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Great start stage at the 19th Dynafit Transalpine Run 2024 powered by Garmin from Garmisch-Partenkirchen to Nassereith

The 19th DYNAFIT Transalpine Run powered by Garmin (TAR) set off on its seven-day adventure across the Alps in perfect conditions. With almost 45 kilometers and over 2500 meters of altitude, the route from Garmisch-Partenkirchen to Nassereith was a real challenge. The fastest runner was the favored Dynafit athlete Lukas Mangger from South Tyrol in the solo classification; the fastest team came from Switzerland.

Great running weather, exciting competitions, spectacular trails, two sections with mandatory helmets and around 600 first-time starters: the start of the legendary Transalpine Run from Garmisch-Partenkirchen to Nassereith turned into a trail running festival with many favorite victories. Lukas Mangger from South Tyrol only needed 4:27:14 h for the 44.5 kilometers and 2590 vertical meters. "The route was really beautiful and varied. That's exactly how I like it!" said the Dynafit athlete, summing up the TAR opener. In the women's race, the German Julia GÜthling won with a minimal lead of less than a minute ahead of her compatriot Andrea Knabe.

RUN2: Excitement in the men's race, clear-cut in the women's and mixed competition

The fastest team were the Swiss "flatland fighters" Tobias Schmid and Ramon Gut, just ahead of the "Samnaun Racers". In the women's race, the favorites Lena Glasbrenner and Johanna Steinmüller from the "Allgäu Outlet Racing Team" left nothing to be desired. The two-day RUN2 competition was close: the Swiss "Hüguläufer" Martin Lustenberger and Silas Walther secured the day's victory with a wafer-thin lead of around 30 seconds over the Germans Julian Willer and Mario Koch from the "Allgäu up" team. Anna Herfert and Theresa Blank ("Dynafit Sisteract") came out on top in the women's race. As expected, last year's winners of the TAR Team Mixed competition Tanja Löwenhagen and Tobi Abt from the "Dynafit Squad" team took the day's victory with the third-fastest time of all teams!

All results and information at [transalpine-run.com](https://www.transalpine-run.com). Live to follow with live cams, rankings, video updates, route flights and much more at <https://www.transalpine-run.com/live-center/>

Tomorrow's second stage leads over 31 kilometers and almost 1800 vertical meters from Nassereith to nearby Imst.

The Transalpine Run has been held since 2005 and leads over the main Alpine ridge in seven days on alternating routes on spectacular trails. More information at transalpine-run.com



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The legendary trailrunning event across the Alps
Das legendäre Trailrunning Event über die Alpen



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