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Race runs¹

MORE THAN 42.195 KM (ULTRA RUN)

27.07.2019	Südtirol Ultra Skyrace	69.84 km →, 3756 m ↑, 3685 m ↓, 09:10:19, 07:53 min/km	<i>Bolzano, Italy</i>
28.07.2018	Kalser Tauern Trail	49.58 km →, 1988 m ↑, 2535 m ↓, 06:18:58, 07:39 min/km	<i>Kals, Austria</i>
19.08.2017	Ultravasan 90	91.14 km →, 1054 m ↑, 1196 m ↓, 09:11:39, 06:03 min/km	<i>Mora, Sweden</i>

APPROX. 42.195 KM (MARATHON)

07.05.2017	Prague Marathon	42.96 km →, 0137 m ↑, 0143 m ↓, 03:28:27, 04:51 min/km	<i>Prague, Czech Republic</i>
20.09.2017	Moscow Marathon	43.18 km →, 0171 m ↑, 0164 m ↓, 03:45:35, 05:13 min/km	<i>Moscow, Russia</i>

LESS THAN 42.195 KM

22.10.2023	Trailrunning Festival (Day 3)	24.27 km →, 1332 m ↑, 1339 m ↓, 02:43:49, 06:45 min/km	<i>Salzburg, Austria</i>
21.10.2023	Trailrunning Festival (Day 2)	12.97 km →, 0594 m ↑, 0512 m ↓, 01:10:31, 05:26 min/km	<i>Salzburg, Austria</i>
20.10.2023	Trailrunning Festival (Day 1)	05.19 km →, 0134 m ↑, 0133 m ↓, 00:21:29, 04:08 min/km	<i>Salzburg, Austria</i>
03.04.2022	Graz Quarter Marathon	10.38 km →, 0040 m ↑, 0041 m ↓, 00:45:02, 04:20 min/km	<i>Graz, Austria</i>
24.03.2019	Lindkogel Trail	20.64 km →, 1065 m ↑, 1045 m ↓, 02:02:01, 05:55 min/km	<i>Bad Vöslau, Austria</i>
21.10.2018	Wolfgangseelauf	26.95 km →, 0326 m ↑, 0321 m ↓, 02:02:10, 04:32 min/km	<i>St. Wolfgang, Austria</i>
01.05.2018	Bad Blumau Half Marathon	20.67 km →, 0064 m ↑, 0063 m ↓, 01:27:50, 04:15 min/km	<i>Bad Blumau, Austria</i>
23.04.2017	Vienna City Half Marathon	21.45 km →, 0080 m ↑, 0065 m ↓, 01:30:51, 04:14 min/km	<i>Vienna, Austria</i>
16.10.2016	Wolfgangseelauf	26.98 km →, 0316 m ↑, 0314 m ↓, 02:13:45, 04:57 min/km	<i>St. Wolfgang, Austria</i>
02.10.2016	Herbstfarbenlauf	10.07 km →, 0069 m ↑, 0068 m ↓, 00:42:39, 04:14 min/km	<i>Frauental, Austria</i>
17.09.2016	Drei Zinnen Alpine Run	12.77 km →, 1101 m ↑, 0024 m ↓, 01:36:10, 07:32 min/km	<i>Sesto, Italy</i>
03.06.2016	Passailer Volkslauf	11.72 km →, 0095 m ↑, 0095 m ↓, 00:52:09, 04:27 min/km	<i>Passail, Austria</i>
18.07.2015	Römerlauf	20.66 km →, 0136 m ↑, 0118 m ↓, 01:49:15, 05:17 min/km	<i>Kaindorf, Austria</i>
23.08.2015	Wörthersee Half Marathon	21.29 km →, 0076 m ↑, 0068 m ↓, 01:38:54, 04:39 min/km	<i>Velden, Austria</i>
05.06.2015	Passailer Volkslauf	11.75 km →, 0078 m ↑, 0062 m ↓, 00:55:35, 04:44 min/km	<i>Passail, Austria</i>

Training runs²

2024	137 runs, 1705 km →, 15557 m ↑, 15757 m ↓, 161 hours (= 3.10 hours/week)
2023	092 runs, 1013 km →, 04412 m ↑, 04502 m ↓, 099 hours (= 1.90 hours/week)
2022	174 runs, 1930 km →, 13415 m ↑, 13875 m ↓, 139 hours (= 2.67 hours/week)
2021	092 runs, 0940 km →, 12849 m ↑, 13455 m ↓, 187 hours (= 3.60 hours/week)
2020	069 runs, 0615 km →, 14930 m ↑, 15952 m ↓, 168 hours (= 3.23 hours/week)
2019	125 runs, 1854 km →, 15143 m ↑, 15111 m ↓, 183 hours (= 3.52 hours/week)
2018	153 runs, 1854 km →, 03134 m ↑, 03330 m ↓, 059 hours (= 1.13 hours/week)
2017	153 runs, 1997 km →, 04446 m ↑, 05608 m ↓, 089 hours (= 1.71 hours/week)
2016	130 runs, 1410 km →, 12755 m ↑, 12588 m ↓, 180 hours (= 3.64 hours/week)
2015	093 runs, 1055 km →, 12370 m ↑, 12198 m ↓, 101 hours (= 1.94 hours/week)

¹The listed data is from my running watch. It may differ from the official data.

²Years with trainer: 2017–2019, 2021–2025