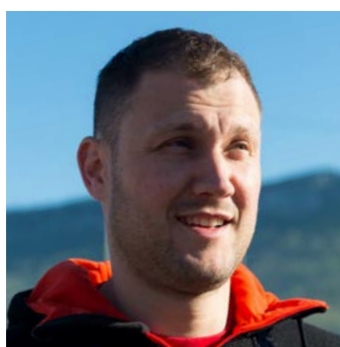
IGOR DOROTIĆ
Course marking



ALEKSANDAR PETKOVIĆ
EXPO



IVANA ANIČIĆ
Volunteers



DR. ELVIS ČERNEKA
Medic



LILIANA BOŽIĆ
PR



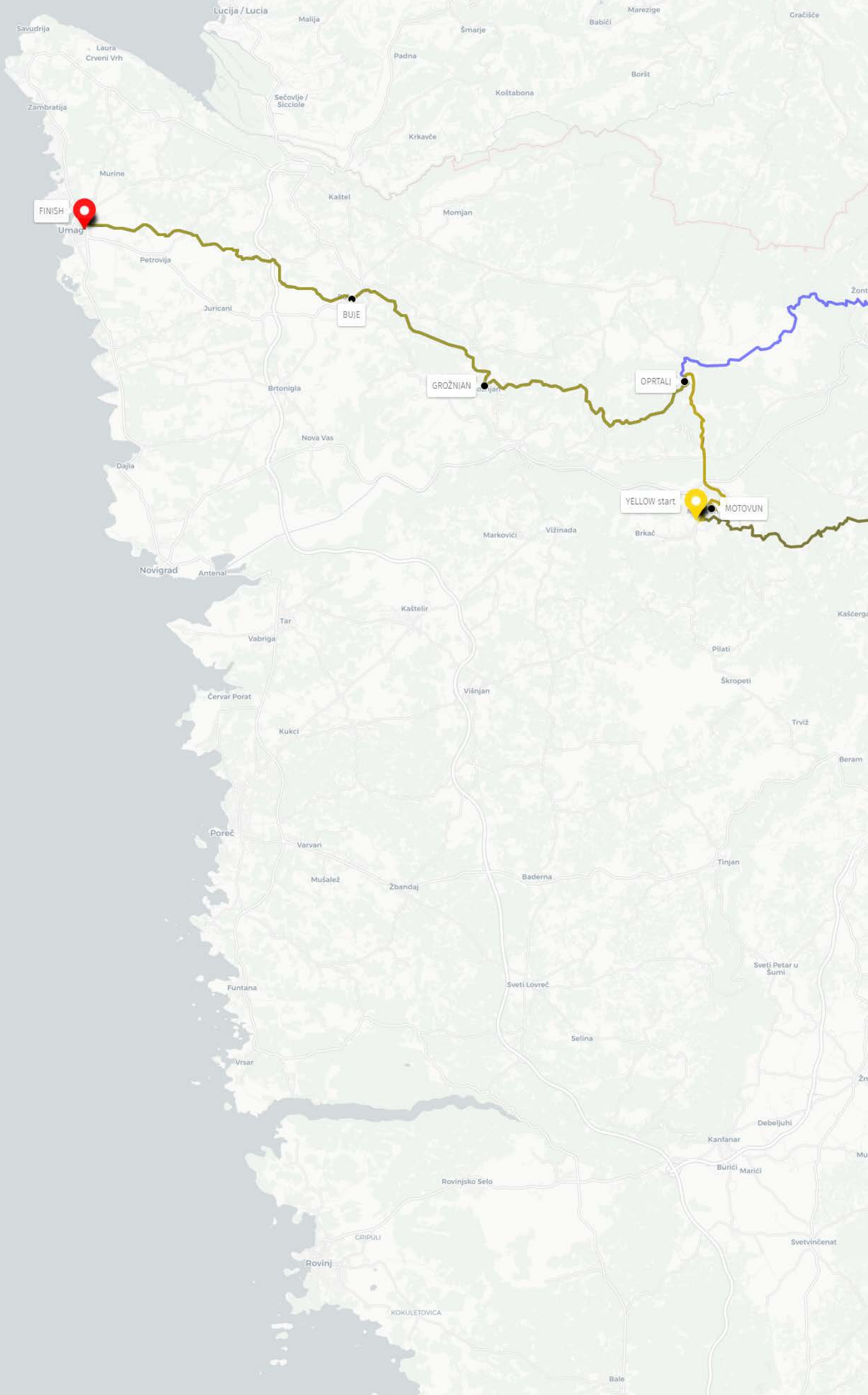
MARTIN ČOTAR
Finish area

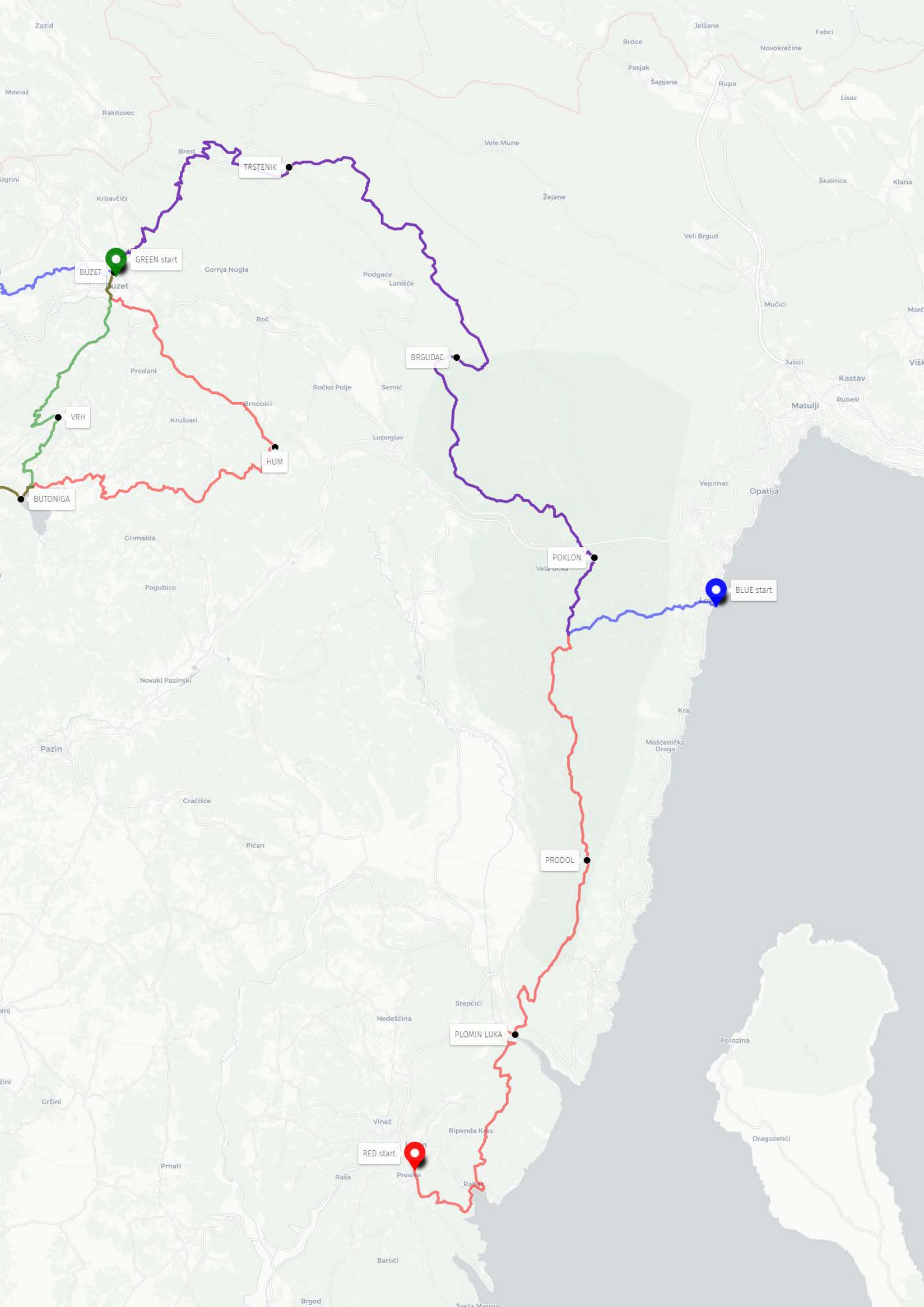


TEA MIRKOVIĆ
One Mile race



SEBASTIJAN LABINJAN
Security





ULTRA TRAIL WORLD TOUR



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

JOIN THE ULTRA-TRAIL WORLD TOUR AND FIND OUT!

AN INTERNATIONAL CIRCUIT WITH SHARED VALUES

The races in the Ultra-Trail® World Tour, in their specific natures, illustrate all the diversity of trail: steep paths of the Alps, California trails, hills and beaches of Hong Kong...

The races' many different formats present participants with a real adaptation challenge.

Between La Sportiva® Lavaredo Ultra-Trail® and the Tarawera 100km Ultra-marathon, between the Ultra-Trail® Mt. Fuji and Transgrancanaria HG, participants need very different qualities to win, or simply to become a finisher.

While being fundamentally different, the Ultra-Trail® World Tour races have common values, which they are proud to share and to promote. Ethics, equality in sports, self-respect, respect for others, for the environment...

Taking part to the Ultra-Trail® World Tour is the opportunity, throughout the years, to discover cultural and sporting differences. Every continent is included: Africa, America,

Asia, Europe, Oceania... providing opportunities to enhance their sporting culture, create new friendships, and to feed on emotions in order, one day perhaps, to be a "finisher" in all the events!

HOW WERE THE RACES SELECTED?

- Trail running races of at least 100km
- Emblematic venues
- Popular races (around 500 runners minimum)
- International events
- Minimum 2 realized editions.

ANNUAL RANKINGS FOR THE AWARD OF THE TITLE OF CHAMPION OF THE ULTRA-TRAIL® WORLD TOUR

The Ultra-Trail® World Tour proposes an international competitive circuit. Any "Finisher", according to her/his performance, earns points.

For the annual ranking, the Ultra-Trail® World Tour takes into account the 2 best results of the year, without distinction of race category.

At the end of the year, after the last race, the titles of "Ultra-Trail® World Tour"

champion, male and female. Top 5 male and female runners are rewarded in the annual ranking.

WORLD RANKINGS TO KNOW AT ALL TIMES THE BEST RUNNERS ENGAGED ON THE ULTRA-TRAIL® WORLD TOUR

The Ultra-Trail® World Tour takes into account the 5 best results of the last 3 years to update every week the UTWT World Rankings. It encourages regularity and commitment in our series of races.

A RUNNERS' FAMILY

The Ultra-Trail® World Tour is not only a club of amazing races, it is also a family of runners.

Participation in one of these circuit races will automatically imply integration in the rankings for the Ultra-Trail® World Tour of the given year.

The runners who have finished at least 2 different races of the series also integrate the very special finishers club.

2018 WINNERS



PAU CAPELL

The North Face

2018 results

Transgrancanaria winner

UTMF 2nd place

Lavaredo ultra trail 2nd place

Eiger ultra trail winner

UTMB CCC 3rd place

Tenerife Bluetrail winner



MIAO YAO

2018 results

Vibram Hong Kong winner

Lavaredo ultra trail 2nd place

UTMB CCC winner



ULTRA-TRAIL® WORLD TOUR

THIS 2019
RUN THE WORLD



UTWT RACES

■ SERIES BONUS
 ■ SERIES
 ■ PRO
 ■ CHALLENGER

1	Vibram® Hong Kong 100	January, 19th	China
2	Tarawera Ultramarathon	February, 6-9th	New Zealand
3	Transgrancanaria HG	February, 20-24th	Spain
4	100 Miles of Istria	April, 12-14th	Croatia
5	Patagonia Run	April, 13th	Argentina
6	Penyagolosa Trails HG	April, 13th	Spain
7	Madeira Island Ultra-Trail®	April, 27th	Portugal
8	Ultra-Trail® Mount Fuji	April, 26-28th	Japan
9	Ultra-Trail Australia	May, 16-19th	Australia
10	mozart100®	June, 15th	Austria
11	La Sportiva® Lavaredo Ultra Trail	June 27-29th	Italia
12	The Western States 100 Mile Endurance Run	June, 29rd	United States
13	Eiger Ultra-Trail®	July, 19-21th	Switzerland
14	TDS®	August, 28th	Italy / France
15	CCC®	Aug, 30st	Italy / Switzerland / France

16	UTMB®	Aug, 30st	France / Italy / Switzerland
17	Harricana Ultra-Trail®	September, 6-8th	Canada
18	Salomon® Cappadocia Ultra-Trail®	October, 19th	Turkey
19	Javelina Jundred	October 26-27th	United States
20	Ultra-Trail Cape Town®	Nov, 30th Dec,1st	South Africa

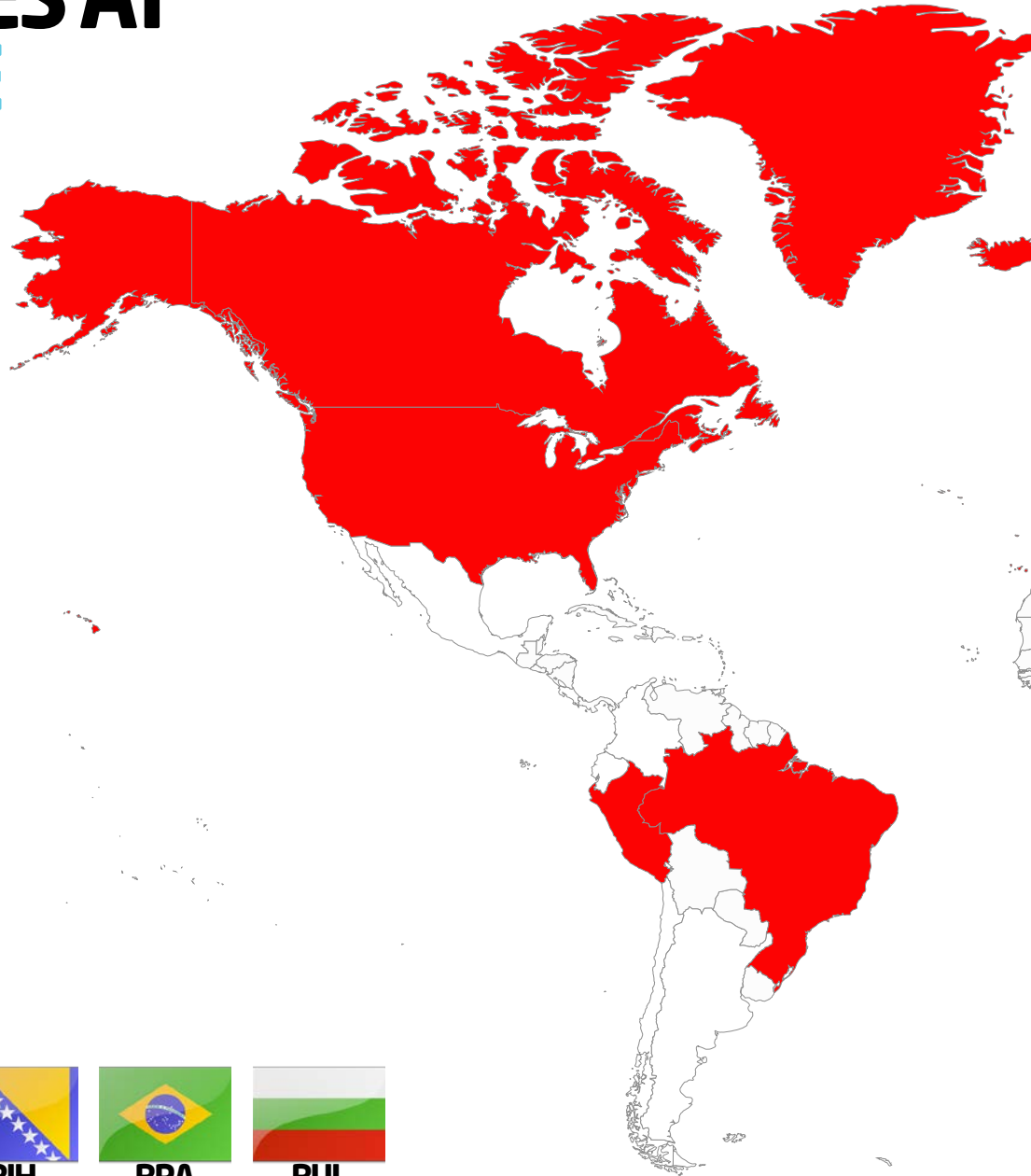
DISCOVERY RACES

1	Azores Trail Run	May 24-26th	Portugal
2	Salomon Ultra-Trail Hungary	June 8-9th	Hungary
3	Nuts Ylläs Pallas	July 12-13th	Finland
4	TMBT	September 14-15th	Malaysia
5	Ultra-Trail® Lemkowyna	October 13th	Poland
6	Ultra-Trail® Ninghai	October 19th	China
7	Trans Jeu	October 20th	South Korea
8	Ultra Tour Siguniang	November 2nd	China

WWW.ULTRATRAIL-WORLDTOUR.COM



COUNTRIES AT THE RACE



AUT
AUSTRIA



BEL
BELGIUM



BIH
BOSNIA AND
HERZEGOVINA



BRA
BRASIL



BUL
BULGARIA



CAN
CANADA



CHN
CHINA



CYP
CYPRUS



CRO
CROATIA



CZE
CZECH
REPUBLIC



DEN
DENMARK



ESP
SPAIN



EST
ESTONIA



FIN
FINLAND



ITA
ITALY



JPN
JAPAN



LAT
LATVIA



LTU
LITHUANIA



LUX
LUXEMBOURG



MAS
MALAYSIA



MNE
MONTENEGRO



NED
NETHERLANDS



NOR
NORWAY



ROU
ROMANIA



RSA
SOUTH AFRICA



RUS
RUSSIA



SIN
SINGAPORE



SLO
SLOVENIA



SRB
SERBIA



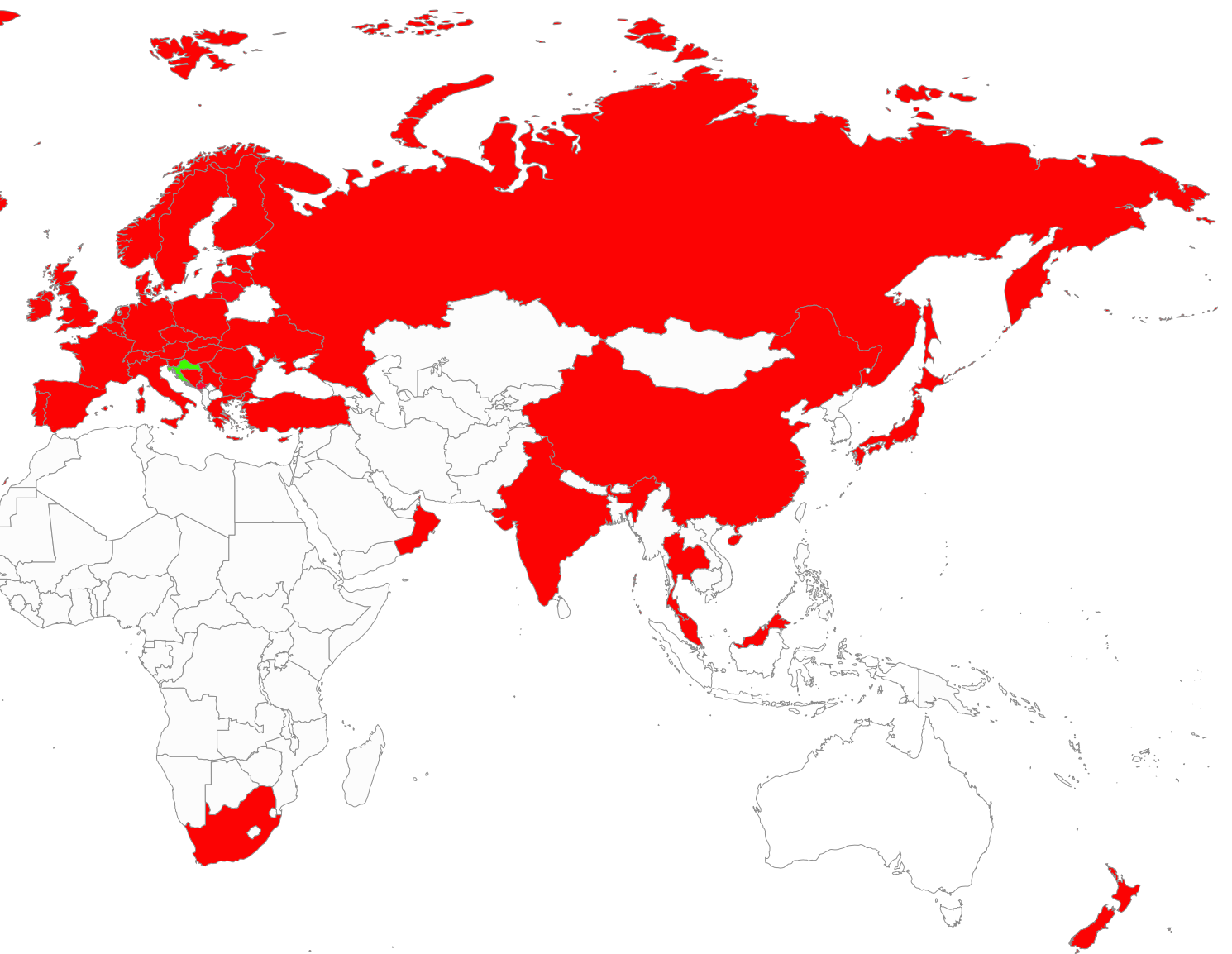
SUI
SWITZERLAND



SVK
SLOVAKIA



SWE
SWEDEN



FRA
FRANCE



GBR
GREAT BRITAIN



GER
GERMANY



GRE
GREECE



HKG
HONG KONG



HUN
HUNGARY



IND
INDIA



IRL
IRELAND



ISL
ICELAND



NZL
NEW ZEALAND



OMA
OMAN



PER
PERU



POL
POLAND



POR
PORTUGAL



TUR
TURKEY



UKR
UKRAINE



THA
THAILAND

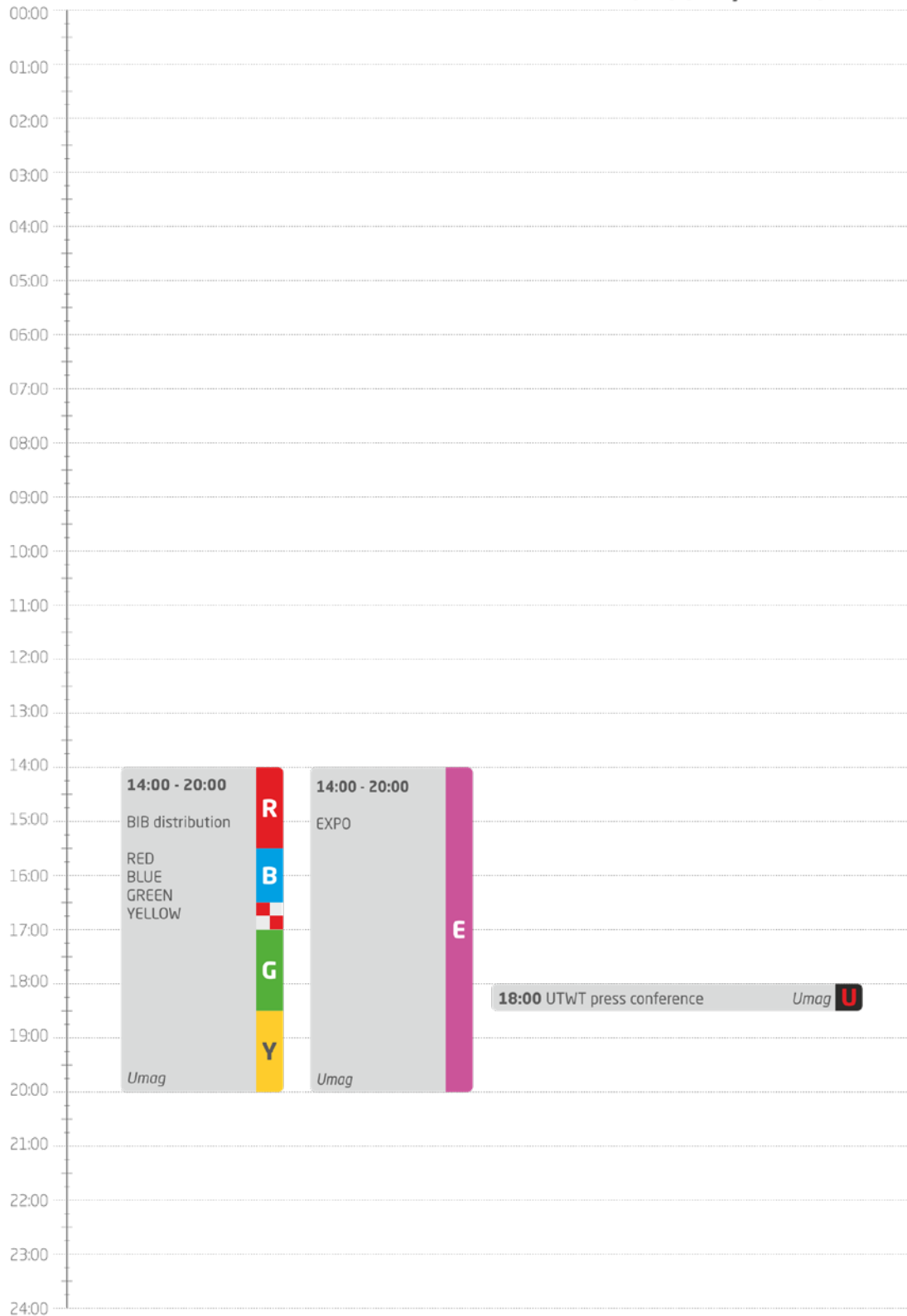


USA
UNITED STATES

50
COUNTRIES

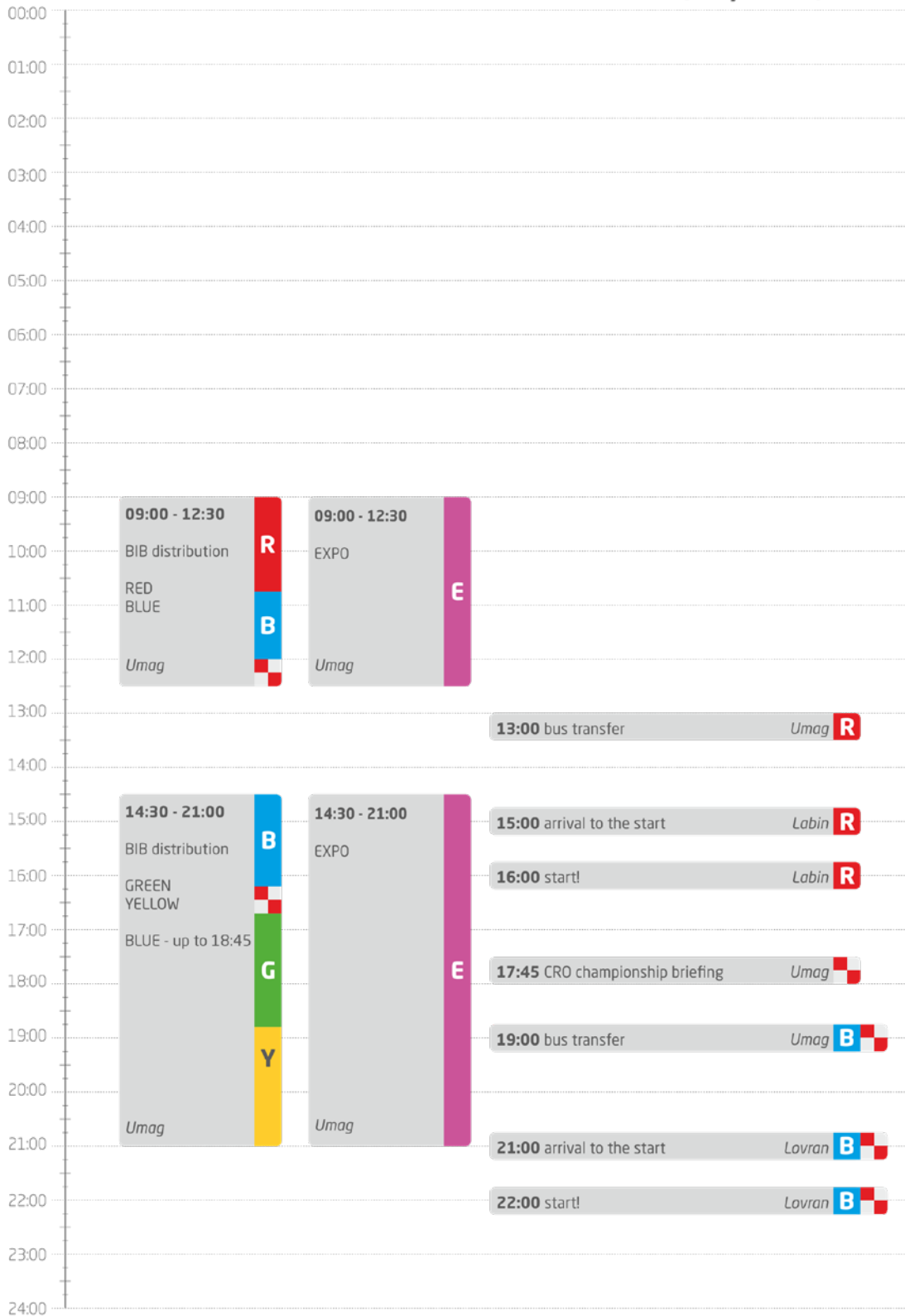
PROGRAMME FOR THE RACE WEEKEND

THURSDAY, APRIL 11th



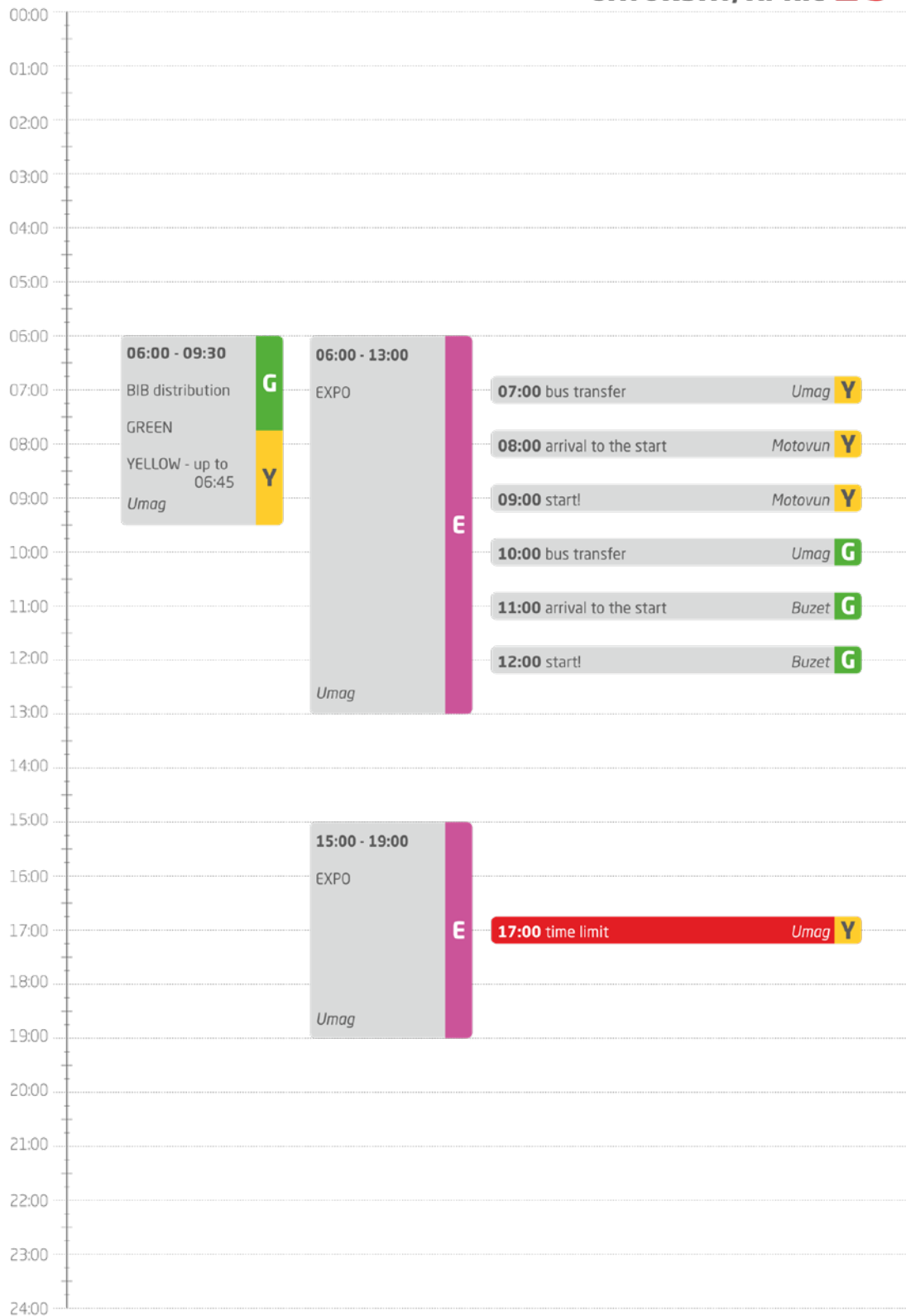
- legend**
- R** RED course
 - B** BLUE course
 - G** GREEN course
 - Y** GREEN course
 - E** EXPO
 - U** UTWT event
 - 1** kid's race
 - CRO** championship

FRIDAY, APRIL 12th



- legend**
- R** RED course
 - B** BLUE course
 - G** GREEN course
 - Y** GREEN course
 - E** EXPO
 - U** UTWT event
 - 1** kid's race
 - C** CRO championship

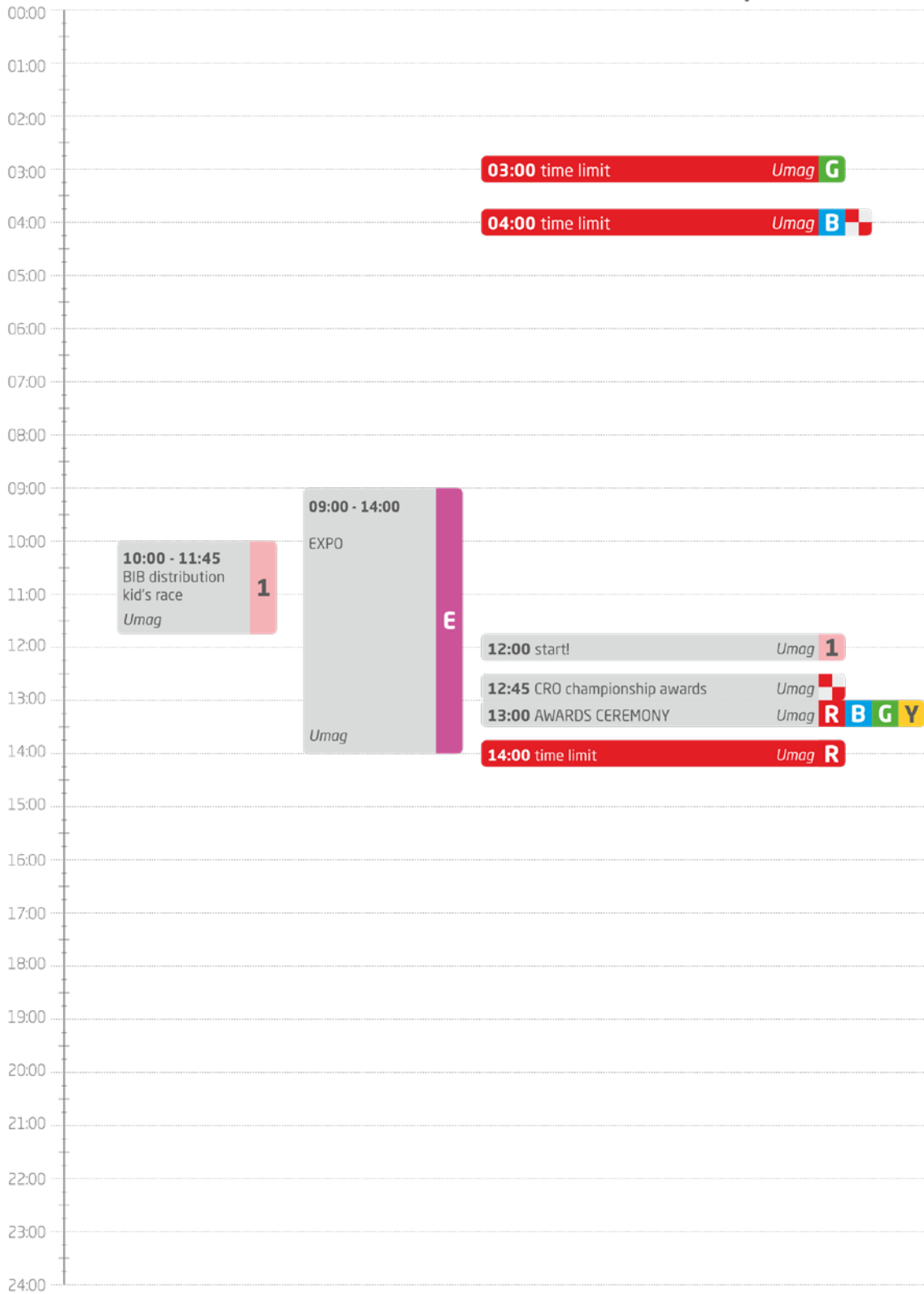
SATURDAY, APRIL 13th



legend

- R** RED course
- B** BLUE course
- G** GREEN course
- Y** GREEN course
- E** EXPO
- U** UTWT event
- 1** kid's race
- CRO** CRO championship

SUNDAY, APRIL 14th



- legend**
- R RED course
 - B BLUE course
 - G GREEN course
 - Y GREEN course
 - E EXPO
 - U UTWT event
 - 1 kid's race
 - CRO CRO championship

100 MILES OF ISTRIA EXPO

WORKING HOURS

THURSDAY 11TH: 14:00 - 20:00

FRIDAY 12TH: 09:00 - 12:30 | 14:30 - 21:00

SATURDAY 13TH: 06:00 - 13:00 | 15:00 - 19:00

SUNDAY 14TH: 09:00 - 14:00

RACE PARTNERS



**INTERNATIONAL TRAIL
RUNNING ASSOCIATION**

www.i-tra.run



**ZMAJSKA
BREWERY**

www.zmajskapivovara.hr



**AUTOMATIC
SERVIS**

www.automatic-servis.hr



**FACULTY OF TOURISM AND
HOSPITALITY MANAGEMENT**

www.fthm.uniri.hr



**FACULTY OF HEALTH
STUDIES RIJEKA**

www.fzsri.uniri.hr



**FACULTY OF MEDICINE
RIJEKA**

www.medri.uniri.hr

SHOPS

**RAIDLIGHT**

www.lera.hr

**LEDLENSER**

www.ledlenser.hr

**B'JAK
TRAIL SHOP**

www.trailshop.at

**OPG CARIN**

opg.carin@gmail.com

**MATIS
OUTDOOR D.O.O.**

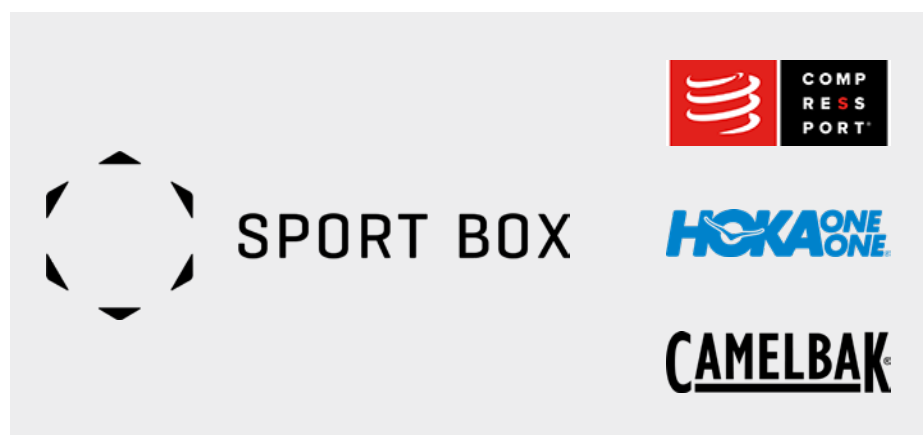
www.matis.com.hr

**FERIVI CO D.O.O.**

www.ferivisport.hr

**ROBOT IDEJA J.D.O.O.**

www.ideja-hr.com

**SPORT BOX D.O.O.**

www.sportbox.hr

RACE ORGANIZERS



SKAKAVAC TRAIL

www.skakavactrail.ba



VUČKO TRAIL

www.vuckotrail.ba



ŽUMBERAK TRAIL

www.zumberaktrail.com



**ULTRA TRAIL
VIPAVA VALLEY**

www.ultratrail.si



**GRAN RAID DELLE
PREALPI TREVIGNANE**

www.granraid.it



**JAHORINA
ULTRA TRAIL**

www.jahorinatrail.com



K-24 ULTRA TRAIL

www.k-24trail.si



**ULTRABERICUS TEAM &
GARDA TRENINO TRAIL**

www.ultrabericus.it | www.gardatrentinotrail.it



ČVRSNICA ULTRA TRAIL

www.visit-blidinje.com



KAT 100
KITZ ALPS TRAIL
www.kat100.at



HOCHKÖNIGMAN
www.hochkoenigman.run



KRANJSKA GORA
TRAIL
www.trailrun.si



DALMACIJA
ULTRA TRAIL
www.dalmacijaultratrail.com



POHORJE
ULTRA TRAIL
www.pohorjeultratrail.si



ULTRA TRAIL
STARA PLANINA
www.ultrakleka.com



HUNGARY
ULTRA TRAIL
www.ultratrail.hu



FUNDACJA
RUN VEGAN
www.runvegan.pl



DUBROVNIK
OUTDOOR FESTIVAL
www.dubrovnikoutdoor.com

**RUN LIKE THE BEER
IS WAITING FOR YOU**

BECAUSE IT IS!



Zmajaska pivovara was established as a result of our long-standing passion for great beer.

After quite a few years of experience in homebrewing it was founded in 2014, in Zagreb. We became one of the first croatian craft breweries and one of the key players in croatian craft beer revolution.

We are focused on brewing ales. With beers brewed all year round and our seasonal beers we are happy to present to all beer enthusiasts, as well as to those who are yet to become one, the kind of beer we love to drink ourselves:

Brewed with love, taking meticulous care of each and every detail.

Immaculate in choice of ingredients. Recognizable. Not fanciful, but fine.

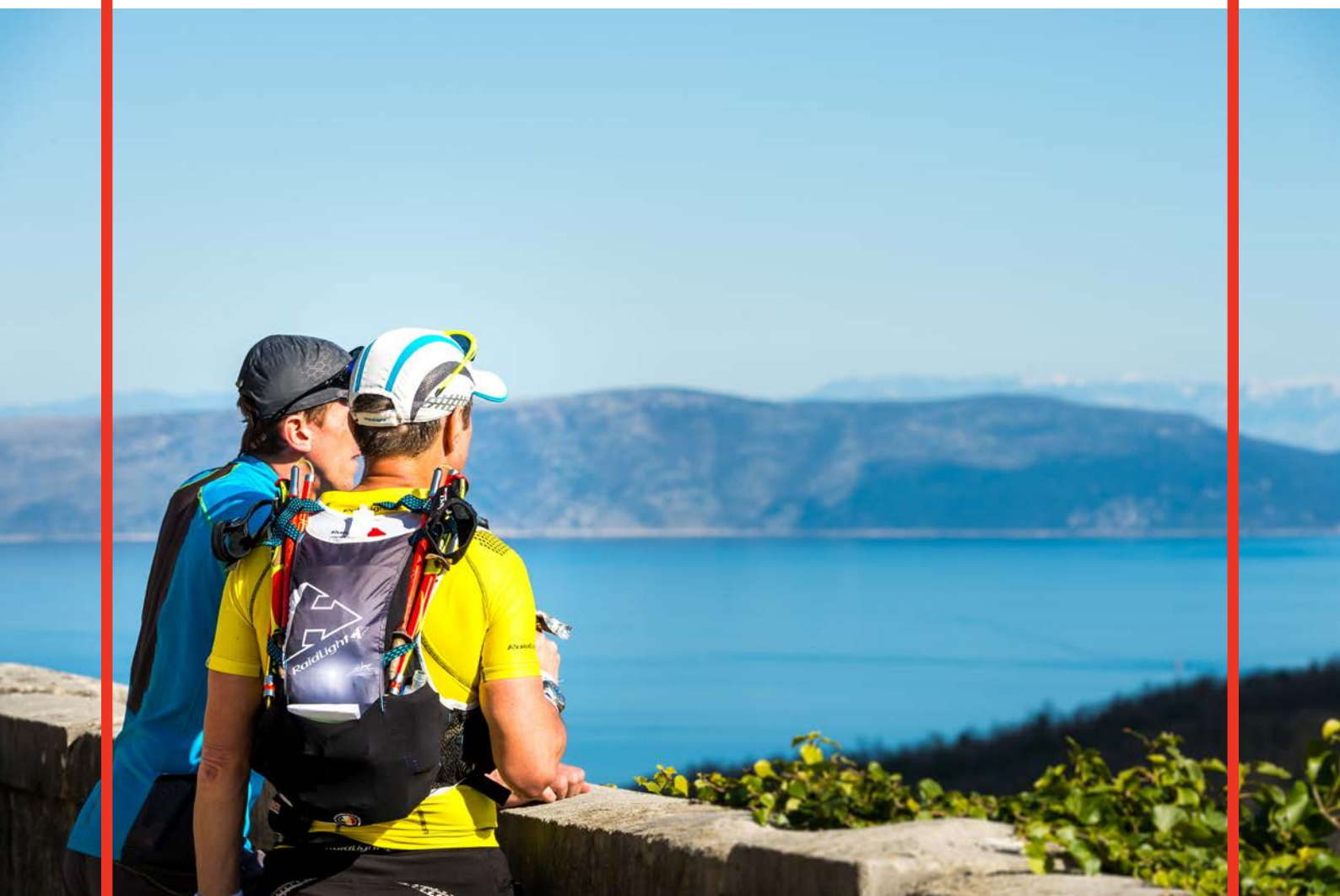
As proud sponsors of 100miles of Istria Ultratrail we aim to energise body with fluid and mind with aroma.

GOOD LUCK TO ALL THE RUNNERS!



zmajskapivovara.hr

RACE RULES



READ THIS SECTION VERY CAREFULLY!

WHETHER YOU HAVE ALREADY RUN THE 100 MILES OF ISTRIA 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 2019 RULES AND REGULATIONS.

1 ORGANIZATION

The company Sport Box d.o.o., in collaboration with the club SRK Alba are organizing the seventh edition of 100 Miles of Istria ultra-trail race, a partial self-sufficiency mountain trail running race in a low-mountain environment.

2 GENERAL INFORMATION

The 100 Miles of Istria Ultratrail race is a running race that takes place along paths in Istria with five different courses:

- **RED:** 100 miles Of Istria Ultra Trail: The race starts on Friday, April 12th from Labin. Maximum time: 46 hours. Each finisher will be awarded 6 ITRA/UTMB qualification points and with WSER qualification
- **BLUE:** 110 km of Istria Ultra Trail: The race starts on Friday, April 12th from Lovran. Maximum time: 30 hours. Each finisher will be awarded 5 ITRA/UTMB qualification points
- **GREEN:** 67 km of Istria Trail: The race starts on Saturday, April 13th from Buzet. Maximum time: 15 hours. Each finisher will be awarded 3 ITRA/UTMB qualification point
- **YELLOW:** 41 km of Istria Trail: The race starts on Saturday, April 13th from Motovun. Maximum time: 8 hours. Each finisher will be awarded 2 ITRA/UTMB qualification points
- **Kids race.** The race starts on Sunday, April 14th in Umag.

3 PARTICIPATION REQUIREMENTS

To be completely aware of the length and the specificity of the event and to be perfectly prepared for it.

To have acquired, prior to the race, a real capacity for self-sufficiency in the mountains which permits the management of problems induced by this type of course, and notably:

- To know how to face, without outside help, wheahter conditions which can become very difficult due to the microclimate conditions (night, wind, cold, fog, rain or snow)
- To know how to manage, even if one finds oneself isolated, physical or mental problems arising from high fatigue, digestive problems, muscular or joint pain, minor ailments...
- To be fully aware, that it is not the role of the organization to help a runner to overcome these problems and that for such an activity in nature, security depends upon the capacity of the runner to adapt to

the problems encountered, or envisaged.

These races are open to anyone, man or women, born in 1999 or before (categories hopefuls to veterans), club member or not.

The participants born between 1999 and 2001 may only participate in presenting a parental consent, and they may only apply to the following races: YELLOW or GREEN.

Each runner declares their knowledge of and accepts the present regulations and agrees to accept them without reserve and to promote the event's ethical charter available at www.istria100.com

4 SEMI AUTONOMY

The individual principle of racing in semi-autonomy is the rule.

Semi-autonomy is defined as having the capacity to be autonomous between two refreshment points, not only on the food front but also that of clothing and security, being able to adapt oneself in particular to problems encountered or envisaged (bad weather, physical problems, injuries...).

This principle is implicated in the following rules:

- Each runner must have all of his/hers obligatory equipment with him/her at all times during the race. He/She carries this equipment in a pack presented at the race-bib distribution and it must not be changed during the course. At any time during the race, the marshals can verify the bag and its contents. The runner is obliged to accept these controls in a friendly manner, at the risk of exclusion from the race.
- Refreshment points have been supplied with food and beverages to consume on the spot. Only plain water (excluding other drinks) is destined for water bottle or bag replenishment. Each runner must make sure to have, upon leaving each refreshment point, the quantity of water and food necessary for them to reach the next refreshment point.
- Personal assistance is only tolerated at some aid stations (Plomin luka, Poklon, Buzet, Butoniga and Oprtalj), in the zone specifically reserved for this purpose and with the agreement of the head of the post. This assistance can only be assured by one single person carrying one bag of a maximum 30 liters volume. The remainder of the refreshment point is strictly reserved for the runners.
- It is forbidden, to be accompanied or agree to be accompanied during all or any part of the race by a person not enrolled, outside the tolerance zones indicated close to the refreshment posts.

5 ACCEPTANCE OF THE REGULATIONS AND ETHICS OF THE RACE

Participation in the 100 Miles of Istria ultra-trail race assumes the acceptance of the present regulations and ethics of the race which are available at www.istria100.com

6 MAXIMUM NUMBERS OF RUNNERS

- RED
100 miles of Istria Ultra Trail: 600
- BLUE
110 km of Istria Ultra Trail: 600
- GREEN
67 km of Istria Trail: 600
- YELLOW
41 km of Istria Trail: 600
- KIDS RACE
200

TOTAL 2.600

7 RESERVED PLACES

A number of delimited places are reserved for: our partners, the international elite (based on the ITRA's performance index), 2018 winners and certain journalists (who are reporting from within the race), as well as certain volunteers who are very active.

8 ELITE RUNNERS ENROLMENT

Concerning the recognition of high caliber athletes and also for the fair management of registration, we reserve places for elite athletes, who make the request, according to strict criteria based on the ITRA performance index.

All requests for registration must reach us by email (elite@istria100.com) before December 31st, 2018.

	RED		BLUE / GREEN YELLOW	
	MEN	WOMEN	MEN	WOMEN
FREE REGISTRATION	>870	>770	>820	>720
GUARANTEED REGISTRATION BUT FEE TO BE PAID	>770	>670	>720	>620

Runners who correspond to the criteria can benefit from the registration conditions.

Registration for elite athletes is not automatic, each one

must finalize their registration themselves.

9 ENROLMENT

The pre-registration starts on August 1st, 2018 and closes on February 28th, 2019 unless the maximum number of participants in total has already been reached. Keep in mind that the registration is considered finished only upon successful payment.

10 REGISTRATION FEES

- RED: 100 miles of Istria Ultra Trail: until February 28th, 2019 **140€**
- BLUE: 110 km of Istria Ultra Trail: until February 28th, 2019 **110€**
- GREEN: 67 km of Istria Trail: until February 28th, 2019 **70€**
- YELLOW: 41 km of Istria Trail: until February 28th, 2019 **60€**
- Kids race: **gratis**

Keep in mind that the registration is finished only upon payment.

11 PAYMENT PROCEDURES

Registration fees can be paid by bank transfer.

DETAILS FOR THE BANK TRANSFER:

SPORT BOX D.O.O.
SJEVERNA 2/2
52420 BUZET,
HRVATSKA

IBAN: HR7023600001102441067
ZAGREBACKA BANKA D.D.
SWIFT: ZABAHR2X

The registration fees include the following:

- a race bib
- assistance and refreshments along the race route
- race pack
- a food voucher on arrival
- a start pack gift
- a finisher's medal

The registration for any of these races is firm and final and it is not possible to change races unless being communicated with the organizer.

12 GUARANTEE OF ENROLMENT CANCELLATION

Any person can at the moment of their enrolment subscribe to the cancellation guarantee, averaging an additional charge of 10 € per person to add to enrolment fees on the same payment.

The object of the guarantee is to enable reimbursement of the fees incurred for the enrolment to one of the four races in the case where a runner asks to cancel his enrolment because of the following events:

- an accident, a serious illness or the death of the runner himself/herself.
- a serious illness necessitating hospitalization or a death one's spouse or common-law husband/wife, one's parents or one's children in the first generation, this in the thirty days preceding the event.

In the case of an accident or serious illness to the runner, it is necessary to furnish a medical certificate with signature and stamp of the doctor attesting to the contra-indication to taking part in the race. All other reasons for cancellation must be justified with a certificate signed and stamped by an official authority.

Conditions of indemnity: Any demand for reimbursement must reach us accompanied by the medical certificate, at the last in the 10 days following the event. The demands are treated in the two months which follow the event.

13 CANCELLATION OF AN ENROLMENT

Any cancellation of registration must be made by email at cancellation@istria100.com. No cancellations are accepted by telephone or fax.

In the case of cancellation for a cause described in the paragraph above, the competitor can, if they have subscribed to it at the time of their enrolment, make his guarantee of enrolment cancellation function by sending us with his letter of withdrawal the necessary document (see above paragraph).

If a competitor registered has not taken out the cancellation guarantee upon registration or wishes to cancel their registration for a reason not covered by this cancellation guarantee, reimbursement of a percentage of the registration fee will be made by crediting the bank account associated with the credit card used upon registration in accordance with the following conditions:

SEND DATE	AMOUNT SREDITED IN% OF THE REGISTRATION COST (EXCLUDING CHARGES)
BEFORE DECEMBER 31ST 2018	60%
FROM JANUARY 1ST TILL FEBRUARY 28TH 2019	50%
AFTER FEBRUARY 28TH 2019	NO REIMBURSEMENT CAN BE MADE

Race bib exchange is not allowed. Registration fee can **NOT** be used for the following race year (2020), and it's not transferable to another person unless being communicated with the organizer.

Should the race be canceled because of circumstances beyond our control up to 15 days before the race, the Organization reserves the right to refund 50% of the admission fee. This percentage is calculated to enable the Organization to cover part of the expenses incurred.

Should the race be canceled or interrupted for atmospheric reasons, or for any other reason beyond our control, no refund of the registration fee will be made.

14 CANCELLATION OF A REGISTRATION IN THE CASE OF INJURY

In the case of a non chronic osteoarticular or muscular injury to the runner, and uniquely in this situation, suffered after registration and not completely curable by the day of the race, the organisation recommends that the injured runner does not take an unnecessary risk, and cancels his registration for the current year at the same time making a request to participate in a future race.

Any request for postponement must reach us, accompanied by a complete medical report (detailed medical report and x-ray results confirming the diagnosis) by April 23rd, 2019 at the latest. Any incomplete report will be rejected.

Requests will be processed by May 15th, 2019 at the latest. The only medical council will judge the case and their decision is final.

15 RUNNER'S COMMITMENTS

By registering, each runner personally agrees to engage in the following :

- I declare that I have read and understood the regulations and ethics of the race (available at www.istria100.com)
- I understand and approve of the conditions of participation which figure in the regulations
- I agree to respect all items of the regulations

- I agree to scrupulously respect and promote the ethic
- I agree to be aware of any medical condition which could concern me and, consequently relieve the organization of any responsibility for any medical problem which may arise during the event due to any negligence on my part

16 EQUIPMENT

In order to participate in these events, a set of obligatory equipment is required. However, it is important to note it is the minimum necessary and that each trail-runner must adapt it according to their needs. It is important, in particular, not to choose clothing that is the lightest possible weight in order to gain a few grams but to choose items which will give real protection against the cold, windy or snowy mountain weather, therefore giving a good level of security and performance.

Obligatory material :

EQUIPMENT	RED	BLUE	GREEN	YELLOW
mobile phone (save in the contacts the security numbers of the organisation, keep it switched on, do not hide one's number and do not forget to set off with recharged batteries)	0	0	0	0
personal beaker 15cl. minimum (water-bottles or flasks with lids are not acceptable)	0	0	0	0
stock of water minimum 1 litre	0	0	0	0
torch in good working condition with replacement batteries	0	0	0	-
survival blanket 1.40m x 2m minimum	0	0	0	0
whistle	0	0	0	0
food reserve	0	0	0	0
basic first-aid kit (2 gauze pads 10x10cm minimum, 1 gauze roller bandage, a box of adhesive bandages)	0	0	0	0

Jacket, with a hood, capable of withstanding the bad mountain weather and made with a waterproof (recommended: 10 000 Schmerber) and breathable (RET recommended less than 13) membrane	0	0	0	TBA
long running trousers or leggings or a combination of leggings and long socks which cover the legs completely	0	0	R	R
Additional warm midlayer top: One single midlayer long sleeve top for warmth (cotton excluded) OR a two piece clothing combination of a long sleeve baselayer/midlayer for warmth (cotton excluded)	SR	SR	R	R
cap or bandana	R	R	R	R
warm hat	R	R	R	R
warm and waterproof gloves	R	R	R	R
waterproof over-trousers	R	R	R	R

LEGEND:

- 0 - obligatory equipment
- R - recommended equipment
- SR - strongly recommended equipment
- TBA - to be announced

* - the jacket must, imperatively, have an integral hood or one which is attachable by a system made for that effect by the manufacturer.

- all seams must be taped/sealed.
- the jacket must not have sections composed of fabric which is not waterproof, but the air vents (under the arm, across the back), which do not appear to affect the waterproof-ness of the garment are accepted.

It is the runner's responsibility, according to these criteria, whether their jacket fits the regulations and therefore bad weather in the mountains, but, when controlled, the judgement will be made by the person responsible for the control or the race steward.

* The windproof jacket does not replace the mandatory waterproof jacket with hood

Required by the police :

- ID card

Very strongly recommended :

- walking poles for security on slippery ground in case of rain or snow
- a change of warm clothes indispensable in the case of cold weather, rain or injury
- the sum of 20 € minimum (in order to cover the unexpected...)

Advised (list not definitive) :

- change of clothing, compass, knife, string, sun cream, Vaseline or anti-chaffing cream, ...

All clothing must be the runner's size and without alteration since leaving the factory.

If you decide to use poles, you must keep them throughout the whole of the race. It is forbidden to start without sticks and recover them up along the way.

No poles will be allowed in the spare's bags.

17 RACE BIBS

Every bib is individually handed to each runner after presentation of :

- an ID card or a passport,
- and a race pack with complete mandatory equipment

The race bib must be worn on the chest or the stomach and must be permanently and fully visible throughout the entire race. It must, therefore, always be positioned over any clothing and cannot for any reason be fixed onto the back or a leg. The name and logo of the sponsors must neither be modified nor hidden.

The race number is the pass necessary to get to the shuttles, buses, refreshment posts, nurses, rest areas, showers, areas for depositing or recuperating spares bags... Except in the case of refusal to comply with a decision taken by a race official, the race bib is never withdrawn, but in the case of retirement, it is deactivated.

18 SPARES BAGS

RED & BLUE : each competitor receives with his/her race bib, two plastic bags.

The big one: for the aid station Buzet. Having filled it with the stuff of their choice and having closed it, they can deposit it, at the designated place at the race HQ in the working hours. The bag is transported by the organization to Aid station Buzet. When reaching Buzet, each runner reclaims their bag. When they leave the aid station, they deposit their bag at the area set aside for this purpose. The bag is then taken back to Umag.

Small one: for the personal stuff/gear at the start point. Having filled it with the stuff competitors doesn't want to carry along the course, they can deposit it at the designated places at each race start. The bags are then taken back to Umag.

GREEN & YELLOW: each competitor receives with his/her race bib, small plastic bags.

Small one: for the personal stuff/gear at the start point. Having filled it with the stuff competitors doesn't want to carry along the course, they can deposit it at the designated places at each race start. The bags are then taken back to Umag.

The organization assures the repatriation, to Umag, of bags belonging to runners who have abandoned, on the condition that their abandonment has been registered. The delay of the return of bags is based on the logistical constraints and the organization cannot guarantee a complete return of the bags before the end of the race.

Only the bags supplied by the organization will be transported. Sticks are not transportable in these bags.

The content of the bags is the runner's responsibility, any complaint about the contents on arrival is not acceptable. It is recommended not to put valuable objects in it.

The Organization will definitely **NOT** send any bag to participants' home. Bags not collected after this deadline will be immediately destroyed for reasons of hygiene.

It is recommended to keep toiletry and change of clothing material in Umag.

19 RESCUE AND MEDICAL ASSISTANCE

First aid posts are positioned at different points throughout the course. These posts are in radio or telephone liaison with Race Control. A medical control team is present during the entire duration of the event in Umag.

The rescue posts are aimed at bringing help to any person in danger with the means particular to the organization or registered.

If it appears that a runner is in difficulty or seriously injured to call for assistance :

- go in person to a first aid point
- telephone the course controller
- ask another runner to alert the first aiders

It is essential that each runner helps anybody in danger and alerts the first aid point.

Do not forget, that due to the problems related to the environment and the type of event, one might have to wait for assistance for longer than anticipated. Your security, therefore, depends upon the quality of the materials that you have in your pack.

A runner calling on a doctor or a rescuer submits himself to their authority and undertakes to accept their decisions. From the moment where the health of a runner necessitates treatment via an intravenous drip, the runner will be, obligatorily, excluded from the race.

The first-aiders and doctors have the right to :

- exclude from a race (by invalidating the race-bib) all competitors deemed unfit to continue the event.
- to evacuate by any means a runner judged to be in danger
- to hospitalize any runners whose state of health necessitates doing so

The choice of the means of evacuation and of the hospital is the decision of the official first-aiders and doctors.

Expenses incurred, resulting from emergency assistance or evacuation, are payable by the person rescued who is also responsible for all costs relating to their return from the area to where they were rescued. The only resort is for the runner to constitute and present a dossier to his personal insurance within the deadline given.

If for any reason it is impossible to make contact with the course controller (**+385 91 577 44 25**), you can call the rescue services directly by dialing **112** (especially if you find yourselves in a zone «urgency SOS only»)

Each runner must stay on the way-marked paths, even to sleep. Any runner who voluntarily leaves the way-marked path is no longer under the responsibility of the organization.

20 CONTROL AND REFRESHMENTS POSTS

Each runner will be supplied with electronic chips fixed to their race-bibs. Runners who do not have their chip permanently with them will be penalized.

A control is carried out on the arrival of any rescue or refreshment post.

Unexpected control posts are set up in places other than the rescue and refreshment posts. Their position is not communicated by the organization.

Only the runners carrying a visible and duly controlled race number have access to the refreshment posts.

The race guide and the relevant pages on the internet give a precise list of the refreshment points.

They will be equipped with drinks + sweet cakes, chocolate, bananas, oranges, raisins, prunes, salty biscuits, cheese, sausage, bread.

Rations without gluten will be available upon request.

Furthermore, a hot dish is offered in Buzet and in Umag at the end of the race.

To avoid the wastage of disposable plastic cups during the race, every runner has to equip himself with a tumbler with a minimum volume of 15cl. Attention, water-bottles, and flasks are not beakers!

Every runner seen throwing down litter along the route will be penalized.

Trash cans are provided in large numbers at every refreshment post and must be used.

21 MAXIMUM AUTHORISED TIME AND CUT-OFF TIMES

The maximum time for the event, for the totality of the course, is fixed at:

- RED: 46 hours
- BLUE: 30 hours
- GREEN: 15 hours
- YELLOW: 8 hours

The cut-off times for leaving the principal control posts will be marked and written in the course guide.

These cut-off times are calculated to enable participants to reach the Finish in the maximum time imposed while making possible stops (rest, meal...). To be authorized to continue the event, runners must set off again from the

control post before the fixed cut-off time (whatever their arrival hour at the control post).

Any competitor excluded from the race and wishing to continue his race can only do so after returning his race number, at his own responsibility and in complete autonomy.

Participants who reach the checkpoints after the cut-off time, those who are injured and those who are judged by the medical staff to be unfit to continue the race, and any other athletes who decide to drop out, shall be taken to the finish line by shuttle bus. For logistical reasons, competitors who have dropped out may have to wait before being returned to the finish area. Any participant who drops out from the race at any point other than the established checkpoints should make their own way to the following aid station/checkpoint and from there will be transported to Umag by car.

In the case of poor weather conditions and/or for reasons of safety, the organization reserves the right to stop the event underway or to modify the cut-off times.

22 REST AND SHOWERS

Uniquely for RED and BLUE race: at Buzet, each competitor can benefit from a rest area (with camp beds and blankets).

Those runners who wish to stay on in Umag after the race must make their own accommodation arrangements.

It is possible to take a hot shower, only at the arrival.

Access to the rest area and to the showers at the arrival is strictly limited to runners in bare feet.

23 ABANDONMENT AND REPATRIATION

Except for injury, a runner must only abandon at a control post. They must alert the head of the post, who will invalidate their race-bib.

The runner keeps his invalidated race bib because it is still his pass for shuttles, buses, meals, care rooms...

During the closure of the post, the organization can, in the measure of means available, repatriate the runners having retired and still present at the post.

In the case of unfavorable weather conditions justifying partial or total closure of the race, the organization ensures the repatriation as soon as possible of those runners having retired.

In case of abandonment before a control point, it is imperative to return to the previous control point and inform the post leader of one's abandonment.

If during this return, the runner meets the end of race sweepers, it is them who invalidate the race bib. The runner is then no longer under the organization's control.

24 WAY MARKERS

For better night vision, the way markers include a section of white reflective material which will be easily visible with a head torch.

ATTENTION: if you can not see any more markers, retrace your steps!

With respect for the environment, no paint will be used on the paths.

It is imperative that you follow the paths with the markers without taking shortcuts.

25 FINISH

When you finish, you will receive a finisher's medal.

26 PENALTY - DISQUALIFICATION

Race officials present on the course, and those in charge of different control and refreshment posts are authorized to uphold regulations and to immediately (*) impose a penalty for non-respect, based on the following chart :

BREACH OF RULES PENALTY	DISQUALIFICATION
Short-cutting the route	At the race directors' decision
Lacking obligatory safety equipment (no minimum water supply of 1 litre, no waterproof jacket with hood, no torch, no survival blanket, no mobile phone)	Immediate disqualification
Lacking other obligatory equipment	Penalty 30 min
Refuse to have obligatory equipment checked out	Disqualification
Throwing away rubbish (voluntary act) by a competitor or a member of their team	Penalty 1 hour
Not respecting people (organisation or runners)	Penalty 1 hour
Not assisting a person in difficulty (requiring official assistance)	Penalty 1 hour
Receiving help outside authorised zones	Penalty 1 hour

Cheating (e.g.: using transport, sharing race number,...)	Immediate disqualification and for life
Lacking an electronic chip	Depending on the Race Jury
Not passing through a control point	Depending on the Race Jury
Refusal to comply with an order from race control, from a race official, from a head of post, from a doctor or from a rescue worker	Disqualification
Departure from a control post after the cut-off time	Disqualification

(*) Time penalties are immediately applicable in situ, that's to say a runner will be required to interrupt their race for the duration of the penalty.

Any other breach of the rules will be the object of a sanction decided on by the Race Jury.

27 COMPLAINTS

All objections must be in writing and lodged with the course director, with a caution of **100 (one hundred) euros** (non-returnable if the objection is not valid), within two hours of the arrival of the runner concerned.

28 EVENT JURY

This is made up of:

- a representative of the runners
- the Sport box d.o.o. director
- the race director

The jury is authorized to give a ruling in the time compatible within the imperatives of the race on all the objections lodged during the event. The decisions will be without appeal.

29 MODIFICATIONS TO THE COURSE OR TO THE CUT-OFF TIMES; CANCELLATION OF THE RACE

The organization reserves the right to modify at any moment the route and the positioning of the rescue and refreshment posts, without warning.

In the case of unfavorable weather conditions (important quantities of rain or snow at altitude, a strong risk of storms...) the start may only be postponed by maximum several hours, after that time the race is canceled.

In the case of poor weather conditions, and for reasons of safety, the organization reserves the right to stop the event underway or to modify the time barriers.

In case of cancellation of an event, for whatever reason, decided more than 15 days before the date of the start of the race, a partial refund of the registration fees will be made. The amount of this refund will be fixed so as to allow the organization to cover all irredeemable expenses committed, up to the date of the cancellation. In case of a cancellation decided less than 15 days before the departure or in case of interruption of the race, for whatever the reason, no refund of the registration fee will be made

30 INSURANCE

Civil responsibility:

The organizer has taken out civil responsibility insurance for the duration of the event. This civil responsibility insurance guarantees the financial consequences of its responsibility, of that of its officials and of the participants.

Individual accident:

Each competitor should have their own accident insurance which will cover any costs of search and rescue.

31 RANKINGS AND AWARDS

For the four races, only the runners arriving at Umag are classed.

For each race, a general ranking man and woman and a ranking for each category man and woman are established.

RED: the first 5 men and the first 5 women in the general ranking, as well as the winners from each category, receive a trophy and a prize

BLUE, GREEN, and YELLOW: the first 3 men and the first 3 women in the general ranking, as well as the winners from each category, receive a trophy and a prize

Categories:

- Seniors Men/Women
SEM / SEW 2000-1979
- Veterans Men/Women 1
VM1 / VW1 1978-1959
- Veterans Men/Women 2
VM2 / VW2 1958 and older

32 INDIVIDUAL SPONSORS

Competitors who are sponsored may only have the sponsor's logos on their clothing or equipment used during the race. All other publicity accessories (flags, banners) are forbidden at all points of the race including at the finish, at the risk of penalties imposed by the jury.

33 PHOTO COPYRIGHT

Every competitor relinquishes their claim to photographic copyright during the event, and he relinquishes any recourse against the organizer and against his approved partners for the use of his image. Only the organization can pass on these rights for the image in any media, via an accreditation or an adapted license.





100
MILES
OF
ISTRIA
official shoe

SPEEDGOAT 3

Like the man who inspired it.
Badass.

HOKA ONE
ONE[®]

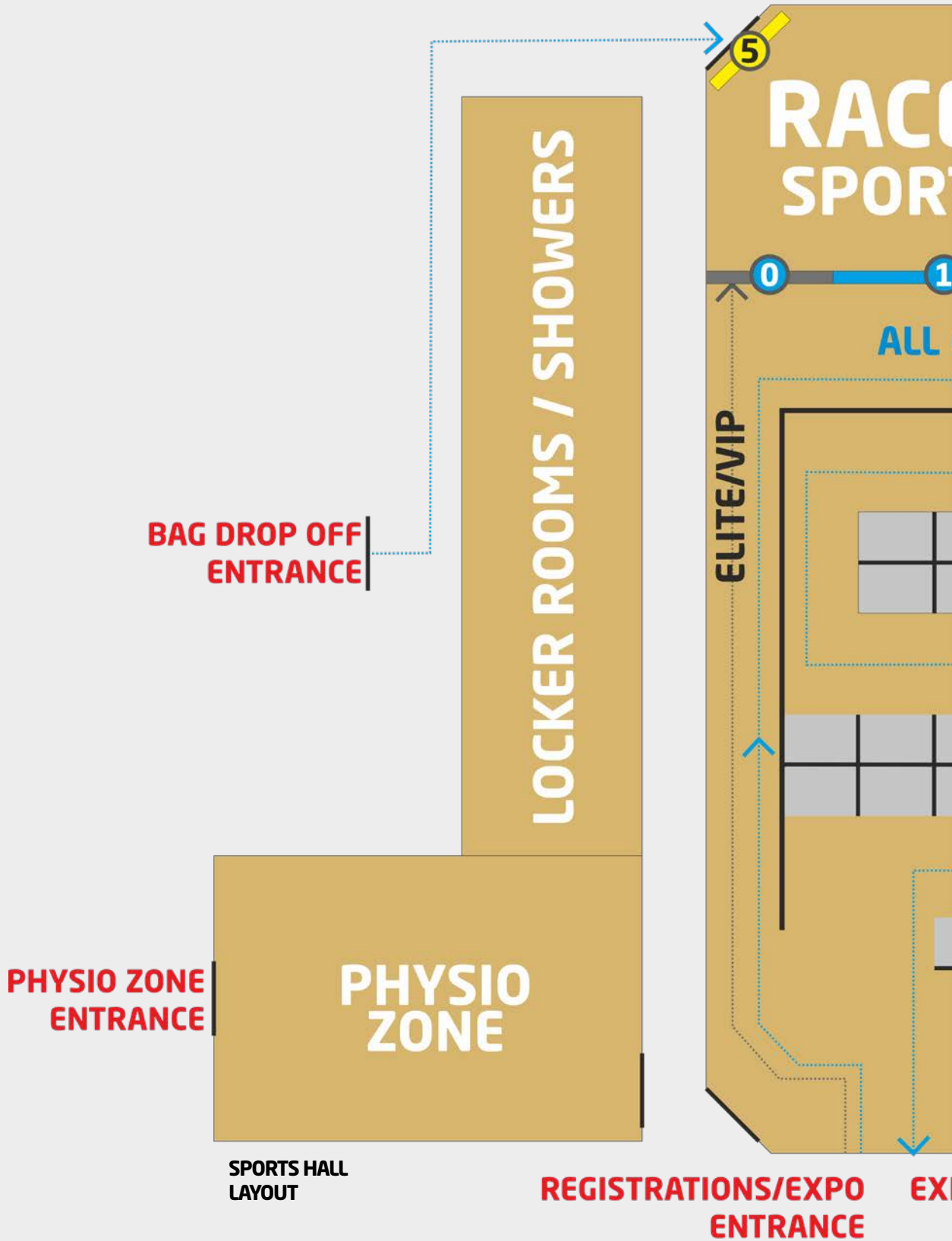
TIME TO FLY[™]

REGISTRATIONS

REGISTRATIONS OFFICE WORKING HOURS

THURSDAY APRIL 11TH
14:00 - 20:00 | R | B | G | Y |

FRIDAY APRIL 12TH
09:30 - 12:30 | R | B |
14:30 - 21:00 | B | G | Y |

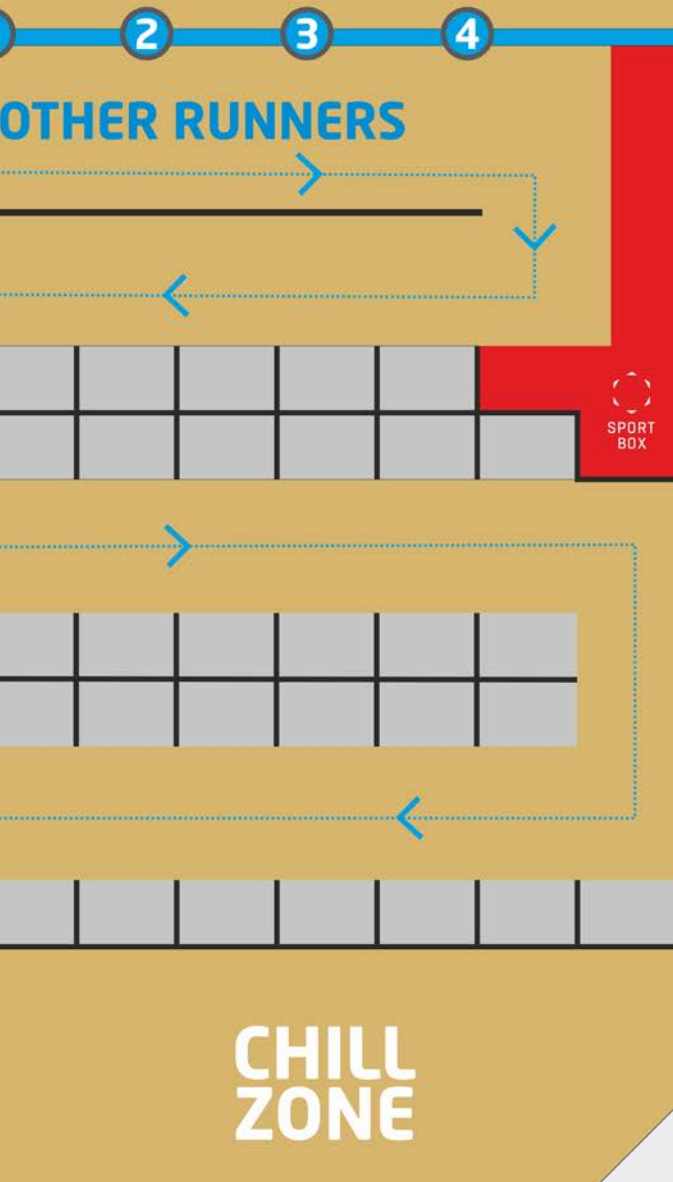


HOURS

SATURDAY APRIL 13TH
06:00 - 06:50 | G | Y |
06:50 - 09:30 | G |

SUNDAY APRIL 14TH
10:00 - 11:45 | 1 MILE |

THE HQ/EXPO SPORTS HALL UMAG



0 INFO/ELITE/VIP DESK

1 ID

PLEASE PREPARE
 - AN PHOTO ID |R|B|G|Y|

2 MANDATORY EQUIPMENT CHECK

PLEASE PREPARE MANDATORY EQUIPMENT:

- MOBILE PHONE |R|B|G|Y|
- PERSONAL BEAKER (MIN. 15 CL) |R|B|G|Y|
- BASIC FIRST AID KIT |R|B|G|Y|
- WHISTLE |R|B|G|Y|
- SURVIVAL BLANKET |R|B|G|Y|
- HOODED WATERPROOF JACKET |R|B|G|Y|
- HEAD TORCH WITH REPLACEMENT BATTERIES |R|B|G|
- LONG TROUSERS OR LEGGINGS |R|B|

3 BIB

YOU WILL RECEIVE:

- YOUR PERSONAL BIB |R|B|G|Y|
 - STICKER FOR THE BIG DROP BAG |R|B|
 - STICKER FOR THE SMALL DROP BAG |R|B|G|Y|
 - BUS TRANSFER VOUCHER *
 - HOT MEAL AT THE FINISH VOUCHER
- *only if you have paid for it during registration*

4 START PACK GIFT

YOU WILL RECEIVE:

- COMRESSPORT TECHNICAL T-SHIRT |R|B|G|Y|
- COMRESSPORT TRAIL SOCKS |R|B|G|Y|
- BIG DROP BAG |R|B|
- SMALL DROP BAG |R|B|G|Y|

5 BIG BAG DROP OFF |R|B|

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

- THURSDAY, APRIL 11TH 14:00 - 20:00
- FRIDAY, APRIL 12TH 09:00 - 12:30 | 14:30 - 21:00






5 BIG AND SMALL BAG PICK UP |R|B|G|Y| *

YOU CAN PICK YOUR BAGS IN THE FOLLOWING WORKING HOURS:

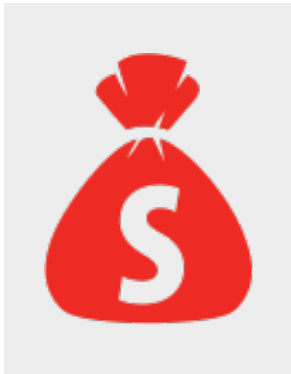
- SATURDAY, APRIL 7TH 14:00 - MIDNIGHT
- SUNDAY, APRIL 8TH MIDNIGHT - 15:00

**only upon presenting your personal BIB*

LEGEND

-  EXPO STANDS
-  ELITE/VIP REGISTRATIONS
-  ALL OTHER RUNNERS REGISTRATIONS
-  BAGS DROP OFF / PICK UP
-  SPORT BOX STAND

BAGS AND STICKERS



SMALL BAG
| R | B | G | Y |

In your race pack, you will get two plastic bags. One big which will serve as your spares bag and it will be deposited in Buzet (half way down the course) 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.



BIG BAG
| R | B |

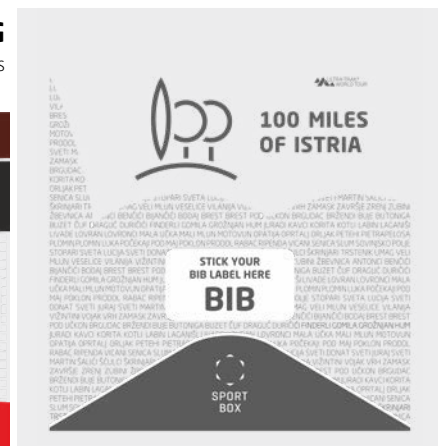
On each bag you receive, you should put the corresponding sticker with your designated BIB, bigger one on the Big bag, smaller one on the Small bag.



SMALL BAG
and the stickers



BIG BAG
and the stickers



TRANSFER TO THE START

This year we have new system for bus transfer to the start of the race.
You will have transfer to the start ONLY if you have select it during your payment.

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.

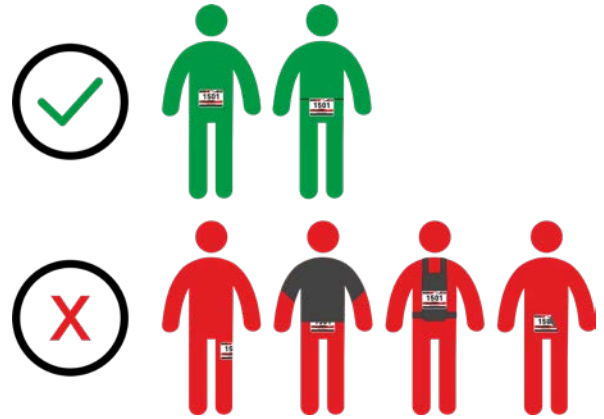
TRANSFER SCHEDULE AND ITINERARY

RED:	Friday, April 12th 13:00	UMAG - LABIN
BLUE:	Friday, April 12th 19:00	UMAG - LOVRAN
GREEN:	Saturday, April 13th 10:00	UMAG - BUZET
YELLOW:	Saturday, April 13th 7:00	UMAG - MOTOVUN



BUS number
transfer to the start

BIB GUIDE



FRONT SIDE



- race belt perforation
- country code
- country flag
- BUS number transfer to the start
- start number
- DNF mark /in case of retirement/
- RED course regular BIB

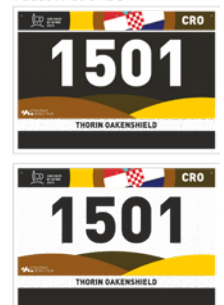
BLUE COURSE



GREEN COURSE



YELLOW COURSE

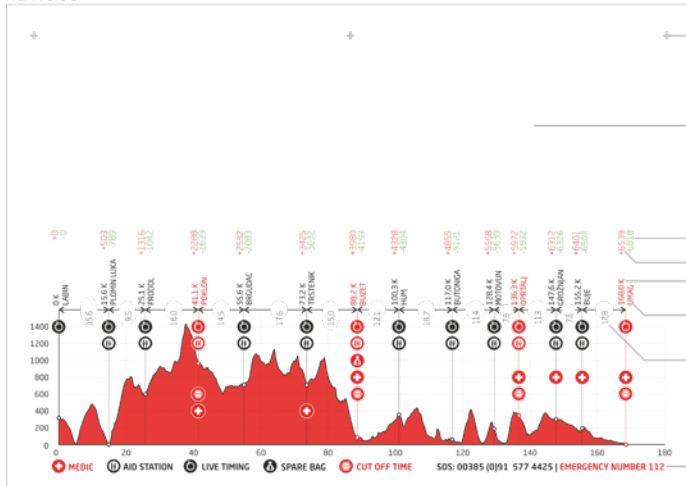


FRONT SIDE



- RED course VIP/ELITE BIB

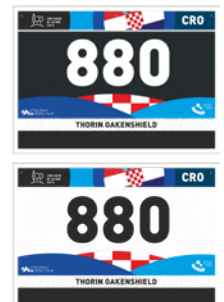
REAR SIDE



- race belt perforation
- timing chip reserved area
- cummulative descent
- cummulative ascent
- cummulative distance
- aid station name
- distance between aid stations

in case of emergency or injury call 112 only in the case of severe danger or in the areas without cell signal

BLUE COURSE NATIONAL CHAMPIONSHIP



COURSE SIGNAGE

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.



FLAGS ON THE COURSE

outside urban areas



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:

- which course /RED, BLUE, GREEN or YELLOW/
- 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
- cumulative descent to the next aid station

ULTRA-TRAIL WORLD TOUR

100 MILES OF ISTRIA

PLOMIN LUKA

RED
168k | +6.539m

next aid station: PRODOL
10,5 km | +813 m | -253 m

#nevergiveup #istria100 #sportboxhr

**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 AND A SLIGHTLY DIFFERENT PERSONALIZED BIB

ELITE RUNNERS

Who are the ELITE runners?

This one is very simple, for men, runners with +800 ITRA performance index, for women, runners with +700 ITRA performance index. In addition, every UTWT supported runner is considered as ELITE.

WOMEN

Federica Boifava ITA
Michele Yates USA
Alissa St Laurent CAN

MEN

Antoine Guillon FRA
Helio Fumo POR
Andrea Macchi ITA
Martin Halasz SVK
Kazufumi Ose JPN
Marjan Zupančič SLO

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 Manivoz FRA
Sebastian Fuchs GER
Petr Žakovsky 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

RACE INVENTORY :)

Klemen Bratuša SLO
Rok Bratuša SLO
Maik Günther GER
Bernard Ivanov CRO
Stjepan Jandrečić CRO
Peter Macuh SLO
Vlasta Mastrović CRO
Ivan Mučnjak CRO
Ivan Perić CRO
Denis Treu ITA
Marija Trontelj SLO
Igor Verbnjak CRO
Mladen Živčić CRO
Jelena Rosandić CRO
Zvonko Mezga SLO

CROATIAN NATIONAL CHAMPIONS

Maja Urban CRO
Matija Grabrovečki CRO



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WWW.AUTOMATIC-SERVIS.HR

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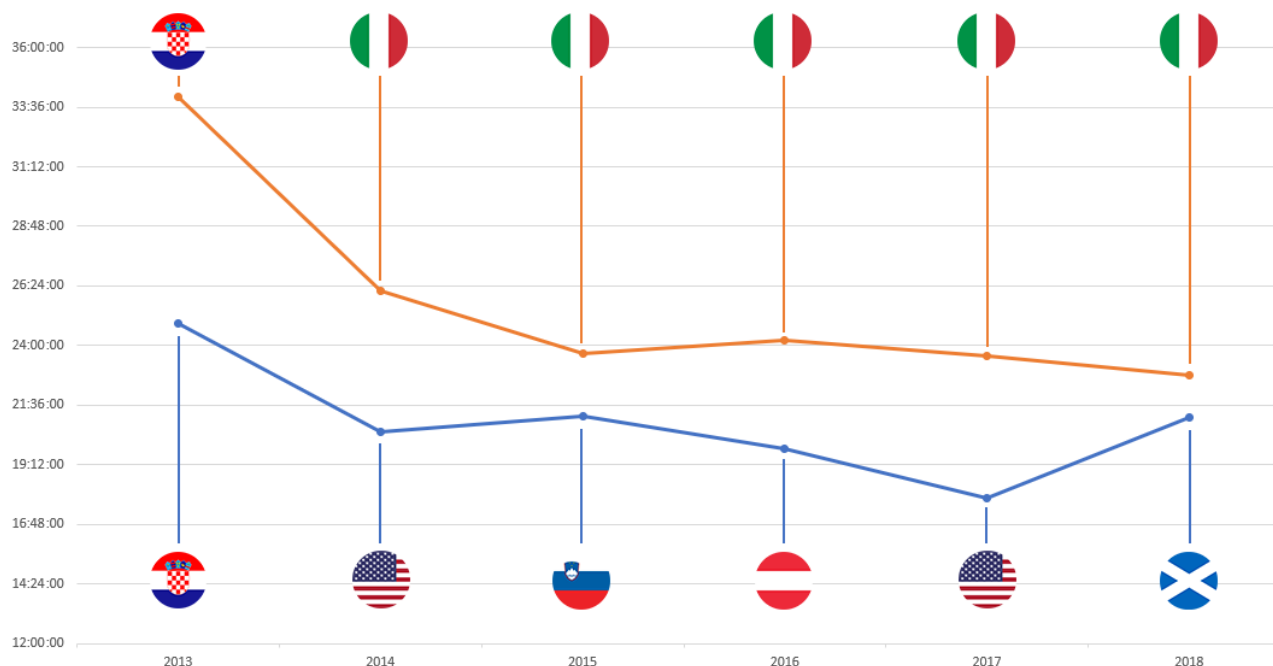


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SJEDIŠTE

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E info@automatic-servis.hr

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

*COURSE RECORDS

TOP RESULTS WOMEN

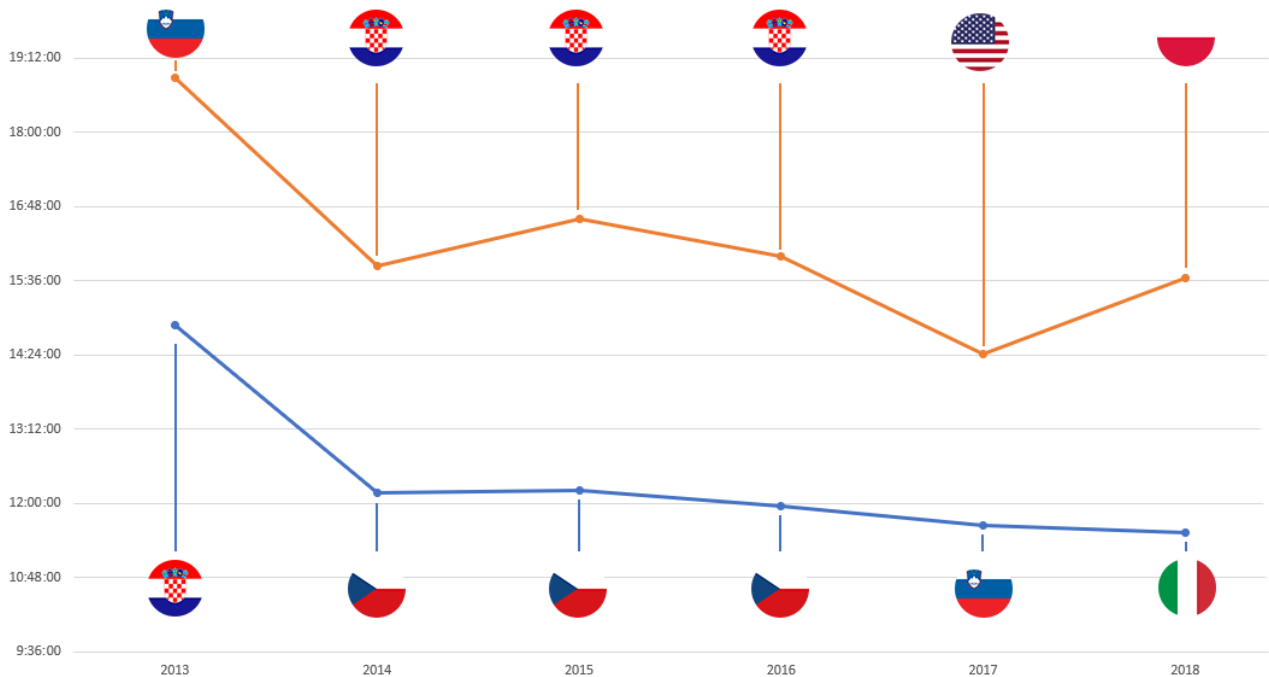
1.	FRANCESCA CANEPA (ITA)	22:49:33
2.	KATJA KEGL VENCELJ (SLO)	23:25:44
3.	FRANCESCA CANEPA (ITA)	23:34:27
4.	FRANCESCA CANEPA (ITA)	23:39:47
5.	FRANCESCA CANEPA (ITA)	24:12:22
6.	ALENKA PAVC (SLO)	24:52:58
7.	JULIA BOETTGER (GER)	24:54:52
8.	DENISE BOURASSA (USA)	25:06:57
9.	ULRIKE STRIEDNIG (AUT)	25:07:21
10.	ULRIKE STRIEDNIG (AUT)	26:39:56

TOP RESULTS MEN

1.	DYLAN BOWMAN (USA)	17:51:50
2.	OLIVIERO BOSATELLI (ITA)	18:54:31
3.	PAUL GIBLIN (SCO)	19:21:56
4.	THOMAS WAGNER (AUT)	19:49:43
5.	PETER KIENZL (ITA)	19:52:44
6.	GERHARD SCHIEMER (AUT)	20:10:19
7.	TONI VENCEL (SLO)	20:19:55
8.	JAY ALDOUS (USA)	20:25:24
9.	IVAN HRASTOVEC (SLO)	20:58:44
10.	PAUL GIBLIN (SCO)	21:06:53

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

*COURSE RECORDS

TOP RESULTS WOMEN

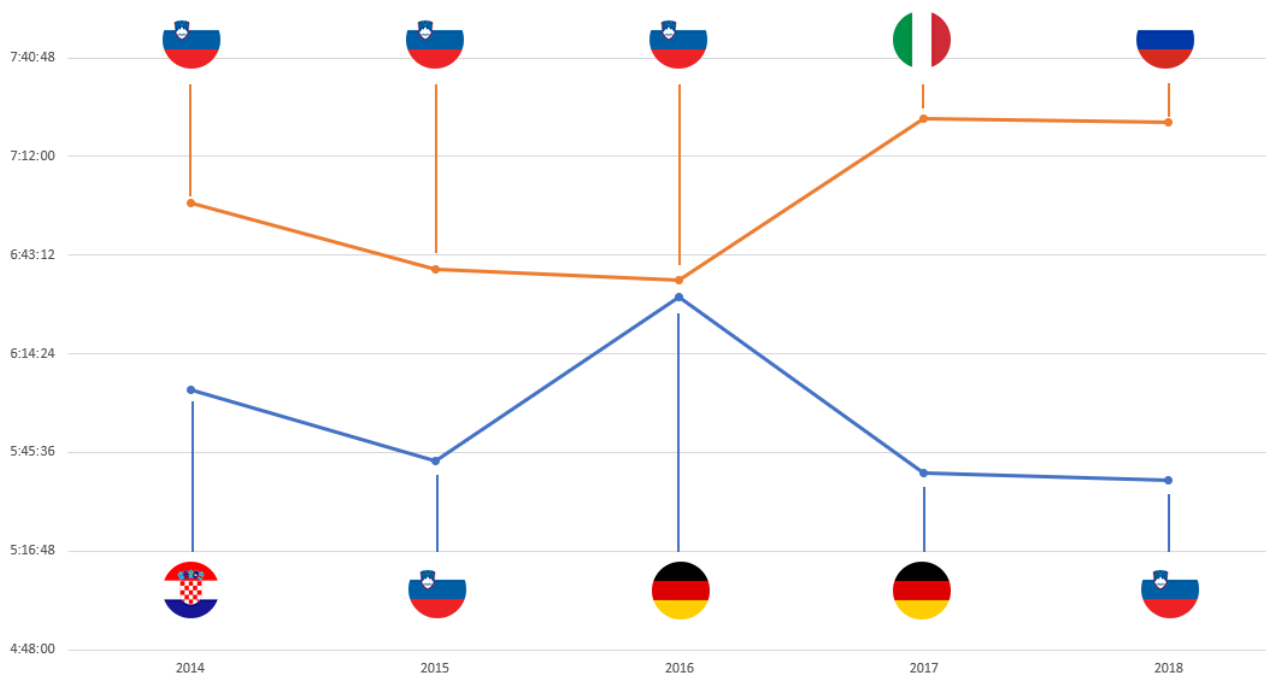
1.	ELIZAVETA ERSHOVA (USA)	14:24:32
2.	DARIJA BOSTJANČIĆ (CRO)	14:30:15
3.	MIRJANA KOLAC (CRO)	14:36:12
4.	SARA TREVISAN (ITA)	14:55:26
5.	MARIYA NIKOLOVA (BUL)	15:15:00
6.	ALESSANDRA OLIVI (ITA)	15:31:48
7.	KAMILA GLODOWSKA (POL)	15:38:07
8.	JELENA BREZAK (CRO)	15:59:11
9.	DARIJA BOSTJANČIĆ (CRO)	16:36:22
10.	MIRJANA KOLAC (CRO)	16:37:40

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.	CLEMENT BARRET (FRA)	11:55:28
6.	PETR ZAKOVSKY (CZE)	11:57:33
7.	ALISTER BIGNELL (SUI)	12:00:00
8.	ZDENEK KRIZ (CZE)	12:12:25
9.	PIOTR CHOROS (POL)	12:12:38
10.	MAREK CAUSDIDIS (CZE)	12:23:26

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*

*COURSE RECORDS

TOP RESULTS WOMEN

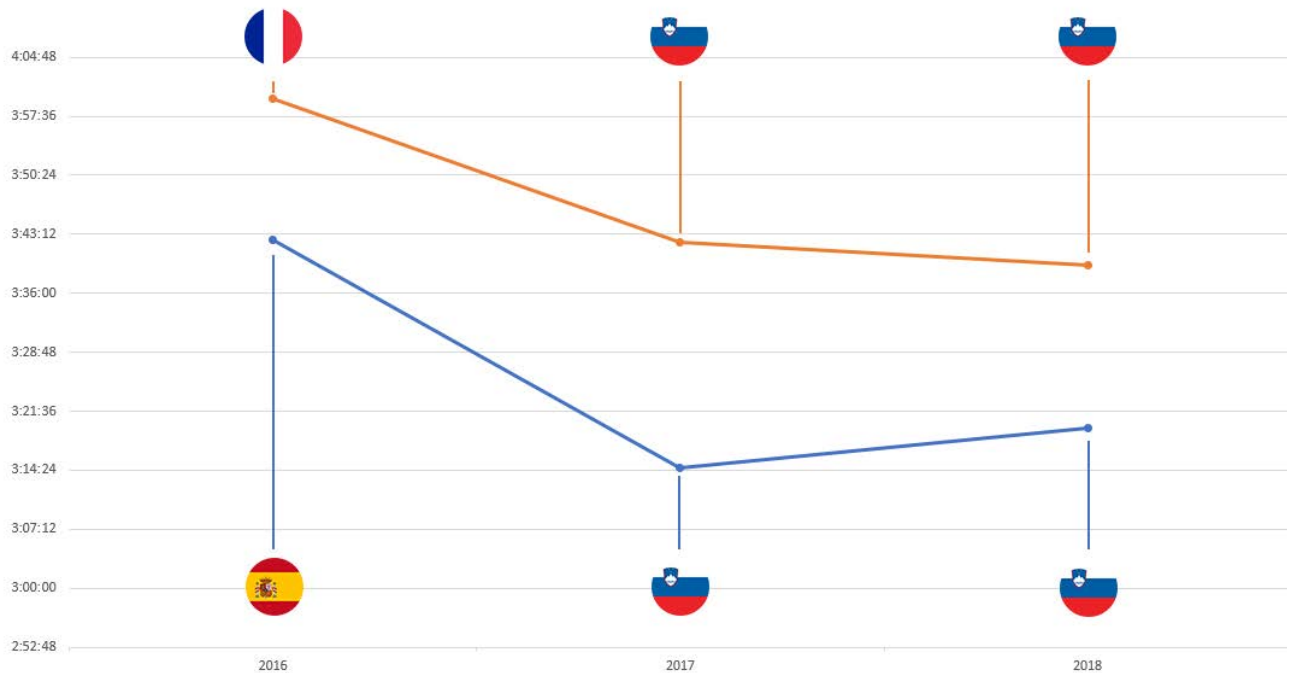
1.	AJDA RADINJA (SLO)	6:35:47
2.	AJDA RADINJA (SLO)	6:39:15
3.	ŠPELA STRASSER (SLO)	6:58:20
4.	INGRID NIKOLESIĆ (CRO)	7:15:34
5.	ANITA VAJDA (HUN)	7:21:19
6.	ANASTASIA CHELYSHEVA (RUS)	7:22:10
7.	GRAZIANA PE' (ITA)	7:23:00
8.	VIKTORIJA MODRIJAN (SLO)	7:27:15
9.	SABRINA RATH (AUT)	7:30:21
10.	NANCY ABURTO (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.	DAMIR MESEC (CRO)	5:56:32
5.	TOMICA KOLENKO (CRO)	5:57:43
6.	JULIEN CHORIER (FRA)	6:01:51
7.	VEDRAN DAKIĆ (CRO)	6:03:45
8.	MICHAEL GEISLER (AUT)	6:04:58
9.	DOMAGOJ MARUŠIĆ (CRO)	6:06:16
10.	THOMAS WAGNER (AUT)	6:12:38

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

*COURSE RECORDS

TOP RESULTS WOMEN

1.	BARBARA TRUNKELJ (SLO)	3:39:26
2.	BARBARA TRUNKELJ (SLO)	3:42:16
3.	STEPHANIE MANIVOZ (FRA)	3:43:52
4.	STEPHANIE MANIVOZ (FRA)	3:59:49
5.	MAJA URBAN (CRO)	4:05:04
6.	HRISTINA KOZAREVA-LEIKEB (BUL)	4:05:49
7.	IRENE ZAMBONI (ITA)	4:18:42
8.	MARIJA TRONTELJ (SLO)	4:18:47
9.	VANA ČARGONJA (CRO)	4:20:29
10.	ALENKA PREMRL LEMUT (SLO)	4:26:09

TOP RESULTS MEN

1.	SEBASTIJAN ZARNIK (SLO)	3:14:43
2.	MATIC ČAČULOVIČ (SLO)	3:19:35
3.	FRANCK MANIVOZ (FRA)	3:26:43
4.	IGOR YOVANOVITCH-GIL (ESP)	3:27:38
5.	LUKAS SCHAFFENRATH (AUT)	3:31:28
6.	KAI MALZAHN (GER)	3:32:11
7.	MATIJA RAZUM (CRO)	3:40:34
8.	IGOR YOVANOVITCH-GIL (ESP)	3:42:35
9.	MATIJA RAZUM (CRO)	3:42:38
10.	ROK BRATUŠA (SLO)	3:46:57

RUNNERS TO FOLLOW

FEMALE

COURSE	BIB	SURNAME	NAME	COU	ITRA PI	STATUS
RED	3	BOIFAVA	FEDERICA	ITA	719	A
RED	5	YATES	MICHELE	USA	705	A
RED	7	FOLLADOR	CRISTIANA	ITA	689	BBB
RED	9	BUEHLER	LUZIA	SUI	677	BBB
RED	10	BOIFAVA	ALESSANDRA	ITA	676	BBB
RED	11	ST LAURENT	ALISSA	CAN	674	BBB
BLUE	503	MORWOOD	SARAH	GBR	674	BBB
RED	15	KEGL VENCELJ	KATJA	SLO	660	BBB
RED	18	BOURASSA	DENISE	USA	654	BBB

FEMALE LEVELS

A	ELITE 3	> 700 ITRA PI
BBB	EXPERT1	> 650 ITRA PI
BB	EXPERT2	> 600 ITRA PI
B	EXPERT3	> 550 ITRA PI



FEDERICA BIOFAVA (ITA)
719 ITRA PI
HIGHLIGHTS

2018 TOR DES GEANTS	28 TH PLACE
2017 TRANS D'HAVET	3 RD PLACE
2017 ELODE 100K	2 ND PLACE
2016 GARDA TRENTO	WINNER



MICHELE YATES (USA)
705 ITRA PI
HIGHLIGHTS

2018 RUN RABBIT RUN 100	WINNER
2018 QUAD ROCK 50MI	2 ND PLACE
2018 BANDERA 100	2 ND PLACE
2017 AUSTIN RATTLER 66K	WINNER



CRISTIANA FOLLADOR (ITA)
689 ITRA PI
HIGHLIGHTS

2018 TRAIL 3 CASTELLI	WINNER
2018 AMOROTTO TRAIL	WINNER
2018 TRAIL DELLE ORCHIDEE	WINNER
2018 SELLARONDA ULTRA TRAIL	WINNER

BLUE	508	URBAN	MAJA	CRO	626	BB
BLUE	509	SOLAK	AYSEN	TUR	624	BB
RED	27	MENTI	FEDERICA	ITA	617	BB
BLUE	514	JOZIĆ	INES	CRO	607	BB
RED	31	BENGTSSON	LINDA	SWE	604	BB
BLUE	515	BREZAK	JELENA	CRO	602	BB
BLUE	516	HOMEC	JERNEJA	SLO	597	B
BLUE	517	VASUTIU	FLORINA	ROU	596	B
RED	35	HAILEY	ANNA	USA	595	B
RED	39	NAGY	TÜNDE	HUN	587	B
YELLOW	1507	URŠIČ	BARBARA	SLO	585	B
RED	41	BODNAR	DARIIA	UKR	583	B
BLUE	520	BOGATAJ	TAJDA	SLO	582	B
BLUE	521	BOŠKOVIĆ	MILUŠA	MNE	581	B
BLUE	522	MARUKIĆ	MAJA	CRO	581	B
REEN	1011	LEDERER	KATJA	AUT	578	B
RED	44	MODIGNANI FASOLI	ALICE	ITA	576	B
LUE	550	TRONTELJ	MARIJA	SLO	574	B



LUZIA BÜHLER (SUI)
677 ITRA PI
HIGHLIGHTS

2018 EIGER ULTRA TRAIL	4 TH PLACE
2018 LAIVES LEIFERS TRAIL	2 ND PLACE
2017 SWISS ALPINE DAVOS	3 RD PLACE
2017 JFK 50 MILE	5 TH PLACE

RUNNERS TO FOLLOW

FEMALE

COURSE	BIB	SURNAME	NAME	COU	ITRA PI	STATUS
RED	45	SINI	PATRIZIA	AUT	572	B
RED	46	DEVALLY	MARYANN	GBR	570	B
BLUE	526	MAG	ERIKA	HUN	567	B
GREEN	1015	LUCHESE	ELISABETTA	ITA	564	B
BLUE	528	FLORETTI	PAOLA	ITA	562	B
YELLOW	1509	FRIEMERT	LUISA	GER	562	B
GREEN	1016	MIKULECKÁ	MARCELA	CZE	560	B
YELLOW	1510	CORRADINI	CHIARA	ITA	560	B
YELLOW	1511	RENET	ASTRID	FRA	559	B
GREEN	1019	KONDELIS	SABRINA	USA	553	B
BLUE	531	WEISS	EVA-MARIA	AUT	552	B

FEMALE LEVELS

A	ELITE 3	> 700 ITRA PI
BBB	EXPERT1	> 650 ITRA PI
BB	EXPERT2	> 600 ITRA PI
B	EXPERT3	> 550 ITRA PI



ALESSANDA BOIFAVA (ITA)

676 ITRA PI

HIGHLIGHTS

2018 COTE D'AZUR	WINNER
2017 ELBA TRAIL	WINNER
2018 TRANS D'HAVET	2 ND PLACE
2017 ULTRABERICUS TRAIL	4 TH PLACE



ALISSA ST LAURENT (CAN)

674 ITRA PI

HIGHLIGHTS

2018 TDS	5 TH PLACE
2018 STANDHOPE 60K	WINNER
2017 UTMB	6 TH PLACE
2016 RUN RABBIT RUN 100	2 ND PLACE



SARAH MORWOOD (GBR)

674 ITRA PI

HIGHLIGHTS

2018 MOZART 100	2 ND PLACE
2018 CENTURION SOUTH 50	WINNER
2017 ECOTRAIL OSLO	WINNER
2016 SWISSALPINE DAVOS	2 ND PLACE



RUNNERS TO FOLLOW

MALE

COURSE	BIB	SURNAME	NAME	COU	ITRA PI	STATUS
RED	1	GUILLON	ANTOINE	FRA	854	AA
BLUE	501	FUMO	HELIO	POR	853	AA
RED	2	MACCHI	ANDREA	ITA	841	A
BLUE	502	HALASZ	MARTIN	SVK	824	A
RED	4	OSE	KAZUFUMI	JPN	812	A
YELLOW	1501	ZUPANČIČ	MARJAN	SLO	801	A

MALE LEVELS

AA	ELITE 2	> 850 ITRA PI
A	ELITE 3	> 800 ITRA PI
BBB	EXPERT1	> 750 ITRA PI
BB	EXPERT2	> 700 ITRA PI
B	EXPERT3	> 650 ITRA PI



ANTOINE GUILLON (FRA)
854 ITRA PI
HIGHLIGHTS

2018 UTMF	4 TH PLACE
2017 TDS	2 ND PLACE
2016 GRAND RAID REUNION	2 ND PLACE
2016 ECHAPPEE BELLE	WINNER



HELIO FUMO (POR)
853 ITRA PI
HIGHLIGHTS

2019 TRAIL DE CONIMBRIGA	WINNER
2018 SERRA D'ARGA	WINNER
2018 TRANSGRANCANARIA	2 ND PLACE
2017 TRANSGRANCANARIA	2 ND PLACE



ANDREA MACCHI (ITA)
841 ITRA PI
HIGHLIGHTS

2019 RONDA Ghibellina Plus	WINNER
2018 LAVAREDO ULTRA TRAIL	5 TH PLACE
2018 CAPPADOCIA	WINNER
2018 VAL FORMAZZA	2 ND PLACE

RED	6	SCHIEMER	GERHARD	AUT	798	BBB
RED	8	WAGNER	THOMAS	AUT	780	BBB
GREEN	1001	KLANČNIK	JANEZ	SLO	780	BBB
GREEN	1002	ROTA	DONATELLO	ITA	773	BBB
RED	12	DE SAMANIEGO	FERNANDO	USA	771	BBB
RED	13	MANFREDI NEGRI	LUCA	ITA	765	BBB
BLUE	504	SMOLNIKAR	ALJOSA	SLO	764	BBB
RED	14	ZAKOVSKY	PETR	CZE	760	BBB
RED	16	JUSTIN ML.	JANEZ	SLO	758	BBB
RED	17	CURMER	GREGOIRE	FRA	756	BBB
GREEN	1003	ČAČULOVIČ	MATIC	SLO	754	BBB
GREEN	1004	SHTANKOV	YURY	RUS	754	BBB
RED	19	SCANLAN	JEREMY	USA	752	BBB
BLUE	505	POTOČNIK	TILEN	SLO	752	BBB
RED	20	HRUŠKA	ZDENEK	CZE	749	BB
BLUE	506	NALDI	LORENZO	ITA	736	BB
BLUE	507	STIPČEVIČ	JOSIP	CRO	736	BB
RED	21	LOYER	LUCIEN	FRA	733	BB
RED	22	MORO	LUCA	ITA	731	BB
RED	23	GUERINI	LUCA	ITA	724	BB
RED	24	KOT	RAFAL	POL	724	BB



RUNNERS TO FOLLOW

MALE

COURSE	BIB	SURNAME	NAME	COU	ITRA PI	STATUS
RED	38	FAHRENGRUBER	RENÉ	AUT	692	B
GREEN	1008	FAVOT	DENIS	ITA	690	B
GREEN	1009	MALUSA	MATTIA	ITA	688	B
BLUE	518	SMOLIĆ	NIKOLA	CRO	686	B
BLUE	519	MANDEKIĆ	MARIN	CRO	685	B
RED	40	KANA	FRANTISEK	SVK	684	B
RED	42	GRILL	MARTIN	GER	681	B
RED	43	ROSELLÓ SOLÉ	EUGENI	ESP	679	B
GREEN	1010	TSANKOV	TODOR	BUL	679	B
BLUE	523	SKOKAN	DOMINIK	CZE	678	B
YELLOW	1508	VOLČANŠEK	MITJA	SLO	677	B
BLUE	524	PEŠIĆ	ANTE	CRO	673	B
GREEN	1012	TUTLAND	NIKO	USA	673	B
GREEN	1013	NOVAK	ALEŠ	SLO	672	B
RED	47	PIEROBON	GIORGIO	ITA	670	B
BLUE	525	BUDINSKI	MILAN	CRO	670	B
GREEN	1014	DRAKULA	DARKO	CRO	667	B
BLUE	527	SIMONAZZI	FRANCESCO	ITA	666	B
RED	48	TREU	DENIS	ITA	661	B
RED	49	VIDIČ	UROŠ	SLO	661	B
BLUE	529	SEDLÁK	ALEŠ	CZE	661	B
GREEN	1017	VIDOTTO	GIACOMO	ITA	658	B
RED	50	HAJEK	JAKUB	CZE	657	B
GREEN	1018	KOLENC	MATEJ	SLO	656	B
YELLOW	1512	SILBERER	VICTOR	GER	656	B
BLUE	530	SMITH	SCOTT	GBR	654	B
RED	51	TAUTSCHER	HANNES	AUT	653	B
RED	52	SHYPUNOV	VALERII	UKR	652	B
RED	53	ERJAVŠEK	BOŠTJAN	SLO	650	B

MALE LEVELS

AA	ELITE 2	> 850 ITRA PI
A	ELITE 3	> 800 ITRA PI
BBB	EXPERT1	> 750 ITRA PI
BB	EXPERT2	> 700 ITRA PI
B	EXPERT3	> 650 ITRA PI



MARTIN HALASZ (SVK)
824 ITRA PI
HIGHLIGHTS

2019 S1 LA CORSA DELLA BORA WINNER
2019 TRANSGRANCANARIA 2ND PLACE
2018 100 MILES OF ISTRIA BLUE 2ND PLACE
2016 OROBIE ULTRA TRAIL 3RD PLACE



KAZUFUMI OSE (JPN)
812 ITRA PI
HIGHLIGHTS

2019 TRANSLANTAU WINNER
2019 THE 7 DRAGONS WINNER
2018 UTMF 6TH PLACE
2017 AUSTRALIA 100 6TH PLACE



MARJAN ZUPANČIĆ (SLO)
801 ITRA PI
HIGHLIGHTS

2018 VALAMAR TRAIL WINNER
2018 TRAIL MARATON POHORJE WINNER
2017 100 MILES OF ISTRIA BLUE WINNER
2017 UT VIPAVA VALLEY WINNER

R2 OXGEN

A NEW BREATH OF LIFE FOR YOUR CALF MUSCLES!

TRUE STORY

Our athletes require a calf guard as ventilated as it is efficient for races as extreme as the IRONMAN® World championships in Kona.

TRUE PRODUCT

COMPRESSPORT® has launched the R2 Oxygen. All the benefits of the R2V2 classic are back with this calf sleeve: innovative for being exceptionally comfortable and extremely light.

AIRVOLUTION
OXGEN
COMPRESSION

The result of months of research, the R2 Oxygen is manufactured using the latest generation of compression tubes developed exclusively by COMPRESSPORT®.

The R2 Oxygen offers **effective** and **comfortable** compression, as well as **optimal ventilation** for exceptional comfort.



The COMPRESSPORT® compression, a flawless performance

The R2 Oxygen conserves all the compression benefits of the classic R2V2:

- **Before exercise:** fresh and relaxed calf muscles
- **During exercise:** delayed muscle fatigue, reduced muscular pain for extra performance
- **After exercise:** lighter legs with no aches or pains

+17% MUSCULAR
OXYGENATION

UP TO **30%** VIBRATION
REDUCTION

+10 TO 15% IMPROVEMENT
IN VENOUS RETURN /
BLOOD FLOW

REDUCTION RISK
OF INJURY **-29%**

SIGNIFICANT REDUCTION
OF LACTIC ACID

-100% SWELLING
OF LEGS

ACCELERATED
RECOVERY

SECURITY.

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 spring, sudden changes in the weather conditions can occur. At the start of April, the temperature can drop to -10°C, snow 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 100 Miles of Istria 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 91 577 44 25** 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)91 577 44 25

RESCUE SERVICE
112



PHOTO.

Charlie Sharpe (GBR) in the shelter during 2015 hail storm

IMPORTANCE OF THE MANDATORY 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

MOBILE PHONE

| R | B | G | Y |



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)

PERSONAL BEAKER

| R | B | G | Y |

**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 |

**find me in Sport box shop at the Expo*



Minimum 1 litre

HEAD TORCH

| R | B | G | Y |

**find me in Sport box shop at the Expo*



In good working condition with replacement batteries

SURVIVAL BLANKET

| R | B | G | Y |

**find me in Sport box shop at the Expo*



Minimum dimensions 1,40 m x 2,0 m

WHISTLE

| R | B | G | Y |



ADHESIVE ELASTIC BAND

| R | B |



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

FOOD RESERVE

| R | B | G | Y |

**find me in Sport box shop at the Expo*



IMPORTANCE OF THE MANDATORY EQUIPMENT

HOODED JACKET

| R | B | G | Y |

**find me in Sport box shop at the Expo*



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 |

**find me in Sport box shop at the Expo*



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

STRONGLY RECOMMENDED EQUIPMENT

ADDITIONAL WARM MIDLAYER TOP

**find me in Sport box shop at the Expo*



TREKKING POLES

**find me in Sport box shop at the Expo*



RECOMMENDED EQUIPMENT

CAP OR BANDANA

**find me in Sport box shop at the Expo*



WARM HAT

**find me in Sport box shop at the Expo*



WARM AND WATERPROOF GLOVES

**find me in Sport box shop at the Expo*



WATERPROOF OVER-TROUSERS

**find me in Sport box shop at the Expo*





COURSE CONDITION

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	12,6° C
Abs. maximum	28,9° C
Abs. minimum	-0,2° C
SUNSHINE	
Duration (hours)	176,1
PRECIPITATION	
Total (mm)	112,6
Max. snow cover (cm)	-
DAYS WITH	
clear sky	4
Fog	0
Rain	12
Frost	1
Snow	0
Min. Temp < 0° C	0
Max. Temp > 25° C	0

SUN		
	Sunrise	Sunset
April 12 th	6:24	19:45
April 13 th	6:22	19:46
April 14 th	6:20	19:47

Moon phase: first quarter illumination: 50%		
	Moonrise	Moonset
April 12 th	11:20	02:10
April 13 th	12:24	03:04
April 14 th	13:36	03:51

START PACK GIFTS



COMPRESSPORT
High-end compression clothing

We want your great istrian memories to last. Each participant will be given a quality souvenir from the Swiss company Compressport.



COMPRESSPORT 100 MILES OF ISTRIA T-SHIRT

In the start pack for YELLOW, GREEN, BLUE and RED course



COMPRESSPORT 100 MILES OF ISTRIA TRAIL SOCKS

In the start pack for YELLOW, GREEN, BLUE and RED course

HURRICANE WATERPROOF 10/10 JACKET

Heavy rains, powerful winds, master the elements!



“

HURRICANE
WATERPROOF
10/10 JACKET

MEETS THE CRITERIA OF
OBLIGATORY
GEAR
MEETS THE CRITERIA OF

SPECTACULAR,
LIGHT AND
COMFORTABLE!

JORDI GAMITO ”

By popular demand of so many athletes...
COMPRESSPORT® introduces its very first **completely waterproof lightweight jacket**.

Perfectly **waterproof** and **breathable**, weighing in at just **105 grams**,
a **minimalist** and **streamline** design, with the HURRICANE WATERPROOF 10/10 JACKET
the weather will never deter you again!



RED COURSE START



LABIN APRIL 12TH 16:00

OLD TOWN SQUARE

THE PEARL OF THE KVARN- ER BAY

The medieval town of Labin is situated on the hill above Rabac. Its old name of Albona was first mentioned in 285 AD. The birthplace of Matthias Flacius Illyricus, the reformer and collaborator of Martin Luther, it is a cultural and administrative center today. The rich cultural and architectural heritage of Labin is enlivened by number of art ateliers and by the bustling youth gathering in the coffee bars scattered around the old town. The Sculpture Park in nearby Dubrova features over 70 forma viva stone sculptures.

After a walk through the narrow streets of the Old Town, pay a visit to the Town Museum with its archaeological and unique in this part of Europe, a miniature coal mine. Have a look at the Memorial collection of Matthias Flacius Illyricus, peek into the art ateliers, enjoy the view of Rabac and Cres island from the Fortica or pop into the small, elegant shops and take refreshments on one of the terraces of the local coffee bars. Whether to do business or just to have a chat, these are the places where everyone meets.

'RES PUBLICA ALBONESSIUM'

Labin, a picturesque town situated on a 320 meters high hill and only three kilometers from the seaside, was inhabited already two thousand years B.G. The remnants of Kunci, one of the settlements called the 'castellums', dating from the Bronze Age, can be found in the vicinity of Labin. Its old Illyrian-Celtic name is Albona or Alvona and it was probably founded by Celts in the 4th century B.C. on the ruins of the ancient city. Some historians say it was fortified by the Illyrians in the 11th century B.C. They also say that Albona in the Celtic language means 'a town on the hill' or 'an elevated settlement'.

Titus Livius said that Labin inhabitants were pirates. After the conflicts between the local inhabitants and Romans, which had started in the 3rd century B.C., Istra came under the Romans in 177 B.C. The borderline was the river Rasa. Labin and its surroundings thus became an integral part of Illyrian, the Roman province with a high degree of independence and authority over the nearby settlements. The oldest written document about Labin is a relief from the 3rd century with the insertion 'RES PUBLICA ALBONESSIUM'.

TIME TABLE

13:00
DEPARTURE FOR THE START FROM
UMAG

15:00
ARRIVAL TO THE START IN LABIN

16:00
START!

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 U ka - in
Lupoglav direction Boljun - in Boljun direction
Labin
distance: 98 km

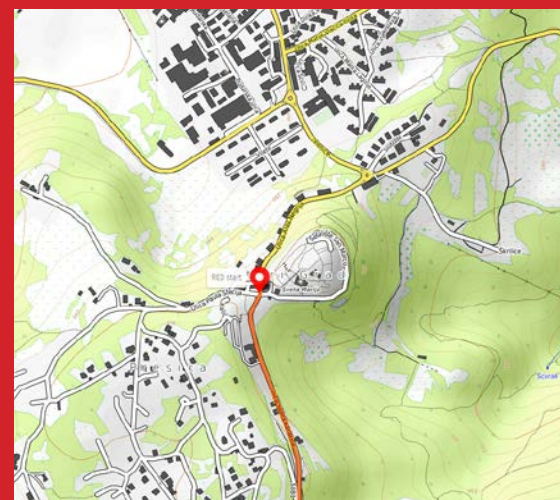


PHOTO.
Course start map

START LIST

RED COURSE

1	GUILLON	ANTOINE	VM 1	FRA
2	MACCHI	ANDREA	SE M	ITA
3	BOIFAFA	FEDERICA	SE W	ITA
4	OSE	KAZUFUMI	SE M	JPN
5	YATES	MICHELE	SE W	USA
6	SCHIEMER	GERHARD	VM 1	AUT
7	FOLLADOR	CRISTIANA	VW 1	ITA
8	WAGNER	THOMAS	SE M	AUT
9	BUEHLER	LUZIA	SE W	SUI
10	BOIFAFA	ALESSANDRA	SE W	ITA
11	ST LAURENT	ALISSA	SE W	CAN
12	DE SAMANIEGO STETA	FERNANDO	SE M	USA
13	MANFREDI NEGRI	LUCA	SE M	ITA
14	KEGL VENCELJ	KATJA	SE W	SLO
15	ZAKOVSKY	PETR	SE M	CZE
16	JUSTIN ML.	JANEZ	SE M	SLO
17	CURMER	GREGOIRE	SE M	FRA
18	BOURASSA	DENISE	VW 1	USA
19	SCANLAN	JEREMY	SE M	USA
20	HRUŠKA	ZDEN K	SE M	CZE
21	LOYER	LUCIEN	SE M	FRA
22	MORO	LUCA	VM 1	ITA
23	GUERINI	LUCA	VM 1	ITA
24	KOT	RAFAL	SE M	POL
25	ŠTVERÁK	TOMÁŠ	SE M	CZE
26	GAJOS	DANIEL	VM 1	POL
27	MENTI	FEDERICA	SE W	ITA
28	CHANEV	KALOYAN	SE M	BUL
29	BLANCO FINK	JAVIER	VM 1	SUI
30	VIDALI	MIHA	SE M	SLO
31	BENGTSSON	LINDA	SE W	SWE
32	KALTENBACHER	HARALD	VM 1	AUT
33	BAYER	SANDI	VM 1	SLO
34	CALCINONI	MASSIMILIANO	SE M	ITA
35	HAILEY	ANNA	SE W	USA
36	OBLAK	JURE	VM 1	SLO
37	KOŽAR	UROŠ	SE M	SLO
38	FAHRENGRUBER	RENÉ	VM 1	AUT
39	NAGY	TÜNDE	VW 1	HUN
40	KANA	FRANTISEK	VM 1	SVK
41	BODNAR	DARIIA	SE W	UKR
42	GRILL	MARTIN	SE M	GER
43	ROSELLÓ SOLÉ	EUGENI	SE M	ESP
44	MODIGNANI FASOLI	ALICE	VW 1	ITA
45	SINI	PATRIZIA	VW 1	AUT

46	DEVALLY	MARYANN	VW 1	GBR
47	PIEROBON	GIORGIO	VM 1	ITA
48	TREU	DENIS	VM 1	ITA
49	VIDIČ	UROŠ	VM 1	SLO
50	HAJEK	JAKUB	VM 1	CZE
51	TAUTSCHER	HANNES	VM 1	AUT
52	SHYPUNOV	VALERII	SE M	UKR
53	ERJAVŠEK	BOŠTJAN	SE M	SLO
54	KLANČNIK	ANJA	VW 1	SLO
55	TUBAL	SÓNIA	VW 1	POR
56	HAAS	STEFAN	VM 1	AUT
57	KAROLY	CSAKI	VM 1	ROU
58	FRIC KRIŽANEC	HELENCA	VW 1	SLO
59	MORAN	PATRICK	VM 1	USA
60	RUDAN	IGOR	SE M	CRO
61	PICHLER	SEBASTIAN	SE M	AUT
62	CATHERINE	GIL	VM 1	FRA
63	CHIARELLO	ANDREA	VM 1	ITA
64	FIAN	TABEA	SE W	AUT
65	ALBERIOLI	ALESSANDRO	SE M	ITA
66	GABOR	SZTRANZYICZKI	VM 1	ROU
67	KÜHBERGER	ANTON	VM 1	AUT
68	KOVALSKYI	SERHII	SE M	UKR
69	KONDIĆ	STEFAN	SE M	SRB
70	CANDIDO	LUCA	SE M	ITA
71	RABITO	MASSIMO	VM 1	ITA
72	SZOKOLSZKY	ISTVAN	VM 1	ROU
73	BLUM	MÁRKUS	SE M	GER
74	HREN	LUKA	SE M	SLO
75	VEZENTAN	LAURENTIU	VM 1	ROU
76	URBANC	EVA	SE W	SLO
77	YAP	KEN VUI	VM 1	MAS
78	CIMAROSTI	ALESSANDRO	VM 1	ITA
79	NAGY	ADRIÁN	SE M	HUN
80	KARLSSON	AMELIE	SE W	SWE
81	LE MOS	HÉLDER	SE M	POR
82	BOERI	CELESTE	VM 1	ITA
83	CLEMENT	GUILLAUME	VM 1	FRA
84	ARCHER	MATTHEW	SE M	USA
85	FUCHSLUEGER	JOERG	VM 1	AUT
86	HURSON	CYRIL	VM 1	LUX
87	SARETTA	DANIELE	SE M	ITA
88	LINDIČ	PRIMOZ	SE M	SLO
89	MARTINEZ CAR-	JORGE	SE M	PER
90	BALZARINI	ELENA SIMONA	VW 1	ITA
91	GIURIATO	LUCA	VM 1	ITA

92	BUONCRISTIANI	ANDREA	SE M	ITA
93	TOMALSKI	MARCIN	SE M	POL
94	GOLOB	ANJA	SE W	SLO
95	KORACA	PETER	SE M	GBR
96	LECUYER	YANN	VM 1	FRA
97	CHENG	YIN KWAN	SE W	HKG
98	UNT	TOOMAS	VM 1	EST
99	DRUZINA	DANIEL	SE M	ITA
100	GELCINSKY	LUBOS	SE M	SVK
101	MARKOVIČ	MIHA	VM 1	SLO
102	CARLONI	STEFANO	VM 1	ITA
103	SEMENOV	IVAN	SE M	UKR
104	CHAN	PUI HUNG	SE W	HKG
105	SITAR	DENIS	VM 1	SLO
106	ROGIĆ JUKOPILA	NATAŠA	VW 1	CRO
107	BEAUVAL	ALEX	VM 1	SUI
108	BRENN	JAN	VM 1	CZE
109	GROSSO	ROBERTO	VM 1	ITA
110	SIMAC	ANDREJ	SE M	SLO
111	STRIZZOLO	MARCO	VM 1	ITA
112	ZATORSKI	MARCIN	VM 1	POL
113	GORUN	PAVEL	SE M	RUS
114	AGLINSKAS	TOMAS	SE M	LTU
115	ZARAUŠKAS	VYTAUTAS	SE M	LTU
116	PATEK	ANDREAS	SE M	AUT
117	STUDZINSKA	JANA	SE W	FRA
118	GRASSELLI	MARKO	VM 1	SLO
119	KOTAI	VICTOR	SE M	GBR
120	MISJA	NIKO	SE M	SLO
121	VALK	PRIIT	VM 1	EST
122	DOKIĆ	DALIBORKA	VW 1	CRO
123	PICCIN	FRANCO	VM 1	ITA
124	GAUDINEAU	THIERRY	VM 1	FRA
125	ROSS MACKENZIE	JAMES	VM 1	NOR
126	ISSEVEN	BAHADIR	VM 1	TUR
127	PIEKAROWICZ	MAGDALENA	VW 1	POL
128	CIMAROSTI	GABRIELE	VM 1	ITA
129	GOTTBERG	MIKAEL	SE M	SWE
130	KRANJC	SAMUEL	VM 1	SLO
131	PANIC	MARKO	SE M	BIH
132	BARLOVIČ	BRANKO	VM 1	CRO
133	GRUNOW	PETER	SE M	RSA
134	TORBARINA	TONI	SE M	CRO
135	BENVENUTI	VITTORIO	VM 1	ITA
136	ŠAŠINKA	ARAMIS	VM 1	CRO
137	PERIĆ	IVAN	SE M	CRO

138	CHLÁDEK	ROMAN	VM 1	CZE
139	PANTAZIS	STYLIANOS	VM 1	GRE
140	DINCEA	LUCIAN	VM 1	ROU
141	VUKOTIČ	DEJAN	VM 1	SLO
142	HAJEK	JAN	VM 1	CZE
143	HOLEC	JIRI	SE M	CZE
144	MUČNJAK	IVAN	VM 1	CRO
145	DIMITRIJEVIĆ	MILIJAN	SE M	SRB
146	LAVRIČ	PRIMOŽ	VM 1	SLO
147	KURUNCZI	NÁNDOR	VM 1	HUN
148	LAMPL	WOLFGANG	VM 1	AUT
149	LUKEZI	PATRIK	VM 1	CRO
150	MACUH	PETER	VM 1	SLO
151	OHM	SARAH	VW 1	GER
152	KAPÁS	GERGELY	VM 1	HUN
153	KLANČNIK	TOMISLAV	VM 1	SLO
154	BOŽIČ	ELZA	VW 1	CRO
155	JÜRGENS	RALF THORTSEN	VM 1	GER
156	MARKIČ	SILVO	VM 1	SLO
157	TABAKOVIČ	DRAGANA	SE W	SRB
158	UOTILA	TEEMU	SE M	FIN
159	JURŠE	IGOR	VM 1	SLO
160	BORTOLOTTI	MARCELLO	VM 1	ITA
161	CHUVYRIN	SERGEY	VM 1	RUS
162	OKURA	SHO	SE M	JPN
163	PERIĆ	GORAN	VM 2	CRO
164	GALKOWSKI	DOMAGOJ	SE M	CRO
165	TACHIBANA	HAYANARI	SE M	JPN
166	VALENTE	JOÃO	VM 1	POR
167	WEITZER	STEFAN	VM 1	AUT
168	BAUMANN	ANTON	VM 1	AUT
169	GALLETTO	MARCO	VM 1	ITA
170	ZAMAN	ANDREJ	VM 1	SLO
171	JOLIĆ	BARBARA	SE W	SLO
172	NEGRI	STEFANO	VM 1	ITA
173	TOLDO	ALBERTO	VM 1	ITA
174	CHAU	SINN BING	VW 1	HKG
175	DOLENC	ALEŠ	VM 1	SLO
176	GABOR	MIRUNA	VW 1	ROU
177	KIMMEL	FLORIAN	SE M	AUT
178	LEKŠE	TONI	VM 1	SLO
179	ŠVALJEK	STJEPAN TOMISLAV	VM 1	CRO
180	LAHNSTEINER	FRANZ	VM 1	AUT
181	DERNTL	KARL	SE M	AUT
182	NORLIN	FREDRIK	VM 1	SWE
183	BILANDŽIĆ	TOMISLAV	VM 1	CRO

184	PROCHÁZKA	RUDOLF	VM 1	CZE
185	STAHALA	MARTIN	VM 1	GER
186	KÖLLI	WOLFGANG	VM 1	AUT
187	CARTELLI	WALTER	VM 2	ITA
188	MATOUŠ	MICHAL	SE M	CZE
189	EBNER	JOHANNES	VM 1	AUT
190	MARS	ALEŠ	VM 1	SLO
191	PETERSEN	CLAUS	VM 1	DEN
192	ANDRÁS	KISS	VM 1	HUN
193	CATTARUZZA	ALFIO	VM 1	ITA
194	LASSILA	ILKKA	VM 1	FIN
195	MIKOS	MARCIN	SE M	POL
196	PEHLEV	GEORGI	SE M	BUL
197	SZYMIK	MARCIN	VM 1	POL
198	ERRAM	GITA	VW 1	GBR
199	MAXIMOV	ROMAN	VM 1	RUS
200	SCHIAVON	GIULIO	SE M	ITA
201	SLUKAN	IVAN	VM 1	CRO
202	WEISSL	WERNER	VM 1	AUT
203	IVANOV	BERNARD	VM 1	CRO
204	KRAVCHENKO	DMYTRO	SE M	UKR
205	NACCI	MAURO	VM 1	ITA
206	OBRADOVIĆ	PAWEŁ	VM 1	POL
207	ZIMMER	JÖRGEN	VM 1	GER
208	BROMAN	TOMAS	VM 1	SWE
209	CEKSTERS	AIGARS	SE M	LAT
210	KONOSHITA	MITSUJI	VM 1	SIN
211	NIKOLOV	DJORDJE	VM 2	SLO
212	RAMELLO	MARCO	SE M	ITA
213	DEBERTOLIS	ALESSIO	SE M	ITA
214	O'BRIEN	PAUL	VM 1	SIN
215	ZIMMERMANN	ANDRE	VM 1	THA
216	KRASZNAI	GÁBOR	VM 1	HUN
217	LAFITTE	GREGORY	SE M	FRA
218	SORESI	LEONARDO	VM 1	ITA
219	KRONAVETER	BENJAMIN	SE M	SLO
220	VODA	PETRU RARES	VM 1	ROU
221	BUCHINGER	REINHARD	VM 1	AUT
222	ZUPANC	DAMJAN	VM 1	SLO
223	HORVAT	DANIJELA	VW 1	CRO
224	MASTROVIĆ	MARKO	VM 1	CRO
225	SHAGIN	YURIY	VM 1	RUS
226	ŽEFRAN	JANEZ	VM 1	SLO
227	BAKUN	IVAN	SE M	UKR
228	RAMOS	MARIO	VM 1	PER

229	WU	JL	VM 1	CHN
230	GUELFF	THIERRY	VM 1	FRA
231	ROSANDIĆ	JELENA	VW 1	CRO
232	STACHOWIAK	JÖRG	VM 1	GER
233	CHAN	SAI HUNG PATRICK	VM 1	HKG
234	LEMS	HANS	VM 1	NED
235	BERARDI	ANTONIO	VM 2	ITA
236	PAPP	CSABA	VM 1	ROU
237	ROGERS	GUINIVERE	SE W	RSA
238	KULINOVIĆ	SAŠA	SE M	MNE
239	THOMKA	MICHAL	SE M	CYP
240	VITTE	JOACHIM	VM 1	GER
241	BUCHINGER	JULIAN	SE M	AUT
242	CRUCITTI	PASQUALINO	VM 1	ITA
243	MCWILLIAMS	LOUISE	VW 1	GBR
244	SKENDEROVIC	ALFRED	VM 1	HUN
245	LUCIC	BRANKO	SE M	SRB
246	MUNDA	TEJA	SE W	SLO
247	RODEGHIERO	LUIGI	VM 1	ITA
248	VALE	VEDRAN	SE M	CRO
249	LAMBERT	JAMES	VM 1	USA
250	MANDIĆ	DANIJEL	VM 1	SRB
251	PIZZOLATO	GABRIELE	VM 1	ITA
252	SAYLES	CHRIS	SE M	GBR
253	NOVOSEL	DEAN	VM 1	CRO
254	CHRISTENSSON	THOMAS	VM 1	SWE
255	TORSTEN	DR. HENTSCH	VM 1	GER
256	TSCHILTSCH	FRANZ	SE M	AUT
257	PERKOVIĆ	BERNARD	VM 1	CRO
258	PRINTS	VALLO	SE M	IRL
259	STILLION	RICHARD	VM 1	GBR
260	ANTONIASSI	GIUSEPPE	VM 2	ITA
261	VERBNJAK	IGOR	VM 1	CRO
262	ŠOKČIĆ	PETAR	VM 1	CRO
263	CAPOFERRI	SIMONE	VM 1	ITA
264	M'CLOUGHLIN	MICHAEL	VM 1	GBR
265	DUNDARA	ROBERT	VM 1	CRO
266	SOUKUP	MICHAL	VM 1	CZE
267	ŠAGI	GORAN	SE M	CRO
268	CLÉMOT	CHRISTOPHE	VM 1	FRA
269	ŠTURBEJ	ROBERT	VM 1	SLO
270	WEITMANN	MATTHIAS	SE M	GER
271	JANKOVIĆ	ANDELA	SE W	SRB
272	KORIĆ	FRANJO	VM 1	CRO
273	LÚÐVÍKSSON	BJÖRN RÚNAR	VM 1	ISL

274	MAIER	HUBERT	VM 1	GER
275	ALVANDER	MICHAEL	VM 1	SWE
276	BRACKO	KAREL	VM 1	SUI
277	NORIO	CLAUDIO	VM 1	ITA
278	KRNIĆ	BENJAMIN	VM 1	BIH
279	LIMA	ROBSON	VM 2	BRA
280	HOCHBAUER	EVA	SE W	ROU
281	PETROV	EDUARD	VM 1	ROU
282	WIESNER	RICHARD	SE M	CZE
283	BULEK	ŽELJKO	VM 1	CRO
284	HAYES	MICHAEL	VM 1	GER
285	OGRAJENŠEK	ANDREJ	VM 1	SLO
286	OZVAČIĆ	DALIBOR	VM 1	CRO
287	LUCAS	ERIC	VM 1	USA
288	VRANARIČIĆ	MARIJO	VM 1	CRO
289	BELETOIU	CLAUDIU	SE M	ROU
290	LESKOVŠEK	DAMIR	SE M	CRO
291	SVETINA	ALEKSANDER	VM 1	SLO
292	HAAS	WOLFGANG	VM 1	AUT
293	TOMASI	ROBERTO	VM 1	ITA
294	DOBRIĆ	VLADIMIR DRAŽEN	VM 1	CRO
295	BUDINŠČAK	TOMISLAV	VM 1	CRO
296	VIOLOT	BENJAMIN	SE M	CAN
297	MAYERHOFER	THOMAS	VM 1	AUT
298	SELIMOVIC	ADNAN	VM 1	BIH
299	CIEBURA	PAWEŁ	VM 1	POL
300	FOUILLE	NICOLAS	SE M	FRA
301	MARKOVIĆ	MARKO	VM 1	CRO
302	VAN HEMELRIJCK	KOEN	SE M	BEL
303	SKLAR	RACHEL	SE W	CAN
304	GUENTHER	MAIK	VM 1	GER
305	MILIC	MLADEN	VM 1	SUI
306	BALAN	DANIEL	VM 1	ROU
307	GRŽAN	MILAN	SE M	CRO
308	HAJN	RADEK	SE M	CZE
309	LALIĆ	ZVONIMIR	SE M	CRO
310	MARUŠIĆ	IVAN	SE M	CRO
311	MILILIS	ALEXANDER	VM 1	GRE
312	HRLIĆ	MARCO	SE M	CRO
313	KUROWSKI	MICHAL	SE M	POL
314	ŠURAN	JAKOV	SE M	CRO
315	DJAKOVIC	ALEKSANDAR	VM 1	SRB
316	ZAKIS	EDGARS	SE M	LAT
317	SZÉLL	GERGELY	VM 1	HUN
318	RUSAKOV	DMITRY	VM 1	RUS

319	ŽIVKOVIĆ	MIODRAG	VM 1	SRB
320	ALLEN	STEPHEN	VM 2	DEN
321	ANDRADE	ALEXANDRE WASH-	VM 1	BRA
322	MATYS	ZBYN K	SE M	CZE
323	ULIANA	SIRO	VM 2	ITA
324	SIEDLER	JASON	VM 1	USA
325	TANNINGER	ROMAN	VM 1	AUT
326	LIU	YUEN TAI	VM 1	CHN
327	ČESKA	NICOLA	VM 1	ITA
328	ČERNÝ	MARTIN	SE M	CZE
329	STRASSER	RONALD	VM 1	AUT
330	ŠILJEG	GORAN	VM 1	CRO
331	MOZZONE	GIOVANNI	VM 1	ITA
332	JOHNSON	SHANNON	VM 1	BUL
333	ŠTRLEK	DEAN	SE M	CRO
334	ŠVIGIR	ROMAN	VM 1	CRO
335	IVANOV	IVAYLO	SE M	BUL
336	MARTINCICH	IAN	SE M	RSA
337	MEZGA	ZVONKO	VM 2	SLO
338	GRUSHKO	MIKHAIL	VM 1	RUS
339	DE NADAI	STEFANO	VM 1	ITA
340	PERIĆ	VLADIMIR	VM 1	CRO
341	KHOO	HOCK MENG WAIN	VM 1	SIN
342	ALIMPYEV	VLADIMIR	VM 1	RUS
343	STANOJEVIĆ	GORAN	VM 1	CRO
344	ALEXANDER	EDWARD	SE M	CRO
345	PIZZOL	STEFANO	VM 1	ITA
346	SASABE	KAZUHIRO	SE M	JPN
347	SZAMOSI	SZABOLCS	VM 1	HUN
348	SALAMON	ELVIS	VM 1	CRO
349	ŽIVČIĆ	MLADEN	VM 2	SLO
350	VIŠKOVIĆ	TONKO	VM 1	CRO
351	ACEVSKI	ALEKSANDAR	SE M	SRB
352	DAMNJANOVIC	ALEKSANDAR	VM 1	SRB
353	NILSEN	MATTIS KOIVUNIVA	SE M	NOR
354	KUSIĆ	DOMAGOJ	SE M	CRO
355	BOGYA	ZOLTAN	VM 2	ROU
356	ROJC	BORUT	VM 1	SLO
357	BULJAT	VICE	SE M	CRO
358	MUKHERJEE	NILENDU	VM 1	IND
359	LEVIČNIK	MILOŠ	VM 1	SLO
360	MIHAYLOV	STEFAN	SE M	BUL
361	DUNDIĆ	IGOR	SE M	SRB
362	BORSOS	GÁBOR	SE M	HUN
363	MAYER	MIROSLAV	VM 1	CRO

364	MRAČIĆ	BRANISLAV	SE M	SRB
365	VULETIĆ	DRAGAN	VM 1	SRB
366	BRANKO	JOCIĆ	VM 1	SRB
367	TATIC	MIHAILO	SE M	SRB
368	BURČUL	BLAŽ	VM 1	CRO
369	MOHL	THOMAS	SE M	AUT
370	SCHERZ	STEFAN	SE M	AUT
371	MARTINOVIĆ	ZORAN	VM 1	CRO
372	BELIĆ	SAŠA	SE M	CRO
373	CENČIĆ	DRAŽEN	SE M	CRO
374	DANKOVIĆ	SAŠA	SE M	SRB
375	MITROVIC	MLADEN	SE M	NOR
376	GERASIMOVIĆ	MARKO	SE M	SRB
377	MILOSAVLJEVIĆ	IVAN	SE M	SRB
378	BRUNNER	JÜRGEN	VM 1	AUT
379	CANDELARIA	LINUS	SE M	GER
380	GOLOB	NIKO	VM 1	SLO
381	KALETA	RENÉ	VM 1	CZE
382	KIKANOVIĆ	ALEKSANDAR	SE M	SRB
383	LEVAČIĆ	MLADEN	VM 1	CRO
384	PAULITSCH	JÜRGEN	VM 1	AUT
385	POKRAJAC	MILAN	VM 1	SRB
386	ROGELJ	DEJAN	SE M	SLO
387	ROKNIĆ	NENAD	VM 1	CRO
388	SPRITZENDORFER	JÜRGEN	VM 1	AUT
389	ŠEBALJ	JERKO	SE M	CRO
390	TAMMEMÄE	TIMMO	SE M	EST
391	ZETOVIĆ	ZLATKO	SE M	CRO
392	ZROST	PAUL	VM 1	GER
393	MARTON	MARTINA	SE W	CRO
394	TEKELIOVÁ	LINDA	VW 1	CZE

	ELITE RUNNERS
	VIP

PASSAGE TIMES

AID STATION NAME	KM FROM THE START	FASTEST TIME	SLOWEST TIME	CUT-OFF TIME HOURS FROM THE START
LABIN	0			
PLOMIN	15,6	1:13:00	2:51:00	
PRODOL	25,1	2:28:00	5:44:00	
POKLON	41,1	4:02:00	10:30:00	10,5 HOURS
BRGUDAC	55,5	5:03:00	13:45:00	
TRSTENIK	73,1	7:07:00	18:58:00	
BUZET	88,3	8:53:00	23:00:00	23 HOURS
HUM	100,3	10:07:00	26:38:00	
BUTONIGA	117,1	11:52:00	31:45:00	
MOTOVUN	128,3	13:16:00	35:29:00	
OPRTALJ	136,3	14:12:00	38:00:00	38 HOURS
GROŽNJAN	147,6	15:22:00	41:04:00	
BUJE	155,1	16:03:00	42:52:00	
UMAG	168,0	17:15:00	46:00:00	46 HOURS



PLAVA
LAGUNA



Plava Laguna creates unforgettable
family holidays in Istria, Croatia

WE TAKE FUN SERIOUSLY

plavalaguna.com

RED COURSE



6 ITRA POINTS



6 UTMB POINTS



WSER QUALIFIER



CROATIAN TRAIL CUP

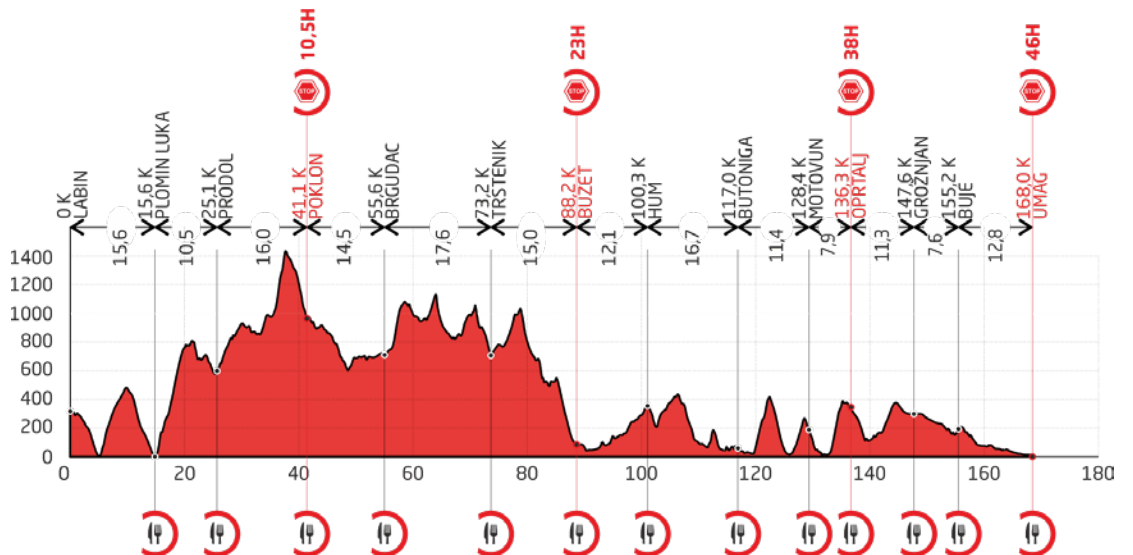
168 K | +6539 M | -6818 M

COURSE RECORD

MALE: DYLAN BOWMAN (USA) 17:51:50 | 2017

FEMALE: FRANCESCA CANEPA (ITA) 23:34:27 | 2017

AID STATION NAME	CUT OFF HOURS FROM THE START	CUT-OFF ACTUAL TIME	MEDIC	BAG	AID STATION	HOT FOOD	SHOWERS	CHEESE/MEAT	PASTRIES	FRUITS	BREAD	SALTY SNACKS	NUTELLA :)	BISCUITS	COLA	WATER	ISOTONIC	TEA	COFFEE	HOT SOUP	LIVE TIMING	
LABIN																						
PLOMIN LUKA					X				X	X		X			X	X		X	X	X	X	X
PRODOL					X					X		X		X	X	X						X
POKLON	10,5	SATURDAY 02:30	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	23 H	SATURDAY 15:00	X	X	X	X	X		X	X	X	X	X	X	X	X	X	X	X	X		X
HUM					X					X		X			X	X		X				X
BUTONIGA					X					X		X		X	X	X		X	X	X	X	X
MOTOVUN					X			X		X	X	X	X		X	X		X				X
OPRTALJ	38 H	SUNDAY 06:00	X		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	SUNDAY 14:00	X			X	X			X		X			X	X						X



MARIA ALM · DIENTEN · MÜHLBACH



OSJETI...
POBJEDNIK NIKAD
NE ODUSTAJE
GEFÜHL

SAVE THE DATE!

HOCHKÖNIGMAN

31.05. - 02.06.2019 | Trailrunning Festival

RAIDLIGHT
ENDURANCE TRAIL
88KM / 5.270HM

B'JAKS
MARATHON TRAIL
47KM / 2.900HM

SALMING
SPEED TRAIL
24KM / 1.500HM

EASY TRAIL
10KM / 300HM

SKYRACE
31 KM / 2.900HM

HOCHKÖNIG
CROSS WARRIOR
HINDERNISRUNN



* 1st Trailrunning Szene Trail Awards 2017

www.hochkoenigman.run

100MILES

166 kilometres / 9.600+ elevation gain

MARATHON

53 kilometres / 3.300+ elevation gain



EKIDEN

2 x 83 kilometres / 4.800+ elevation gain

SPEEDTRAIL

24 kilometres / 1.500+ elevation gain

SEE YOU 8. - 10. AUGUST 2019

PILLERSEETAL | KITZBÜHELER ALPEN

WWW.KAT100.AT



BLUE COURSE START



LOVRAN APRIL 12TH 22:00

OLD PORT

THE LAUREL TOWN

Lovran is a town with a long and diverse past, with a hundred-year-long tradition of tourism. It took its name from laurel, *laurus nobilis*, which grows abundantly in the evergreen groves in the town and environs.

Of all the places that have developed on the steep eastern slopes of Ucka, Lovran is the oldest, coming into being directly on the coast of Liburnia. Lovran has preserved its historical core and medieval city plan. The old city was girt with defensive walls and bastions, on the foundations and walls of which, during time, houses have been built. The courtyards of the Old Town are a particular charm of Mediterranean cityscapes. Behind the stone portals the façades of the neighbouring houses can be seen, decorated with their steps, porches and vaults. In the centre of the courtyard is the wellhead.

A good climate, luxuriant Mediterranean vegetation and a favorable geographic location contributed to the rapid development of tourism during the late 19th and early 20th centuries. Since that time, Lovran, together with Opatija, has been the most important locality on the famed Riviera. Several villas designed by the celebrated Viennese architect Carl Seidel dating from that period are part of

the world architectural heritage.

At the beginning of the 21st century, Lovran can draw on a rich historical heritage, a hundred-year-old tradition of tourism, a well-preserved nature, a developed infrastructure and everything else that permits a new take-off in the tourist industry combined with sustainable development and respect for all ecological standards.

TIME TABLE

19:00
**DEPARTURE FOR THE START FROM
UMAG**

21:00PM
ARRIVAL TO THE START IN LOVRAN

22:00
START!

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 Vepriac direction Ičići
- in Ičići 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 direc-
tion Rijeka

distance: 123 km

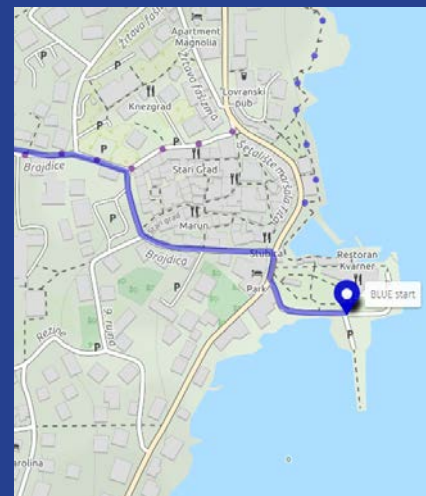


PHOTO.

Course start map

START LIST

BLUE COURSE

501	FUMO	HELIO	SE M	POR
502	HALASZ	MARTIN	SE M	SVK
503	MORWOOD	SARAH	SE W	GBR
504	SMOLNIKAR	ALJOSA	VM 1	SLO
505	POTOČNIK	TILEN	SE M	SLO
506	NALDI	LORENZO	VM 1	ITA
507	STIPČEVIĆ	JOSIP	SE M	CRO
508	URBAN	MAJA	SE W	CRO
509	SOLAK	AYSEN	SE W	TUR
510	GRABROVEČKI	MATIJA	VM 1	CRO
511	MAMIĆ	ANDI	VM 1	SLO
512	KODELE	ANEJ	SE M	SLO
513	LEZPOURIDIS	THEOHARIS	SE M	GRE
514	JOZIĆ	INES	SE W	CRO
515	BREZAK	JELENA	SE W	CRO
516	HOMEC	JERNEJA	SE W	SLO
517	VASUTIU	FLORINA	SE W	ROU
518	SMOLIĆ	NIKOLA	VM 1	CRO
519	MANDEKIĆ	MARIN	VM 1	CRO
520	BOGATAJ	TAJDA	SE W	SLO
521	BOŠKOVIĆ	MILUŠA	SE W	MNE
522	MARUKIĆ	MAJA	SE W	CRO
523	SKOKAN	DOMINIK	SE M	CZE
524	PEŠIĆ	ANTE	VM 1	CRO
525	BUDINSKI	MILAN	SE M	CRO
526	MAG	ERIKA	SE W	HUN
527	SIMONAZZI	FRANCESCO	VM 1	ITA
528	FLORETTI	PAOLA	SE W	ITA
529	SEDLÁK	ALEŠ	SE M	CZE
530	SMITH	SCOTT	SE M	GBR
531	WEISS	EVA-MARIA	VW 1	AUT
532	IMPER	SIMON	VM 1	SUI
533	KAVAZOVIC	JASMINA	SE W	BIH
534	GRUNERT	ADRIAN	SE M	SVK
535	KLIGL	DAMIR	VM 1	CRO
536	JUHAZ	SANDRA	VW 1	CRO
537	BEKE	ANTHONY	SE M	FRA
538	ARVIZU	EDGAR	VM 1	USA
539	GRABOWSKA	JOANNA	SE W	POL
540	KIRŠIĆ	IGOR	SE M	SUI
541	MIELKE	MARIAN	SE M	GER
542	OSTOJIĆ	NENAD	SE M	CRO
543	PAULINYOVA	RADKA	VW 1	SVK
544	KRALJ	VANE	VM 1	SLO
545	LACKOVIĆ	ANITA	SE W	CRO
546	KLAUS	MATTHIAS	SE M	AUT

547	HORVÁTH	ANIKÓ	SE W	HUN
548	WIERAD	DARIUSZ	SE M	POL
549	PRIBIČEVIĆ	ROKO	SE M	CRO
550	TRONTELJ	MARIJA	VW 1	SLO
551	BIČANIĆ	MARKO	SE M	CRO
552	MARINOVIĆ	TOMISLAV	SE M	CRO
553	EIRO	MARC	SE M	GER
554	GUGLIELMETTI	ANDREA	SE M	ITA
555	PASICIEL	JENNIFER	SE W	CAN
556	GYONGYI	LENART	VW 1	ROU
557	KRUC	TIHOMIR	VM 1	CRO
558	KRISTEK	MIRELA	VW 1	CRO
559	PERINI	FRANCESCO	SE M	ITA
560	TORRESAN	LERRI	VM 1	ITA
561	MASTROVIĆ	VLASTA	VW 1	CRO
562	BONVICINI	MATTEO PAOLO	SE M	ITA
563	DOLINAR	MIHA	VM 1	SLO
564	DIÓSSY	TÍMEA	SE W	HUN
565	KONČNIK	MATEJ	SE M	SLO
566	MÜRER	FREDRIK KRIST-	SE M	NOR
567	PIŠLAR	MARTINA	SE W	SLO
568	ČAKANIĆ	DAVOR	SE M	CRO
569	TROBEVŠEK	TADEJ	VM 1	SLO
570	NIKOLIĆ	PREDRAG	VM 1	CRO
571	TRČEK	MAJDA	VW 1	SLO
572	POLYAKOV	MAXIM	SE M	RUS
573	KOZUL	MARKO	SE M	BIH
574	KRKLEŠ	SLAVEN	SE M	CRO
575	HARDY	SANDRA	SE W	CAN
576	BRUS	MARCIN	VM 1	POL
577	LOCHNER	PETER	SE M	AUT
578	SANSON	ANDREA	VM 1	ITA
579	VILLI	MARJA	VW 1	FIN
580	SCORDO	MATTEO	SE M	ITA
581	DUH	MATEJA	VW 1	SLO
582	HEK	GORAN	SE M	CRO
583	JEŽOVITA	ANA	SE W	CRO
584	ZAKHAROVA	KUNNEI	SE W	RUS
585	ČAJKO	IVICA	SE M	CRO
586	NEMECEK	ONDREJ	SE M	CZE
587	PERIC	ANA	SE W	BIH
588	KURDIJA	ZORAN	VM 1	CRO
589	GJURKOVIĆ	MATEJ	SE M	CRO
590	IMPER	CHRISTOPH	VM 1	SUI
591	LANDGRAF	KIM	VM 1	GER
592	LOCATELLI	ALESSANDRO	SE M	ITA

593	PLETIKOSA	MARKO	SE M	CRO
594	WONG	KA YAN	SE W	HKG
595	ZIDARIĆ	MARTIN	SE M	CRO
596	OZMEN	SINEM	SE W	TUR
597	IVANDIJA	IVANA	VW 1	CRO
598	TRATNIK	DEJAN	VM 1	SLO
599	SIERIK	OLEKSII	SE M	UKR
600	JUOZAITIS	K STUTIS	SE M	LTU
601	SMIHAL	FRANTISEK	SE M	SVK
602	VOLARIĆ	JOSIP	SE M	BIH
603	DUJMOVIĆ	ANTONIO	SE M	CRO
604	RAVNAK	TAMARA	VW 1	SLO
605	DOVALA	TOMAS	SE M	SVK
606	RIDIRA	JEAN-STÉPHANE	VM 1	HUN
607	STOJKOV	SLAVEN	SE M	BIH
608	HRENEK	IVANA	SE W	CRO
609	KREBER	DOMAGOJ	SE M	CRO
610	DOLENAC	KRISTIJAN	VM 1	CRO
611	BRENKOVA	MARIE	VW 1	CZE
612	KAURIN	NATAŠA	SE W	BIH
613	AMARICCI	ADRIANO	SE M	ITA
614	POLJANEC	DAVOR	VM 1	CRO
615	BARRO	MICHELE	VM 1	ITA
616	ČERNEKA JACIN	RAHELA	VW 1	CRO
617	DOMARADZKA	VIOLETTA	VW 1	POL
618	PUREBER	KAJA	SE W	SLO
619	BENCI	ANDREA	VM 1	ITA
620	TURENKO	YAROSLAV	SE M	UKR
621	MARMORATO	ALESSANDRO	SE M	GBR
622	MLAKER	BOŠTJAN	SE M	SLO
623	BEROVIĆ	DRAŽENA	VW 1	CRO
624	HARAČIĆ	RAŠID	SE M	BIH
625	KUROWSKI	MACIEJ	SE M	IRL
626	LJEVAR	KRISTINA	SE W	CRO
627	DAMBRINE	EDOUARD	SE M	FRA
628	PASIAN	MATTEO	VM 1	ITA
629	BASIACO	ROBERTO	VM 1	CRO
630	MUDROVČIĆ	HRVOJE	SE M	CRO
631	MAROCCIA	PIETRO ANGELO	SE M	ITA
632	TOMIĆ	ŽIVKO	SE M	SRB
633	BERŽENJI	SANDA	VW 1	CRO
634	MOREIRA	MARTA	VW 1	ESP
635	ARBANAS	ANTONIO	SE M	CRO
636	ALESSANDRIS	GIULIO	SE M	ITA
637	BRITKO	ANTON	SE M	RUS
638	CEOLIN	DAVIDE	SE M	ITA

639	HANDZEL	WIOLETTA	SE W	POL
640	ANDREA	DE MUNARI	SE M	ITA
641	BAGGIO	ENRICO	SE M	ITA
642	PUTZE	MATTHIAS	SE M	GER
643	BAN	FLORIJAN	VM 1	CRO
644	KUKUCSKA	ATTILA	VM 1	HUN
645	GANDINI	ANDREA	SE M	ITA
646	GAVRAN	IVAN	SE M	CRO
647	WITTE	HANNO	SE M	GER
648	ARHAR	BOŠTJAN	SE M	SLO
649	KOWALKOWSKI	KRZYSZTOF	SE M	POL
650	PACORINI	ENRICO	VM 1	ITA
651	GLAVINIĆ	NATALIJA	VW 1	CRO
652	LAVRIČ	DOMINIKA	VW 1	SLO
653	BENVEGNO LEBAN	JANA	SE W	CRO
654	MORELATO	LUKA	SE M	CRO
655	TELEPSKI	MICHAŁ	SE M	POL
656	PAVLIN	JOSIP	VM 1	CRO
657	DELGADO ORTIZ	SILVIA	VW 1	ESP
658	GROHAR	GREGOR	VM 1	SLO
659	PINTER	UROŠ	SE M	SLO
660	VERBNIK	ALES	SE M	SLO
661	VILKE	SINIŠA	VM 1	CRO
662	DE ROSA	LUCA	VM 1	ITA
663	SKOČIĆ	IVICA	VM 1	CRO
664	UHRIN	BOHUMIL	SE M	SVK
665	REBEK	IRIS	VW 1	SLO
666	HRABOVENKO	SERHII	SE M	UKR
667	KLJENAK	IVO	VM 1	SLO
668	MILEVOJ	MARKO	VM 1	CRO
669	MLAKAR	BOŠTJAN	VM 1	SLO
670	KAMENŠEK	BOŠTJAN	VM 1	SLO
671	SULJIĆ	IRHAD	SE M	BIH
672	PURGARIĆ	HELENA	VW 1	CRO
673	GUYOT	OLIVIER	VM 1	FRA
674	KASTELIC	IGOR	VM 1	SLO
675	MACUKA	ELIO	SE M	CRO
676	BABNIK	MARIN	SE M	CRO
677	TUKIĆ GRGURIĆ	ANA	SE W	CRO
678	KOROTAJ	RONALD	VM 1	CRO
679	MANDIĆ	KREŠIMIR	VM 1	CRO
680	ŠKROPETA	LUKA	SE M	CRO
681	STEVIĆ	NATALIJA	SE W	SRB
682	MARCADELLA	MARCELLO	SE M	ITA
683	VADLJA	ANDREJ	VM 1	CRO
684	KOS	MARKO	VM 1	SLO

685	VUKADINOVIĆ	SRĐAN	SE M	BIH
686	BERAČ	MIRJANA	VW 1	CRO
687	LEIGH	TOM	SE M	GBR
688	DURECI	RUXANDRA	SE W	ROU
689	JÁNOS	PÁLI	VM 1	HUN
690	DEMETER	ISTVAN	SE M	HUN
691	BROZIĆ	DENIS	VM 1	CRO
692	FEJZIĆ	DAMIR	SE M	SRB
693	PIIJEK	MARKO	VM 1	CRO
694	SURIJAN	RENATO	SE M	CRO
695	SVARINSKIS	SANDIS	VM 1	LAT
696	JURAS	TOMISLAV	VM 1	CRO
697	TOUNEC	VLATKO	VM 1	CRO
698	BAGGIO	ENZO	VM 2	ITA
699	GIRIC-CVETKOVIĆ	AGNEŠ	VW 1	SRB
700	LOVAS	MÁTYÁS	SE M	HUN
702	STARČEVIĆ	ROBERT	SE M	CRO
703	FLEGAR	ROBERT	VM 1	CRO
704	MAJETIĆ	DARIO	VM 1	CRO
705	VECHTER	MICHAL	SE M	SVK
706	KLARIĆ	MIRJANA	VW 1	CRO
707	BAKARIĆ	DRAŽEN	SE M	CRO
708	DUH	BOGDAN	VM 1	SLO
709	REBEK	SEBASTJAN	VM 1	SLO
710	SZOCSEVKA	GÁBOR	SE M	HUN
711	GRAEF	BERND	SE M	GER
712	BREČEVIĆ	EDUARD	SE M	CRO
713	MIKHAILOVA	TATIANA	VW 1	RUS
714	RUZICKA	CHRISTOPH	SE M	AUT
715	KONČURAT	LUKA	SE M	CRO
716	PIPOLO	SILVERIO	VM 1	ITA
717	GABOR	VAGO	VM 1	HUN
718	KRIZMANIĆ	DENIS	SE M	CRO
719	OBERMAJER	JAN	SE M	CZE
720	RAKIĆ	NENAD	SE M	BIH
721	WESP	KLAUS	VM 1	AUT
722	BANIĆ	MATEJ	VM 1	SLO
723	DOLEŽAL	VELIMIR	SE M	CRO
724	DOLEŽAL	ZLATKO	SE M	CRO
725	GABOR	MARJAN	VM 1	SLO
726	ŠPELIĆ	ROBERTO	VM 1	CRO
727	LOKAS	TOMISLAV	VM 1	CRO
728	CHALANDRE	THIERRY	VM 1	FRA
729	RAVNAK	ROLANDO	VM 1	SLO
730	CAMPO DALL'ORTO	LUCA	SE M	ITA

731	FUČAK	DALIBOR	VM 1	CRO
732	MILIŠIĆ-ZEČEVIĆ	ANGEL	SE M	CRO
733	DRAGAR	ANA	SE W	SLO
734	BUDIMIR BEKAN	ROBERT	VM 1	CRO
735	ARNAUT	TIHOMIR	VM 1	CRO
736	STEFANOVIĆ	NENAD	VM 1	BIH
737	KOVAČIĆ	VEDRAN	VM 1	CRO
738	PRAUHART	BENJAMIN	SE M	AUT
739	ŠOIĆ	NIKOLA	SE M	CRO
740	HUSER	STÉPHANE	VM 1	FRA
741	JUREČIČ	MIHA	SE M	SLO
742	PORTNER	ANTUN	SE M	CRO
743	OTHMAN	FAIZAH	SE W	MAS
744	MYKYTYNSKYI	NAZAR	SE M	UKR
745	ZAKRZEWSKI	ROBERT	VM 1	POL
746	BOŠKOVIC	VIDO	SE M	CRO
747	RUŽIĆ	KRISTIAN	VM 1	CRO
748	TERLER	MANFRED	VM 1	AUT
749	DUNDOVIĆ	VEDRAN	VM 1	CRO
750	VASCOTTO	ROBERTO	VM 2	ITA
751	NOVOSEL	IVOR	SE M	CRO
752	DE OLIVEIRA	ISABEL CRISTINA	VW 1	BRA
753	CHENG	JUN	VM 1	CHN
754	DYMENKO	SERHII	SE M	UKR
755	JAKOVČIĆ	IZIDOR	VM 1	CRO
756	KLIČIĆ	MIRSAD	VM 1	BIH
757	SOMOGYVÁRI	MÁTÉ	SE M	HUN
758	PECIC	BOGOLJUB	VM 1	GER
759	DOBRINIĆ	MAJA	SE W	CRO
760	EIK	RÉMY	SE M	NOR
761	HARANG	HALLVARD	SE M	NOR
762	KOS	ALAN	VM 1	CRO
763	NOYKOV	PLAMEN	VM 1	BUL
764	ČAVLEK	TOMISLAV	VM 1	CRO
765	MATAIĆ	MARTIN	SE M	CRO
766	ZANON	FRANCESCO	SE M	ITA
767	SOLDO	MARGITA	SE W	CRO
768	GULTA	ALEX	VM 1	CRO
769	ERCOLE	ANDREA	VM 1	ITA
770	JUNOLAINEN	MARKKO	SE M	EST
771	MAGLICA	DANIJEL	VM 1	CRO
772	KRIPPNER	ANDREAS	VM 1	AUT
773	SCHMIEDPETER	HARALD	VM 1	AUT
774	GRUBOROVIĆ	VLADIMIR	VM 1	CRO
775	KOMLOS	DORA	VW 1	HUN

776	SCHWARZ-MALLE	HUBERT	VM 1	AUT
777	BERGOČ	ANDREJ	VM 1	SLO
778	HABIJAN	DAMIR	SE M	CRO
779	KOSMÁK	JAKUB	SE M	CZE
780	NEAMTU	RAZVAN	VM 1	ROU
781	VAN EYK	CRAIG	VM 1	GBR
782	VRBANEC	MARKO	SE M	CRO
783	FILIPE	MÁRIO	VM 1	POR
784	ORLOVIĆ	MAJA	SE W	SRB
785	PAULIŠIĆ	MARIJAN	SE M	CRO
786	SRDOČ	SANJIN	SE M	CRO
787	TUS	ALESANDRO	VM 1	CRO
788	SOTGIU	ALESSIO	SE M	ITA
789	KAJFEŠ	DARKO	VM 1	CRO
790	DOMITROVIĆ	NIKOLA	SE M	CRO
791	VERONEK	NINO	VM 1	CRO
792	HORVAT	DOMAGOJ	VM 1	CRO
793	HEFTER	JOZSEF	VM 1	HUN
794	KOLARIĆ	IGOR	VM 1	CRO
795	ČAVIĆ	DUŠAN	VM 1	SRB
796	HORAK	TOMAS	SE M	CZE
797	ŠTIGLIC	GREGOR	VM 1	SLO
798	MRŠNIK	DARKO	VM 1	CRO
799	SUI	BUON	VM 1	FRA
800	ZAJÍC	PETR	VM 1	CZE
801	PIEKAROWICZ	PIOTR	VM 1	POL
802	REZMERITA	GABRIEL	VM 1	AUT
803	VRČKO	MATEJ	SE M	SLO
804	UTRIAINEN	MATIAS	VM 1	FIN
805	STROMKO	MICHAL	SE M	SVK
806	CAMBEL	BAHADIR	SE M	NED
807	MAMITOV	INAL	SE M	RUS
808	VRATARIĆ	IGOR	SE M	CRO
809	JUJIC	MILENA	VW 1	BIH
810	SERTIĆ	VALENTINA	SE W	CRO
811	FAZLAGIĆ	SAMIR	VM 1	BIH
812	DAJČMAN	ROBERT	VM 1	SLO
813	JANIĆ	ZDRAVKO	VM 1	CRO
814	ROGOVIĆ	LOREN	VM 1	CRO
815	BRDAR	DUŠKO	SE M	CRO
816	DROBNJAK	SINIŠA	VM 1	CRO
817	ZEVNIK	EGON	VM 1	SLO
818	JANDREČIĆ	STJEPAN	VM 1	CRO
819	UJČIĆ	VEDRAN	SE M	CRO
820	DE OLIVEIRA	PEDRO LUIZ	VM 2	BRA

821	KRAJ ÁK	PAVOL	VM 1	SVK
822	KOVAČEVIĆ	DRAGAN	SE M	CRO
823	KIRETA	HRVOJE	VM 1	CRO
824	SEITER	HRVOJE	SE M	CRO
825	VLAHOV	MARKO	SE M	CRO
826	KRAMBERGER	SILVO	VM 2	SLO
827	USKOKOVIĆ	MILOŠ	VM 1	SRB
828	LOVREKOVIC	DAMIR	VM 1	CRO
829	TONON	MICHELE	VM 1	ITA
830	NORDIN	NORHALIM	SE M	SIN
831	OMODEI	IVANO	VM 1	ITA
832	SIEDLACZEK	VOJT CH	SE M	CZE
833	CHISHOLM	HAYDEN	VM 1	NZL
834	KARAPANDŽIĆ	VEDRAN	SE M	CRO
835	RADIĆ	MIHAILO	SE M	SRB
836	MEIĆ	ROBERT	VM 1	CRO
837	NESTOROVIĆ	DUŠAN	SE M	SRB
839	BURŠIĆ	BOŽENA	SE W	CRO
840	KOMIC GOLAR	ANJA	SE W	GER
841	MELON	MARINA	SE W	CRO
842	NERLOVIĆ	MILANA	SE W	SRB
843	NIKOLESIĆ	INGRID	SE W	CRO
844	AL SHEREIQI	SULTAN	SE M	OMA
845	BAUD'HUIN	DAVID	SE M	BEL
846	BEGUIN	OLIVIER	VM 1	BEL
847	BOŠKOVIĆ	RADIVOJE	VM 1	SRB
848	BRANKOVIC	RANKO	VM 1	CRO
849	CAR	BRUCE	VM 1	USA
850	CURKOVIC	FILIP	SE M	CRO
851	ČELIKOVIĆ	MARIO	SE M	CRO
852	DENES	LENART	VM 1	ROU
853	FISCHER	ROBERT	SE M	CZE
854	GALOVIC	SLAVOMIR	VM 1	SVK
855	GRAČAN	VEDRAN	SE M	CRO
856	HALMOS	LASZLO	VM 1	HUN
857	HODŽIĆ	ELDIN	SE M	CRO
858	JAŠAREVIĆ	ENIZ	SE M	CRO
859	JEREMY	GERARD	SE M	BEL
860	KAPULAR	SAŠA	SE M	CRO
861	KREŠEVIĆ	MARIO	VM 1	CRO
862	KULJIĆ	BOJAN	SE M	CRO
863	LADEŠIĆ	VID	SE M	CRO
864	MILETIC	GORAN	SE M	CRO
865	MODRUŠAN	VALENTINO	SE M	CRO
866	MUTEC	IGNAC	SE M	SLO

867	NOVAK	DARKO	VM 1	SLO
868	PETRIC	LUKA	SE M	CRO
869	PRAVDIC	IVAN	SE M	CRO
870	RADU	ANDREI-MARIUS	SE M	ROU
871	RAPAVY	RICHARD	VM 1	IRL
872	ROŠČIĆ	DANIEL	SE M	CRO
873	SKVRCE	PERO	SE M	CRO
874	SOMORA	MARTIN	VM 1	SVK
875	TEPEŠ	TOMISLAV	SE M	CRO
876	VARADI	ATTILA	VM 1	ROU
877	VINJE	JAKOB	SE M	NOR

	ELITE RUNNERS
	VIP

PASSAGE TIMES

AID STATION NAME	KM FROM THE START	FASTEST TIME	SLOWEST TIME	CUT-OFF TIME HOURS FROM THE START
LABIN	0			
POKLON	11,6	1:29:00	4:00:00	4 HOURS
BRGUDAC	26,0	2:30:00	6:45:00	
TRSTENIK	43,0	4:34:00	11:24:00	
BUZET	58,8	6:20:00	14:56:00	15 HOURS
OPRTALJ	78,0	8:28:00	21:00:00	21 HOURS
GROŽNJAN	89,3	9:36:00	24:30:00	
BUJE	96,8	10:13:00	26:32:00	
UMAG	109,7	11:24:00	30:00:00	30 HOURS



CROATIAN NATIONAL CHAMPIONSHIP START LIST

635	ARBANAS	ANTONIO
735	ARNAUT	TIHOMIR
676	BABNIK	MARIN
629	BASIACO	ROBERTO
653	BENVEGNO LEBAN	JANA
686	BERAČ	MIRJANA
633	BERŽENJI	SANDA
551	BIĆANIĆ	MARKO
848	BRANKOVIC	RANKO
815	BRDAR	DUŠKO
712	BREČEVIĆ	EDUARD
515	BREZAK	JELENA
691	BROZIĆ	DENIS
839	BURŠIĆ	BOŽENA
585	ČAJKO	IVICA
568	ČAKANIĆ	DAVOR
764	ČAVLEK	TOMISLAV
616	ČERNEKA JACIN	RAHELA
610	DOLENAC	KRISTIJAN
603	DUJMOVIĆ	ANTONIO
646	GAVRAN	IVAN
651	GLAVINIĆ	NATALIJA
510	GRABROVEČKI	MATIJA
778	HABIJAN	DAMIR
608	HRENEK	IVANA
755	JAKOVČIĆ	IZIDOR
818	JANDREČIĆ	STJEPAN
514	JOZIĆ	INES
536	JUHAZ	SANDRA
696	JURAS	TOMISLAV
706	KLARIĆ	MIRJANA
535	KLIGL	DAMIR
678	KOROTAJ	RONALD
737	KOVAČIĆ	VEDRAN
609	KREBER	DOMAGOJ
861	KREŠEVIĆ	MARIO
558	KRISTEK	MIRELA
718	KRIZMANIĆ	DENIS
557	KRUC	TIHOMIR
	KRULJAC	PAVLE
862	KULJIĆ	BOJAN
545	LACKOVIĆ	ANITA
727	LOKAS	TOMISLAV
626	LJEVAR	KRISTINA
771	MAGLICA	DANIJEL

704	MAJETIĆ	DARIO
519	MANDEKIĆ	MARIN
679	MANDIĆ	KREŠIMIR
552	MARINOVIĆ	TOMISLAV
522	MARUKIĆ	MAJA
841	MELON	MARINA
864	MILETIC	GORAN
668	MILEVOJ	MARKO
732	MILIŠIĆ-ZEČEVIĆ	ANGEL
843	NIKOLESIĆ	INGRID
570	NIKOLIĆ	PREDRAG
751	NOVOSEL	IVOR
593	PLETIKOSA	MARKO
614	POLJANEC	DAVOR
742	PORTNER	ANTUN
549	PRIBIČEVIĆ	ROKO
810	SERTIĆ	VALENTINA
663	SKOČIĆ	IVICA
518	SMOLIĆ	NIKOLA
702	STARČEVIĆ	ROBERT
507	STIPČEVIĆ	JOSIP
680	ŠKROPETA	LUKA
739	ŠOIĆ	NIKOLA
726	ŠPELIĆ	ROBERTO
677	TUKIĆ GRGURIĆ	ANA
508	URBAN	MAJA
683	VADLJA	ANDREJ
661	VILKE	SINIŠA
808	VRATARIĆ	IGOR
782	VRBANEC	MARKO
595	ZIDARIĆ	MARTIN





5 ITRA POINTS

BLUE COURSE



5 UTMB POINTS

110 K | +4394 M | -4399 M



CROATIAN NATIONAL CHAMPIONSHIP

CROATIAN TRAIL CUP

COURSE RECORD

MALE: MARJAN ZUPANČIĆ (SLO) 11:38:36 | 2017
FEMALE: ELIZAVETA ERSHOVA (USA) 14:24:32 | 2017

AID STATION NAME	CUT-OFF HOURS FROM THE START	CUT-OFF ACTUAL TIME	MEDIC	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	SATURDAY 02:00	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	SATURDAY 13:00	X	X	X	X	X		X	X	X	X	X	X	X	X	X	X	X	X		X
OPRTALJ	21 H	SATURDAY 19:00	X		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	30 H	SUNDAY 04:00	X			X	X			X		X			X	X						X





MOUNTAIN & TRAIL

CAMPIONATI ITALIANI 2019

MAISTRACK SUMMANO VERTICAL
TRANS D'HAVET ULTRA 80 K
TRANS D'HAVET MARATHON 40 K
CAMPOGROSSO MOUNTAIN CLASSIC

25/28 july 2019

www.transdhavet.it
info@transdhavet.it



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MOUNTAIN DUT



SEA DUT



ETHNO DUT

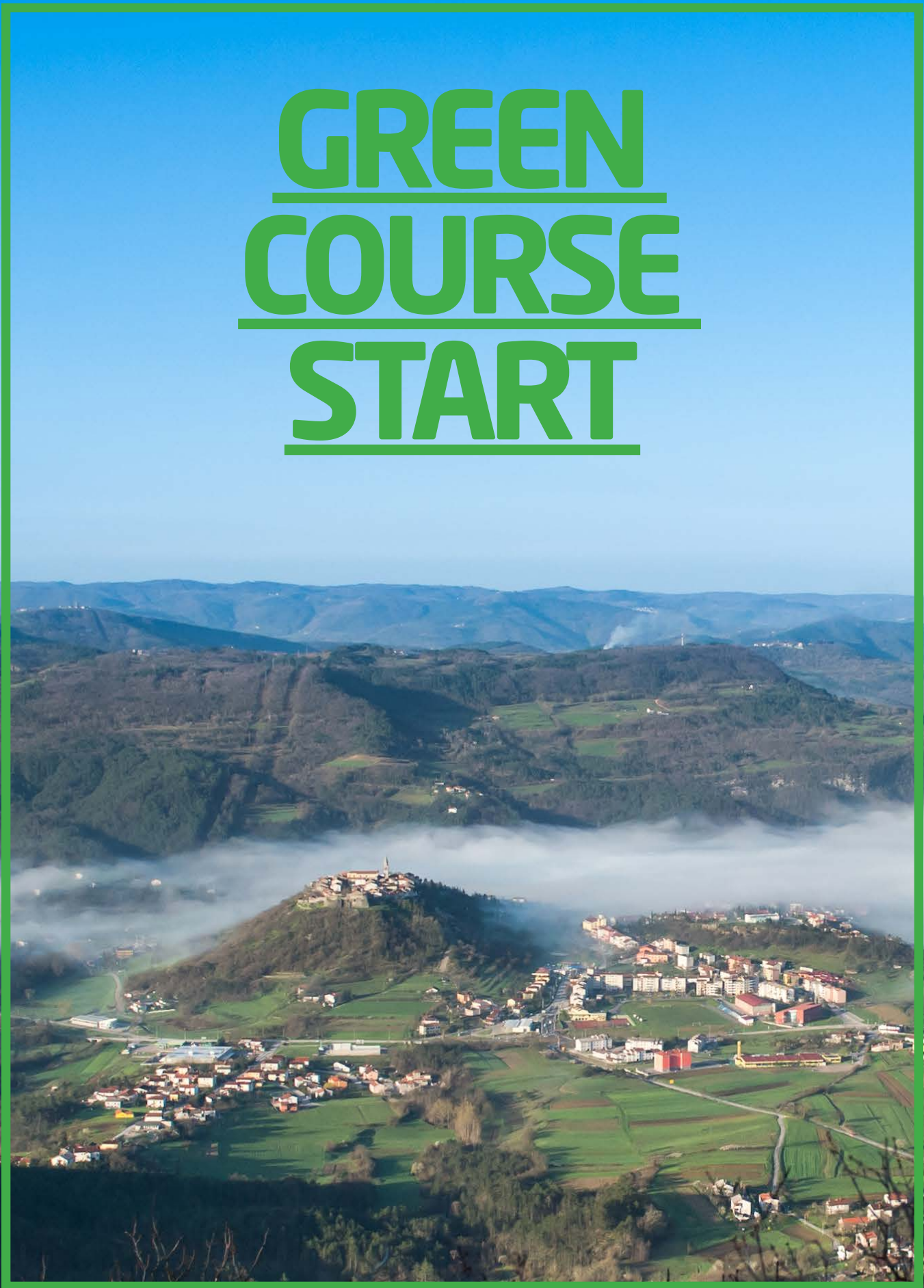


CROATIA / OMIŠ

4TH EDITION

18-20/10/2019

GREEN COURSE START



BUZET APRIL 13TH NOON

TOWN CENTRE

CITY OF TRUF- FLES

Buzet is situated in the very north of Istria near the border with Slovenia. Its historic core, dating from the Middle Ages lies on a hilltop above a fertile valley of the longest Istrian river – the Mirna.

Today, Buzet is widely known as the 'City of Truffles' since the forests along the Mirna River are especially rich in this divine tuber. According to some views, the white truffle of Istria is as good as the most famous white truffle from the Italian region of Alba. In honour of this truffle, each year Truffle Days are organized in September and October.

On the second weekend in September a large folk festivity also take place in Buzet with a special attraction – a giant omelette (commonly known as 'fritada' or 'fritaja') with over 2 000 eggs and 10 kilograms of truffles is prepared in a huge pan. This event officially marks the beginning of Truffle Days in Istria.

The area of Buzeština has been inhabited since ancient times. Proof of this are prehistoric remains of stone objects found in Golupska cave, Podrebarska cave and some other caves. Illyrian tribes inhabited these areas in the Bronze Age when they began to build hilltop settlements surrounded by walls.

From AD 177 to AD 476 this area was under Roman rule.

THE BUZET EARRING

The bronze earring, known as the Buzet Earring in archaeological literature, was predominantly found in the early Middle Ages in the graves of the native as well as Romanized Illyrian-Celtic people in the area between the Adriatic coasts and the Alps, especially in northern Istria between Buzet and the west coast. In the literature the earring appears in the 7th and 8th centuries.

The Buzet Earring has been listed in the Cultural Heritage Register of the Republic of Croatia under the entry RRI-118 since 23rd October, 1968, while its samples have been kept in the Regional Museum of Buzet.

A silver replica of the Buzet Earring has been created as an original souvenir of Buzet.

TIME TABLE

10:00
DEPARTURE FOR THE START FROM
UMAG

11:00
ARRIVAL TO THE START IN BUZET

12:00
START!

HOW TO GET THERE BY CAR?

from Umag - fastest route
Umag - direction Buje - in Buje direction
Buzet
distance: 48 km
ETA: 1h 02min

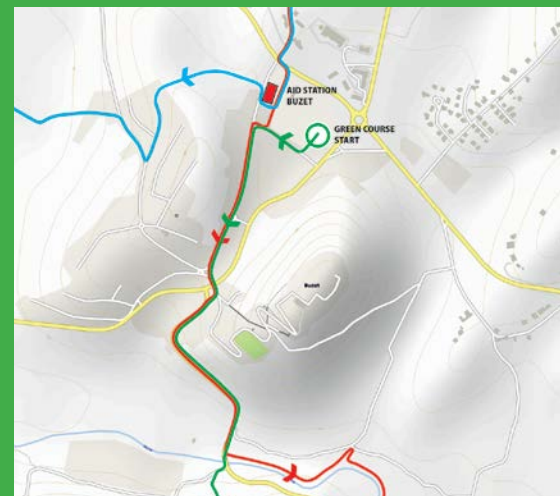


PHOTO.
Course start map

START LIST

GREEN COURSE

1001	KLANČNIK	JANEZ	SE M	SLO
1002	ROTA	DONATELLO	SE M	ITA
1003	ČAČULOVICH	MATIC	SE M	SLO
1004	SHTANKOV	YURY	SE M	RUS
1005	SCHAFFENRATH	LUKAS	SE M	AUT
1006	RODOPOULOS	NIKOLAOS	SE M	GRE
1007	BOŽIČ	ALEN	SE M	SLO
1008	FAVOT	DENIS	SE M	ITA
1009	MALUSA	MATTIA	SE M	ITA
1010	TSANKOV	TODOR	VM 1	BUL
1011	LEDERER	KATJA	VW 1	AUT
1012	TUTLAND	NIKO	SE M	USA
1013	NOVAK	ALEŠ	VM 1	SLO
1014	DRAKULA	DARKO	SE M	CRO
1015	LUCHESI	ELISABETTA	SE W	ITA
1016	MIKULECKÁ	MARCELA	VW 1	CZE
1017	VIDOTTO	GIACOMO	SE M	ITA
1018	KOLENC	MATEJ	SE M	SLO
1019	KONDELIS	SABRINA	SE W	USA
1020	PASSUELLO	NICOLETTA	VW 1	ITA
1021	POTRATA	FRANCESCO	SE M	ITA
1022	SOJER	RAPHAEL	SE M	AUT
1023	SEKULOVIC	MARIJA	SE W	SRB
1024	JAKOB	MANUEL	SE M	GER
1025	VRZAL	WOLFGANG	VM 1	AUT
1026	GRIGOLETTO	FEDERICO	SE M	ITA
1027	PIGNAT	MARINELLA	VW 1	ITA
1028	MASLEK	MARINA	SE W	CRO
1029	VUČAN	SANJIN	SE M	CRO
1030	BAJDE	MATEJ	SE M	SLO
1031	DROBEŽ	KATJA	VW 1	SLO
1032	TARARAN	MATTEO	SE M	ITA
1033	PINAREL	CHIARA	SE W	ITA
1034	GRBIČ	BOJAN	SE M	CRO
1035	KRAŠOVEC	BOGDANA	VW 1	SLO
1036	STENSRUD	KRISTOFFER	VM 1	NOR
1037	EGGENREICH	GERHARD	VM 1	AUT
1038	ŠORLI	TINA	SE W	SLO
1039	ŠIPEC	URŠKA	SE W	SLO
1040	HRIBAR	MATEJ	VM 1	SLO
1041	KREER	GEORG	VM 1	AUT
1042	VENIER	MARCO	SE M	ITA
1043	BAVDEK	DARE	VM 1	SLO
1044	SWIERZOWSKA	MAGDALENA	VW 1	POL
1045	MUHTAREVIC	ANELA	SE W	BIH
1046	YANO	TATIANA	SE W	BRA

1047	LANGE	HENRIK	SE M	GER
1048	WEILAND	HANNES	SE M	GER
1049	BABIČ	JOSIP	SE M	CRO
1050	ĐOGOLOVIČ	GORAN	SE M	CRO
1051	NOVELLI	LUCA	VM 1	ITA
1052	BURESOVA	PETRA	VW 1	CZE
1053	KNOCH	MICHAEL	SE M	GER
1054	ZUNDEL	HARALD	VM 1	USA
1055	CAPICIKOVA	KATARINA	SE W	SVK
1056	DOS SANTOS	BENJAMIN	SE M	FRA
1057	NÁDENÍČEK	DAVID	SE M	CZE
1058	VELIČ	KETRIN	SE W	CRO
1059	IASHCHENKO	VADIM	VM 1	RUS
1060	SHEVCHUK	ANDREY	VM 1	RUS
1061	KRUŠEC	TADEJA	VW 1	CRO
1062	KARANOVIČ	NENAD	SE M	SLO
1063	BONČINA	TINA	VW 1	SLO
1064	MARCAZZAN	RAFFAELA	VW 1	ITA
1065	OBLAK	LEA	VW 1	SLO
1066	OBLAK	JANJA	SE W	SLO
1067	SEVIK	FATMA	VW 1	TUR
1068	KLEMEN	DARIJA	VW 1	SLO
1069	ROUTIER	FABIEN	VM 1	FRA
1070	ISSEVEN	NESRIN	VW 1	TUR
1071	VARADI	CSILLA	SE W	HUN
1072	LOVRIČ	HRVOJE	VM 1	CRO
1073	BAUSANI	DAVID	VM 1	ITA
1074	KHARCHENKO	IEVHENII	SE M	UKR
1075	MOMCILOVIC	IVANA	SE W	SRB
1076	CODIGLIA	MARTIN	VM 1	ITA
1077	ŠEKORANJA	MARIJA	SE W	SLO
1078	TRILER	VALENTINA	SE W	SLO
1079	ŠUNJE-RIZVAN	AMILA	SE W	BIH
1080	NÉMETH	GERGELY	SE M	HUN
1081	DEVETTI	ELISA	VW 1	ITA
1082	SKWARSKI	DAREK	SE M	POL
1083	RADIČ	BRUNO	SE M	CRO
1084	ZITZENBACHER	FREDL	VM 1	AUT
1085	ULRICH	PETER	VM 1	AUT
1086	GALAMB	GABOR	SE M	HUN
1087	OBID	JAKA	SE M	SLO
1088	PUCKO	PRIMOŽ	SE M	SLO
1089	KERESZTES	CSABA	SE M	HUN
1090	LACZKO	AGNES	SE W	HUN
1091	PIRNGRUBER	RICHARD	VM 1	AUT
1092	BEDNARCZYK	DARIA	VW 1	POL

1093	NEMETH	BEATA	SE W	HUN
1094	VITYKÓ	ANDREA	SE W	HUN
1095	LAH	PETER	VM 1	SLO
1096	PAJNIČ	NEŽA PIKA	VW 1	SLO
1097	JARONSKI	JACEK	VM 1	POL
1098	KARIČ	SENAD	VM 1	SLO
1099	BERMENIEVA	MARINA	VW 1	RUS
1100	SINANOVIĆ	JASMINA	SE W	BIH
1101	MALINSKY	IRENE	VW 2	AUT
1102	MAIER	THOMAS	SE M	GER
1103	MUSCO	STEFANO	VM 1	ITA
1104	GAPPMAYER	EWALD	VM 1	AUT
1105	LEŽENIĆ	IVAN	SE M	BIH
1106	PETEK	TOMO	VM 1	SLO
1107	DE BON	MARINA	VW 1	ITA
1108	BIERNACKI	BENOIT	SE M	FRA
1109	CHAN	SIU MAN	VM 1	HKG
1110	DAUJOTE	RENATA	VW 1	LTU
1111	TENERINI	LUCA	VM 1	ITA
1112	STOYANOVA	STEFKA	VW 1	BUL
1113	PASTORE	MAURIZIO	VM 1	ITA
1114	WISNIEWSKA	AGNIESZKA	SE W	POL
1115	POSER	ANDREA	SE M	ITA
1116	GANTAR	TAMI	SE W	SLO
1117	EPPICH	HANNES	SE M	AUT
1118	DROBEŽ	ANDREJ	VM 1	SLO
1119	MOHOROVIČIĆ	VEDRAN	VM 1	CRO
1120	CHEREPA NOV	ARTEM	SE M	RUS
1121	KIRBIŠ	ADI	VM 1	SLO
1122	CURGUNLU	GIRAY	VM 1	GER
1123	GRONAU	MACIEJ	SE M	POL
1124	PARWA	MICHAŁ	SE M	POL
1125	SOVILLA	LUCA	VM 1	ITA
1126	ŠARIĆ	NIVES	VW 1	CRO
1127	LILJA	KENNETH	VM 1	SWE
1128	BOŠKOVIĆ	JELENA	SE W	CRO
1129	KHRAPKO	SERGII	SE M	UKR
1130	QUINESSER	MARKUS	VM 1	AUT
1131	POLIWK A-KISIEL	MAŁGORZATA	SE W	POL
1132	TOIĆ	DAVID	SE M	CRO
1133	ANDO	HIROSHI	SE M	JPN
1134	FABRIS	TANJA	SE W	CRO
1135	MAXIMOVA	POLINA	VW 1	RUS
1136	KALŠAN	ANTONIJA	VW 1	CRO
1137	DA RE	FABIO	SE M	ITA
1138	KRALJ	TIHOMIR	VM 1	CRO

1139	MARALDO	JURI	VM 1	ITA
1140	BLAZINA	IRA	SE W	CRO
1141	KOLETIĆ	NENAD	VM 1	CRO
1142	PLISA	IHOR	SE M	UKR
1143	TOMLIJANOVIĆ	KRUNO	VM 1	CRO
1144	STARKER	LUKAS	VM 1	AUT
1145	SEMENZATO	ALESSIO	SE M	ITA
1146	TOMIŠIĆ	BRANKO	SE M	CRO
1147	KOTOV	ALEXEY	SE M	RUS
1148	KUNT	NILUFER	VW 1	TUR
1149	GERBAJS	BORUT	SE M	SLO
1150	STANAR	RADANA	VW 1	SWE
1151	STEINACHER	ROK	SE M	SLO
1152	PAPP	DORA	SE W	HUN
1153	USHAKOVA	EKATERINA	SE W	RUS
1154	OBERHUEBER	FLORIAN	SE M	AUT
1155	KUMER	KAROLINA	VW 1	SLO
1156	DORIĆ	IGOR	SE M	CRO
1157	RONDI	VALENTINA	VW 1	ITA
1158	CHAN	KWAI CHUN	VW 2	HKG
1159	GORELLA	CRISTIAN	VM 1	ITA
1160	PERIN	GUIDO	VM 1	ITA
1161	PUŠNIK	KLEMEN	VM 1	SLO
1162	SUJOLDŽIĆ	BAKIR	SE M	BIH
1163	ŠIMOVIĆ	VLADIMIR	SE M	CRO
1164	VIŠNAR	ZLATKO	VM 1	SLO
1165	HO	CRYSTAL WING	VW 1	HKG
1166	BORSOS	ATTILA	VM 1	HUN
1167	VALENTIĆ	KREŠIMIR	SE M	CRO
1168	TRAXLER	ZSOLT	SE M	HUN
1169	ZAMPIERI	SARA	VW 1	GER
1170	BARADELLO	LUCA	VM 1	ITA
1171	KOROTAJ	MAKSIMILIAN	VM 1	CRO
1172	LUPŠA	BOŠTJAN	VM 1	SLO
1173	GRAŠIĆ	DUNJA	VW 1	SLO
1174	LIPICER	TOMAŽ	VM 1	SLO
1175	LOBASTOV	DMITRIY	SE M	RUS
1176	SAVIN	SERGEY	VM 1	RUS
1177	SKAZA	DARJA	VW 1	SLO
1178	CORBACIOGLU	UTKAN	SE M	TUR
1179	KNAVS	ANTON	VM 2	SLO
1180	SOKAČ	SUZANA	SE W	CRO
1181	BRČIĆ	SELMA	SE W	BIH
1182	KOSHKIN	IVAN	VM 1	RUS
1183	LOIZEAU	CEDRIC	VM 1	FRA
1184	DZIEDZINA	TOMASZ	VM 1	POL

1185	MIROVIĆ	RELJA	VM 1	SLO
1186	MUŠURA	VEDRAN	SE M	CRO
1187	BRAGUTTI	ROMANO	VM 1	ITA
1188	BEHRENS	JESSICA	SE W	USA
1189	NICHOLS	CAITLIN	SE W	USA
1190	RADETIĆ	DANIEL	VM 1	CRO
1191	BISCA	STEFANO	VM 1	ITA
1192	MAROCCHI	GIANPAOLO	VM 1	ITA
1193	ŠPEHAR	MARKO	VM 1	CRO
1194	GABOR	MATJAŽ	VM 1	SLO
1195	KOSANOVIĆ	ALEKSANDAR	SE M	CRO
1196	PATTIERA	MARTINA	VW 1	CRO
1197	PROSEN	PRIMOŽ	SE M	SLO
1198	BRBAKLIC TEPAVAC	MARINA	SE W	SRB
1199	KRNAIČ	GORAZD	VM 1	SLO
1200	LAHAJNAR	LUKA	SE M	SLO
1201	ŠTEFE	MIHA	SE M	SLO
1202	LOJO	IVANA	VW 1	CRO
1203	ŠABIĆ	ADMIR	SE M	BIH
1204	HRŠAK	RENATA	VW 1	CRO
1205	BAZSO	JOZSEF	VM 1	HUN
1206	MELLIES	DIRK	VM 1	GER
1207	ŠIROL	ENTONI	SE M	CRO
1208	LIPICER STANTIC	MOJCA	VW 1	SLO
1209	JOZIĆ	IVANA	VW 1	CRO
1210	BAKARIĆ	LUKA	SE M	CRO
1211	URBANC	FRANCI	VM 1	SLO
1212	STRAKA	DUNJA	SE W	CRO
1213	HUSANOVIĆ	HARIS	VM 1	BIH
1214	MOHAMED YUSSOF	NUR FAIZAH	SE W	SIN
1215	ZIDARIĆ	NIKOLA	SE M	CRO
1216	TRNKOVÁ KO-	HANA	VW 1	CZE
1217	SEBHELYI	SÁNDOR	VM 1	HUN
1218	VUŠOVIĆ	SOFIJA	SE W	BIH
1219	GARGANO	NICOLA	VM 1	ITA
1220	STANGL	ALEXANDER	VM 1	AUT
1221	MAVRINAC	SUZANA	SE W	CRO
1222	DRANDIĆ	DENIS	VM 1	CRO
1223	FRANKOVIC	VLADO	SE M	CRO
1224	LOVINCIC	ANA	SE W	CRO
1225	MILOŠEVIĆ	LJUBICA	SE W	SRB
1226	REŠETAR	DIANA	SE W	CRO
1227	GRUBIŠIĆ	VICE	SE M	CRO
1228	ŠIROLA	SIMON	SE M	CRO
1229	WI NIEWSKI	JANUSZ	SE M	POL
1230	TOMC	KATARINA	VW 1	SLO
1231	PANICHKIN	DENIS	SE M	RUS
1232	PEJJC	TOMISLAV	SE M	CRO

1233	ANSELMI	CARLO	VM 1	ITA
1234	GLINSKA	BEATA	VW 1	CRO
1235	SERDAREVIĆ	SAMIR	VM 1	BIH
1236	MUSAR MIŠELJIĆ	NATAŠA	VW 1	SLO
1237	ULUSOY	CAGATAY	SE M	FIN
1238	FIĆURIN	HRVOJE	VM 1	CRO
1239	GAŠPARAC	BRANKO	VM 1	SLO
1240	NAGY	PAL	VM 1	HUN
1241	CULJAK	MATIJA	SE M	CRO
1242	ŠTEFIĆ	ANITA	SE W	CRO
1243	POVŠIČ	BOJAN	SE M	CRO
1244	VUKANČIĆ	DARIJO	VM 1	CRO
1245	BAKIJA	ANDREJ	VM 1	SLO
1246	VADLJA	MARTINA	SE W	CRO
1247	BUJAN	ANTONIO	SE M	CRO
1248	ĐURĐEVIĆ	BORIS	SE M	CRO
1249	LATAKAS	RAIDAS	VM 1	LTU
1250	BUIĆ GRŽETA	MLADENKA	SE W	CRO
1251	KOREN	IGOR	SE M	CRO
1252	TERZAN	ROK	SE M	SLO
1253	SMOLNIKAR	JANKO	VM 1	SLO
1254	ROŠKAR	BRANKO	VM 1	SLO
1255	BAJIĆ	ADNAN	SE M	BIH
1256	FÜLEKI	RÓBERT	VM 1	HUN
1257	GIRARDI	MARCO	SE M	ITA
1258	BENASSUTTI	ROBERTO	VM 1	ITA
1259	KAPO	KENAN	SE M	BIH
1260	ROŠIN	JAKŠA	VM 1	CRO
1261	BRLEKOVIĆ	MORANA	VW 1	CRO
1262	CSISZÁR	ZOLTÁN	VM 1	HUN
1263	FRANSELLA	VALÉRY	SE M	SUI
1264	MARTINOVIĆ	DAMIR	SE M	AUT
1265	PERC	ALEKSANDAR	VM 1	CRO
1266	KOZIBRODA	MARCIN	VM 1	POL
1267	SPAHIĆ	DAMIR	SE M	CRO
1268	SPANOVIC	ROBERT	VM 1	CRO
1269	JUHÁSZ	RÓBERT	VM 1	HUN
1270	KOLENKO	SEBASTIJAN	SE M	SLO
1271	TEMENT	DARKO	VM 1	SLO
1272	VELLANDI	EMILIO	VM 1	ITA
1273	RADIĆ	PREDRAG	VM 1	CRO
1274	BUIĆ	DEJAN	VM 1	CRO
1275	JELIĆ	MARIO	VM 1	CRO
1276	KOSTELAC	ANDRIJA	VM 1	CRO
1277	VORONA	BOHDAN	SE M	UKR
1278	MAKUC	MARKO	VM 1	SLO
1279	SINOVČIĆ	ALAN	VM 1	CRO
1280	ADAMEC	PETR	SE M	CZE

1281	KLEMENČIČ	INOT	VM 1	SLO
1282	VUGER	LUKA	SE M	CRO
1283	BUDINŠČAK	MLADEN	VM 1	CRO
1284	SIMIC	MILENA	SE W	SRB
1285	LETNIK	MATEJ	SE M	AUT
1286	DEKOVIĆ	DANIEL	SE M	CRO
1287	DIVJAK	BOJAN	VM 1	CRO
1288	HEUPER	YANNICK	SE M	GER
1289	IVANČIĆ	GORAN	VM 1	CRO
1290	KLINOVSKÝ	MICHAL	SE M	SVK
1291	ZUZIC	PETER	SE M	SVK
1292	DOLIĆ	IVAN	SE M	CRO
1293	BINIČKI	IVAN	SE M	CRO
1294	MIRKOVIĆ-KNAUS	KARLO	SE M	CRO
1295	STELLA	MATTEO	SE M	ITA
1296	ZHU	ZHENYU	SE M	HKG
1297	KAPETANOVIC	HRVOJE	VM 1	CRO
1298	JERKOVIĆ	ALEKSANDAR	SE M	CRO
1299	OSOLNIK	BORIS	VM 1	SLO
1300	JAGATIĆ	ERVIN	SE M	CRO
1301	VIŠIĆ	LUKA	SE M	CRO
1302	CHEUNG	MANHO	VM 1	HKG
1303	CVITAN	SAŠA	SE M	CRO
1304	LUTOMSKI	DARIUSZ	VM 1	POL
1305	DOBNIKAR	GREGOR	SE M	SLO
1306	SARAC	VLADIMIR	VM 1	SRB
1307	STANKOVIĆ	ANDREA	SE M	CRO
1308	GALOVIĆ	DEAN	VM 1	CRO
1309	BASTAĆ	HRVOJE	SE M	CRO
1310	VUKADINOVIĆ	ŽELJKO	VM 1	CRO
1311	KUDOIC	KRESIMIR	VM 1	CRO
1312	BIČANIĆ	JURE	VM 1	SLO
1313	OVADENKO	IURII	SE M	UKR
1314	BRLEKOVIĆ	KREŠIMIR	VM 1	CRO
1315	BRKARIC	IGOR STEFANO	VM 1	CRO
1316	ŠKURINA	IVAN	SE M	CRO
1317	VUJNOVIĆ	MARKO	SE M	CRO
1318	KNEŽEVIĆ	BRANISLAV	SE M	SRB
1319	KONJIĆ	GORAN	VM 1	CRO
1320	CRNKOVIĆ	GORAN	VM 1	CRO
1321	IVOŠEVIĆ	ILIJA	SE M	SRB
1322	MARENIĆ	MATT	SE M	CRO
1323	OBRADOVIĆ	LAZAR	SE M	SRB
1324	ADRIANA ANISIA	COJOCARU	SE W	ROU
1325	ARIADNA	AVRAM	SE W	ROU
1326	BORISIC	JELENA	SE W	SRB
1327	BRELIH GANTAR	MARTINA	VW 1	SLO
1328	FEICHT	SILVIA	SE W	AUT

1329	FIORENINI	NIKOLINA	VW 1	CRO
1330	GERLINDE	BAUMANN	VW 1	AUT
1331	HASIKOVA	SARKA	VW 1	CZE
1332	JANIK	MARTYNA ANNA	SE W	POL
1333	KIRINČIĆ ORBANIĆ	VLATKA	SE W	CRO
1334	KISS	PETRA	VW 1	HUN
1335	KOBASIĆ	JELENA	SE W	CRO
1336	KRNIĆ	TINA	VW 1	CRO
1337	KRŽIŠNIK	KRISTINA	VW 1	SLO
1338	MALJKOVIĆ	NATAŠA	VW 1	CRO
1339	MIHALEC	MONIKA	SE W	CRO
1340	NINKOVIĆ	MIRJANA	SE W	SRB
1341	PLIHALOVA	KATERINA	SE W	CZE
1342	RIMANIĆ	PETRA	SE W	CRO
1343	VOUK	MORANA	VW 1	CRO
1344	ABILOV	FARHAD	SE M	RUS
1345	ARAMBAŠIĆ	JURAJ	SE M	CRO
1346	BALÁZS	BÁNFALVI	SE M	HUN
1347	BEHRENS	CHRISTOPHER	SE M	USA
1348	BIUK	LÉO	SE M	CRO
1349	BLAŠKOVIĆ	DAMIR	VM 1	CRO
1350	BLAŠKOVIĆ	DARKO	VM 1	CRO
1351	BOGDAN MAXI-	STROE	VM 1	ROU
1352	BOKULIĆ	ZLATKO	SE M	CRO
1353	BONDAREV	IVAN	VM 1	RUS
1354	BOROVINŠEK	MLADEN	VM 2	SLO
1355	BOŠKOVIĆ	ANTONIO	SE M	CRO
1356	BRAČKO	BOJAN	SE M	CRO
1357	BRANKOVIĆ	VOJISLAV	SE M	SRB
1358	BRATINA	RAFFAELE	VM 1	ITA
1359	BRELIH	BRANE	VM 1	SLO
1360	BREZINŠČAK	LUKA	SE M	CRO
1361	CAKIĆ	IVAN	SE M	SRB
1362	DUBROVIC	DAMIR	VM 1	CRO
1363	DŽOMBA	ADNAN	VM 1	BIH
1364	GJURAS	DRAZEN	VM 1	CRO
1365	GOTAL	ALEN	VM 1	CRO
1366	GRGAČEVIĆ	MARKO	SE M	CRO
1367	HAAS	MARTIN	SE M	AUT
1368	HAFNER	KREŠIMIR	VM 1	CRO
1369	HERMANS	RUBEN	VM 1	GBR
1370	HERO	ALEN	SE M	CRO
1371	JOZIĆ	NIKOLA	VM 1	CRO
1372	KOGEJ	MARKO	VM 1	SLO
1373	KOLJIĆ	ADNAN	SE M	BIH
1374	KRAJČ	TOMISLAV	SE M	CRO
1375	KRAŠEVEC	ERIK	VM 1	SLO
1376	KRŠUL	MAURO	VM 1	CRO

1377	KURTAGIĆ	SANEL	VM 1	BIH
1378	LAVRINŠEK	MIHA	VM 1	SLO
1379	LOVŠIN	BLAŽ	SE M	SLO
1380	MARIĆ	GORAN	SE M	CRO
1381	MARKEŠIĆ	ZORAN	SE M	CRO
1382	MARTIN	STANISLAV	SE M	CRO
1383	MARTINČIĆ	DANIJEL	SE M	CRO
1384	MEDIC	SLAVEN	VM 1	GER
1385	MIJIĆ	DEJAN	VM 1	CRO
1386	MOHARIĆ	DANIJEL	SE M	CRO
1387	MULIĆ	VERNES	SE M	BIH
1388	NEDELCU	ALEXANDRU	SE M	ROU
1389	NÉMET	MATÚŠ	SE M	SVK
1390	NICHOLS	THOMAS	SE M	USA
1391	NIKOLIĆ	IVICA	VM 1	CRO
1392	OEZGENC	AHMET	VM 1	TUR
1394	PELOZA	DAMIR	VM 1	CRO
1395	POROPAT	GORAN	SE M	CRO
1396	RADIĆ	ADAM	SE M	CRO
1397	ROTH	ERWIN	VM 1	AUT
1398	RUSJAN	NEJC	SE M	SLO
1399	RYMAR	SVYATOSLAV	SE M	UKR
1400	SAJOVIC	BLAZ	SE M	SLO
1401	SCHWALD	THOMAS	VM 1	AUT
1402	SIEDLACZEK	MAT J	SE M	CZE
1403	SIROTIĆ	IRVIN	VM 1	SLO
1404	SKLENÁK	IGOR	SE M	CZE
1405	STEINACHER	HERMANN	VM 1	AUT
1406	SVEHLAK	JIRI	VM 1	CZE
1407	SZABOLCS	MACARIE	SE M	HUN
1408	SZABOLCS	SZIMA	SE M	ROU
1409	ŠARONJA	ŽELJKO	VM 1	AUT
1410	ŠERUGA	IVAN	SE M	CRO
1411	ŠMIT	DENIS	SE M	CRO
1412	TYKHONOV	SERHII	SE M	UKR
1413	VAN LIMBERGEN	KRIS	SE M	BEL
1414	VEIT	JUERGEN	SE M	AUT
1415	VIDIČ	MATEJ	VM 1	SLO
1416	WAROQUIER	PAUL	VM 1	FRA
1417	ZAVRŠKI	MIHAEL	SE M	CRO
1418	ZORIČIĆ	ZORAN	VM 1	CRO

	ELITE RUNNERS
	VIP

PASSAGE TIMES

AID STATION NAME	KM FROM THE START	FASTEST TIME	SLOWEST TIME	CUT-OFF TIME
BUZET	0			
VRH	10,5	0:56:00	1:52:00	
BUTONIGA	15,7	1:17:00	2:36:00	
MOTOVUN	27,1	2:17:00	5:20:00	
OPRTALJ	35,1	2:59:00	8:00:00	8 HOURS
GROŽNJAN	46,4	3:55:00	10:47:00	
BUJE	53,9	4:37:00	12:29:00	
UMAG	66,8	5:34:00	15:00:00	15 HOURS



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!



3 ITRA POINTS

GREEN COURSE



3 UTMB POINTS

67 K | +2441 M | -2501 M



CROATIAN TRAIL CUP

COURSE RECORD

MALE: JOHANNES KLEIN (GER) 5:39:28 | 2017
FEMALE: AJDA RADINJA (SLO) 6:35:47 | 2017

AID STATION NAME	CUT-OFF HOURS FROM THE START	CUT-OFF ACTUAL TIME	MEDIC	BAG	AID STATION	HOT FOOD	SHOWERS	CHEESE/MEAT	PASTRIES	FRUITS	BREAD	SALTY SNACKS	NUTELLA :)	BISCUITS	COLA	WATER	ISOTONIC	TEA	COFFEE	HOT SOUP	LIVE TIMING	
BUZET																						
VRH					X					X		X			X	X		X				X
BUTONIGA					X					X		X		X	X	X		X	X	X	X	X
MOTOVUN					X			X		X	X	X	X		X	X		X				X
OPRTALJ	8 H	SATURDAY 20:00	X		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	SUNDAY 03:00	X			X	X			X		X			X	X						X



JAHORINA ULTRA TRAIL

BOSNIA & HERZEGOVINA | JULY 26-28, 2019

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YELLOW
COURSE
START

MOTOVUN APRIL 13TH 09:00

PARKING AT THE LOWER CITY

THE AN- CIENT KEEPER OF THE RIVER MIRNA VALLEY

In the northern part of Istria, overlooking the Mirna River valley, lies surely the most famous and attractive Istrian medieval town of Motovun-Montona. This captivating hilltop town is one of the characteristic symbols of the Istrian interior.

Motovun is the perfect venue for a large number of events, the most significant among them being the International Motovun Film Festival that takes place at the end of July where world-known film artists may be seen. Motovun is also interesting for ballooning lovers, its favourable microclimate enables flying in balloons all year round, so that Motovun-Montona hosts several ballooning events.

Motovun Forest which stretches along the Mirna River valley is especially rich in truffles, the underground malodorous

fungus believed to be an aphrodisiac. Istrian white truffles, whose season lasts from September to December are said to be as good as the finest Italian and French truffles.

Opposite Motovun stands the charming picturesque town of Oprtalj-Portole, as well as Livade, famous for the Days of Truffles held every year from September to November. Every year in Livade, also known as the World's truffle centre, a special festival is organized with a contest of choosing the largest truffle.

In close vicinity is also Istarske toplice, thermal spa with curative water.

Motovun is especially attractive due to its medieval town walls that surround the town in a ring-like manner and the view of the vineyards and the Motovun Park Forest. The tourist and gastronomic offer turned Motovun-Montona into one of the most popular excursion destinations of the tourists who spend their holidays on the west and east coast of Istria.

The area around the town can be seen while walking the Motovun Park Forest in search of the gastronomic specialty – the truffle, while visiting the vineyards of teran, pinot, malvasia on the south-western slopes, while hunting or cycling. Since 1903, in the part of the town called Kanal every third Monday since 1903 a cattle fair is held. One of the legends related to Motovun is the one about Veli Jože (Big Jože), based on it Vladimir Nazor wrote the short story of the same name.

TIME TABLE

07:00
**DEPARTURE FOR THE START FROM
UMAG**

08:00
ARRIVAL TO THE START IN MOTOVUN

09:00
START!

HOW TO GET THERE BY CAR?

from Umag - fastest route
Umag - direction Buje - in Buje direction
Buzet
distance: 35 km
ETA: 0h 49min



PHOTO.
Course start map

START LIST

YELLOW COURSE

1501	ZUPANČIČ	MARJAN	VM 1	SLO
1502	IVANESCU-GLIGA	ANDREI	SE M	ROU
1503	DE ZAN	MANUEL	SE M	ITA
1504	TKACH	ANDRIY	SE M	UKR
1505	GLANTSCHNIG	MARKUS	SE M	AUT
1506	FRANCIOSI	JONATHAN	VM 1	ITA
1507	URŠIČ	BARBARA	SE W	SLO
1508	VOLČANŠEK	MITJA	SE M	SLO
1509	MELCER	KATARZYNA	SE W	POL
1510	FRIEMERT	LUISA	SE W	GER
1511	CORRADINI	CHIARA	VW 1	ITA
1512	RENET	ASTRID	SE W	FRA
1513	SILBERER	VICTOR	SE M	GER
1514	KULIČ	PETRA	SE W	CRO
1515	JOR	MARTIN	SE M	CZE
1516	CULEJ	JELENA	SE W	CRO
1517	PENEDO	PAULA	VW 1	POR
1518	ZBIJOWSKA HATALA	EWELINA	SE W	POL
1519	DORČIČ	DINO	SE M	CRO
1520	VOELKEL	SARAH	SE W	AUT
1521	KOZLOVA	TATIANA	SE W	RUS
1522	PAVIC	BRANISLAV	SE M	BIH
1523	ŽNIDARŠIČ	ALJOŠA	VM 1	SLO
1524	CULEJ	JELENA	SE W	CRO
1525	SHEVRIKUKO	ARKADIY	SE M	BUL
1526	DAVIDE	FIORASO	SE M	ITA
1527	ČAVRAK	MATIJA	SE M	CRO
1528	BRATUŠA	ROK	SE M	SLO
1529	MINOR	ILKA	VW 1	AUT
1530	OCVIRK	EVA	VW 1	CRO
1531	MIELERT	ANTONIA	SE W	GER
1532	GRAHOVAC	ZORAN	SE M	CRO
1533	PONČOVÁ	EVA	VW 1	CZE
1534	PAWLOWSKY	MICHAEL	SE M	GER
1535	KOŠUTA	KLAVDIJA	VW 1	SLO
1536	CHIAVALON	ANTONIO	SE M	CRO
1537	LASSILA	SANNA	VW 1	FIN
1538	SERDAR	SLAVICA	SE W	CRO
1539	OSTOJIČ	LANA	SE W	CRO
1540	DIKLIČ	IVAN	SE M	CRO
1541	HERMAN	MARKO	SE M	CRO
1542	COHN	RAFFAELLA	VW 1	ITA
1543	VEILLON	CATHERINE	VW 2	FRA
1544	BALOH	JANJA	VW 1	SLO
1545	KOSUT	LUKAS	SE M	CZE
1546	DRUŽETA	TONI	SE M	CRO

1547	LACKNER-KNOE-BLREITER	YVONNE	SE W	AUT
1548	DICK	ANNEMARIE	VW 1	GER
1549	STRUGAR BEVC	NIKA	SE W	SRB
1550	ŽIVKOVIČ	TAJANA	VW 1	CRO
1551	GERLIČ	IZTOK	VM 1	SLO
1552	MALI	MAJA	SE W	SLO
1553	REGATTIN	LUCIANO	VM 1	ITA
1554	SMOLINSKI	MANDY	VW 1	GER
1555	SAURUG	DANIEL	SE M	AUT
1556	RODRIGUES	JORGE	VM 1	POR
1557	FILIPOVIC	MAJA	VW 1	CRO
1558	DYRGA	SEBASTIAN	VM 1	POL
1559	MALOČA	MARTINA	SE W	CRO
1560	GALKOWSKI	VALENTINA	SE W	CRO
1561	GSÖLLPOINTNER	KATHARINA	SE W	AUT
1562	NOVAK DOBAJ	MATEJA	VW 1	SLO
1563	KERNJUS	IVAN	SE M	CRO
1564	VEILLON	BENOIT	VM 1	FRA
1565	OCVIRK	EDI	VM 1	CRO
1566	ČOSO ZUGAN	VIŠNJA	SE W	CRO
1567	ŠTALJO	AMILA	SE W	BIH
1568	KEREŽI	ROBERT	VM 1	SLO
1569	CLARISSE	POULLETTE	SE W	FRA
1570	TROBEC MLAKAR	POLONA	VW 1	SLO
1571	SZCZYGIEL	ADRIANA	SE W	POL
1572	HAĐUR	KRISTIJAN	SE M	CRO
1573	CANBULAT	BASAK	SE W	TUR
1574	BRATUŠA	KLEMEN	SE M	SLO
1575	PERČIČ	ŠPELA	SE W	SLO
1576	KUKULJAN	MILAN	SE M	CRO
1577	GOMBACH	DANIELE	VM 1	ITA
1578	BALETA	PETRA	SE W	CRO
1579	ŠEMRL	ŠPELA	SE W	SLO
1580	ČAMPA	HELENA	VW 1	SLO
1581	ŠTUKLEK	GREGOR	SE M	SLO
1582	ŠOLAJA	KATARINA	SE W	SRB
1583	ŠALEHAR	ROBERT	VM 1	SLO
1584	ARY	BENEDEK	VM 1	HUN
1585	VUJČIČ	DUŠICA	VW 1	CRO
1586	YAM	TIFFANY	SE W	HKG
1587	ČORKO MEŠTROVIČ	IRENA	VW 1	CRO
1588	SOUKUP	ÁGNES	SE W	HUN
1589	KOSI PAJ	MATEJ	VM 1	SLO
1590	MANDIČ	IGOR	VM 1	SLO
1591	ROT ZANKOLA	SAŠA	VW 1	CRO

1592	ČADEŽ	JANEZ	VM 1	SLO
1593	TROBEC	MARJAN	VM 1	SLO
1594	KNEŽEVIĆ	MIRNA	SE W	CRO
1595	HUTKOVA	DANIELA	SE W	SUI
1596	LINHARTOVÁ	MARTINA	SE W	SVK
1597	OZGUC	ONUR	SE M	HUN
1598	JERIĆ-MILOŠ	VEDRANA	SE W	CRO
1599	BORZA	HELGA DOROTTYA	SE W	HUN
1600	DÉN	EDIT	VW 1	HUN
1601	ŠPANJOL	TOMISLAV	VM 1	CRO
1602	SMITH	JODIE	VW 1	GBR
1603	NOVIKOV	ANDREY	SE M	MNE
1604	SOLOVEI	TAMARA	SE W	UKR
1605	KHIRDDINE	RAÏSSA	SE W	CRO
1606	JUREVIČE	AISTE	SE W	LTU
1607	PAŠAGIĆ KAPE- TANOVIĆ	ANITA	SE W	BIH
1608	TYLUS	SYLWIA	SE W	POL
1609	SOLOVEI	MYKOLA	VM 1	UKR
1610	ĐAPO	INIS	SE M	CRO
1611	JAKUPOVIĆ	EMIR	VM 1	CRO
1612	DÉ BOCK	NICOLAS	VM 1	FRA
1613	CELENT	MARTINA	VW 1	CRO
1614	MATIĆ	IVANA	VW 1	CRO
1615	MORIĆ	IVANA	VW 1	CRO
1616	NAUE	URSULA	VW 1	AUT
1617	KNEŽEVIĆ	DUBRAVKO	SE M	CRO
1618	ZADRAVEC	KATARINA BAR- BARA	VW 1	SLO
1619	BUDI	FRANJO	VM 1	CRO
1620	OREHOVEC	RANKO	SE M	CRO
1621	KONEC	DEJAN	VM 1	SLO
1622	HERCOG	MARKO	SE M	SLO
1623	UHAČ VRANEŠIĆ	SANDRA	VW 1	CRO
1624	DINGIL	MELEK	SE W	GER
1625	MIKUŽ	BOŠTJAN	SE M	SLO
1626	RUGELJ	SAMO	VM 1	SLO
1627	UKOTA	DALIBOR	VM 1	CRO
1628	GASIĆ	GORAN	SE M	BIH
1629	SZALASNY	PIOTR	SE M	POL
1630	ALIKAN	MELTEM	SE W	TUR
1631	PANDZIC	NIRHADA	SE W	BIH
1632	ČOLAKOVIĆ	EDIN	SE M	BIH
1633	GYULAI	SZILVIA	VW 1	HUN
1634	SARAJEVČIĆ	NATAŠA	VW 1	SRB
1635	JUNGIĆ	SAŠA	SE M	CRO

1636	ŠTIFANIĆ	SINIŠA	VM 1	CRO
1637	KUŠTRIN	ANDRAŽ	SE M	SLO
1638	PAYER	ALEXANDER	SE M	AUT
1639	IVANČIČ JURŠE	LILI	VW 1	SLO
1640	MALINAR VELČIĆ	ANA	SE W	CRO
1641	JELIC	MARKO	SE M	CRO
1642	CMRK	MIHAEL	SE M	CRO
1643	DRAŽENOVIĆ	DOMAGOJ	SE M	CRO
1644	VOJNIKOVIĆ	JASMINA	SE W	CRO
1645	PEČNIK	UROŠ	VM 1	SLO
1646	VITSHAS	ALEXANDER	VM 1	RUS
1647	GARGAS-DZIEDZINA	JOANNA	SE W	POL
1648	MLAKAR	SIMONA	VW 1	SLO
1649	ČADEŽ	VLASTA	VW 1	SLO
1650	KRANER	NATALIJA	VW 1	SLO
1651	STANO	DANIEL	SE M	SVK
1652	MARINAC	NIVES	VW 1	CRO
1653	URDIH ŠTEFANAC	ALENKA	VW 1	CRO
1654	PUZE	JANA	SE W	LAT
1655	STARC	ALJAŽ	VM 1	SLO
1656	ŽABIĆ	DRAGAN	VM 1	BIH
1657	DJUKELIC	VANJA	SE W	SRB
1658	MIJANOVIĆ	NEVEN	SE M	CRO
1659	GRUNTAR	IRENA	VW 2	SLO
1660	ZAKLAN	MARJAA	VW 1	SRB
1661	LOVŠIN	NEJC	SE M	SLO
1662	JANŽOVNIK	BOŠTJAN	SE M	SLO
1663	ŠETINA	MAJA	VW 1	SLO
1664	ČOVIĆ	DRAGOMIR	VM 1	CRO
1665	PERUŠKO TOPIC	VANESA	VW 1	CRO
1666	ROGULJ HRELJA	IVA	VW 1	CRO
1667	MALIHIN	DRAGOS	SE M	POL
1668	KUČIĆ	MIHAELA	VW 1	CRO
1669	PLEŠA	TOMISLAV	VM 1	CRO
1670	ALBI	NEVA	VW 1	ITA
1671	CIE CIAŁA	JERZY	SE M	CZE
1672	LOGAR	JOŽE	VM 1	SLO
1673	ZGRABLIĆ	PAOLO	SE M	CRO
1675	VAREŠKO	ROBERTO	SE M	CRO
1676	JAGUNIĆ	MISLAV	SE M	CRO
1677	POTRČ	SIMON	VM 1	SLO
1678	KUKULJAN	INGRID	VW 1	CRO
1679	MARKOVIĆ	ALEKSANDRA	SE W	CRO
1680	WARDE	JASMINA	SE W	CRO
1681	KOŠUT	FILIP	SE M	CZE
1682	JEZERŠEK	SILVANA	VW 1	SLO

1683	TOKOVIĆ	KATARINA	VW 1	CRO
1684	FRANTAL	MIRJANA	VW 1	CRO
1685	SINTIĆ UHAČ	BARBARA	VW 1	CRO
1686	BRAJČIĆ	SRDAN	VM 1	CRO
1687	LOGAR	LUKA	SE M	SLO
1688	TOMAŠ	TONKO	SE M	CRO
1689	GRABLJEVEC	MATJAŽ	VM 1	SLO
1690	JEZERŠEK	BOŠTJAN	VM 1	SLO
1691	BRENKO TOMIĆ	ROMINA	VW 1	CRO
1692	DORČIĆ	MILENA	VW 1	CRO
1693	HLAČA	SUZANA	VW 1	CRO
1694	KOSMAČ	ALENKA	VW 1	SLO
1695	MOFERDIN	OLIVIJA	VW 1	CRO
1696	PERIĆ	MIRJANA	VW 1	CRO
1697	SUDAC	ANA	SE W	CRO
1698	VUKOJEVIĆ	IVANA	VW 1	CRO
1699	KONDERLA	RICHARD	VM 1	CZE
1700	PURMALIETIS	KASPARS	SE M	LAT
1701	GORIČKI	EMIL	VM 1	CRO
1702	ULYANENKOV	MAXIM	VM 1	RUS
1703	KWIATEK	LUKASZ	SE M	SUI
1704	HECKL	TAMAS	VM 1	HUN
1705	LULIĆ	PETRA	SE W	CRO
1706	MANDIĆ	JELENA	SE W	CRO
1707	JURAS	MARTINA	SE W	CRO
1708	KREZIĆ	MATEJA	SE W	CRO
1709	DEDIC	ADNAN	VM 1	BIH
1710	LISAC	FILIP	SE M	CRO
1711	ŠETINA	LUKA	VM 1	SLO
1712	BAKA	TIBOR	VM 1	HUN
1713	MILJKOV	NIKOLA	SE M	SRB
1714	ČAVUŽIĆ ČAJKO	JASMINKA	VW 1	CRO
1715	JAMBROŠIĆ	ANDREA	VW 1	CRO
1716	KUTIJA	TOMISLAV	VM 1	CRO
1717	RUDAN	BARBARA	VW 1	CRO
1718	TOMIĆ	DRAŽEN	VM 1	CRO
1719	GAZIVODA	IVANA	VW 1	SRB
1720	ODAK	ANA	SE W	CRO
1721	VERBIČ	POLONA	VW 1	SLO
1722	BARKOVIC	KLAUDIO	VM 1	CRO
1723	ISKRA	IVANA	SE W	CRO
1724	KRTIĆ	MARTINA	VW 1	CRO
1725	PINTENICS	GÝÖZÖ	VM 1	HUN
1726	GALETIĆ	ALEKSANDRA	SE W	CRO
1727	ČADEŽ	RADO	VM 2	SLO
1728	HORVÁTH	ATTILA	VM 1	HUN
1729	TUBIN	SAŠA	SE M	CRO
1730	BARAČ	IVICA	VM 1	CRO

1731	RIDZAL	EDIN	SE M	BIH
1732	ČOLOVIĆ	SANELA	SE W	BIH
1733	CVITKOVIC	IVAN	SE M	CRO
1734	HITI	TOMAŽ	VM 1	SLO
1735	IVANDIJA	VJEKOSLAV	VM 1	CRO
1736	KOREN	ALEŠ	SE M	SLO
1737	WEST	PAUL	SE M	USA
1738	PALAVRA	MIROSLAV	SE M	CRO
1739	PRESEČKI	FILIP	SE M	CRO
1740	LULIĆ	MARTA	SE W	CRO
1741	SEKUŠAK	TENA	SE W	CRO
1742	VANJEK	DIJANA	SE W	CRO
1743	BEGIĆ	NEDŽIB	VM 1	CRO
1744	CULHALIK	SERHAT	SE M	TUR
1745	VELČIĆ	MARINO	VM 1	CRO
1746	MARINOVIĆ	DOMAGOJ	VM 1	CRO
1747	MUJKIĆ	HARIS	SE M	CRO
1748	ŽOGAN	TANJA	VW 1	SLO
1749	PIFAR	TOMISLAV	SE M	CRO
1750	MLADENOVIC	DALIBOR	VM 2	CRO
1751	PURIĆ	DOMAGOJ	SE M	CRO
1752	KRASNIK	SIMONA	VW 1	SLO
1753	MUJKIĆ	AJLA	SE W	BIH
1754	TANKO	TADEJ	SE M	SLO
1755	HOWARD	SHANNON	VW 1	GER
1756	KRIZNIC	ANTONIO	SE M	SLO
1757	UDOVIČIĆ	DEAN	VM 1	CRO
1758	FLEKOVIĆ	LUKA	SE M	CRO
1759	OBLAK	MARKO	VM 1	SLO
1760	TAMBURIC	IVAN	VM 1	SRB
1761	KRANER	LAURA	SE W	SLO
1762	NITESCU	ELIZA	VW 1	ROU
1763	PUKŠEC	NINA	SE W	CRO
1764	HAVLENA	DAVID	VM 1	CZE
1765	STANIĆ	DANIJEL	SE M	CRO
1766	KRIŽANEC	ANDREJ	VM 1	SLO
1767	TEKOVIĆ	ANDREJ	SE M	CRO
1768	BRALA	MARTINA	SE W	CRO
1769	SUPIČIĆ	MARINA	SE W	CRO
1770	JAKOVČEVIĆ	ANTONIA	VW 1	CRO
1771	OLIVO	TIZIANA	VW 1	ITA
1772	MANZIN	ANDREA	SE M	CRO
1773	GVOZDANOVIĆ	GABRIJELA	SE W	CRO
1774	VAREŠKIĆ	NEDELJKO	VM 1	CRO
1775	MITAR VLAŠIĆ	SANJA	VW 1	CRO
1776	IONESCU	IONUT	SE M	ROU
1777	TUČKORIĆ	ZDENKO	VM 1	CRO
1778	DOLENEC	TANJA	SE W	CRO

1779	BILBIJA	BOJAN	SE M	BIH
1780	BOŽIĆ	DEJAN	VM 1	CRO
1781	DORČIĆ	MILJENKO	VM 2	CRO
1782	KOSMAČ	PRIMOŽ	VM 1	SLO
1783	JOHN	WEEDEN CATHERINE	SE M	FRA
1784	KUJUNDŽIĆ	ANTE	SE M	CRO
1785	LEISZTNER	PETER	VM 1	HUN
1786	HORVÁTH	TIBOR	VM 1	HUN
1787	ŠEKETA	DAMIR	SE M	CRO
1788	CHENG	CHOR LOI	VM 1	HKG
1789	KISIEL	MICHAŁ	SE M	POL
1790	BASA	RADE	VM 1	CRO
1791	BRZAKOVIĆ	GORAN	VM 1	SRB
1792	ODAK	IVAN	VM 1	CRO
1793	LEVAI-JENNET	GABOR	VM 1	HUN
1794	HALLER	ORSOLYA	VW 1	HUN
1795	BAŠIĆ	AMIR	VM 1	BIH
1796	BORIĆ	IGOR	VM 1	CRO
1797	MICULINIĆ	MARKO	VM 1	CRO
1798	REBIC	DOMAGOJ	VM 1	CRO
1799	MRAKUŽIĆ	ROBERT	VM 1	CRO
1800	FRANC	VERA	VW 2	CRO
1801	SEVIK	MURAT	VM 1	TUR
1802	RENIĆ	ZVONIMIR	VM 1	CRO
1803	HRIBERNIK	ALEŠ	VM 1	SLO
1804	MANDIĆ	MIRJANA	VW 1	CRO
1805	KADIRIC	DALVIN	SE M	BIH
1806	MARINAC	ROBERT	VM 1	CRO
1807	DOROTIĆ	IVAN	VM 1	CRO
1808	NEJEDLY	SEBASTJAN	VM 1	SLO
1809	PÖLITZ	TIM	SE M	GER
1810	KALASHNIKOV	SERGEY	VM 1	RUS
1811	PERIĆ	TRPIMIR	VM 1	CRO
1812	ŽEVRNJA	VLADIMIR	VM 1	CRO
1813	SUDAC	IVICA	SE M	CRO
1814	NAMGALIJA	SENAD	VM 1	BIH
1815	ŠTEFANAC	DARKO	VM 1	CRO
1816	KUČIĆ	ALFONZ	VM 1	CRO
1817	BAŠIĆ	DAJANA	VW 1	CRO
1818	PERAN	DAVORKA	VW 1	CRO
1819	RUDAN	IGOR	VM 1	CRO
1820	VERBIC	ROMAN	VM 1	SLO
1821	KOSAREV	EVGENII	SE M	NED
1822	ZAKRAJŠEK	NEJC	SE M	SLO
1823	KOZLOV	VLADIMIR	VM 1	RUS
1824	ĐUKIĆ	VEDRAN	VM 1	CRO
1825	MALINSKY	WALTER	VM 1	AUT

1826	PARAĆ	ZLATKO	VM 1	CRO
1827	BURIĆ	TOMISLAV	SE M	CRO
1828	IGREC	BORIS	VM 1	CRO
1829	HUDEC	SVJETLAN	VM 2	CRO
1830	ANDLAR	DORA	SE W	CRO
1831	ANTIĆ	JELENA	SE W	CRO
1832	AUŠPERGER	DANIJELA	SE W	CRO
1833	BAŠIĆ	ALMA	VW 1	BIH
1834	BEKAVAC	KATARINA	VW 1	CRO
1835	BEKAVAC	SANDRA	VW 1	CRO
1836	BEKIC	DRAGANA	SE W	CRO
1837	BEVČAR MAROS	DAVORKA	VW 1	CRO
1838	BOGUNOVIC	KATARINA	SE W	CRO
1839	BOLJUNČIĆ	LORENA	VW 1	CRO
1840	BROCKSCHMIDT	EVA	SE W	GBR
1841	BURŠIĆ	BARBARA	SE W	CRO
1842	CEROVEČKI	IVANA	SE W	CRO
1843	CETIN	FATMA BILGEN	SE W	TUR
1844	CHOW	MAN YIN	SE W	HKG
1845	CVITAN	ANDREA	VW 1	CRO
1846	ČAKANIĆ	LIDIJA	VW 1	CRO
1847	ČEPO	IVANA	SE W	CRO
1848	ČOLJA	SANDRA	VW 1	CRO
1849	ČUĹJAK	GOGA	VW 1	CRO
1850	ČUKUŠIĆ	ANDELA	SE W	CRO
1851	DAMIJANIĆ	NATAŠA	SE W	CRO
1852	DETAN KARLOVIĆ	ALENA	VW 1	CRO
1853	DEVETAK	HELENA	VW 1	SLO
1854	DIDOVIĆ	NINA	SE W	CRO
1855	DORDEVIC	MAJA	SE W	CRO
1856	DRAGOJEVIĆ	SONJA	VW 1	CRO
1857	DRUŽETA	DUBRAVKA	SE W	CRO
1858	ERO LU	ECEM	SE W	TUR
1859	FRANULOVIĆ	MARINA	VW 1	CRO
1860	GERBEC MATIĆ	MARTINA	SE W	CRO
1861	GRADEČAK GAL- OVIĆ	MARIJA	VW 1	CRO
1862	GRŠKOVIĆ	IVANA	SE W	CRO
1863	HAFNER	JASNA	SE W	CRO
1864	HORVATIĆ	KRISTINA	VW 1	CRO
1865	HRVATIN	HELENA	VW 1	CRO
1866	IHAROŠ	TAMARA	VW 1	CRO
1867	ILJIĆ KR PAN	MARCELA	VW 1	CRO
1868	JAKOVČIĆ	ANA	SE W	CRO
1869	JELOVICA	JASMINA	SE W	CRO
1870	JEMEC OPEKA	ROMANA	VW 1	SLO
1871	JUNČAJ	MIJA	SE W	MNE
1872	JURETIĆ MOHORIĆ	MARIA	SE W	CRO

1873	JURŠNIK	MARJETA	SE W	SLO
1874	KALOĐERA	TATJANA	VW 1	CRO
1875	KARLIC	NINA	SE W	CRO
1876	KAZIĆ TARTAGLIA	IRENA	VW 1	CRO
1877	KIKELJ	IVANA	SE W	CRO
1878	KOLARIC	MARINA	SE W	CRO
1879	KOVÁCS	MÓNIKA	VW 1	HUN
1880	KOVAČEVIĆ	LANA	SE W	CRO
1881	KOVAČIĆ	ANDREA	VW 1	CRO
1882	KRALJ	ANA	SE W	CRO
1883	KRALJ	PETRA	VW 1	SLO
1884	KRAMAR	IVANA	SE W	CRO
1885	KRASSNITZER	THERESA	SE W	AUT
1886	KUNA	PETRA	SE W	CRO
1887	KUNST	DUBRAVKA	VW 1	SLO
1888	LAKATOS	EVA	VW 1	HUN
1889	LEKA BROZIĆ	DUNJA	VW 1	CRO
1890	LUKEŽIĆ	MARTINA	SE W	CRO
1891	LULIĆ PALAVRA	IVA	SE W	CRO
1892	LUŠTEIN	MARTINA	VW 1	CRO
1893	MARAK	ANA	SE W	CRO
1894	MARTINOVIĆ	SANDRA	SE W	CRO
1895	MATANOVIĆ	IVANKA	VW 1	CRO
1896	MATIĆ	JELENA	SE W	CRO
1897	MEDANČIĆ	MAŠA	SE W	CRO
1898	MIĆ	MARTINA	SE W	CRO
1899	MIHINJAČ	TANJA	SE W	CRO
1900	MILER	KATARINA	SE W	CRO
1901	MILINA	MAJA	SE W	CRO
1902	MILOŠEVIĆ	SILVIJA	SE W	CRO
1903	MRSIC	SILVIJA	VW 1	CRO
1904	MUGOŠA	MARINA	VW 1	MNE
1905	NOVAK	DAJANA	SE W	CRO
1906	NOVOSEL	ZRINKA	SE W	CRO
1907	OSTOVIĆ	GORDANA	VW 1	CRO
1908	PALIJAN	MAJA	SE W	CRO
1909	PALINIĆ	MARIJA	SE W	CRO
1910	PAPA DUKIĆ	EDITA	SE W	CRO
1911	PAVLOVIĆ	ANKICA	SE W	CRO
1912	PEHAR	KSENIJA	VW 1	CRO
1913	PERŠIĆ	MONIKA	SE W	CRO
1914	PERŠIĆ ŠTEFANEK	PAULA	SE W	CRO
1915	PEŠA	MONIKA	SE W	CRO
1916	PETERNOLLI	SILVINA	SE W	GER
1917	PETJE	URŠKA	VW 1	SLO
1918	PETRANOVIĆ	BARBARA	SE W	CRO

1919	PILAT	NATALI	SE W	CRO
1920	POINTNER	RENATE	VW 1	AUT
1921	POTAPOVA	LIUDMYLA	SE W	UKR
1922	PRIŠLIN	IVANA	SE W	CRO
1923	PUČIĆ	CLAUDIA	SE W	CRO
1924	PUSTAVRH	SILVA	VW 1	SLO
1925	RAKOWITZ	CAROLINE	SE W	AUT
1926	REGÉNYI-SÜVEG	NÓRA	SE W	HUN
1927	RICOV	ANA MARIA	SE W	CRO
1928	ROVIS	MARGERITA	SE W	CRO
1929	SABITONI	LUCIE	SE W	FRA
1930	SIMONOVIC	MAJA	SE W	CRO
1931	SINOVČIĆ	IDA	SE W	CRO
1932	SMOLNIKAR	TJAŠA	VW 1	SLO
1933	STANIĆ GRGUREVIĆ	ELVIRA	VW 1	CRO
1934	STIĆ MRKIĆ	MARIJANA	SE W	CRO
1936	ŠKERJANEC HORVAT	IVONA	SE W	CRO
1937	ŠKOTON	JELKA	SE W	CRO
1938	ŠOLAJA	ANICA	VW 2	SRB
1939	ŠPARAVEC	DUBRAVKA	VW 1	CRO
1940	ŠPOLJARIĆ	TATJANA	SE W	CRO
1941	ŠTIVIČIĆ	DORIS	SE W	CRO
1942	TEŽAK	ZORANA	SE W	CRO
1943	TOPOLOVAC	ANA	SE W	CRO
1944	TOSIC	IVANA	SE W	CRO
1945	TRAJKOV	DEJANA	VW 1	CRO
1946	TRBIĆ	SVJETLANA	VW 1	CRO
1947	TUL MANDIĆ	NATAŠA	VW 1	SLO
1948	TURČIN	INGA	VW 1	CRO
1949	UHRINOVÁ	RACHEL	SE W	SVK
1950	VELKAVRH DAMIJANIĆ	NINA	SE W	CRO
1951	MARKO	VUKOTIĆ	SE M	SLO
1952	VIDULIN	JELENA	SE W	CRO
1953	VILÍMOVÁ	SABINA	SE W	CZE
1954	VUČINIĆ GRŽINIĆ	SIMONA	SE W	CRO
1955	VUK	SREBRENKA	VW 1	CRO
1956	VUKOJA	LARISA	VW 1	CRO
1957	XIGGI	CHRYSSOULA	VW 1	GRE
1958	ZAJEC	BRIGITA	VW 1	SLO
1959	ZELENIKA	ANA	SE W	CRO
1960	ZUGAN	SANDRA	SE W	CRO
1961	AMBREKOVIC	BRANIMIR	VM 1	CRO
1962	BAJTJL	IGOR	VM 1	CRO
1963	BARBIĆ	ZVONKO	SE M	CRO

1964	BARLEK	MIRKO	VM 1	CRO
1965	BAYER	ZLATKO	VM 1	CRO
1966	BEKAVAC	MARIO	VM 1	CRO
1967	BELJO	MARINKO	VM 1	CRO
1968	BENJAK	MIROSLAV	VM 1	CRO
1969	BERKOVIĆ	VILIAM	SE M	CRO
1970	BOLLEN	PAUL	SE M	NED
1971	BREČEVIĆ	DRAGAN	VM 1	CRO
1972	BUDIĆ	IVAN	SE M	CRO
1973	BUZZI	JÜRGEN	VM 1	AUT
1974	CANDELA	VINCENZO	SE M	ITA
1975	CHAPMAN	CHRIS	SE M	GBR
1976	ČAKANIĆ	MIRKO	VM 1	CRO
1977	ČOSIĆ	LUKA	SE M	CRO
1978	DALBY	JARED	SE M	USA
1979	DILBER	DARIO	SE M	CRO
1980	DUNDOVIĆ	TIHOMIR	SE M	CRO
1981	ERAK	MARKO	SE M	CRO
1982	FABRIS	MILOVAN	SE M	CRO
1983	FILIP IĆ	VANJA	SE M	CRO
1984	FINGER	STEFAN	VM 1	GER
1985	GOLDSCHMIDT	PETER	VM 1	USA
1986	GOLJA	GORDAN	VM 1	CRO
1987	GRAČAN	TOMISLAV	VM 1	CRO
1988	GRGIC	BLAZ	SE M	SLO
1989	HRENAR	TOMISLAV	VM 1	CRO
1990	HRIBERNIK	GAŠPER	SE M	SLO
1991	IGBOAKA	IKENNA	SE M	GBR
1992	ILIC	ZAN	SE M	SLO
1993	IPŠEK	URBAN	SE M	SLO
1994	IVANČIĆ	TOMISLAV	SE M	CRO
1995	JAKOVČIĆ	MARINKO	SE M	CRO
1996	JAKUŠIĆ	DANIJEL	SE M	CRO
1997	JELIĆ	JOSIP	VM 1	CRO
1998	JURANIĆ	MARKO	VM 1	CRO
1999	JURIČIĆ	IVAN	VM 1	CRO
2000	KALEBIĆ	EDO	SE M	CRO
2001	KAMENSKI	VLADIMIR	VM 1	CRO
2002	KANDLER	STEPHAN	SE M	AUT
2003	KARLOVIĆ	TOMISLAV	VM 1	CRO
2004	KAŠTELA	ZORAN	SE M	CRO
2005	KEČA	DALIBOR	VM 1	CRO
2006	KEGELJ	DINKO	VM 1	CRO
2007	KENDA	TOMAŽ	SE M	SLO
2008	KISLINGER	SEBASTIAN	SE M	AUT
2009	KLANAC	IVAN	SE M	CRO

2010	KOČEVAR	SEBASTJAN	SE M	SLO
2011	KOINIG	ALBIN	VM 1	AUT
2012	KOMJATI	ISTVAN	SE M	HUN
2013	KOPRIVNJAK	ROBERT	VM 1	CRO
2014	KORBAR	BORIS	VM 1	CRO
2015	KOŠUTIĆ	MARIN	SE M	CRO
2016	KOVAČEVIĆ	SLOBODAN	VM 1	CRO
2017	KRAMAR	DRAGAN	SE M	CRO
2018	KREVATIN	VEDRAN	VM 1	SLO
2019	KROLO	ZDRAVKO	SE M	CRO
2020	KRPAN	MIROSLAV	VM 1	CRO
2021	KRSNIK	STANISLAV	VM 1	CRO
2023	LADAVAC	SANDI	SE M	CRO
2024	LAKOVIĆ	ELVIS	VM 1	CRO
2025	LENARČIĆ	MARKO	VM 2	SLO
2026	LENARČIČ	PETER	SE M	SLO
2027	LETINA	KRUNO	VM 1	CRO
2028	LO	WAI KIN	VM 1	HKG
2030	LUKEŽIĆ	SANDRO	VM 1	CRO
2031	MACDONALD	ALEC	SE M	GBR
2032	MAJER	IGOR	SE M	MNE
2033	MALČIĆ	KRISTIJAN	SE M	CRO
2034	MARKOVIĆ-TOMAK	ROMEO	VM 1	CRO
2035	MAROS	IVAN	VM 1	CRO
2036	MARUŠIĆ	FRANKO	VM 1	CRO
2037	MATEJČIĆ	MARIN	SE M	CRO
2038	MIČE TIĆ	LUKA	SE M	CRO
2039	MILOTIC	DUBRAVKO	SE M	CRO
2040	MIZERÁK	RADEK	SE M	CZE
2041	MLINAR	JANEZ	VM 1	SLO
2042	MOERTL	CHRISTOPH	VM 1	AUT
2043	MONFERINI	LUCA	SE M	ITA
2044	MRAK	BRANIMIR	SE M	BEL
2045	NATHVANI	SHYLE	SE M	GBR
2046	NGOUMOU-JIKAM	OLIVIER	SE M	GBR
2047	NIŠEVIĆ	VLADISLAV	VM 1	CRO
2048	OMERZU	DAVORIN	VM 1	SLO
2049	PAĐAN	TOMISLAV	VM 1	CRO
2050	PEKIJA	VLADISLAV	VM 1	AUT
2051	PEROVIĆ	IVAN	SE M	CRO
2052	PERŠIĆ	ROBI	SE M	CRO
2053	PESJAK	TOMI	VM 1	SLO
2054	PILIH	TOMAŽ	VM 1	SLO
2055	PUHEK	ROMAN	VM 1	SLO
2056	PUSTAVRH	JURIJ	VM 1	SLO
2058	RACMAN	ROBERT	VM 1	SLO

2059	RADOVANOVIĆ	ŽELJKO	SE M	CRO
2060	REZNICEK	TOMAS	VM 1	CZE
2061	RICHTR	MICHAL	SE M	CZE
2062	RUBINIĆ	MARIN	SE M	CRO
2063	RUKAVINA	IVICA	VM 1	CRO
2064	RUSH	ROBIN	SE M	GER
2065	SEKULIĆ	TOMISLAV	SE M	CRO
2066	SKAZA	MILOS	VM 1	AUT
2067	SO	SIU PO	VM 1	HKG
2068	SPETIČ	SIMON	SE M	SLO
2069	SPIESS	SEBASTIAN	VM 1	AUT
2070	STANKO	MICHAŁ	SE M	POL
2071	SUDAR	VEDRAN	SE M	CRO
2072	SUPINA	ANDRIJA	VM 1	CRO
2073	SUŠEK	ŽELJKO	VM 2	CRO
2074	SVENDA	KRESIMIR	VM 1	CRO
2075	SVENTORAITIS	RYTIS	SE M	LTU
2076	ŠAKIĆ	PETAR	VM 1	CRO
2077	ŠEGAVIĆ	TOMISLAV	SE M	CRO
2078	ŠIŠETA	LOVRO	SE M	CRO
2079	ŠOŠTARIĆ	MATIJA	SE M	CRO
2080	ŠPIJLAR	IVICA	SE M	CRO
2081	ŠTERLE	ERNI	SE M	CRO
2082	TADIC	ALEN	VM 1	CRO
2083	TEMPLALEXIS	IOANNIS	VM 1	GRE
2084	TROTT	ROBIN	VM 1	GBR
2085	VADINJOF	ANTONIO	SE M	CRO
2086	VASCONCELOS	AURELIANO	VM 2	POR
2087	VIDMAR	MLADEN	VM 1	CRO
2088	VITASOVIĆ	MAURO	VM 1	CRO
2089	VUČIČIĆ	MARTINO	VM 1	CRO
2090	VUJANIĆ	FILIP	SE M	CRO
2091	VUKIC	VEDRAN	SE M	CRO
2092	VURNEK	MARIO	SE M	CRO
2093	ZADRAVEC	MIHA	VM 1	SLO
2094	ZLATIĆ	KARLO	SE M	CRO
2095	PODVORNIK	ALEŠ	SE M	SLO
2096	RAP	MARIO	SE M	AUT

PASSAGE TIMES

AID STATION NAME	KM FROM THE START	FASTEST TIME	SLOWEST TIME	TIME LIMIT
MOTOVUN	0			
OPRTALJ	9,1	0:46:00	1:41:00	
GROŽNJAN	20,6	1:38:00	3:39:00	
BUJE	28,3	2:11:00	5:19:00	
UMAG	41,1	3:07:00	8:00:00	8:00:00

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ŽUPANIJA



R E G I O N E
ISTRIANA

ADMINISTRATIVE
DEPARTMENT FOR
TOURISM



2 ITRA POINTS

YELLOW COURSE



2 UTMB POINTS

41 K | +1129 M | -1276 M



CROATIAN TRAIL CUP

COURSE RECORD

MALE: SEBASTJAN ZARNIK (SLO) 3:14:43 | 2017
 FEMALE: BARBARA TRUNKELJ (SLO) 3:42:16 | 2017

AID STATION NAME	CUT-OFF HOURS FROM THE START	CUT-OFF ACTUAL TIME	MEDIC	BAG	AID STATION	HOT FOOD	SHOWERS	CHEESE/MEAT	PASTRIES	FRUITS	BREAD	SALTY SNACKS	NUTELLA :)	BISCUITS	COLA	WATER	ISOTONIC	TEA	COFFEE	HOT SOUP	LIVE TIMING	
MOTOVUN																						
OPRTALJ			X		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	8 H	SATURDAY 17:00	X			X	X			X		X			X	X						X





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SPORT
BOX

AID STATION PLOMIN LUKA

COURSES: | R |



AID STATION INFO



From Labin: 12 km
From Umag: 86 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 Vozilići direction Plomin luka
distance: 12 km
ETA: 0h 14min

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.

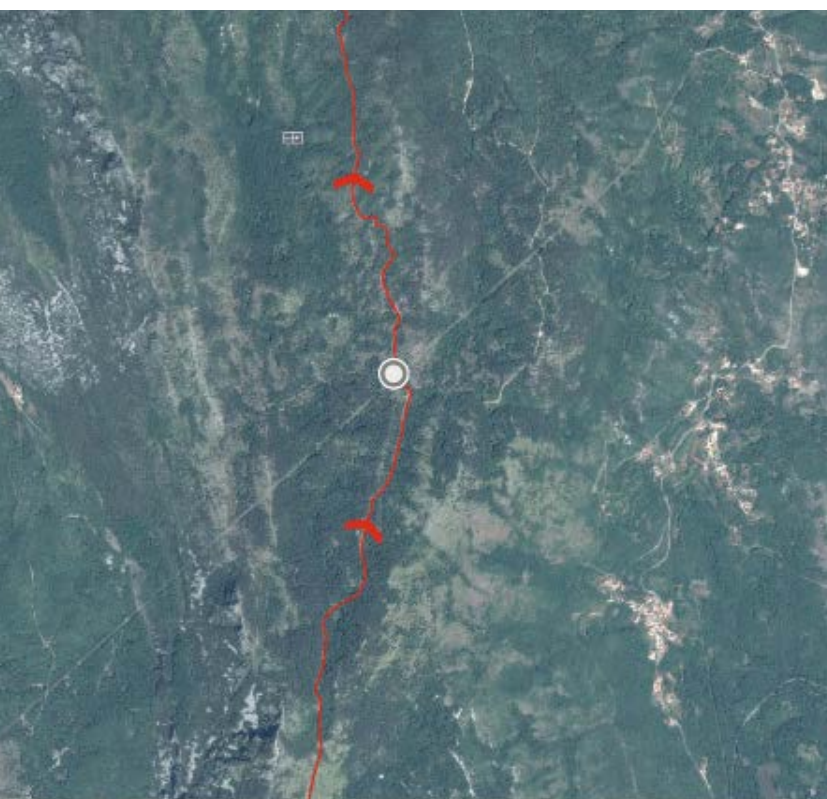
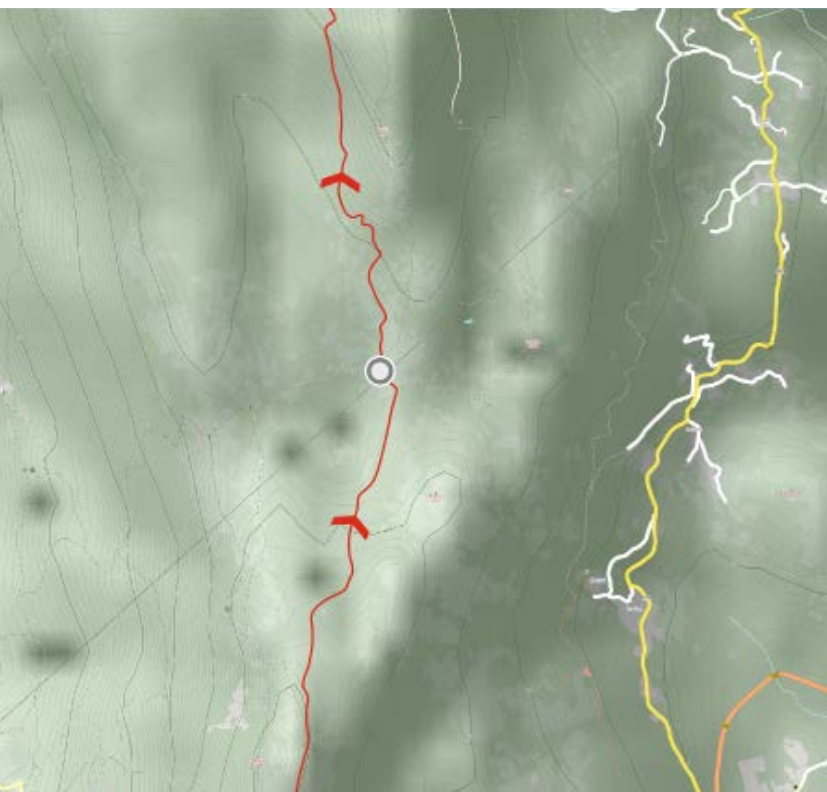
Plomin contains two churches, St George the Elder and St George the Younger. Both contain Christian art. St. George the Elder contains Plomin tablet as a part of the outer wall, an 11th-century religious text written in the Glagolitic alphabet, the oldest known Slavic alphabet.

	100 MILES	110 KM	67 KM	41 KM
KM IN THE RACE	14,4	-	-	-
FASTEST ACTUAL TIME	FRI 17:13:00	-	-	-
SLOWEST ACTUAL TIME	FRI 18:51:00	-	-	-

CREW SUPPORT: YES

AID STATION PRODOL

COURSES: | R |



AID STATION INFO



From Labin: 32 km
From Umag: 86 km

Micro location: Prodol at the crossroad
Few parking places available

GPS location: N 45,198364
E 14,211301
Altitude: 570 m

AID STATION TRIVIA

Prodol is the location deep inside the Učka nature park. From that point, a splendid panorama stretches from mountains above Rijeka, across the Kvarner bay to the city of Rijeka at the north.

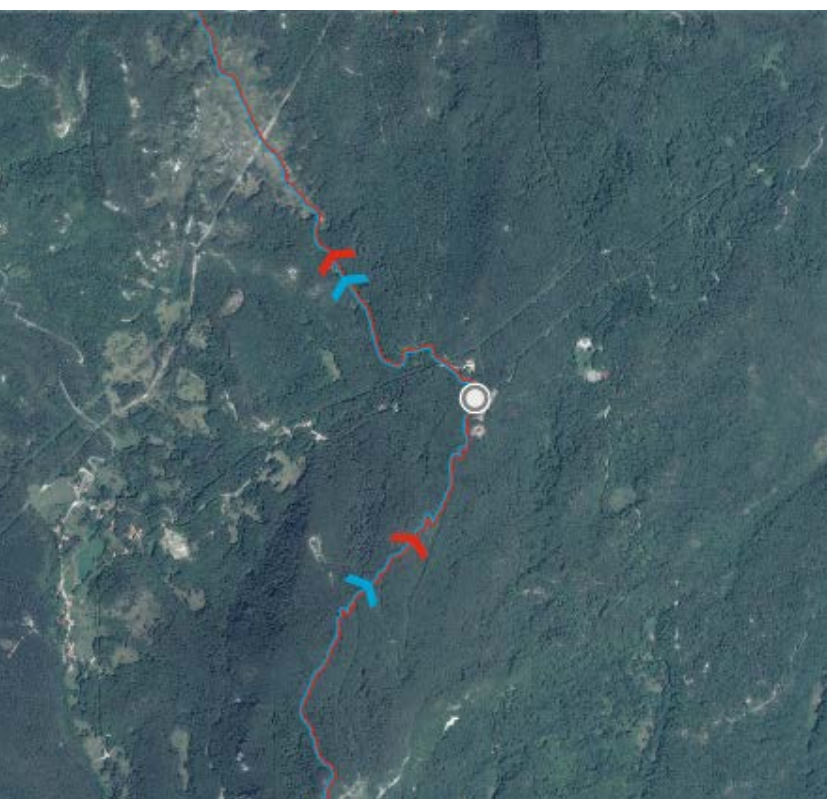
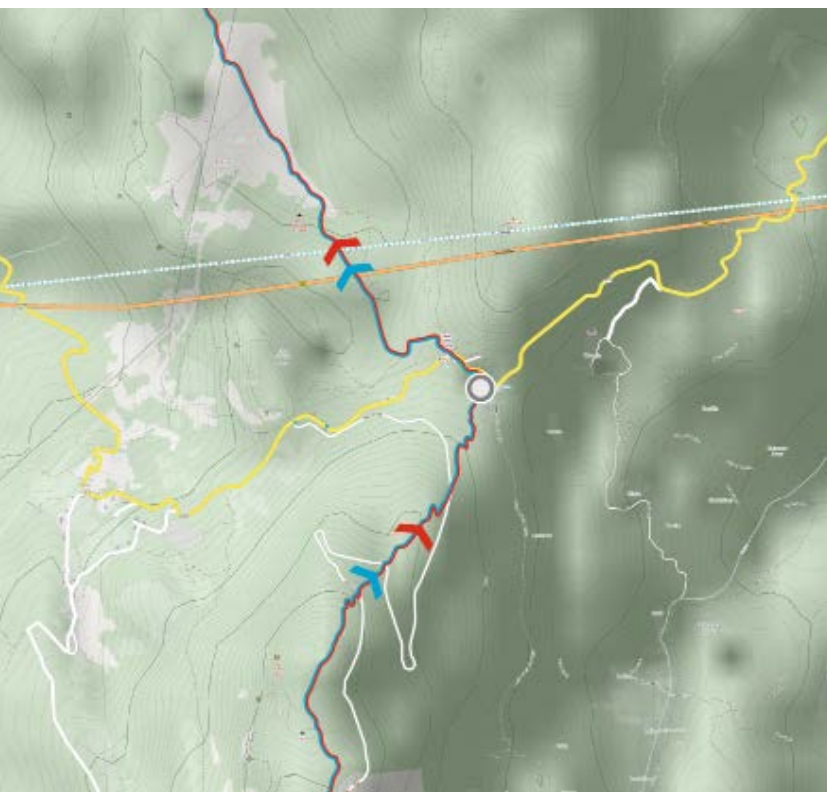
Usually accessible only by off-road vehicles, driving there isn't advisable because the roads are very poor.

	100 MILES	110 KM	67 KM	41 KM
KM IN THE RACE	25,2	-	-	-
FASTEST ACTUAL TIME	FRI	-	-	-
SLOWEST ACTUAL TIME	FRI	-	-	-

CREW SUPPORT: NO

AID STATION POKLON

COURSES: | R | B |



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 50 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

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.

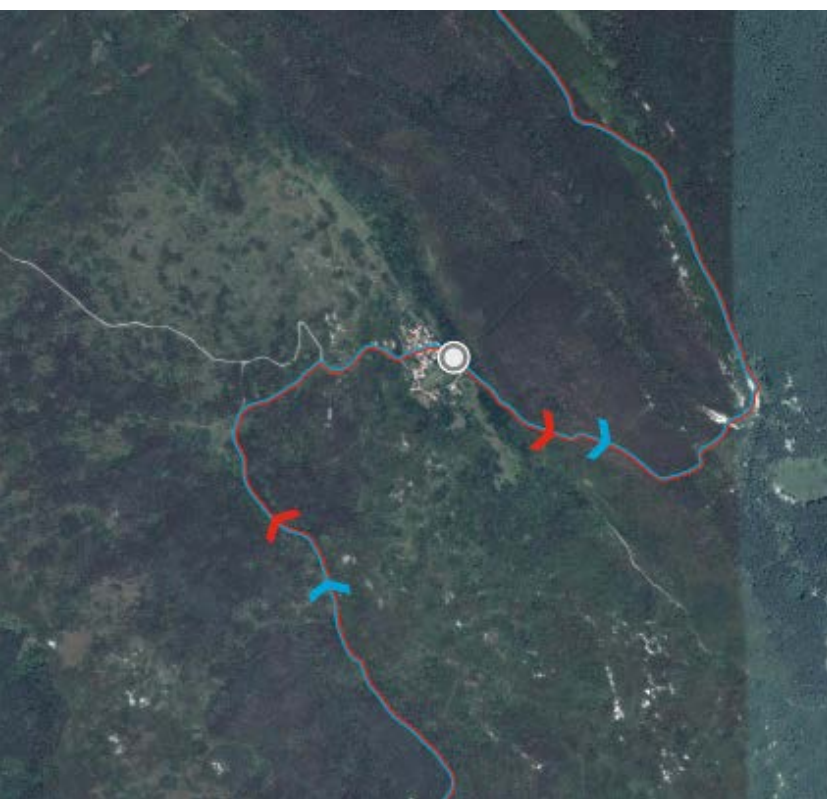
Strategically important road Pazin-Kastav was built in the 18th century, popularly called Istrian Josephine. Poklon is an integral part of the Učka Nature Park. There are hotels, Učka mountain lodge and a monument in the form of a large stone cross.

	100 MILES	110 KM	67 KM	41 KM
KM IN THE RACE	41,1	11,6	-	-
FASTEST ACTUAL TIME	FRI 20:01	FRI 23:29	-	-
SLOWEST ACTUAL TIME	SAT 02:30	SAT 02:00	-	-

CREW SUPPORT: YES

AID STATION BRGUDAC

COURSES: | R | B |



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
Around 50 parking places available across the village
Easiest way to get there is to follow the waysigns from Lupoglav

GPS location: N 45.380908
E 14.144248
Altitude: 733 m

AID STATION TRIVIA

Brgudac, a village on Čićarija, in the municipality of Lanišće (45 ° 23'N, 14 ° 09'E) 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 Aquilea, the Counts of Gorica, and later to the Venetian Republic.

	100 MILES	110 KM	67 KM	41 KM
KM IN THE RACE	55,5	26,0	-	-
FASTEST ACTUAL TIME	FRI 21:03	SAT 00:30	-	-
SLOWEST ACTUAL TIME	SAT 05:45	SAT 04:45	-	-

CREW SUPPORT: NO

AID STATION TRSTENIK

COURSES: | R | B |



AID STATION INFO



From Buzet: 28 km
From Umag: 78 km

Micro location: at the parking in the village centre
Around 20 parking places available in the village

GPS location: N 45.449836
E 14.057863

Altitude: 685 m

AID STATION TRIVIA

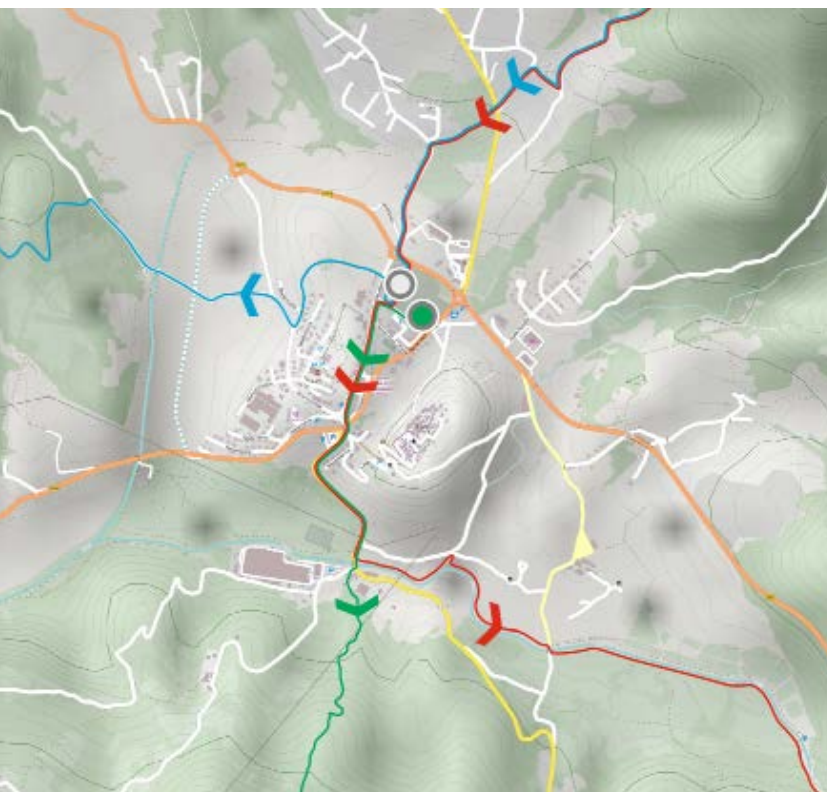
Trstenik is a village in Čićarija, in the municipality of Lanišće, at 697 m above the sea level, 8 km northwest of the municipal center Lanišće. It is located on the road that leads from Lanišće for Dane (Lanišće) and Vodice (Lanišće), near the intersection of Brest (Lanišće) and Buzet, on a small hill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

	100 MILES	110 KM	67 KM	41 KM
KM IN THE RACE	73,1	43,6	-	-
FASTEST ACTUAL TIME	FRI 23:06	SAT 02:34	-	-
SLOWEST ACTUAL TIME	SAT 10:57	SAT 9:25	-	-

CREW SUPPORT: NO

AID STATION BUZET

COURSES: | R | B |



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

AID STATION TRIVIA

Buzet and its area have been inhabited since ancient times. Illyrian tribes inhabited these areas in the Bronze Age when they began to build hilltop settlements surrounded by walls.

From AD 177 to AD 476 the area was under the Roman rule, which was followed by Byzantine rule and after the great movement of the peoples came the Croats and Slovenes. At the end of the 8th century Istria was under the rule of the Franks, who introduced the feudal system.

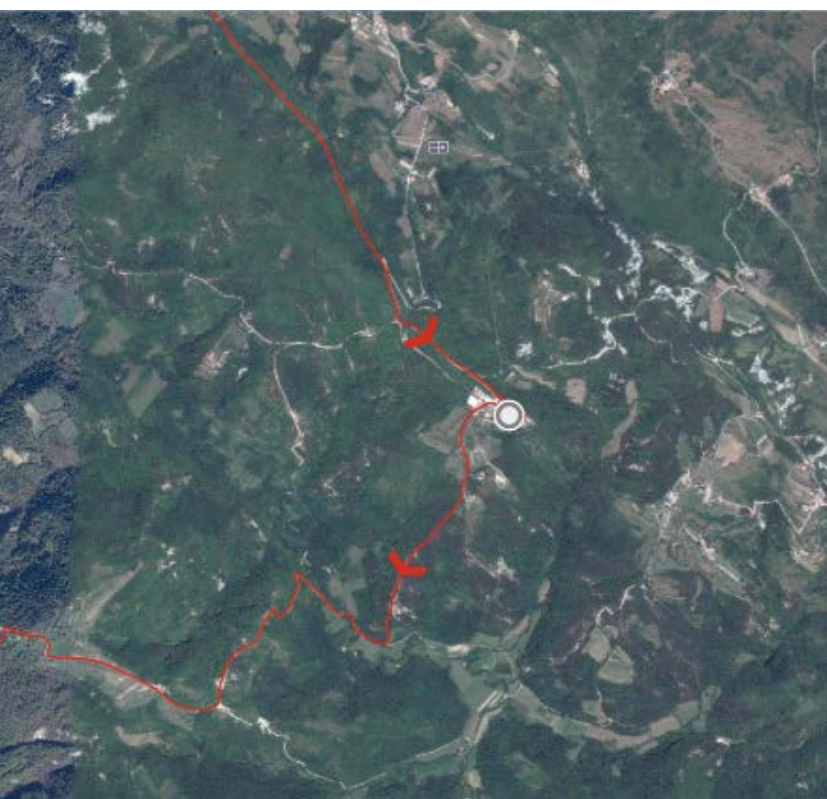
Buzet recognized the rule of the Aquileian Patriarch up until 1497, and from that year until 1797 it was under Venetian rule. After the fall of the fort Rašpor, Buzet became the base of the Venetian military commander of the area which had a significant impact on Buzet. It was the time when crafts developed, great care was taken about possible enemy attacks, providing arms and fortifying the town walls. Small well was renovated, large and small gates were built as well as the new parish church of the Assumption of the Blessed Virgin Mary. After the fall of the Venetian Republic, Istria came under Austrian rule, which lasted until 1918.

	100 MILES	110 KM	67 KM	41 KM
KM IN THE RACE	88,3	58,8	-	-
FASTEST ACTUAL TIME	SAT 00:53	SAT 04:20	-	-
SLOWEST ACTUAL TIME	SAT 15:00	SAT 13:00	-	-

CREW SUPPORT: YES

AID STATION HUM

COURSES: | R |



AID STATION INFO

From Buzet: 14 km
From Umag: 64 km

Micro location: above town's gate in front of the church

Around 50 parking places available

GPS location: N 45.348319

E 14.050543

Altitude: 332 m

AID STATION TRIVIA

Hum is often referred to as the smallest town in the world. It has only 17 inhabitants and preserved city institutions. It is located in central Istria, 14 kilometers southeast of Buzet.

Inside the preserved city walls are two small streets, the parish church of the Assumption of Mary was built in 1802, a Romanesque church OF St. Jerome from the 12th century, decorated with frescoes under Byzantine influence, with many Glagolitic inscriptions and graffiti from Master Anthony of Padua.

Hum has preserved the tradition "of choosing the prefect for a year". All the men of the parish in the town loggia vote on a wooden stick for its candidate.

It is famous for its Glagolitic Alley. Hum gate, through which you enter in Hum, is the last feature of the mentioned Alley. The doors are metal, and around knob there are twelve medallions depicting months.

	100 MILES	110 KM	67 KM	41 KM
KM IN THE RACE	100,3	-	-	-
FASTEST ACTUAL TIME	SAT 02:07	-	-	-
SLOWEST ACTUAL TIME	SAT 18:37	-	-	-

CREW SUPPORT: NO

AID STATION BUTONIGA

COURSES: | R | G |



AID STATION INFO



From Buzet: 19 km
From Umag: 43 km

Micro location: at the guarding house at the end of the dam

No parking places available

GPS location: N 45.329451
E 13.91885

Altitude: 37 m

HOW TO GET THERE BY CAR?

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

from Vrh 5km
Vrh - direction south
ETA: 0h 8min

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.

	100 MILES	110 KM	67 KM	41 KM
KM IN THE RACE	117,1	-	15,7	-
FASTEST ACTUAL TIME	SAT 03:52	-	SAT 13:17	-
SLOWEST ACTUAL TIME	SAT 23:45	-	SAT 14:36	-

CREW SUPPORT: YES

AID STATION MOTOVUN

COURSES: | R | G |



AID STATION INFO

From Buzet: 19 km
From Umag: 38 km

Micro location: near the cemetery

GPS location: N 45.337571
E 13.832686

Altitude: 260 m

AID STATION TRIVIA

Motovun is one of the most beautiful towns in Istria, certainly worth visiting, whether you are a runner or just a tourist.

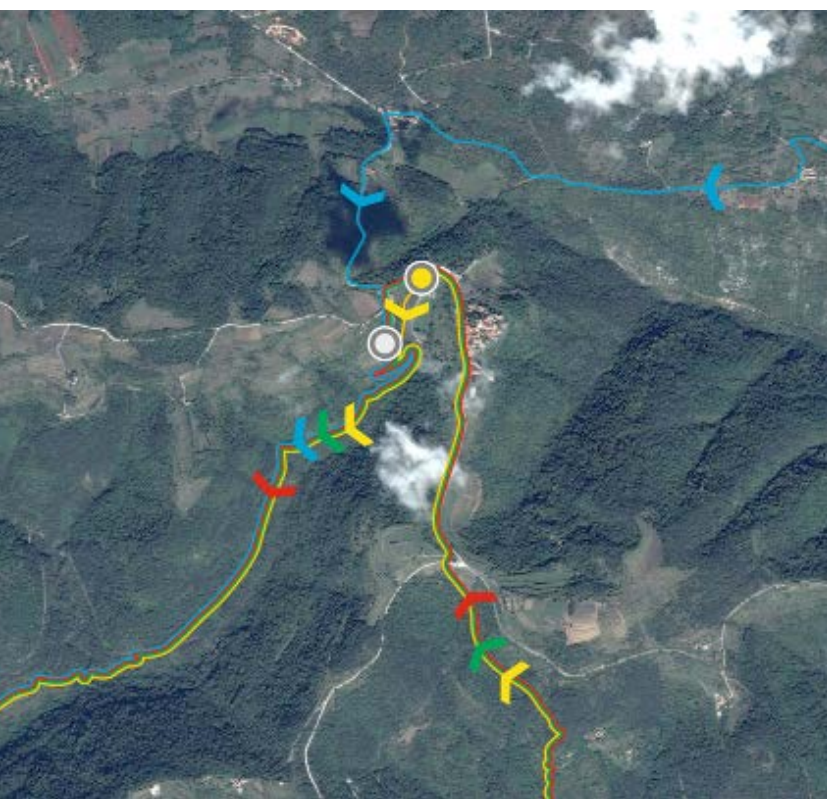
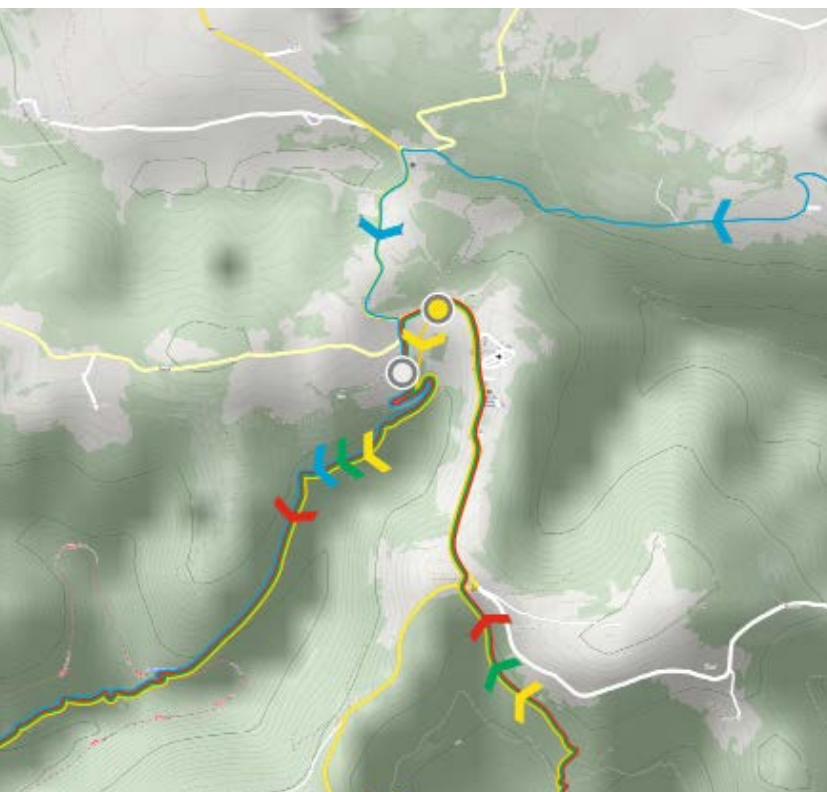
At the foot of the Motovun hill, the mythical Jason and the Argonauts sailed along the Mirna River, but the first inhabitants to leave traces populated this area in the period between 3,500 and 2,200 B.C. The first mention of Motovun in written records dates back to 804 and after centuries of domination by the Germans and the Patriarchs of Aquileia, Motovun asked Venice to be accepted under its rule in 1278 and remained so until 1797. At the time of the Austro-Hungarian Monarchy this area was renowned for the growing of trees used in ship-building. The Motovun area is abundant with natural beauties due to its biological diversity, rich flora and fauna and good climate. Visitors are drawn to the lush green meadows and the natural habitat filled with many plants and animals. The River Mirna bisects the valley and runs through the Motovun forest, which is known for its famous inhabitants - truffles. No one should miss the spectacular view from the city walls over the Mirna valley.

	100 MILES	110 KM	67 KM	41 KM
KM IN THE RACE	128,3	-	27,1	-
FASTEST ACTUAL TIME	SAT 05:16	-	SAT 14:17	-
SLOWEST ACTUAL TIME	SUN 03:29	-	SAT 17:20	-

CREW SUPPORT: NO

AID STATION OPRTALJ

COURSES: |R|B|G|Y|



AID STATION INFO



From Buzet: 20km
From Umag: 28 km

Micro location: across the valley, opposite from the city, above the football pitch.

Around 10 parking places available

GPS location: N 45.380844
E 13.819692
Altitude: 324 m

HOW TO GET THERE BY CAR?

from Motovun 11km
Motovun - direction north - Livade - direction Oprtalj
ETA: 0h 20min

from Buzet 24km
Buzet - direction Buje - direction Livade - direction Oprtalj

AID STATION TRIVIA

Oprtalj, situated on the hill reachable from Motovun-Montona along the narrow southward plateau is according to many, one of the most picturesque towns of the northern Istria. Oprtalj or Portole, which is its Italian name, was formerly a fort surrounded by defensive walls on which houses were built among barely protruding former town gates. In front of the gates, there is a huge Venetian loggia with the collection of stone monuments and an immediate vicinity of a plateau situated on the high fortifications offering the view all the way to the sea.

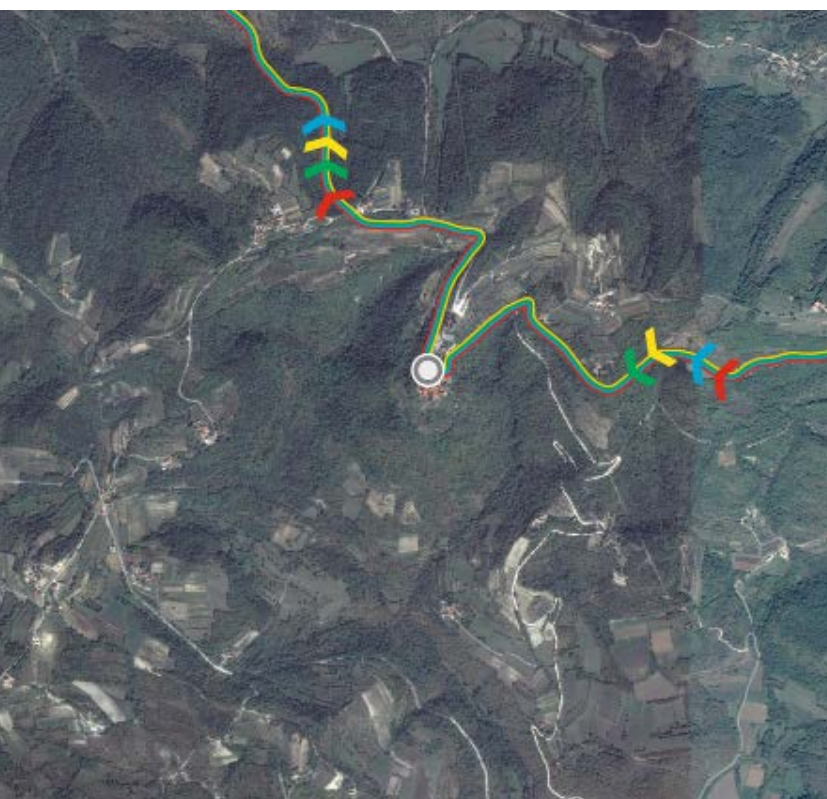
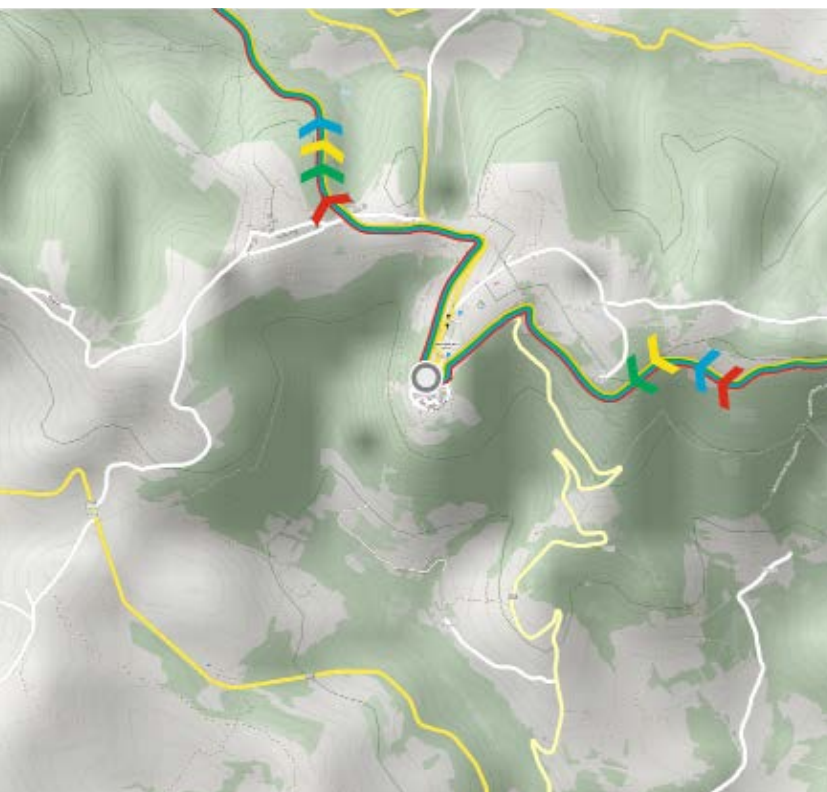
This area is famous for three more locations well-known for its sights. Below Oprtalj next to the Mirna river, there is Livade, a world centre of truffles. In the immediate vicinity of Livade, Zrenj also called Sridone is situated, a former town of skilful and rich craftsmen such as blacksmiths, weavers, stone-masons and the birth place of St. Geronimo. Below the 85 meters high rock, on the spring of healing water of St. Stephen there is a health resort 'Istrian Spa'.

	100 MILES	110 KM	67 KM	41 KM
KM IN THE RACE	136,3	78,0	35,1	9,1
FASTEST ACTUAL TIME	SAT 06:12	SAT 06:28	SAT 14:59	SAT 9:46
SLOWEST ACTUAL TIME	SUN 05:59	SAT 18:59	SAT 19:59	SAT 10:41

CREW SUPPORT: YES

AID STATION GROŽNJAN

COURSES: |R|B|G|Y|



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

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-Grisignana metamorphose and turn into a truly artistic beehive: it opens its summer music academies for young people, its artistic, dance and drama 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-Grisignana 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...

	100 MILES	110 KM	67 KM	41 KM
KM IN THE RACE	147,6	89,3	46,4	20,6
FASTEST ACTUAL TIME	SAT 07:22	SAT 07:36	SAT 15:55	SAT 10:38
SLOWEST ACTUAL TIME	SUN 09:03	SAT 22:30	SAT 22:47	SAT 12:39

CREW SUPPORT: NO

AID STATION BUJE

COURSES: |R|B|G|Y|



AID STATION INFO



From Umag: 13 km

Micro location: in the town's centre, near the roundabout in the atrium

Around 100 parking places available

GPS location: N 45.408898

E 13.658645

Altitude: 189 m

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-Buie 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-Buie dates from this period, too.

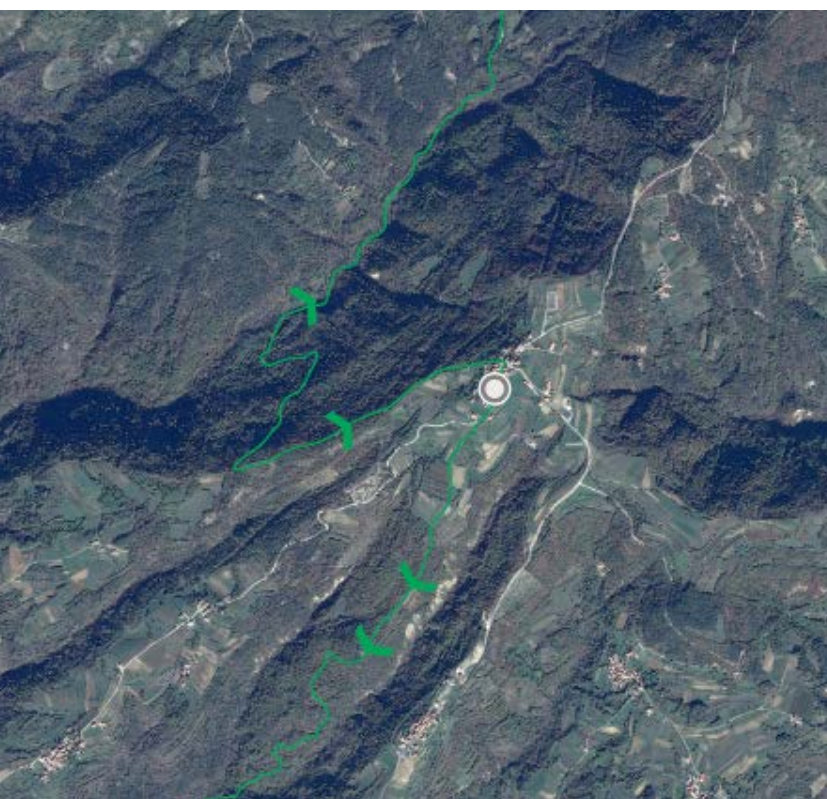
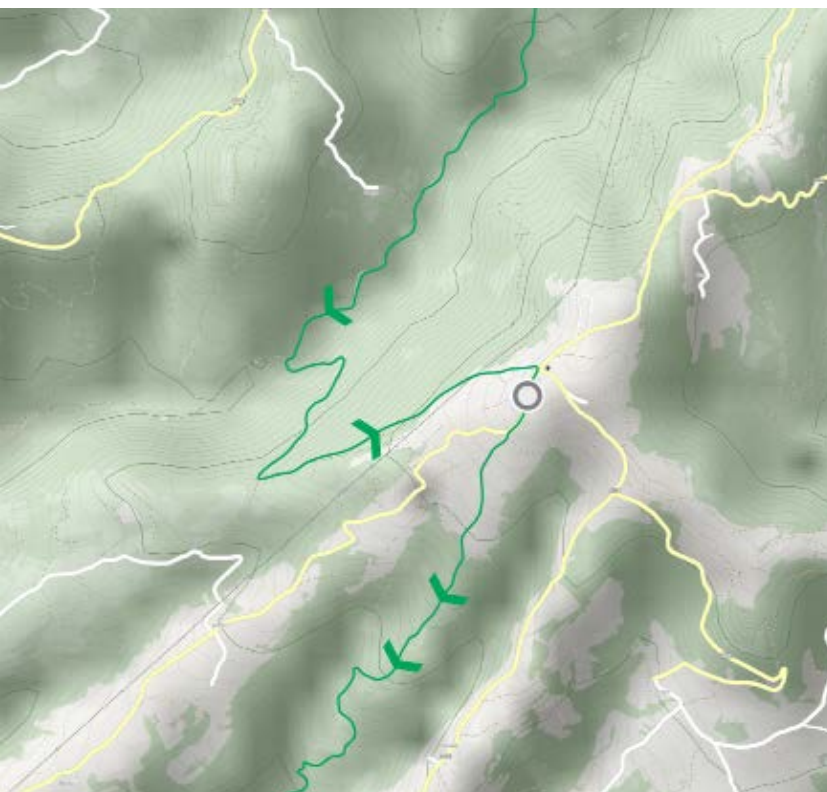
Since the 18th century the settlement has spread outside the town walls. The new neighbourhoods have become important centres of culture, education, sport, economy and administration.

	100 MILES	110 KM	67 KM	41 KM
KM IN THE RACE	155,1	96,8	53,9	28,3
FASTEST ACTUAL TIME	SAT 08:03	SAT 08:13	SAT 16:37	SAT 11:11
SLOWEST ACTUAL TIME	SUN 10:52	SUN 00:32	SUN 00:29	SAT 14:18

CREW SUPPORT: NO

AID STATION VRH

COURSES: | G |



AID STATION INFO

From Umag: 46 km
From Buzet: 11 km

Micro location: in the village centre

Around 100 parking places available

GPS location: N 45.359377
E 13.938779
Altitude: 385 m

AID STATION TRIVIA

This small Istrian town is perched on a hill north of Butoniga Lake. This exceptional position enables you to see over 130 towns, villages and churches of the Istrian peninsula from its bell tower.

The area of Vrha known as Vrhuvština comprises 17 villages with about 700 inhabitants. The town has 40 houses situated around the parish church of the Assumption of the Virgin Mary.

The parish church of the Assumption of the Virgin Mary from 1231 houses the most important monument known as the stone repository with decorative figures and a Glagolitic inscription. Another old architectural monument in Vrha is the chapel of St. Anthony the Abbot, built in the 15th century and reconstructed in 1894 which lies along the road, south of the town. On the chapel is a stone plaque with Glagolitic inscription indicating the year of construction, name of builder, priest and laymen who managed the church property.

	100 MILES	110 KM	67 KM	41 KM
KM IN THE RACE	-	-	10,5	-
FASTEST ACTUAL TIME	-	-	SAT 12:55	-
SLOWEST ACTUAL TIME	-	-	SAT 13:52	-

CREW SUPPORT: NO

SPTV

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The logo for Benussi, featuring the word "BENUSSI" in a vertical orientation on the left, and a large, stylized letter "B" on the right. The "B" is white with a black outline and is partially overlaid by the vertical text.

WWW.AUTOBENUSSI.HR



FINISH

UMAG APRIL 11TH - 14TH

ELEMENTARY SCHOOL "MARIJA I LINA" SPORTS HALL

FIRST TOUR- IST EN- TRANCE TO CROA- TIA

Umag, small town and port on the north-western coast of Istria, presents 'Croatia's gateway to Europe'. It also has the reputation of the Istrian sports centre, since as the host of the ATP tournament for many years now, it attracts numerous top world tennis players.

Its beneficial features were already recognized by the Romans who turned it into their summer residence. The magnificence and splendour of those times today is reflected in the many Venetian houses in the old part of Umag.

At a distance of only 40 kilometres from Trieste, 150 kilometres from Ljubljana, the capital of Slovenia and 50 nautical miles from Venice, Umag is a favourite holiday destination with extraordinary excursion possibilities. Umag's hinterland offers newly discovered tourist attractions like mountaineering, caving and other

chances for adventure enthusiasts.

The old town of Umag is located on a small peninsula (which was once an island) on the north-western coast of Istria. It was built on the foundations of Roman archaeological ruins and it has preserved its network of narrow streets and a Medieval urban structure. Even the Romans proclaimed Umag for their seaside resort and connected it with the mainland.

The new part of Umag stretches for the most part along the coast from Katoro to Novigrad, where its main tourist capacities are located.

Apart from Umag, there are two more famous tourist destinations in this area - Savudrija with its oldest lighthouse on the Croatian Adriatic Sea from the year 1826 and Lovrečica as a peaceful oasis for family vacations. Due to its geographical location, Umag is the first Croatian tourist gate to / from Europe, 10 kilometers distance from the European highways.

Umag is also the first nautical gate from Central Europe to Croatia, located in an attractive bay with one of the most prestigious ACI marinas awarded with one of eleven Blue flags - the European standard for the cleanliness of beaches and marinas, Umag-Umago o as a tourist destination is particularly proud of.

The tourist mini train connects Umag with Katoro where a Roman archaeological finds can be visited.

TIME TABLE

THURSDAY 11TH

14:00
EXPO OPENS

20:00
EXPO CLOSES

FRIDAY 12TH

09:00
EXPO OPENS

21:00
EXPO CLOSES

SATURDAY 13TH

06:00
EXPO OPENS

19:00
EXPO CLOSES

SUNDAY 14TH

09:00
EXPO OPENS

12:00
ONE MILE OF ISTRIA START!

12:45
CRO CHAMPIONSHIP AWARDS

13:00
AWARD CEREMONY

14:00
EXPO CLOSES

14:00
LAST COMPETITOR EXPECTED

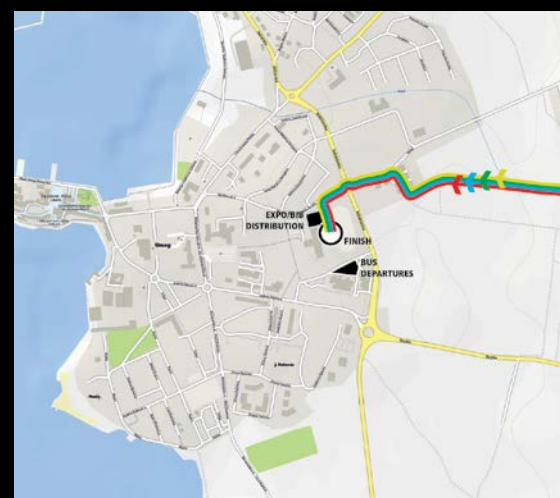


PHOTO.
Finish map



ONE MILE OF ISTRIA

UMAG APRIL 14TH 12:00

ELEMENTARY SCHOOL SPORTS HALL

AND SOMETHING FOR YOUR KIDS TOO!

One mile of Istria is a cute little race for the kids. Enrollment is absolutely free but you should hurry because we have only 200 BIBs available.

You can enroll your kids by sending an e-mail at ONEMILE@ISTRIA100.COM.

Each kid will get a finisher's medall!

TIME TABLE

10:00
BIB DISTRIBUTION OPENS

11:45
BIB DISTRIBUTION CLOSE

12:00
START!

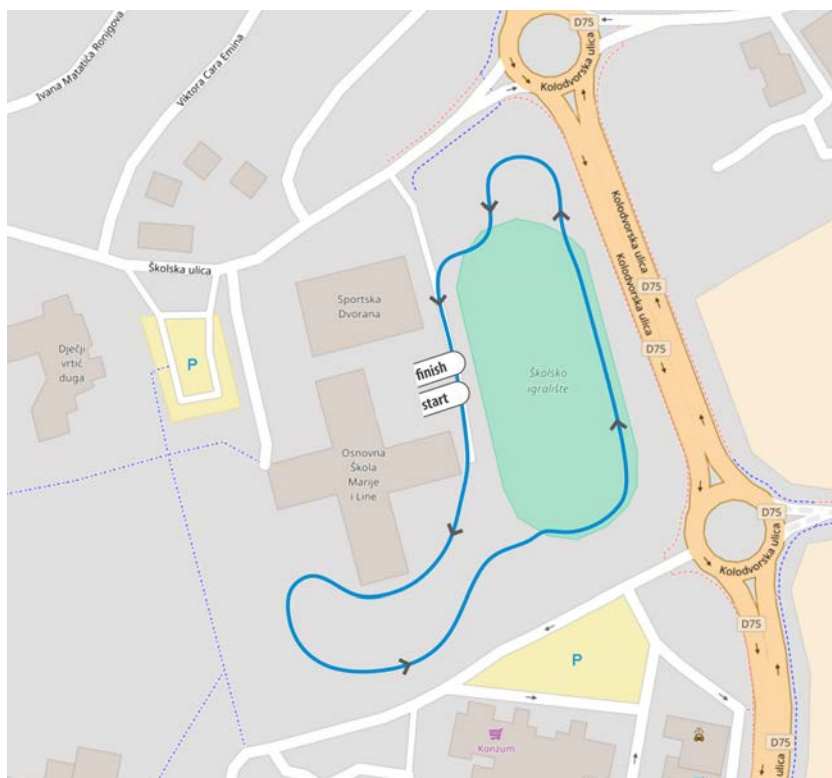


PHOTO.
Course start map

ITRA



PRESENTATION AND OBJECTIVES

On September 3rd 2012, the 1st International Trail running conference was held in Courmayeur, Italy with more than 150 delegates (race organisers, manufacturers, journalists and elite athletes) who came from 18 different countries around the world.

This was the first time that so many players in the field of trail-running were gathered. This conference allowed all the participants to see the diversity of points of view and to understand the necessity for trail-running to be organised as a discipline, in its own right, while taking into account the different approaches on the different continents: America, Asia, Africa Oceania and Europe.

Divided in 5 working groups, 50 volunteers (race organisers, athletes, federation representatives, manufacturers, journalists, coaches...), from 13 different countries on the 5 continents, worked together around a virtual round table.

Uniting their cultures and points of view to accompany this discipline in full evolution, they have worked on writing an ethical charter, proposing an international definition of trail-running, and the setting up of a policy for health matters and anti-doping. They founded a basis for a reasonable management of top-level athletes and reflected upon the creation of an international ranking system.

These conclusions laid down the foundations for the practice of trail-running,

and established the basis on which to create an association wanting to bring together all the actors of trail-running worldwide, around shared values and principles.

This is how the International Trail-Running Association (ITRA) was born in July 2013, driven by the passion for trail-running and the enthusiasm of its founding members.

The International Trail-Running Association is open to all players in the field of trail-running and wishes above all to be a place for meeting, listening and exchanges.

GOALS

The main objectives of the ITRA are:

- To develop and promote trail-running as a discipline in its own right, accessible to all, rich in its diversity of cultures and venues of practice;

- To promote its sporting ethic which relies heavily on strong values (authenticity, humility, fair-play, equity, respect and solidarity) with not only all the players in trail-running but the general public as well;

- To contribute to the improvement of the quality of the organisation and the security of participants;

- To promote the preventative actions concerning health matters and above all to do everything possible to fight against doping;

- To contribute to a better practice of respect for the environment and to promote sustainable development at the heart of trail-running;

- To allow all its members to express their

feelings and to be heard at an international level;

- To maintain constructive relationships and to collaborate with national trail-running associations and national and international federations;

- To promote and collaborate in the organisation of championships or of continental or world trail-running circuits which will reinforce the international visibility of trail-running and produce valuable recognition to elite athletes.

DEFINITION OF TRAIL RUNNING

Trail-running is a pedestrian race open to all, in a natural environment (mountain, desert, forest, plain...) with minimal possible paved or asphalt road (which should not exceed 20% of the total course).

The terrain can vary (dirt road, forest trail, single track...) and the route must be properly marked (1).

The race is ideally – but not necessarily – in self-sufficiency or semi self-sufficiency (2) and is held in the respect for sporting ethics, loyalty, solidarity and the environment.

Classification of Trail running races
As part of the rewriting of Article 252 of the IAAF Competition Rules, defining the trail, the ITRA has improved the definition of trail categories in order to group the races coherently. The old classification, based on distances (without taking into account the elevation), did not provide enough coherence with regard to the efforts made by the trail runners. Indeed, two races of 100km,

but with very different elevation gain were in the same category whereas the effort made by the trail runners is not the same at all (as well as the time).

Henceforth, the classification of the

trails is based on the same km-effort as those used to attribute the ITRA points (calculated by adding the distance (in Km) and the hundredth of the positive elevation gain (in m)). In this way, these categories of trail more accurately reflect the effort that will

have to be made by a runner on a race.

This new classification, implemented in March 2018, has 7 different categories of trail running (from XXS to XXL) all associated with the new ITRA points according to the following table:

Category	ITRA points	Km-effort	Approximate time of the winner (*)
XXS	0	0-24	1h
XS	1	25-44	1h30 - 2h30
S	2	45-74	2h30 - 5h
M	3	75-114	5h - 8h
L	4	115-154	8h - 12h
XL	5	155-209	12h - 17h

(1) "Properly marked" means that the runners will receive enough information to complete the race without getting lost. That includes physical markings (flags, tapes, signs...) or GR permanent markings or GPS tracks or map indication.

(2) "Self-sufficiency or semi self-sufficiency" means that the runner has to be autonomous between aid stations, regarding clothing, communications, food and drink.

(*) when the winner has an international level (ITRA score of 830 at least). The time of the winner is approximate. This is not a mandatory time. It's just an indication.

WHAT IS THE ITRA PERFORMANCE INDEX?

The ITRA performance index is intended to provide a tool for evaluating the speed level of trail runners. In particular, the performance index can be used for comparing the speed of runners around the world, including athletes who may never have run in the same event.

The index corresponds to the potential speed of each runner on a scale of 1000 points. The value obtained is termed the "score". It is not an index of evenness.

The performance index is regularly updated.

TO WHAT LEVEL CORRESPONDS THE PERFORMANCE INDEX?

Hommes				Femmes			
> 900	AAA	ELITE 1	Niveau International	> 800	AAA	ELITE 1	Niveau International
> 850	AA	ELITE 2		> 750	AA	ELITE 2	
> 800	A	ELITE 3		> 700	A	ELITE 3	
> 750	BBB	EXPERT 1	Niveau National	> 650	BBB	EXPERT 1	Niveau National
> 700	BB	EXPERT 2		> 600	BB	EXPERT 2	
> 650	B	EXPERT 3		> 550	B	EXPERT 3	
> 600	CCC	ADVANCED 1		> 500	CCC	ADVANCED 1	
> 550	CC	ADVANCED 2		> 450	CC	ADVANCED 2	
> 500	C	ADVANCED 3		> 400	C	ADVANCED 3	
> 450	DDD	INTERMEDIATE 1		> 350	DDD	INTERMEDIATE 1	
> 400	DD	INTERMEDIATE 2		> 300	DD	INTERMEDIATE 2	
> 350	D	INTERMEDIATE 3		> 250	D	INTERMEDIATE 3	
<350	E	STARTER		<250	E	STARTER	

ITRA

WHAT ARE THE DIFFERENT CATEGORIES OF THE PERFORMANCE INDEX?

The performance index can be sub-divided into different categories:

- The general index: based on a weighted mean of the 5 best results for each runner over the previous 36 months, regardless of the race category.
- The index by category: the principle is the same as that of the general index but the calculation (weighted mean) is based on races in the respective category (for example races over 100 km for the Ultra Trail XL category).

WHICH RACES ARE INCLUDED IN THE PERFORMANCE INDEX?

This performance index is calculated using all the trail races which publish an official ranking. Priority is given to ITRA races, i.e. races which are shown in the ITRA calendar and the results of which are published by the organiser. No other event will be used except in the event of special circumstances determined by ITRA.

With reference to the definition of trail as defined by the ITRA, this index takes in to account all those races in open country which have a minimum distance on asphalt and which take place in total or semi self-sufficiency.

HOW IS THE PERFORMANCE INDEX CALCULATED AND OVER WHAT PERIOD?

The performance index is calculated from the weighted mean of the 5 best results achieved by a runner over the previous 36 months (for the general index or the index by category). In the case where a runner does not have a

sufficient number of races, a tapered statistical calculation allows extrapolation of theoretical results of the missing races, and hence the calculation of the runner's performance index. One single race can therefore be sufficient for a runner to appear in the performance index.

This period of 36 months is long enough to permit reliable statistical calculations. Furthermore, in the case of an injured runner, they still appear in the performance index due to their previous performances.

The fact that the mean used is weighted makes it impossible for an individual runner to calculate his performance index. The calculation is more complex than simply finding the average of the 5 best scores ((score 1 + score 2 + ... score 5) divided by 5).

WHY DO SOME RACES NOT APPEAR IN MY RECORD?

The races that do not appear are those for which we have not received results from the organiser.

Occasionally, for the sake of expediency, ITRA may enter some results manually but in all other cases results must be forwarded by the race organisers.

A runner who notices that a race in which the runner has taken part is not shown in the ITRA calendar or list of results can contact the organiser to request that the results be submitted. In order to do so, before the organiser can upload the results he must create an Organiser Space (if he has not already done so) and input details of the race. This process is an entirely free service (and is independent of the course evaluation).

WHY IS THE "GENERAL" INDEX OFTEN BETTER THAN AN INDEX BY CATEGORY?

The general index is calculated on the weighted average of the 5 best results, a mix of categories, while the category index is calculated on the best results of the category. For a versatile runner, often their best 5 races will be spread across several different categories, which therefore gives them a better result in the general index than they would have for each category.

IS THE PERFORMANCE INDEX MIXED?

The performance index calculation applied is the same for men and for women. It is therefore possible to compare the performances of men with those of women.

FOR ALL THAT CONCERNS THE PERFORMANCE INDEX, IS IT ADVANTAGEOUS TO BE A MEMBER OF THE ITRA?

All members of the ITRA (see subscriptions organisers, associations, brands or runners & sympathisers at 5 Euros) have a member's account. To consult the performance index it is necessary to identify oneself (click on "My account", then give your login and password), it is then possible to consult runners' complete results, as well as the full results of each race. Being a member of the ITRA also allows the consultation of previous year's performance indexes.

ITRA SCORING

WHAT IS THE ITRA SCORE?

For each race listed in your runner's record a score is given. This score represents an "evaluation" of your performance in the race in question, the highest possible score being 1000. The various scores given to a runner are used to calculate the runner's performance index (general or by trail category).

HOW IS MY SCORE FOR EACH RACE CALCULATED?

The score for each race is calculated from the distance and the elevation profile, as input by the race organiser. Where race organisers have requested an ITRA evaluation of their events, we use the data obtained following the evaluation (see the ITRA procedure for trail race evaluation). If not, we use the data supplied by the organiser.

The distance is "smoothed" using an empirical formula, expressed approximately as "the distance expressed in kilometers + a hundredth of the ascent/descent expressed in meters".

Using this "smoothed" distance, each result (time) is then compared with a theoretical best possible performance, determined by reference to multiple world records and corresponding to a maximum score of 1000 points. Thus, in a first calculation step, the score associated with a result is in the form of a number of points representing a ratio between the runner's time and the theoretical best possible performance.

In a second calculation step, and in order to take into account the specificities on trail related to the route and to the race conditions, we apply a coefficient of re-adjustment. It is calculated in so that the average of the ITRA scores gained by all the riders at the finish line multiplied by this coefficient is equal to the average of the ITRA ratings of the riders at the start.

The calculation of a score does not take the ranking into account.

IS A SCORE CALCULATED FOR EACH RACE?

Yes, when we receive the results from the organiser. Filing the results is a free service but the race organiser must respect the format required.

Exceptions: no score is calculated for "vertical KM" races or for races with too many stages or for which the number of effort points (distance + (elevation profile/100)) is less than 20.

THE SCORE FOR A RACE IN WHICH I TOOK PART HAS CHANGED. IS THAT NORMAL?

Yes, the calculation of the scores can be modified and may be subject to adjustment consequent upon the receipt of additional information (conditions, route changes not communicated to us by the organiser, ...). However, such adjustments are infrequent.

WHY IS MY SCORE LISTED AS "TO COME"?

This indicates that the result has been entered into our database but that the score is still being calculated. Dependent upon the number of results to be processed, the updating and calculation of scores may take a little while.

IS THE SAME SCORE GIVEN TO A RUNNER FOR EACH SIMILAR RACE?

No. The score is not the same since it relates to the performance of a runner for a specific race in specific conditions and will therefore depend on the distance and elevation profile of a race as well as on the coefficient of correction.

Two races may be advertised with the same distance and the same elevation profile yet, in reality, differ considerably (condition; the technical difficulty of the course; the relationship of elevation gain to distance (4 x 1000 m or 8 x 500m) etc.). A statistical coefficient of correction makes allowance for these less obvious differences, which explains why two runners respectively running races that are different yet have the same advertised characteristics (distance and elevation profile) can achieve similar times but be given different scores.

WHAT IS THE FINISHER CRITERIA ?

The Finisher criteria is calculated according to the limited time authorised by the organizer and concerns more particularly the slowest runners.

It gives the Performance Index required to be able to finish the race within the time limit. By comparing the Finisher criteria to their own Performance Index, each runner will be able to judge their ability to finish the race within the time limit.

ITRA PERFORMANCE INDEX

GENERAL CATEGORY

WOMEN TOP 20 WORLD

Caroline CHAVEROT	804	FRA
Megan KIMMEL	800	USA
Andrea MAYR	797	AUT
Ida NILSSON	796	SWE
Camille HERRON	796	USA
Lucy Wambui MURIGI	793	KEN
Mimmi KOTKA	792	SWE
Ruth CROFT	792	NZL
Miao YAO	792	CHN
Courtney DAUWALTER	789	USA
Azara Garcia de los SALMONES	780	ESP
Martina STRAHL	779	SUI
Ragna DEBATS	777	NED
Alisa MacDONALD	777	CAN
Tove ALEXANDERSSON	775	SWE
Andrea HUSER	774	SUI
Lucy BARTHOLOMEW	772	AUS
Maite MAIORA	771	ESP
Kaci LICKTEIG	770	USA
Yiou WANG	770	USA

MEN TOP 20 WORLD

Jim WALMSLEY	951	USA
Kilian JORNET-BURGADA	935	ESP
Stian ANGERMUND	923	NOR
Hayden HAWKS	923	USA
Luis-Alberto HERNANDO	919	ESP
Pau CAPELL	918	ESP
Francois D'HAENE	916	FRA
Jonathan ALBON	916	GBR
Robbie SIMPSON	915	GBR
Tim FRERIKS	915	USA
Joe GRAY	915	USA
Marco de GASPERI	911	ITA
Alexis SEVENNEC	910	FRA
Victor KIPLANGAT	909	UGA
Davide MAGNINI	909	ITA
Nadir MAGUET	907	ITA
Tim TOLLEFSON	907	USA
Joel AYEKO	906	UGA
Aritz EGEA	906	ESP
Zach MILLER	905	USA

WOMEN TOP 10 EUROPE

Caroline CHAVEROT	804	FRA
Andrea MAYR	797	AUT
Ida NILSSON	796	SWE
Mimmi KOTKA	780	SWE
Azara Garcia de los SALMONES	780	ESP
Martina STRAHL	784	SUI
Ragna DEBATS	777	NED
Tove ALEXANDERSSON	775	SWE
Andrea HUSER	774	SUI
Maite MAIORA	771	ESP

MEN TOP 10 EUROPE

Kilian JORNET-BURGADA	935	ESP
Stian ANGERMUND	923	NOR
Luis-Alberto HERNANDO	919	ESP
Pau CAPELL	918	ESP
Francois D'HAENE	916	FRA
Jonathan ALBON	916	GBR
Robbie SIMPSON	915	GBR
Marco de GASPERI	911	ITA
Alexis SEVENNEC	910	FRA
Davide MAGNINI	909	ITA

WOMEN TOP 10 CROATIA

Nikolina ŠUŠTIĆ	654	CRO
Veronika JURISIĆ	651	CRO
Maja URBAN	626	CRO
Darija BOSTJANČIĆ	611	CRO
Mirjana KOLAC	607	CRO
Ines JOZIĆ	607	CRO
Jelena BREZAK	602	CRO
Ivana VRVILO	588	CRO
Maja MARUKIĆ	581	CRO
Tea FABER	576	CRO

MEN TOP 10 CROATIA

Josip STIPČEVIĆ	736	CRO
Marin MANDEKIĆ	731	CRO
Ante ŽIVKOVIĆ	725	CRO
Matija GRABROVEČKI	723	CRO
Nikola HORVAT	718	CRO
Ivan BLEČIĆ	712	CRO
Pavle KRULJAC	710	CRO
Duje LEKŠIĆ	708	CRO
Nikola ŠPOLJAR	695	CRO
Marinko DUKA	693	CRO



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THE VALUES OF TRAIL RUNNING BY



The members of the ITRA representing the different components of the trail-running community from the 5 continents, so as to accompany the major evolutions of our sport and allow the conditions necessary for its future to flourish, have decided to unite our cultures and passions to bring together our heritage, our visions of trail-running and our values.

These values have driven our initiative because they are the soul of trail-running, a core bond shared by the various players and participants in this discipline's field, a core bond where authenticity and fair-play take central stage.



In fact, what is trail-running other than an authentic event in open country, without any external props, a marvellous way to offer access to our regions, our footpaths, much like sharing our "homes"?

What better driving-force for trail-running than the organiser's motivation and desire to welcome runners, like welcoming friends to share something important with them, indeed something essential, where passion, conviviality, a world vision and human relationships are central?

By establishing this ambiance, this framework, by using simple and powerful rules, to which all the players naturally refer we can be sure to spread, for a long time to come, the values of our sport and also explain all that unites us:

"To surpass oneself and explore one's physical and mental abilities while in contact with beautiful and sometimes harsh natural surroundings.

The pleasure of running, without necessarily focusing on striving for performance, even if this doesn't prevent one from being proud of one's final ranking.

The sharing of one's passion and emotions with other runners and volunteers.

To experience the pride of being a "finisher".

Mutual help and support to finish and share the emotion of crossing the finishing line together after several hours of effort.

To experience a great moment of conviviality together with all the participants and players involved within an event.

To experience solidarity...

To hear the great champions' testi-

monies of respect for the performances of unknown runners..."

The analysis of these comments outlines the foundations of an unwritten culture which have united the players of the trail-running community since its beginning, and which continue to do so while our discipline experiences an ever-increasing popularity.

They wished to formalise these principles in the form of an International Trail-running Charter by defining their underlying values: the aim of this initiative is to share the salient points guiding the behaviour of all the players, whether they be runners, organisers, partners, volunteers, inhabitants or those responsible for the territories and regions that host trail-running events.

To adhere to, promote and implement these ideals is proof of a commitment in favour of a sport experienced as a human adventure, a source of self-fulfilment and sharing.

This Charter is in no way a call for uniformity, nor for standardisation. It leaves each and every individual the freedom to express their attachment to the trail running spirit according to their cultures and sensibilities.

AUTHENTICITY

Authenticity is the first trail-running value. At its origins, trail-running was born from the runners' motivation to practise their sport in contact with natural surroundings, so as to experience the beauty of the landscape and to learn to evolve without artifice in an environment that is demanding for both body and spirit. Trail-running is an authentic sport, because it creates a confrontation between the participant and the unspoilt natural environment as a source of inspiration, surpassing oneself, but also one of harmony.

As a social activity, trail running promotes human relationships based on simplicity, conviviality, sharing and respect for differences. The trail-running community gives these authentic values as much importance as those of performance and competition.

HUMILITY

In practising trail-running, an activity in open country, humility is a behaviour that is adapted as much to the natural environment as to oneself.

In natural surroundings, it relies upon taking into consideration the existing natural hazards, whatever the relevance and the quality of the measures taken by the organisation of a race to ensure the safety of its participants. Humility, in the face of nature, supposes the capacity to show caution and can go as far as renounc-

ing the race or the envisaged project. For that which concerns each individual, humility is based on the consciousness and the knowledge of one's limits so as not to question one's physical or mental integrity.

As a type of behaviour, humility is an inseparable attitude of listening and learning for better understanding of the principles which govern natural environments or the fundamentals of practising an intensive sport in natural environments.

FAIR PLAY

Fair-play indicates the loyal acceptance of rules, not only to the letter but also in the spirit which presides over their definition.

For the runners, to be fair-play means respecting the race regulations, not cheating, not bending the rules, refusing all forms of doping; but also embodying the human values of trail-running throughout all of their races; mutual aid and solidarity with the other runners, respect for all the players present at the races.

For organisers, respecting fair-play supposes the implementation of the necessary means to fight against "...cheating, bending the rules, doping, ...physical and verbal violence ...exploitation, unequal opportunities, excessive commercialisation and corruption" (extract

from the Council of Europe's Code of Sports Ethics).

EQUITY

Is in the search for a just balance, based on impartiality and equal opportunity from

which each runner should benefit.

The trail-running races are open to all runners. The regulations are conceived so that they apply equally to all concerned. All athletes are subject to the same conditions and they have the same rights and same duties. The measures taken to welcome the top athletes must on no account hamper the participation of the other runners.

It is the responsibility of the organisers to guarantee this principle of equity, to carry out the necessary checks and to offer all the participants the best race conditions possible.

RESPECT

The principle of respect embraces the respect for others, respect for one's self and respect for the environment.

Respect for others

To respect others, is to understand and accept their differences and it is to act in such a way as to not bother or hamper them. It is equally understanding that the race takes place in surroundings which have their own culture and traditions; it is consequently adopting the necessary "knowledge and understanding" in order to respect the local population, its culture and its customs.

Each runner also agrees to respect all people encountered during the course of the trail, who are also benefiting from the open country at the same time (other trail-runners, hikers, etc.).

Each runner agrees to know and respect the regulations of the race in which they have chosen to participate.

Respect for oneself

The practice of trail-running can entail risks and the search for performance and/or pleasure on no account justifies the distortion of one's, more or less long term, good health.

Each runner will be particularly vigilant so as not to take any doping product and not to resort to the abusive use of self-medication. They must take care not to exceed their limits to the point of affecting their physical or moral integrity.

**AUTHENTICITY
HUMILITY
FAIR PLAY
EQUITY
RESPECT
SOLIDARITY**

Respect for the environment

Races take place in fragile natural environments. All players involved with trail-running races, runners, organisers, partners, accompanying persons make a commitment to protect the natural equilibrium.

Organisers of trail-running races must do all they can to reduce the negative impact linked to the running of their races. They make a commitment by sharing information and making efforts to educate in order to contribute to the general awareness of the natural environment's fragility.

Each organiser will identify the environmental risks engendered by their event and propose concrete actions to reduce the risks to the minimum. They will encourage the use of public transport or car-sharing and limit, as much as they can, the use of other motorised equipment.

Each runner makes a commitment to adopt the most relevant behaviour to minimize his or her impact on the terrain through which he or she passes.

Together, the members of the trail-running community act as ambassadors for the promotion and conservation of natural environments.

SOLIDARITY

Solidarity is a value that is practised and shared by the inhabitants at the heart of natural regions, which can become hostile, and consequently they need to help each other to progress better together or simply to survive. In the name of the principle of solidarity, each player in the field of trail-running is asked to prioritise going to the aid of anybody in danger or difficulty wherever they are and in whatever circumstance.

In a more global manner, the participants and players in the trail-running field often show solidarity by making a commitment in favour of environmental, social or societal causes or by helping the underprivileged. Trail-running race organisers implement this principle of responsibility by directly supporting charitable actions and sustainable development; numerous participants "run for a cause" to support the projects of their choice.

HEALTH POLICY?

PREVENTIVE AND RESEARCH ACTIONS CONCERNING HEALTH POLICY

The event organization has decided upon the implementation of health policy measures during 100 Miles of Istria. This preventive action does not replace the current national and international regulations regarding anti-doping campaigns but aims to strengthen the medical supervision set up by the event organization, in accordance to their safety-health-assistance programme. These measures are managed jointly by the International Trail Running Association (ITRA), the Ultra-Trail World Tour (UTWT) and the event organization. This preventive action will be implemented by a medical commission, consisting of doctors, which can take advice from experts as it considers appropriate and which will be able to express a consultative opinion to the event organization's jury on the medical condition of participants.

Each participant agrees to:

1. Declare to the medical commission the following information:

- Any medical history and/or pathology which may increase the risks during vigorous exercise;
- The use of any medicine;
- The request or procurement of any Therapeutic Use Exemption (TUE) for any medicine or substance which is proscribed.

The declaration of this information to the medical commission must only be done through the health space that each participant can create for free on the ITRA website: www.itra.run.

The medical information declared is accessible only to the medical commission and medical staff of the safety-health-assistance programme set up by the event organization.

2. Provide any urinary, blood, hair and/or saliva samples and analyzes requested by the medical commission, provided that the costs involved in achieving these samples and analyzes are the direct responsibility of the event organization.

3. To answer any reasonable request from the medical commission so as to decide upon their capacity, or not, to participate in the race, it being understood that the medical commission can propose to the event organization, that the participant be excluded from the race for health reasons.

Any unreasonable failure, refusal or provision of erroneous information from a participant related to the health policy may result in disqualification from the event.

OPEN YOUR FREE HEALTH SPACE ACCOUNT AT
http://www.i-tra.org/page/381/My_health_space.html

ACCOMMODATION

VILLAGE SOL GARDEN ISTRA 4*

Double room:
35,00 EUR / BB / pp and night

Single use (1 person):
45,00 EUR / BB / per night



HOTEL SOL UMAG 4*

Double room:
41,00 EUR / BB / pp and night

Single use (1 person):
51,00 EUR / BB / per night



PRIVATE ACCOMMODATION (APARTMENTS, ROOMS, HOUSES...)

1 person: 40,00 EUR per night
2 people: 55,00 EUR per night
3 people: 70,00 EUR per night
4 people: 85,00 EUR per night
5 people: 100,00 EUR per night
6 people: 125,00 EUR per night
Children up to 11,99 years: 5,00 EUR per night
Pets: 5,00 EUR per night



NEED ACCOMMODATION OR TRANSFER?

FIND INFO AT WWW.ISTRIA100.COM

CONDITIONS

Prices are valid for the period of 1.4.-10.4.2018.

Written prices are per person and night.

Residence tax and VAT are included in the price.

Additional payment for lunch/dinner in Sol Garden and Sol Umag = 12,00 € per person.

DISCOUNTS

Valid for Sol Garden and Sol Umag only:

Children from 0 to 11 years with 2 adults in a room, on a spare bed = FREE OF CHARGE

Children from 0 to 11 years with 2 adults in a room, on a normal bed = 25% discount

Third adult on a spare bed = 25% discount

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!

POWERED BY:

Company: SPORT BOX d.o.o.

Address: Sjeverna ulica 2/2, 52420

Buzet

IBAN: HR9123600001501948381

BIC (SWIFT): ZBAHR2X (Zagrebacka banka Zagreb)

ADDITIONAL INFORMATION

For more information about transfer options please contact:

BOOKING@ISTRIA100.COM



PHOTO.

Umag from the air

ATTRACTIONS AND ACTIVITIES IN ISTRIA MARCH 29TH - APRIL 15TH

UMAG AND SUR- ROUNDINGS

BEER, STEAK & WHISKEY PAIRING

Buje-Buie
Gastronomic event
March 29th

SWEET WINE AND WALK

Momjan-Momiano, Buje-Buie
Sports and gastronomic event
April 13th

POREČ AND SURROUND- INGS

MRF ISTRA MUSIC FESTIVAL

Porec-Parenzo
*9th International festival of choirs and
orchestras*
April 3rd - 7th

DANCE FEST POREC

Porec-Parenzo
World dance championship
April 5th - 7th

VRSAR AND SURROUND- INGS

PERIN MEMORIAL

Vrsar-Orsera
35th junior tennis tournament U-18
March 30th - April 7th

ALPE ADRIA CUP

Vrsar-Orsera
*International table tennis tournament for
children*
April 13th

ROVINJ AND SURROUND- INGS

CONTRASTS

Rovinj-Rovigno
9th Festival of Rovinj photography
March 16th - April 7th

VINICIO MOMOLI

Rovinj-Rovigno
Independent exhibition
March 27th - April 14th

DAYS OF COMMUNICATION

Rovinj-Rovigno
Marketing communication festival
March 28th - 31st

CHEF CULINARY IGOR JAGODIC

Rovinj-Rovigno
*Enjoy in the specialties of the best S
lovenian chef in 2019*
March 30th

WEEKEND BIKE AND GOURMET TOUR

Rovinj-Rovigno
Recreational cycling ride
April 6th - 7th

PULA AND SUR- ROUNDINGS

OLIVE OIL FESTIVAL

Fažana-Fasana
Gastronomic event
April 6th

VISIT LIŽNJAN

Monte Madonna fort
Monte Madonna sightseeing tour
April 7th

VISIT OFFICIAL TOURIST WEBSITE OF ISTRIA

VISIT ISTRIA @
WWW.ISTRA.HR

MONTE LIBRIC

Pula-Pola
12th children's book festival
April 8th - 14th

ROCKY TRAILS

Premantura
UCI C1 XCO Premantura Rocky Trails
UCI C3 XCM Kamenjak Rocky Trails
April 6th - 7th

LABIN AND SUR- ROUNDINGS

DAYS OF ASPARAGUS AND CUTTLEFISH

Labin-Albona
Gastronomic event
April 1st - 30th

CENTRAL ISTRIA

TITON

Pazin-Pisino
Theatrical performance
March 29th

CONCERT FOR VOICE AND GUITAR

Pazin-Pisino
Musical event
April 4th

FEŠTA OD ROŽIC

Svetvincenat
Flower fair
April 5th - 7th

The screenshot shows the top part of the website with a navigation bar containing: Explore Istria, Destinations, Experience Istria, Where to stay, My Destination Istria, and a search icon. Below the navigation is a large hero image of the Pula Arena with the text "Explore the Magic of Mysterious Heritage".

Below the hero image is a weather widget showing temperatures for Pula (9°C), Umag (7°C), Rovinj (8°C), Poreč (6°C), Pazin (5°C), and Vrsar (7°C). To the right of the weather is a "News" section with a headline: "On March 17th the famous Munich Allianz Arena hosted the special presentation of Istria Tourism Board to the renowned German media representatives."

Below the weather and news is another hero image of a lighthouse on an island with the text "Experience Istria" and "Start exploring what you can experience of Istria". Below this is a row of six category buttons: Sun & Sea, Green Istria, Culture, Gourmet, Sports & Outdoor, and Health and wellness.

At the bottom, there is a grid of six featured experiences: "Sunrise As It Should Be: Welcome The New Day In The Arms Of a Loved One", "Guide Through the Fjord: Get to Know the Lim Channel", "Blue Array of Green Istria: Experiences on the Mirna River", "Glamorous Olive Groves: The Secrets of Golden Drops of the Best Olive Oil Producers in the World", "Looking for Wild Flavours: Asparagus Harvesting in Green Istria", and "Discover the top 5 places where it is best to turn off your smartphone and enjoy."

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, Oprtalj 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.

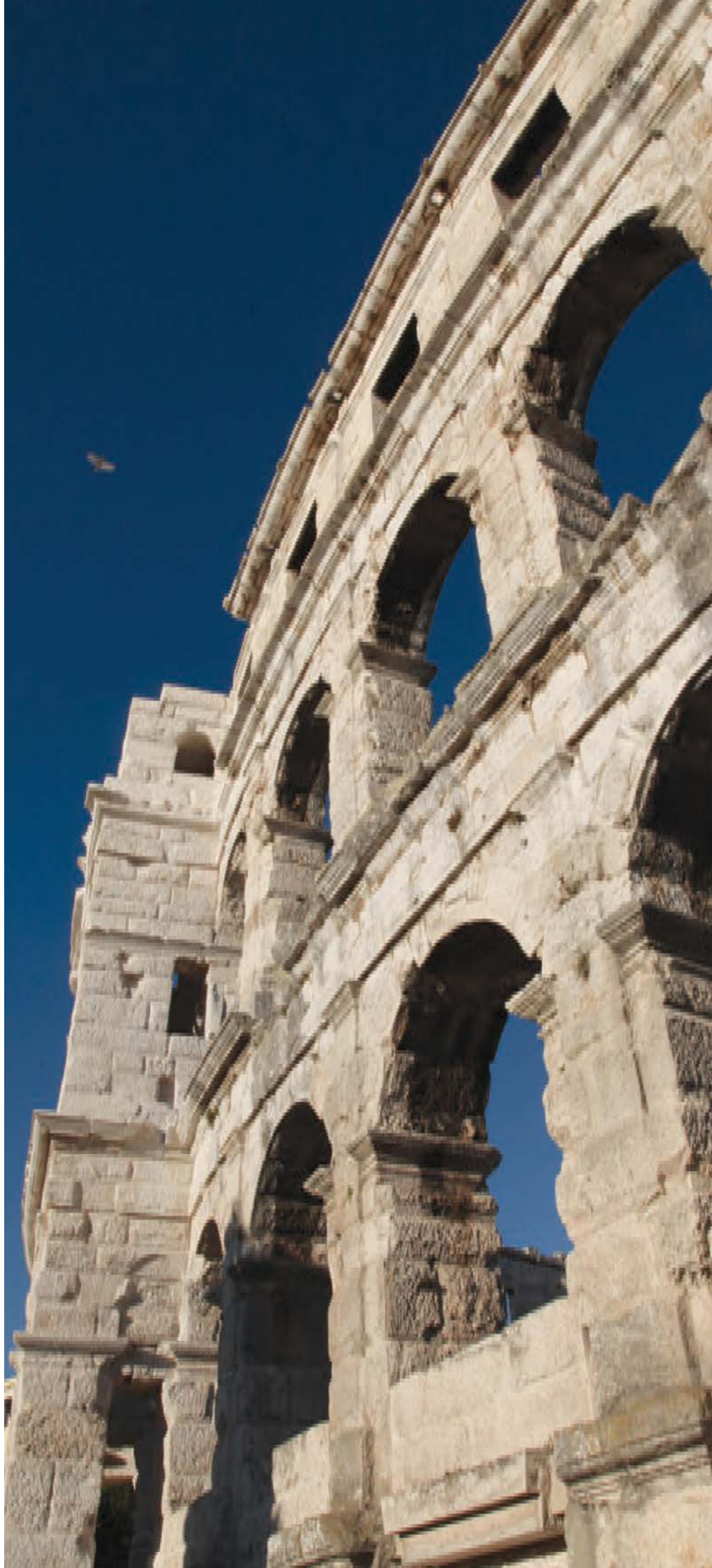
Fortified by the northerly bora and invigorated by the mistral, fragrance imbued with Spanish broom, sage and lavender, drowsy from stone pines, thyme and immortelle, with a climate that makes for a five month long swimming season, Istria is indeed the ideal tourist destination.

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 *mous-saka*) 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 char-

acteristics 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 boškari 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 Učka 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 Učka 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 Giannino, San Rocco, Monte, Milan, Blu, Pepenero, 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 5 km long tunnel through the Ucka 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 bianca). 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 malvasies, 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 Peloponnesus. 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 world-known 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 assort-

ment. 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, semisweet 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 draganela, 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 grape-vines 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 Kozlović (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.



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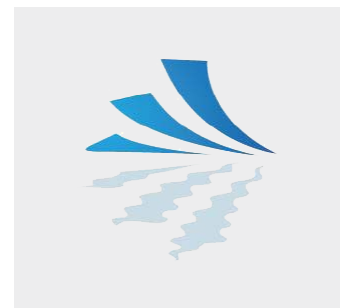
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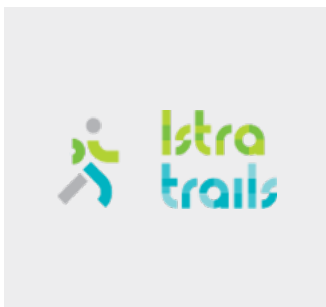
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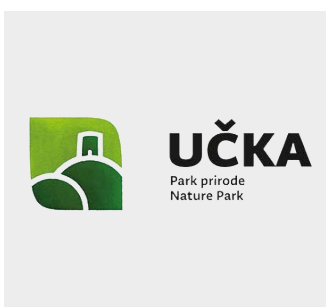
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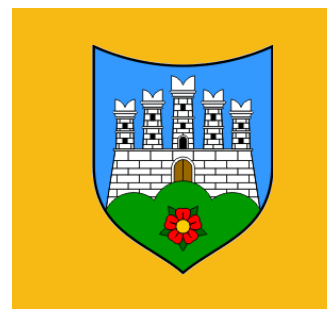
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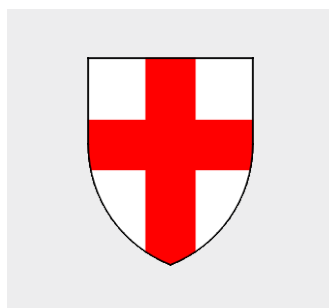
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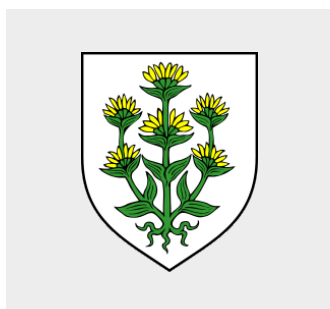
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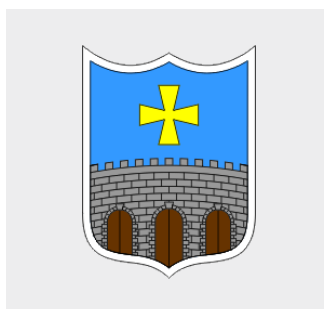
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