

INFERNO

15. – 17. AUGUST 2025

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INFERNO
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INFORMATION FOR ATHLETES
TRIATHLON | HALF MARATHON | TEAM- & COUPLES' TROPHY
TRAIL-, KIDS- & FAMILY-RUNS

Finde deine Ruhe Find your peace



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Ice rink



Sporthalle
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Late Entry

Spa-Eintritt reduziert in
den letzten zwei Stunden.

Spa entry reduced in the
last two hours.

Besuche uns
Visit us

Alpines Sportzentrum Mürren
Höhematte 1074b, 3825 Mürren
+41 33 856 86 86
info@sportzentrum-muerren.ch
www.sportzentrum-muerren.ch



@alpines_sportzentrum_murren



@alpinessportzentrummurren

INFERNO – EVERYTHING IS READY!



This year's Inferno year brings innovations: The INFERNO races are growing. In addition to the familiar main routes, we are delighted to present the INFERNO Kids- & Family-Runs and the INFERNO Trail Run from this year onwards. The INFERNO Kids- & Family-Runs – the races for children and young people! The Kids-Run and U12-Run can also be completed accompanied by an adult. The focus here is not only on speed, but also on having fun. Enjoy the great atmosphere on the running routes with start and finish in Mürren.

The INFERNO Trail-Run - suitable for trail beginners and for everyone to enjoy! At 8.3 km and 390 meters in altitude, the route is short and crisp. It leads through the picturesque village of Mürren, up over root trails and offers a magnificent view of the Eiger, Mönch and Jungfrau triumvirate. These competitions replace the Mürren Fun Triathlon, which we no longer offer after 25 years. Of course, our classics remain: The INFERNO Triathlon / Team Trophy - A challenge that lives up to its name! This unique competition takes you through the beautiful landscape of the Bernese Oberland, past glistening lakes, over steep climbs, rapid descents and finally up to the majestic Schilthorn, or for the teams to Mürren. But what makes this triathlon special is not just the course - it is the mental and physical endurance that every athlete, individually or as part of a team, demonstrates here. The INFERNO half marathon - a race that not only impresses with its spectacular route, but also with the tireless willpower of all participants! This half marathon demands everything from you and rewards you with the incomparable atmosphere of the INFERNO event. Incidentally, the INFERNO half marathon can also be experienced as a relay.

Many thanks to our sponsors, patrons, authorities and the numerous helpers. They are an essential part of the INFERNO races - they not only make the event possible, but also contribute to the unique atmosphere. The INFERNO triathlon, half marathon, trail-run or the children's and family-runs are not just a race, but a journey - a journey full of emotions, challenges and unforgettable moments. Let's embark on this journey together, overcome boundaries and look back with pride at what we have achieved. We from the organizing committee are looking forward to exciting competitions and wish you continued successful preparation.

Beat Uebersax

Race Director Half Marathon & Trail-, Kids & Family-Runs

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IMPRINT

Editors: OK INFERNO, Anja Frutiger Communication department
Realisation and printing: Sutter Druck, Grindelwald
Photos: Rémy Steinegger & alphafoto.com

ORGANISATION

ORGANIZER
Inferno Triathlon Association
c/o Schilthornbahn AG Management
Lengwald 301, 3824 Stechelberg
President: Christoph Egger
Honorary President: Peter Feuz

ORGANIZATION COMMITTEE
President: Kaspar Grünig
Race director of Half Marathon, Trail-, Kids- & Family-Run: Beat Uebersax
Race director of Triathlon, Team- und Couples' Trophy: Jan Cermak
Schilthorn Aerial Cableway: vacant
Staff: Christine Reber, Nina Lauri
Logistics and Transportation: Benjamin Trachsel, Ralph Darmstädter
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Media: Mirjam Wäfler
Web and Social Media: Fabienne Hasselmann
Sponsoring + VIP-Patronat: David Luyet
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Secretariat: Christian Abbühl

IMPORTANT TELEPHONE NUMBERS
Emergency services: 112
INFERNO Secretariat: 0041 33 856 86 80
Mürren-Tourism: 0041 33 856 86 86
Race office opening times: see schedule page 19

MORE INFORMATIONS



WWW.INFERNO.CH

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SPONSORING
Since 1998 the INFERNO Triathlon has developed from a "competition of a few crazy people" to a cult event of the endurance sports scene and thus to one of the biggest summer events in the Bernese Oberland. Without the energetic strong support of our numerous and loyal partners from the regional and local economy regional and local economy, tourism and thanks to the support of cantonal and port of cantonal and communal institutions as well as a large number of private persons the realization of the INFERNO events would not be possible. The OC would like to thank the INFERNO partners for their important support!

- AUTHORITIES**

 - Sport-Toto-Gesellschaft, Bern
 - Stadt Thun, Amt für Anlagen und Sport
 - Zivilschutzorganisation Jungfrau
 - Gemeinde Lauterbrunnen
- SUPPORTER**

 - Air Glaciers, Lauterbrunnen
 - Alpines Sportzentrum Mürren
 - von Allmen Bruno, Bauunternehmung, Mürren
 - Amadeus Audio-Video Concept AG, Interlaken
 - Ballenberg, Freilichtmuseum der Schweiz
 - Blumengeschäft, H. Gosteli AG, Matten
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- Caremed Praxis, Lauterbrunnen/Mürren
 - Feuz Marc, Gerüstbau, Mürren
 - Feuz Markus, Transporte, Mürren
 - Grindelwald Tourismus
 - Imboden Bike, Lauterbrunnen
 - Interlaken Tourismus
 - Jungfraubahnen, Top of Europe
 - Jungfrau Marathon
 - Männlichenbahn, Grindelwald
 - Rubin & Morger AG, Interlaken
 - Schilthornhütte
 - Spiezathlon, OK
 - Stäger Transporte AG, Mürren
 - Treuhand Lehmann AG, Bern





THANK YOU STAFF!

What would a sporting event be without volunteers? What would the INFERNO in particular be without its committed, great group of helpers? - It would probably be a commercial enterprise with a profit-orientated probably - or it would simply not be able to take place! For more than two decades, athletes of the INFERNO races can rely on a proven infrastructure along the courses and on motivated infrastructure along the course and motivated helpers who give them material and emotional support. material and emotional support. The OC would like to thank all the helpers for their willingness to help in the future to make that the INFERNO becomes an unforgettable experience for everyone. The INFERNO connects!

PERSONS RESPONSIBLE FOR STARTS, ROUTES, TRANSITION AREAS, FINISHES

Start Triathlon: Alfred Meier, Jean-Pierre von Gunten
Prestart Team Trophy: Hansmathis Wenger, Reto Leuenberger
Start Half marathon: Beat Uebersax
Marking swimming section: Marc von Dach
Marking race bike section: Peter Buck
Marking mountainbike section: Dieter Bratschi
Transition area Oberhofen: Stefan Bünzli
Transition area Grindelwald: Christian Rubi
Transition area Stechelberg: Stefan Schär
Finish Mürren: Hansruedi von Allmen
Finish Schilthorn: Ruedi Sonderegger, Anita Lüthi
Trail- & Family-Run: Beat Uebersax

SPEAKER

Start Strandbad Thun: Valentin Lager
Start half marathon: Ruth Raaflaub-Minnig
Transition area Oberhofen: Manuel Stucki
Transition area Grindelwald: Manuel Stucki
Transition area Stechelberg: Ruth Raaflaub-Minnig
Mürren: Valentin Lager, Beat Brunner
Finish Schilthorn: Martin Müllhaupt
Sunday: Martin Müllhaupt

RACE OFFICE/INFORMATION: Christian Abbühl, Nina Lauri

MEDICAL SERVICE: Dr. Marc Maurer

FIRST AID: Urs Althaus

CATERING: Daniel Kuster, Kurt von Allmen

MASSAGE: Vroni Gerber, BeoSpoMaTeam

TELECOMMUNICATION: RIEDEL Communications Switzerland AG

TIMEKEEPING: DATASPORT

PUBLIC ADDRESS SYSTEM: Peter Ziswiler, Schenkel Christian

FESTIVAL FOOD & DRINK: Nicole Hilti

HEAD REFEREE SWISS TRIATHLON: Marianne Oehninger

THESE ASSOCIATIONS, CLUBS, INSTITUTIONS AND GROUPS MAKE UP THE MORE THAN 800 MEMBERS OF THE INFERNO STAFF 2025

All Blacks Thun
Alpines Sportzentrum Mürren
Auto-Moto-Club Haslital, Meiringen
Blue Corner Divers Thunersee
BeoSpoMaTeam, Vroni Gerber
Dorfvereine Mürren
Feuerwehr Grindelwald

Fitnesspark Hallenbad Oberhofen
Gemeinde Oberhofen, Bauverwaltung und Polizei
Gemeinde Grindelwald, Ressort Sicherheit
Grindelwald Tourismus, Sportsekretariat
Hotelierverein Mürren-Lauterbrunnen
Hotel Jungfrau Mürren
Internationale Inferno Skirennen Mürren
Jungfrau Region Tourismus
Kantons- und Gemeindepolizei Lauterbrunnen
Kantonspolizei Bern, Regionalpolizei BO
Motoclub Jungfrau, Interlaken
Mürren Tourismus
MVTO (Mobile Verkehrs- und Transport-Organisation)
Polizeiinspektorat Interlaken
Samaritervereine im Berner Oberland (s. Arzt- und Samariterdienst)
Schilthornbahn AG, Direktion und Personal
Schwimmklub Thun
Seepolizei Thunersee
SRD Thunersee (Seerettung Thun)
Sektorenärzte (s. Arzt- und Samariterdienst)
Skiclub Lauterbrunnen, Skiclub Mürren
SLRG Thun-Oberland
Strandbad Thun
Streckensicherung Team Oberhofen – Beatenberg
Streckensicherung Team Interlaken
Streckensicherung Team Brienz – Grosse Scheidegg
Streckensicherung Team Kleine Scheidegg – Lauterbrunnen
Streckensicherung Team Lauterbrunnen – Stechelberg
Telemark-Club Thun
Turnverein Grindelwald
Turnverein Oberhofen-Hilterfingen
Turnverein Wimmis
Verkehrsclub Matten
Verkehrsdienst Grindelwald
Verkehrsrgruppe Brienzersee Haslital
Verpflegungs-Crew Balm: Bettina Baumann & Team
Verpflegungs-Crew Rosenlauri: Daniel Brunner & Team
Verpflegungs-Crew Grindelwald: Beatrice Rubi & Team
Verpflegungs-Crew Mettlenwald: Silvia Kienle-Scheidegger & Team
Verpflegungs-Crew Kleine Scheidegg: Jaqueline Coendet & Team
Verpflegungs-Crew Schilthorn: Anita Lüthi, TV Wimmis
Verpflegungs-Crew Beatenberg: Beat und Claudia Rufer & Team
Verpflegungs-Crew Halfmarathon
Zivilschutzorganisation Jungfrau
... and many more helpers!

THESE WERE THE BEST 2023! (EDITION 2024 CANCELD)

OVERALL RESULTS

INFERNO TRIATHLON WOMEN OVERALL	23 CLASSIFIED
1. Petra Eggenschwiler, 1988, Oberdorf SO	09:52:50,2
2. Alexandra Zürcher, 1991, Oey	10:06:52,6
3. Barbara Bracher, 1980, Thun	10:28:07,5

INFERNO HALF MARATHON WOMEN OVERALL	99 CLASSIFIED
1. Judith Wyder, 1988	2:21:39,6
2. Pascale Rebsamen, 1993	2:24:39,4
3. Rea Iseli, 1994	2:29:36,3

INFERNO TRIATHLON MEN OVERALL	124 CLASSIFIED
1. Samuel Huerzeler, 1984, Wilderswil	8:51:32,8
2. Patrick Cometta, 1996	9:09:35,1
3. Ramon Krebs, 1983	9:14:21,22

INFERNO HALF MARATHON MEN OVERALL	222 CLASSIFIED
1. Clément Durance, 1990, Niederwangen	2:06:20,1
2. Arnold Aemisegger, 1976, Schaan	2:07:51,0
3. Mekonen Tefera, 1992, Nidau	2:08:15,8

TEAM- UND COUPLES’ TROPHY

INFERNO TEAM TROPHY – MIXED	58 CLASSIFIED
1. Hulftegg Stafette 2 (Fabian Breitenmoser, Daniel Widmer, Franziska Bösch, Gregor Metzger)	7:05:49,4
2. Surri Möcke (Andrea Wirz, Stefan Wüthrich, Benedikt Roessler, Gilbert Roulier)	7:16:50,1
3. Auer Velo (Cherelle Oestringer, Daniel Christen, Florian Thie, Andreas Abächerli)	7:30:27,1

INFERNO TEAM TROPHY – WOMEN	10 CLASSIFIED
1. Hulftegg Staffete Frauen (Meret Zimmermann, Rosana Bösch, Xenia Braun, Désiré Widmer)	8:40:24,9
2. Blond Bombshells (Christel Erdmenger Gutierrez, Natalie Wong Ka Fai, Lohse Kim-Morgaine, Rachel Heyard)	8:58:58,0
3. tripl3 ladies (Sarina Calaresu, Tamara Rebmann, Eve Schaffer, Dianna Ineman)	9:01:16,4

INFERNO TEAM TROPHY – MEN	27 CLASSIFIED
1. Imboden Bike Youngsters (Rasmus Imboden, Ayden Levet Reef, Jari Claes, Samuel Müller)	7:22:48,3
2. Stoppani Contract ManufacturWIN (Daniel Hofmann, Daniel Wahler, Marc Keller, Beat Trachsel)	8:01:23,6
3. Flachlander (Dominik Hutter, Markus Marthalerus, Daniel Senn, Thomas Blunier)	8:22:39,1

INFERNO TEAM TROPHY – COUPLE MIXED	21 CLASSIFIED
1. Alpha Racing Team meets BikeBox Racing Team (Jannine Köppel, Timo Schärz)	7:56:01,9
2. Ultimate Inferno (Susanne Huttunen, Emil Uitto)	8:23:55,6
3. Knüsslis again (Christof Knoeri, Sonja Nüssli)	8:35:58,6

INFERNO TEAM TROPHY – COUPLE WOMEN	8 CLASSIFIED
1. velociraptors (Carlota Corbella, Sofia Zbinen)	9:04:02,5
2. Verama (Veronika Schanzer, Amanda Gatti)	9:40:49,9
3. Bikewelt Gisler Schattdorf (Patricia Gut, Pia Amstutz)	9:42:36,2

INFERNO TEAM TROPHY – COUPLE MEN	30 CLASSIFIED
1. Höhenranke Holländer (Felix den Hollander, Florian den Hollander)	7:21:17,0
2. Rad(ler)durst (Andreas Sommer, Tobias Golditz)	7:39:04,4
3. Suvretta Sports St. Moritz (Peter Portmann, Sascha Hosennen)	8:08:38,2

INFERNO TRIATHLON

WOMEN MAIN CATEGORY	6 CLASSIFIED
1. Alexandra Zürcher, 1991	10:06:52,6
2. Michela Segalada, 1990	10:50:53,1
3. Elena Braun, 1992	11:23:05,5

WOMEN AGE GROUP 1	19 CLASSIFIED
1. Petra Eggenschwiler, 1988	9:52:50,2
2. Barbara Bracher, 1980	10:28:07,5
3. Nora Fehlbaum, 1980, Basel	11:18:27,0

WOMEN AGE GROUP 2	5 CLASSIFIED
1. Corina Hengartner, 1978	11:04:46,6
2. Anita Wiesli, 1969	12:10:23,9
3. Sonja Kleinlogel-Van Wyk	12:36:12,8

WOMEN ALTERKLASSE 3	1 CLASSIFIED
1. Cristina Cominardi, 1967	13:43:14,4

MEN MAIN CATEGORY	18 CLASSIFIED
1. Patrick Cometta, 1996	9:09:35,1
2. Marcus Zell, 1992	9:53:07,8
3. Job Hendrickx, 1992	10:02:00,5

MEN AGE GROUP 1	47 CLASSIFIED
1. Samuel Huerzeler, 1984	8:51:32,8
2. Ramon Krebs, 1983	9:14:21,2
3. Patrick Zürcher, 1987	9:35:41,4

MEN AGE GROUP 2	37 CLASSIFIED
1. Lionel Cavalier, 1976	11:15:40,4
2. Raphael Kennel, 1971	11:21:52,1
3. Reto Schiess, 1974	11:30:39,5

MEN AGE GROUP 3	18 CLASSIFIED
1. Kaspar Ritz, 1964	11:24:38,8
2. Paul Schiele, 1968	11:43:37,7
3. Kari Martin, 1966	11:45:51,4

THESE WERE THE BEST 2024!

INFERNO HALF MARATHON

JUNIORINNEN	4 CLASSIFIED
1. Nadin Wälti, 2007	2:41:10,2
2. Reana Trauffer, 2005	3:47.49,1
3. Miria Menger, 2008	4:05.10,0

WOMEN MAIN CATEGORY	48 CLASSIFIED
1. Petra Eggenschwiler, 1988	2:34:21,4
2. Alexandra Zürcher, 1991	2:38:41,6
3. Priska Fuhrer, 1985	2:41:57,9

SENIORS 1	39 CLASSIFIED
1. Tabea Ruegge, 1983	2:44.22,2
2. Nicole Klingler, 1982	2:48.29,1
3. Gertrud Wiedemann, 1978	2:54:22,6

SENIORS 2	23 CLASSIFIED
1. Arlette Maurer, 1974	2:42:31,9
2. Karin Jaun, 1969	2:52:43,9
3. Tanja Saretzki, 1971	2:54.36,7

SENIORS 3	11 CLASSIFIED
1. Anita Mani, 1963	3:24:47,1
2. Verena Iseli, 1957	3:24:49,9
3. Ruth Germann, 1960	3:25:45,4

JUNIOREN	4 CLASSIFIED
1. Lasse Imboden, 2006	3:05:34,9
2. Hamish Smith, 2006	3:41:22,1
3. Adrian Stöckli, 2007	3:45:18,5

MEN MAIN CATEGORY	112 CLASSIFIED
1. Lars Schnider, 2003	2:09:06,3
2. Clément Durance, 1990	2:10.08,7
3. Simon Hellmüller, 1990	2:10.49,2

SENIORS 1	68 CLASSIFIED
1. Hannes Pongruber, 1976	2:26.54,5
2. Patric Spreiter, 1979	2:33.02,3
3. Helmut Perretten, 1975	2:36.22,9

SENIORS 2	77 CLASSIFIED
1. Rolf Messerli, 1967	2:29.12,3
2. Gerhard Zeller, 1971	2:45.23,3
3. Stefan Eng, 1972	2:46.08,8

SENIORS 3	30 CLASSIFIED
1. Felix Scherrer, 1961	2:58:24,8
2. Kurt Scherrer, 1962	3:03:58,3
3. Alan Reynolds, 1963	3:04:44,0

INFERNO HALF MARATHON RELAY RACE

WOMEN	6 CLASSIFIED
1. D Rägäwyber (Stefanie Tschann, Ursula Rauber, Astrid Schmid)	3:06:29,6
2. New Roots Lupinen Ladies (Mariana Mercau, Carmen Häller, Ramona Leiser)	3:34:07,4
3. Ba-Si-Te (Barbara Grünig-Hoppeler, Simone Grünig, Tess Hoppeler)	3:35:20,3

MEN	3 CLASSIFIED
1. Suwicide Squad (Suwisind Narasingamoorthy, Thiemo Schlatter, Nikola Kimidzikic)	3:24:37,5
2. Team (Christoph Back, Alexander Isele, Christoph Isele)	3:38:23,5
3. Last minute runners (Willem Bouma, Jacobus van Haasteren, Sander Bouma)	3:42:25,2

MIXED	9 CLASSIFIED
1. Team Gurten (Isabelle Nuspliger, Marlis Bickel, Jürg Bickel)	2:46:45,7
2. CROI: Carbon Removal or Inferno (Lisa Mangertseder, Ramona Achermann, Benedikt Kratochwil)	3:14:06,5
3. Neon Racer (Leonie Dolder, Marco Messerli, Jürg Glauser)	3:15:54,8

Source: datasport.com
All data without guarante.

WINNERS 1997 – 2024

INFERNO TRIATHLON

1998	Karin Schuch, Uster	9:11.33	*
	Matthias Wunderlin, Zürich	9:18.52	
1999	Karin Schuch, Rüti	10:49.48,0	
	Marc Pschebizin, D-Wittlich	8:51.41,0	
2000	Karin Hiss, Muttentz	10:22.49,3	
	Stefan Riesen, Rüschegg	8:34.27,3	+
2001	Karin Hiss, Muttentz	10:48.43,9	
	Marc Pschebizin, D-Wittlich	8:41.50,8	
2002	Karin Hiss, Bättwil-Flüh	10:54.33,8	
	Marc Pschebizin, D-Wittlich	8:39.44,1	
2003	Tine Tretner, D-Wittlich	11:14.32,8	
	Martin Soliva, Uerikon	8:59.19,3	
2004	Arianne Gutknecht, Allschwil	10:41.05,3	
	Marc Pschebizin, D-Wittlich	8:49.39,4	
2005	Nina Nuessli, Zürich	10:43.27,5	
	Marc Pschebizin, D-Wittlich	8:39.18,3	
2006	Tine Tretner, D-Wittlich	10:24.14,8	
	Marc Pschebizin, D-Wittlich	8:44.22,1	
2007	Tine Tretner, D-Wittlich	10:12.32,1	
	Marc Pschebizin, D-Wittlich	9:04.40,5	
2008	Nina Brenn, Zürich	10:02.58,4	
	Olaf Sabatschus, D-Troisdorf	8:53.17,6	
2009	Nina Brenn, Zürich	10:07.05,0	
	Marc Pschebizin, D-Wittlich	9:03.04,9	
2010	Nina Brenn, Zürich	10:21.52,7	
	Marc Pschebizin, D-Wittlich	8:56.49,8	
2011	Andrea Huser, Aeschlen ob Gunten	8:42.21,1	**
	Samuel Hürzeler, Steffisburg	7:53.12,2	**
2012	Andrea Huser, Aeschlen ob Gunten	10:22.57,7	
	Marc Pschebizin, D-Wittlich	8:48.56,9	
2013	Sonja Gerster, Unterseen	9:41.04,5	
	Felix Schuhmann, D-Bad Wimpfen	8:42.57,7	
2014	Karin Müller, D-Freiburg	9:19.24,2	**
	Samuel Hürzeler, Gwatt (Thun)	8:08.51,3	**
2015	Nina Brenn, Flims Waldhaus	9:37.44,4	
	Samuel Hürzeler, Gwatt (Thun)	8:57.53,1	
2016	Nina Brenn, Flims Waldhaus	10:03.21,9	
	Jan van Berkel, Dielsdorf	9:06.46,1	
2017	Nina Brenn, Flims Waldhaus	10:01.12,5	
	Samuel Hürzeler, Gwatt (Thun)	8:49.51,5	
2018	Lena Berlinger, D-Baienfurt	9:31.04,6	++
	Samuel Hürzeler, Wilderswil	8:35.55,6	
2019	Petra Eggenschwiler, Solothurn	10:10.30,7	
	Samuel Hürzeler, Wilderswil	8:49.45,9	
2020	Cancelled		
2021	Petra Eggenschwiler, Solothurn	9:56.37,7	
	Samuel Hürzeler, Wilderswil	8:47.46,8	
2022	Petra Eggenschwiler, 1988, Oberdorf SO	10:23.08,6	
	Jan Van Berkel, 1986, Döttingen	9:09.35,1	
2023	Petra Eggenschwiler, 1988, Oberdorf SO	9:52.50,2	
	Samuel Hürzeler, Wilderswil	8:51.32,8	
2024	Cancelled		

INFERNO TEAM TROPHY (OPEN)

2000	Physio Team Wepfer, Bern	7:02.02,1	
2001	Power Bar-Team, Galmiz	6:53.23,5	
2002	Eitzinger Bike Holiday, Merligen	6:38.19,3	
2003	www.bikeholiday.net	6:38.02,2	
2004	www.bikeholiday.net	6:31.34,0	+++
2005	Thömus Racing Team	6:46.44,4	
2006	www.bikeholiday.net	6:43.32,1	
2007	Eitziger Sport- und Aktiv-Ferien	6:37.49,1	
2008	www.bikeholiday.net	6:37.57,6	
2009	www.bikeholiday.net	6:48.16,6	
2010	GU plus / thomyk	6:50.03,6	
2011	crespo.ch/zaboobikes.com	5:50.18,4	**
2012	crespo.ch/zaboobikes.com	6:40.13,0	
2013	crespo.ch/zaboobikes.com	6:31.48,8	
2014	Imboden Bike	6:21.26,6	**
2015	Eitzinger Sports	6:43.53,9	
2016	Team Sport & Fun Kandertal	6:44.08,4	
2017	Swimhohlic/Mako Team	6:47.37,6	
2018	Hulftegg Stafette	6:50.03,7	
2019	Hulftegg Stafette	7:06.33,2	
2020	Cancelled		
2021	Imboden Bike	6:58.40,4	
2022	Hulftegg Stafette	6:59.41,5	
2023	Hulftegg Stafette 2	7:05.49,4	
2024	Cancelled		

INFERNO COUPLES' TROPHY (MIXED)

2011	Radys.com	6:51.37,3	**
2012	fräbäbäbäm	7:59.28,1	
2013	BIKECENTER	7:31.24,0	+++
2014	Imboden Bike	6:54.02,3	**
2015	Team Polarkreis	8:03.01,6	
2016	Team Polarkreis	7:53.38,9	
2017	Les Triplettes de Belleville	8:00.14,5	
2018	Isostar	7:42.11,3	
2019	Isostar Winner 2018	7:50.58,9	
2020	Cancelled		
2021	Oudray Pidclock	7:47.42,7	
2022	Free Mountain Racing Team	7:50.08,8	
2023	Alpha Racing Team meets BikeBox Racing	7:56:01,9	
2024	Cancelled		

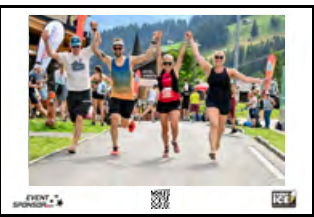
INFERNO HALF MARATHON

1997	Vroni Steinmann, Hausen	2:26.59	
	Christoph Melcher, Deutschland	1:57.33	+
1998	Eroica Spiess, Turgi	2:24.25	
	Dinka Bekele, Äthiopien	1:58.19	
1999	Annamaria Garelli, Italien	2:31.08	
	Dinka Bekele, Äthiopien	1:58.28	
2000	Vroni Steinmann, Hausen	2:34.03	
	Martin von Känel, Reichenbach	2:04.54	
2001	Vroni Steinmann, Hausen	2:27.46	
	John Brown, England	2:01.49	
2002	Angela Mudre, SCO – Edinburgh	2:16.34	++
	Martin von Känel, Reichenbach	2:05.46	
2003	Birgit Lennartz, Deutschland	2:23.33,0	
	Ricardo Meja, Frankreich	1:58.02,3	
2004	Maria Heim, Kappel	2:31.44,0	
	Ricardo Meja, Mexiko	1:58.41,9	
2005	Maja Pliska, Basel	2:32.33,1	
	Emmanuel Vaudan, Monthey	2:03.06,9	
2006	Markus Jenne, D-Schallstadt	2:01.04,7	
	Cornelia Roux, St.Ursen	2:36.57,5	
2007	Daniela Wyss, Langnau im Emmental	2:28.15,9	
	Markus Jenne, D-Schallstadt	2:02.50,0	
2008	Sylke Schmitz, D-Rottenburg	2:36.24,6	
	Markus Jenne, D-Schallstadt	2:06.03,7	
2009	Laura Hrebec, Glion	2:24.50,7	
	Martin Cox, F-Chamonix	2:04.33,9	
2010	Karin Jaun, Därligen	2:35.23,0	
	Martin Cox, Anzère	2:07.23,9	

2011	Daniela Gassmann Bahr	2:24.27,3
	Markus Jenne	2:07.40,8
2012	Angela Haldimann-Riedo, Niederuzwil	2:32.46,4
	Markus Jenne, D-Schallstadt	2:07.53,0
2013	Martina Strähli, Oeking	2:19.35,4
	David Schneider, Lütisburg	2:04.03,5
2014	Angela Haldimann-Riedo, Niederuzwil	2:30.52,0
	Matthias Bieri, Bern	2:05.51,3
2015	Angela Haldimann-Riedo, Niederuzwil	2:25.39,6
	Billy Burns, Arbaz	2:03.48,8
2016	Hannah Jarvis, GB-Stoke on Trent	2:33.51,4
	William Rodriguez, COL-Bogotá	2:04.35,1
2017	Emma Pooley, Hausen am Albis	2:21.10,7
	Jonas Lehmann, D-Kirkel	2:04.47,4
2018	Holly Page, GB-West Yorkshire	2:29.01,7
	Werner Marti, Grindelwald	2:02.11,1
2019	Blandine L'Hirondel, F-Merignac	2:25.25,8
	Tefera Mekonen, Herrenschwanden	2:01.27,4
2020	Abgesagt	
2021	Simone Hegner, Bern	2:29.48,9
	Andrés Ruiz Malaver, COL-Bogota	2:04.13,1
2022	Mirjam Niederberger, 1993, Wabern	2:31.40,9
	Jonathan Schmid, 1992, Adelboden	2:01.31,0
2023	Judith Wyder, 1988, Hoka/RedBull	2:21.39,6
	Durance Clément, 1992, Niederwangen	2:06.20,1
2024	Petra Eggenschwiler, 1988, BikeBox/iNow	2:34.21,4
	Lars Schnider, 2003, Lohn-Ammannsegg	2:09.06,3

EVENTPHOTOBOX

Ein Andenken zum mitnehmen



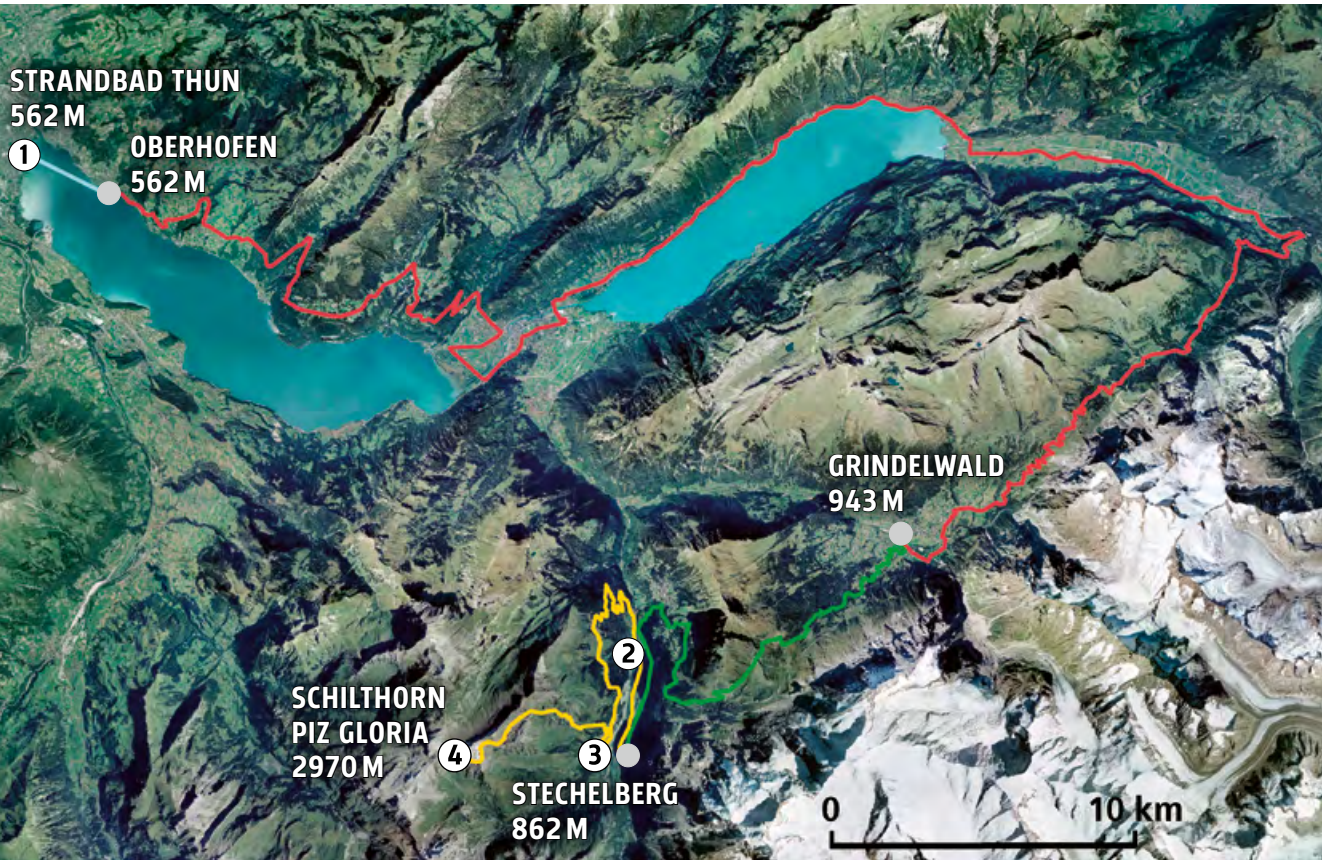
Lade mit dem QR-Code das Foto
direkt auf dein Handy!



NEU!

Take a Picture –
At the Race Village
in Mürren.

ROUTE MAP



INFERNO TRIATHLON – INFERNO TEAM- & COUPLES' TROPHY –
INFERNO HALF MARATHON: ENTIRE ROUTE

- ①

START TRIATHLON / TEAM- & COUPLES' TROPHY
- ②

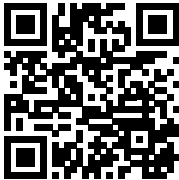
START HALF MARATHON
- ③

FINISH TEAM- & COUPLES' TROPHY
- ④

FINISH TRIATHLON / HALF MARATHON
- TRANSITION AREAS
- SWIM
- ROAD BIKE
- MOUNTAIN BIKE
- MOUNTAIN RUN

VIRTUAL ROUTE GUIDANCE ON
INFERNO.CH -> DOWNLOADS

Local route changes reserved.



STADT TRIATHLON ERDING

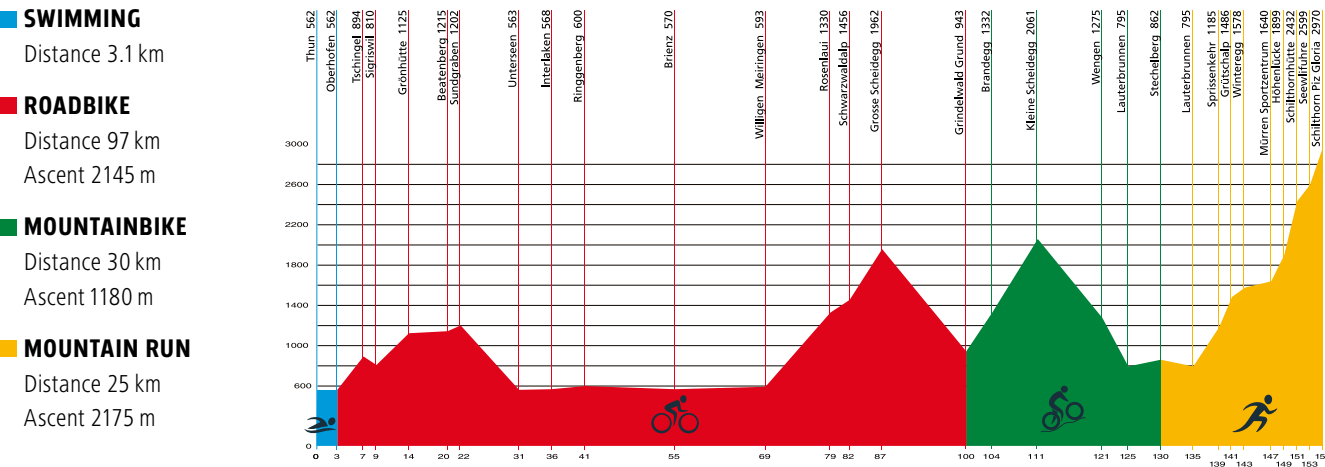
Partner Triathlon

INFERNO MURREN-SCHILTHORN SWITZERLAND

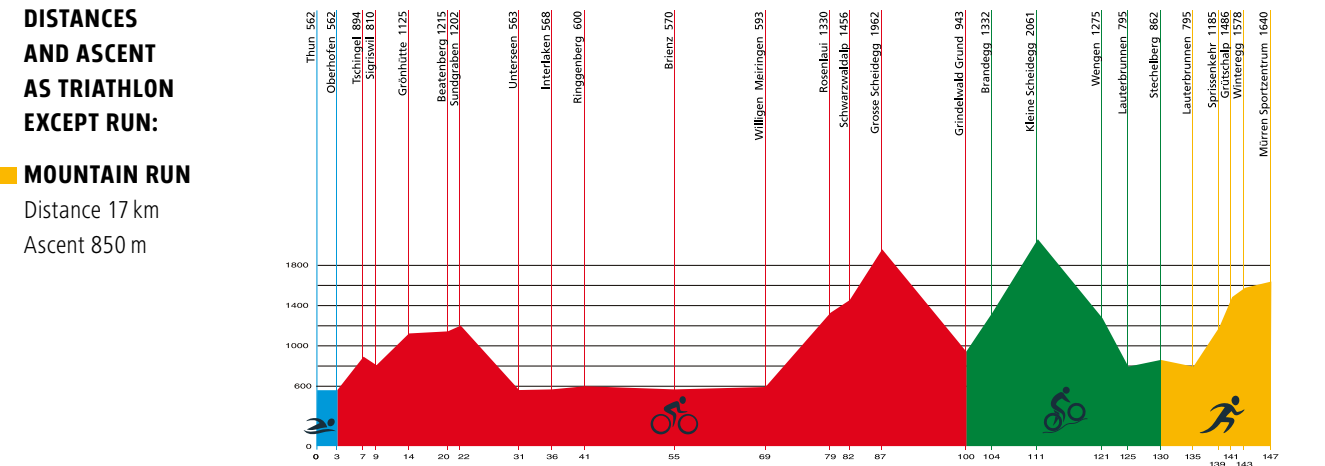
HEIGHT PROFILE AND COURSE DOWNLOAD
DETAILED ROUTE MAP



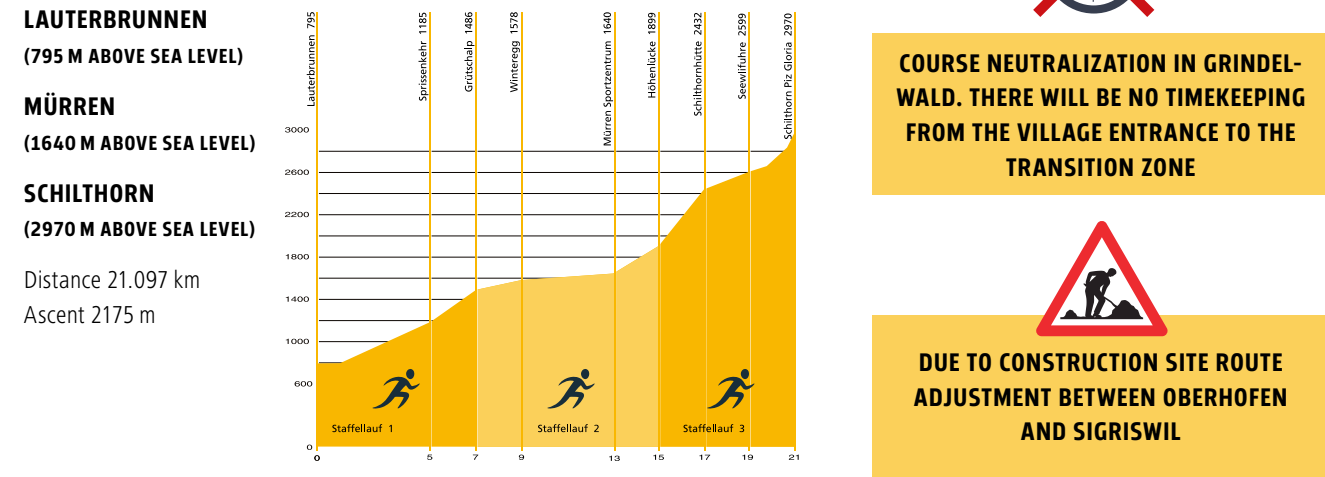
HEIGHT PROFILE INFERNO TRIATHLON



HEIGHT PROFILE TEAM- & COUPLES' TROPHY



HEIGHT PROFILE HALF MARATHON





TRIATHLON, TEAM- & COUPLES' TROPHY: TIPS & FACTS

DOWNHILL RUNS

The INFERNO road bike and mountain bike routes contain some spectacular descents that require a lot of caution from athletes in addition to riding skills. Those from Beatenberg to Interlaken, from Grossen Scheidegg to Grindelwald and from Kleine Scheidegg via Wengen to Lauterbrunnen are dangerous if you do not ride responsibly and carefully!



PLEASE NOTE
HELPERS BLOWING WHISTLES INDICATE DANGER!

ROUTE NEUTRALISATION

For safety reasons, the road bike course in Grindelwald will be neutralised from the entrance to the village to the transition zone. Timekeeping will be stopped and will start again when you enter the transition zone. Everyone is requested to ride considerably!

ESCORTS

Accompanying persons and "fans" are welcome! Please note that accompanying participants on the competition courses is forbidden and can lead to disqualification (competition regulations, page 37 / 39 / 41).

BIKE-DOCTOR

For bike repairs, the bike doctors from Imboden Bike are available in the check-in Grindelwald the bike doctors of Imboden Bike are available. At the Kleine Scheidegg refreshment station, a tool kit is available for minor repairs is available.

SWIMMING WARM UP

Swimming in before the competition is possible in the pools of the lido Thun.

ALTERNATIVE COURSE

If the swimming discipline is cancelled due to weather conditions, a running course must be completed in Oberhofen.

DRIVING RESTRICTIONS

The Grosse Scheidegg (from Schwarzwaldalp to Grindelwald), the Kleine Scheidegg (from Grindelwald-Grund to Lauterbrunnen) and the Grön (between Sigriswil and Beatenberg) are subject to driving bans for motor vehicles. These places can only be reached by bikes, on foot or by public transport.

CLEAR VISIBILITY

This is very important when swimming at dawn. Please wear lightlensed swimming goggles.!

MASSAGE

All Samaritans posts are equipped with massage means. After the competition, the BeoSpoMa massage service in the competition center Mürren is available for all athletes. In addition we offer we offer three BEMER regeneration points at the massage center in Mürren.

TRANSPORTS

From Stechelberg to Thun, in the morning to the start and in the evening after the competition, a bus service with bike trailers will be offered (schedule, page 19 / transport concepts, pages 25/29).

TEAM ESCORTS

The "non-swimming" team members who want to witness the change of their athletes from swimming to race bike can travel together with the team race biker on the MS Berner Oberland from Thun to Oberhofen and then back to Thun. This offer is also available to all interested accompanying persons and spectators for a contribution towards expenses of CHF 5 per person and way. Collection on board. (Start, transition areas, finish, page 20/21/25).

WARM CLOTHIN

In the Alps it can get cold even in summer. This is especially true for the triathletes who are traveling between Mürren and the Schilthorn in the late afternoon and early evening: Organize warm and dry clothes at the passage in Mürren (competition regulations, page 37 / 39 / 41).

COMPETITION RULES

Triathlon and Team Trophy will be held according to the regulations of the Swiss Triathlon Federation. **Slipstream driving is forbidden.** The additional rules for the INFERNO events can be found on pages 37 / 39/ 41. Participants in the Team Trophy: Please pay special attention to the "Small rules" (page 41 and back of the start number)! (*see www.swisstriathlon.ch)

ADDITIONAL CATERING


Thanks to Isostar, the official INFERNO catering service, additional nutrition is basically not necessary. Personal food may only be given to athletes in the area of the official catering posts (competition regulations, page 37 / 39 / 41).

OUR PARTNER EVENTS:





Entdecke die kulinarischen Angebote der Jungfrau Region

Jungfrau Region  Mehr Infos unter jungfrauregion.swiss/kulinarik

STARTING NUMBERS

	BEZEICHNUNG	NUMMER	FARBE
1	INFERNO TRIATHLON MEN	1 – 10, 81 – 320	ORANGE
11	INFERNO TRIATHLON WOMEN	11 – 60	YELLOW
401	INFERNO TEAM TROPHY MIXED	401 – 499	RED
501	INFERNO TEAM TROPHY WOMEN	501 – 599	PINK
601	INFERNO TEAM TROPHY MEN	601 – 699	ROYAL BLUE
701	INFERNO TEAM TROPHY COUPLE MIXED	701 – 799	GREEN
801	INFERNO TEAM TROPHY COUPLE WOMEN	801 – 899	VIOLET
901	INFERNO TEAM TROPHY COUPLE MEN	901 – 999	DARK BLUE
1001	INFERNO HALF MARATHON	1001 – 1500	DARK BLUE
1701	INFERNO HALF MARATHON RELAY RACE	1701 – 1740	VIOLET
3000	TRAIL-, KIDS & FAMILY-RUN	3001 – 3160	WHITE

BIKE BOTTLES

The drinking bottles on the racing bikes will be disposed of before the transport from the transition area Grindelwald to Stechelberg. Athletes who wish to keep their personal bottle are asked to remove it themselves.

ATHLETE BRIEFING

The latest competition information will be published on the website at the beginning of August. Athlete briefing for singles will take place on Friday, 15.8.25 at 6 pm in Mürren.



TICKETS/TRANSPORT

TICKETS SCHILTHORN AERIAL CABLEWAY: The following journeys with the Schilthorn aerial cableway are included in the starting fee – tickets will be included with the starting documents. They are transferrable and can also be used by escorts (on Saturday, 16.8.2025 also valid for the BLM section Lauterbrunnen – Mürren rail & cableway or reverse):

TRIATHLON: 2 Stechelberg – Schilthorn roundtrips, valid from 14. until 17.8.2025

TEAM TROPHY: 4 Stechelberg – Mürren roundtrips, valid from 14. until 17.8.2025

Participants with starting numbers can travel free on the following sections of the Schilthorn aerial cableway on Saturday, 16.8.2025:

TRIATHLON: Mürren – Stechelberg and Schilthorn – Mürren

TEAM TROPHY: Stechelberg – Mürren sowie Mürren – Stechelberg

HALF MARATHON: Schilthorn – Stechelberg or by BLM Mürren – Lauterbrunnen



SCHEDULE 2025

THURSDAY, 14. AUGUST 2025

TIME INFO	16.00 – 18.00 h	Race office open	Alpines Sportzentrum Mürren
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FREITAG, 15. AUGUST 2025

TIME INFO	09.00 – 20.00 h	Race office open	Alpines Sportzentrum Mürren
	16.30 – 22.00 h	Pasta-Party	Alpines Sportzentrum Mürren
TRIATHLON	12.00 – 17.00 h	Check-in (individual athletes only)	
		Roadbike	Transition area Oberhofen
		Mountainbike	Transition area Grindelwald
		Run	Transition area Stechelberg
	18.00 h	Athletes briefing	Alpines Sportzentrum Mürren

SAMSTAG, 16. AUGUST 2025

TIME INFO	06.00 – 22.00 h	Race office open	Alpines Sportzentrum Mürren
	08.00 – 10.15 h	Massage service by BeoSpoMa-Team	Camping Jungfrau
	12.00 – 22.00 h	Massage service by BeoSpoMa-Team	Alpines Sportzentrum Mürren
TRIATHLON	04.30 h	Departure cable car Schilthornbahn to Stechelberg	SHB-Station Mürren
	04.50 h	Departure of Bus (with bike trailer) to Thun	SHB-Station Stechelberg (only on advance booking)
	05.50 h	Arrival of bus	Strandbad Thun
	05.50 – 06.20 h	Start of registration	Strandbad Thun
	06.30 h	Start of swimming	Strandbad Thun
	ca. 15.15 h	First Arrival at finish	Schilthorn
	19.30 h	Award ceremony	Alpines Sportzentrum Mürren
	20.30 h	Close of finish	Schilthorn
	21.15 h	Departure of bus (with bike trailer) to Thun Strandbad	SHB-Station Stechelberg (only on advance booking)
	18.00 – 22.00 h	Issue of personal equipment	Transition area Stechelberg
TEAM TROPHY	04.30 h	Departure Schilthornbahn to Stechelberg	SHB-Station Mürren (siehe Triathlon)
	bis 05.45 h	Arrival and space allocation of team vehicles in Thun	Parkplatz hinter Hotel Holiday
	05.50 – 06.20 h	Start of swimmer registration	Strandbad Thun
	06.15 and 08.20 h	Departure ship for road bikers and escorts to Oberhofen	Schiffs-Werft BLS, Lachenweg 19
	06.30 h	Start swimming	Strandbad Thun
	07.55 and 08.45 h	Departure ship to Thun	from Ländte Oberhofen
	ca. 13.00 h	First Arrival at finish	Alpines Sportzentrum Mürren
	16.30 h	Award ceremony	Alpines Sportzentrum Mürren
	19.00 h	Close of finish	Alpines Sportzentrum Mürren
HALF MARATHON & RELAY RACE	08.00 – 09.45 h	Issue of starting numbers	Camping Jungfrau Lauterbrunnen
	08.00 – 09.30 h	Late registration	Camping Jungfrau
	from 09.30 h	Start Half Marathon in 3 blocks	Camping Jungfrau
	10.00 h	Start relay race in block 3	Camping Jungfrau
	from 11.20 h	Arrival at finish Half marathon	Schilthorn
	15.45 h	Close of finish	Schilthorn
	15.30 h	Award ceremony	Alpines Sportzentrum Mürren

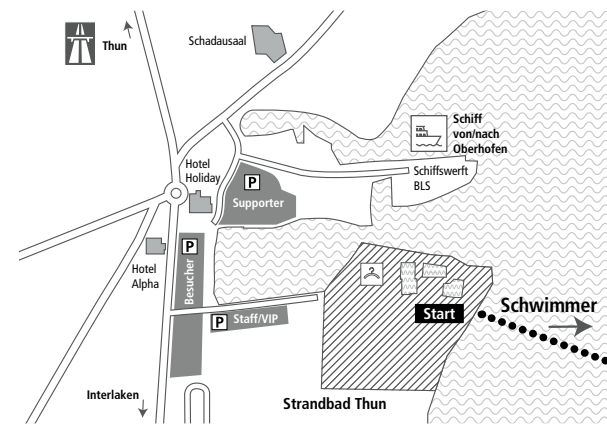
SUNDAY, 17. AUGUST 2025

TIME INFO	08.00 – 12.00 h	Issue of personal equipment	Transition area Stechelberg
	07.00 – 14.00 h	Race office open	Alpines Sportzentrum Mürren
TRAIL-, KIDS- & FAMILY-RUNS	08.00 h	Issue of starting numbers	Alpines Sportzentrum Mürren
	from 09.15 h	Start Kids-/U12-/U16-Run	Alpines Sportzentrum Mürren
	10.30 h	Award ceremony Kids-/U12-/U16-Run	Alpines Sportzentrum Mürren
	11.00 h	Start Trail-Run	Alpines Sportzentrum Mürren
	12.35 h	Award ceremony Trail-Run	Alpines Sportzentrum Mürren

CHANGES REMAIN RESERVED

→ NEXT INFERNO: FRIDAY – SUNDAY, 14-16 AUGUST 2026

START/TRANSITION AREAS/FINISH



THUN (562 METERS OVER SEA LEVEL)

START INFERNO TRIATHLON AND TEAM TROPHY

START SWIMMING: 06.30 h

LOCATION: Strandbad Thun-Lachen, Strandbadweg

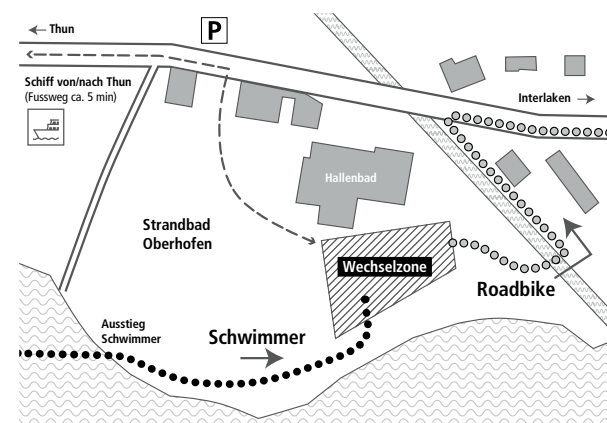
ARRIVAL: via motorway A6, exit Thun-Süd, direction Stadt

CAR PARK: signposted car park behind Hotel Holiday

Parking at the start area is limited. Early arrival is recommended.

Instructions of car-park attendants must be followed.

HOTSPOT SPONSOR



OBERHOFEN (562 METERS OVER SEA LEVEL)

TRANSITION AREA SWIMMING/ROADBIKE

ARRIVAL OF LEADERS: from approx. 07.10 h

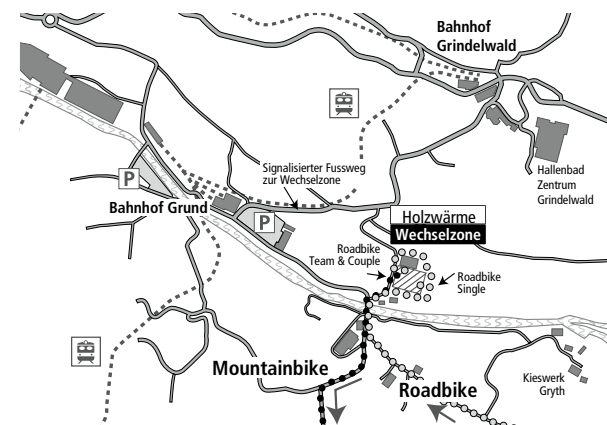
LOCATION: Fitnesspark Wichterheergut Oberhofen, north shore of Lake Thun

ARRIVAL: via Thun-Hilterfingen

CAR PARK: Signposted too Rider car park, opposite entrance Fitnesspark.

The number of parking spaces is limited! Supporters/viewers please use the shuttle ship on saturday. (Timetable S. 25.)

HOTSPOT SPONSOR



GRINDELWALD (943 METERS OVER SEA LEVEL)

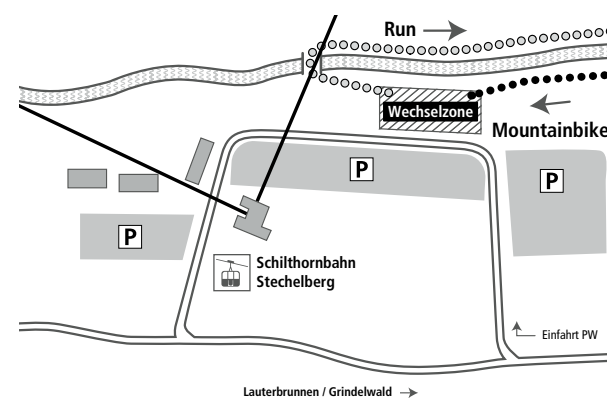
TRANSITION AREA ROADBIKE/MOUNTAINBIKE

ARRIVAL OF LEADERS: from approx. 10.15 h

LOCATION: Holzwärme Grindelwald

ARRIVAL: via motorway A6, exit Wilderswil, direction Grindelwald, signposted from first roundapprox. on entering village, or by train from Interlaken Ost direction Grindelwald.

CAR PARK: Participants/supporters use the Grindelwald Terminal car park (charges apply). Footpath (approx. 10 minutes) to the transition area and bike delivery is signposted. «Talgietli» and «Chilchboden» parking spaces are not available. Please follow the instructions of the traffic service.



STECHELBERG (862 METERS OVER SEA LEVEL)

TRANSITION AREA MOUNTAINBIKE/MOUNTAIN RUN

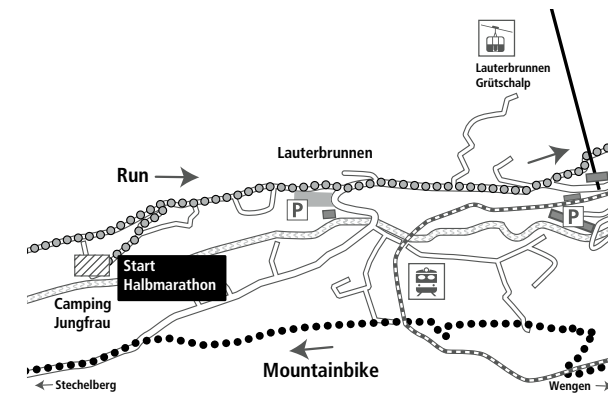
ARRIVAL OF LEADERS: from approx. 11.30 h

LOCATION: bottom station of Schilthorn aerial cableway, Stechelberg

ARRIVAL: via A6 motorway, exit Wilderswil, direction Lauterbrunnen or by train from Interlaken Ost to Lauterbrunnen. From Lauterbrunnen railway station by postbus to Stechelberg (Schilthorn aerial cableway).

CAR PARK: official vehicles INFERNO Team Trophy: free parking at Schilthorn aerial cableway (see transport concept pages 25, 29).

Other vehicles: car parks subject to charge at bottom station of Schilthorn aerial cableway of Hotel Stechelberg.



LAUTERBRUNNEN (795 METERS OVER SEA LEVEL)

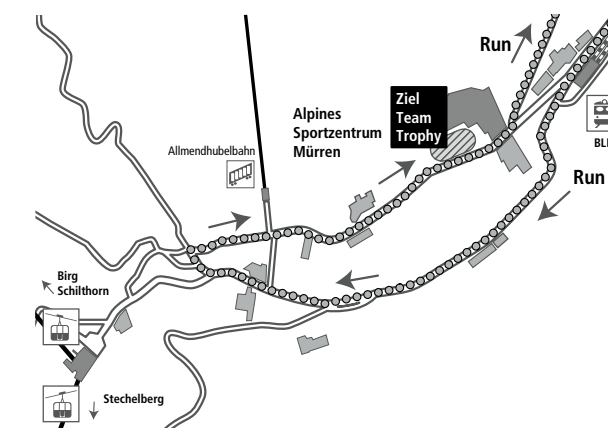
START INFERNO HALF MARATHON UND RELAY RACE

START: from 09.30 h in 3 Blocks

LOCATION: Camping Jungfrau, Lauterbrunnen

ARRIVAL: via freeway A6, exit Wilderswil, direction Lauterbrunnen or by train from Interlaken Ost to Lauterbrunnen

CAR PARK: Chargeable parking spaces at the church Lauterbrunnen or parking garage Lauterbrunnen



MÜRREN (1650 METERS OVER SEA LEVEL)

FINISH TEAM AND COUPLES' TROPHY

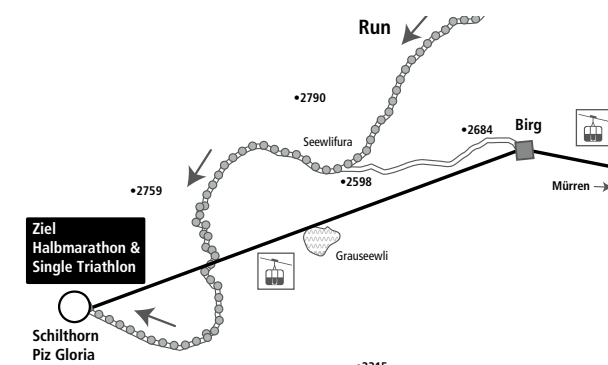
FINISH: Teams und Couples from approx. 13.00 h

LOCATION: Alpinen Sportzentrum Mürren

ARRIVAL: either with the Schilthornbahn from Stechelberg – Gimmelwald – Mürren or with the BLM from Lauterbrunnen – Grütschalp – Mürren

CAR PARK: Mürren is car-free and accessible only by railroads

ATTENTION: At the Schilthorn cable car, long waiting times are to be expected. Early travel for team members not on duty is strongly recommended.



SCHILTHORN – PIZ GLORIA (2970 METERS OVER SEA LEVEL)

FINISH INFERNO TRIATHLON, HALF MARATHON UND RELAY RACE

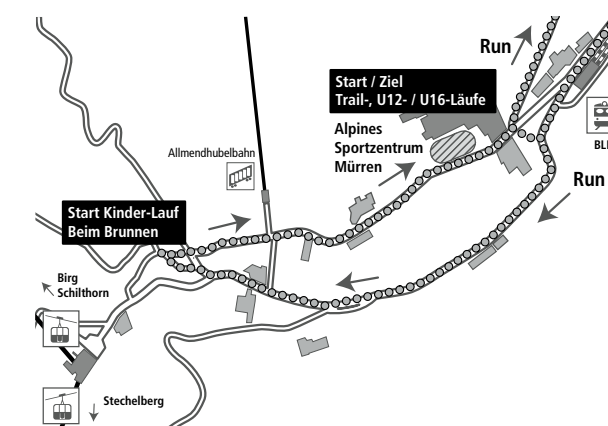
FINISH: Half marathon from approx. 11.10 h, Triathlon from approx. 15.15 h

LOCATION: Schilthorn - Piz Gloria

ARRIVAL: see transition area Stechelberg. Then by Schilthorn aerial cableway via Mürren – Birg – Schilthorn

CAR PARK: see transition area Stechelberg

ATTENTION: At the Schilthorn cable car, long waiting times are to be expected. Early travel for team members not on duty is strongly recommended.



TRAIL-, KIDS- AND FAMILY-RUNS

START KIDS-RUN: Beim Brunnen

START U12-, U16- AND TRAIL-RUN: Alpinen Sportzentrum Mürren

FINISH: Alpinen Sportzentrum Mürren

ARRIVAL: either with the Schilthornbahn from Stechelberg – Gimmelwald – Mürren or with the BLM from Lauterbrunnen – Grütschalp - Mürren

CAR PARK: see transition area Stechelberg

ATTENTION: At the Schilthorn cable car, long waiting times are to be expected.



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ISOSTAR – YOUR CATERING!

Since 1998, the first INFERNO triathlon, ISOSTAR has been organizing catering for all INFERNO events. Thus, the athletes are responsible for this important area partner who not only has a great deal of experience, but also invests a great deal in research and continuously orients his products to the latest scientific developments.

		Distanz km	Trailien	Team Trophy	Halbmarathon Staffelfuhr	Wasser	Tee	Isostar	Isostar	Isostar	Isostar	Banane	Obst	Isostar	Brot	Coca Cola
	Thun	0														
	Oberhofen	3		•			•								•	
	Oberhofen	0														
	Beatenberg	17	•	•		•	•	•	•	•		•				
	Meiringen	62	•	•		•	•	•	•	•		•	•			
	Rosenlauri	73	•	•		•	•	•	•	•		•	•			
	Grindelwald	97	•	•		•	•	•	•	•		•	•		•	
	Grindelwald	0							•							
	Mettlen	8	•	•		•						•				
	Kleine Scheidegg	13	•	•		•	•	•	•			•		•	•	
	Stechelberg	31	•	•		•	•	•	•			•	•			
	Stechelberg	0														
	Buche	2	•	•		•										
	Lauterbrunnen	5	•	•		•	•	•	•					•		
	Alpweg	7	•	•		•										
	Sprissenkehr	9	•	•	•	•	•	•	•			•				•
	Grütschalp	11	•	•	•	•	•	•	•			•		•		•
	Winteregg	13	•	•	•	•	•	•	•			•		•		•
	Mürren / Ziel Team Trophy	17		•		•	•	•	•			•		•		•
	Aegerten	17	•		•	•	•	•	•			•		•		•
	Höhenlücke	19	•		•	•	•	•	•			•		•		•
	Kanonenrohr	20	•		•	•	•	•	•			•		•		•
	Schilthornhütte	21	•		•	•	•	•	•			•		•		•
	Schilthorntraverse	23	•		•	•	•	•	•			•		•		•
	Schilthorn/Piz Gloria	25	•		•	•	•	•	•			•		•		•

*Halbmarathon



STOPP LITTERING

In recent years, Inferno participants have repeatedly disposed of litter along the route. This remains a problem. Littering must be avoided at all costs, otherwise we will have great difficulty in obtaining permits for the courses. We therefore urge all athletes to dispose of litter only at the aid stations and to carry any empties with them. The organizing committee thanks you very much for your cooperation and your contribution to the future of the INFERNO Triathlon!

Also in this year, athletes can buy this Race Cup for CHF 5.-: 200 ml, practical and easy to store, reusable, for hot (max. 60°C) and cold drinks. The cup is abrasion resistant, flexible and very robust. The Race Cup is stable, so it remains free-standing when full or empty.

Competition rules (page 37): Athletes who dispose of their waste outside the the official refreshment posts will be disqualified!



22

23



NEXSPO

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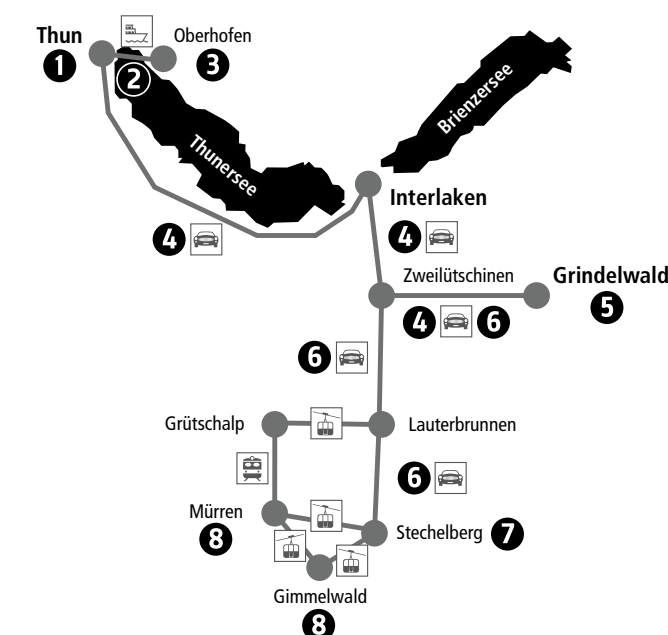
Organisieren SIE auch einen EVENT?

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TRANSPORT CONCEPT TEAM- & COUPLES' TROPHY

SATURDAY, 16 AUGUST 2025



PLEASE NOTE!

From Stechelberg to Mürren and from Mürren to Stechelberg there may be longer waiting times on Saturday. Please arrive early.

PLEASE NOTE!

Work out your own schedule for your team and make sure that the athletes are ready in time in the transition zones (e.g. with cell phone). The organizer does not provide an information system.

It is desired that the teams accompany the final runner on the last 100 meters of the run course and run together into the finish in Mürren.

TIMETABLE OF A (VIRTUAL) LEADING TEAM

by	Arrival and allocation of space for team vehicle in the official car park
05.45 h	
05.50 – 06.20 h	Start of registration of swimmers at Thun Strandbad (Lido)
06.15 h	Departure boat with Roadbiker (and possibly other team members) to Oberhofen
06.30 h	Strandbad (Lido) Thun: Start of swimming
07.05 h	Transition area Oberhofen: handover of swimmers to road bikers
07.40 h	Return of boat to Thun with swimmers (and possibly other team members)
08.15 h	Departure team vehicle in Thun to Grindelwald
10.20 h	Transition area Grindelwald: handover of road bikers to mountain bikers
10.40 h	Departure of team vehicle in Grindelwald to Stechelberg
11.50 h	Transition area Stechelberg: handover of mountain bikers to runners
13.05 h	Finish in Mürren: arrival of runners

BASIC PRINCIPLE

Each team organizes the transport of its members, equipment and material during the race itself. One vehicle is allowed per team, marked with the team starting number. The number must be attached to the windscreen on the right (seen from outside) and be clearly visible.

ROUTE TO BE DRIVEN

The team vehicle takes the route Thun – Interlaken – Grindelwald – Stechelberg. A team whose vehicle leaves the prescribed route according to the above sketch will be disqualified. Escorting athletes by team cars and other vehicles is not permitted. Offending teams will be disqualified.

1 START THUN

Up to 5.45 h, arrival of the teams; allocation of spaces for team vehicles on the official car park at Strandbad (Lido) Thun, behind Hotel Holiday. Walk for swimmers to the start at the Strandbad (Lido) in Thun, 5 minutes. Owing to the large number of people, we ask swimmers to be at Thun Strandbad (Lido) by 6.15 h at the latest.

2 THUN – OBERHOFEN – THUN

The road-bike riders and their bikes will be transported by boat from Thun to Oberhofen on the MS Bernese Oberland. Travelling time 20 minutes. Return transport of swimmers from Oberhofen to Thun with the same boat. The boat is also available to other team members and escorts.

Price: CHF 5.– trip/person. No parking lots at Oberhofen!

3 WECHSELZONE OBERHOFEN

Walk from Oberhofen boat station to the transition area at the Wichterheergut Hallenbad (indoor pool) and Fitness Centre: 5 minutes.

Thun Schiffswerft BLS	↓ 06.15	↑ 08.00	↓ 08.10	↑ 09.00
Oberhofen Ländte	↓ 06.35	↑ 07.40	↓ 08.30	↑ 08.40

4 THUN – GRINDELWALD

Transfer by team vehicle on the route: Strandbad (Lido) Thun – motorway (exit Thun-Süd) – A6 direction Interlaken – exit Wilderswil – Zweilütschinen – Grindelwald. Travelling time approx. 1 hour.

5 TRANSITION AREA GRINDELWALD

Participants/supporters use the Grindelwald Terminal car park (charges apply). Footpath (approx. 10 minutes) to the transition area and bike delivery is signposted. «Talgietli» and «Chilchboden» parking spaces are not available. Please follow the instructions of the traffic service.

6 GRINDELWALD – STECHELBERG

Transfer by team vehicle on the route Grindelwald – Zweilütschinen – Lauterbrunnen – Stechelberg. Travelling time approx. 45 minutes.

7 TRANSITION AREA STECHELBERG

At entrance to the transition area: allocation of official parking spaces for team vehicles on the Schilthorn aerial cableway car park.

8 STECHELBERG – MÜRREN (ATTENTION: LONG WAITING TIMES!)

Stechelberg aerial cableway – Mürren. Walk to the finish of the INFERNO Team Trophy at the Alpines Sportzentrum Mürren. Walking time 10 minutes.





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Der Fitnesspark ist der perfekte Ort um sich auf den nächsten Triathlon oder Marathon vorzubereiten: Wir beraten individuell und erstellen auf Wunsch einen massgeschneiderten Trainingsplan. Und für die Erholung nach dem Inferno Triathlon bist du bei uns genau richtig! Lass dich in den Bädern treiben oder regeneriere in unserer Saunawelt.

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Ostermundigen · Regensdorf · Winterthur · Zug · 4× Zürich

TRAIL-, KIDS- & FAMILY-RUNS SUNDAY, 17 AUGUST 2025

TRAIL-RUN
This trailrun is suitable for trail beginners and for everyone to enjoy. At 8.3 km and 390 meters in altitude, the route is short and spicy. It includes everything a runner's heart desires. On the first kilometer, the great atmosphere carries you through the picturesque village of Mürren. After the first ascent over root trails, you are rewarded with a magnificent view of the Eiger, Mönch and Jungfrau.

KIDS- & FAMILY-RUNS
From the Kids-Run (500 meters), U12-Run (1,300 meters) to U16-Run (2,600 meters), the running course leads through picturesque Mürren - with a guaranteed great atmosphere on and off the course. The Kids Run and the U12 category can also be completed (run) as a family with one adult and one or two children.

TIMETABLE	
08.00 h	Distribution of start numbers at the Mürren sports center
09.00 h	Catering opens
09.15 h	Start Kids-Run at the Brunnen
	Start U12-/U16-Run at the Mürren sports center
10.30 h	Award ceremony Kids-/U12-/U16-Run
11.00 h	Start Trail-Run at the Mürren sports center
12.35 h	Award ceremony Trail-Run
14.00 h	Catering closes - end of event

CATEGORIES		
Kids-Run	Juniors	born 2018 and younger
	Family 1	One child born 2018 and younger & 1 adult
	Family 2	Two children born 2018 and younger & 1 adult
U12- / U16-Run	U12 Juniors	born 2014 and younger
	U12 Family 1	One child born 2014 and younger & 1 adult
	U12 Family 2	Two children born 2014 and younger & 1 adult
	U16 Juniors	born 2010 und jünger
Trail-Run	Juniors	born 2012 – 2008
	Adults	born 2007 – 1977
	Seniors	born 1976 – 1925

ENTRY FEE		
Kids-Run	CHF 5.–	Juniors
	CHF 19.–	Family 1
	CHF 24.–	Family 2
U12-/U16-Run	CHF 14.–	U12 Juniors
	CHF 24.–	U12 Family 1
	CHF 29.–	U12 Family 2
	CHF 25.–	U16 Juniors
	CHF 45.–	all categories
Trail-Run		(Juniors, Adults, Seniors)

The entry fee includes: Medal, return ticket Schilthornbahn, ice cream and Datasport certificate.



REGISTRATION
Until 09.08.2025 online at inferno.ch

VALUABLES: can be deposited and also collected at Alpines Sportzentrum Mürren.

NACHMELDUNGEN
Late registration possible up to 20 minutes before the start.

PRIZES
All kids/U12/U16 will receive a medal. All trail runners who finish the race will receive the Inferno T-shirt.

COMPETITION RULES
Taking shortcuts will result in immediate disqualification. Protests must be submitted in accordance with the organizer's fixed procedure, which can be viewed at the race office.

b|s schiffahrt

Vorverkauf
Online und
in BLS
Reisezentren

Sonnenuntergangsfahrt
Täglich, 17. Mai bis 12. Oktober

Feierabendfahrt auf dem DS Blümlisalp
Dienstag bis Samstag, 17. Mai bis 13. September

Lounge-Schiff OaSee
Mittwochs und Donnerstags, 2. Juli bis 18. September

Flottenparade auf dem Thunersee

Abendrundfahrt auf dem DS Lötschberg
Samstags, 31. Mai bis 23. August

Burger-Schiff
Freitags, 27. Juni / 11. und 25. Juli / 8. August

Abendrundfahrt zum Nationalfeiertag

Freitag, 1. August

Information/Reservation
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Campsite - Restaurant Weidstübli - Supermarket

**FRIDAY, 15 AUGUST 2025 – SATURDAY, 16 AUGUST 2025 –
SUNDAY, 17 AUGUST 2025**

The INFERNO Triathlon transport concept ensures that participants have their kit and clothing available in a timely and reliable manner during and after the competition. This requires strict adherence to the packaging plan with coloured clothes bags. The clothes bags will be sent by post before the competition. The clothing bags will be sent to domestic athletes by post before the competition. Foreign participants will receive the documents at check-in in Oberhofen.



WHAT?	CHECK-IN	AFTER THE DISCIPLINE	CHECK-OUT
 ROADBIKE & CLOTHES BAG RED	Transit area Oberhofen FR, 12 – 17 h Contents: Road bike kit	Transit area Oberhofen Saturday (nach Schwimmen) Contents: Swimming kit	Transit area Stechelberg SA, 18 – 22 h SO, 08 – 12 h
 MOUNTAINBIKE & CLOTHES BAG YELLOW	Transit area Grindelwald FR, 12 – 17 h Contents: Mountain biking kit	Transit area Grindelwald Saturday (after road biking) Contents: Road bike kit	Transit area Stechelberg SA, 18 – 22 h SO, 08 – 12 h
 CLOTHES BAG BLUE	Transit area Stechelberg FR, 12 – 17 h Contents: Running kit	Transit area Stechelberg Samstag (after mountain biking) Contents: Mountain biking kit	Transit area Stechelberg SA, 18 – 22 h SO, 08 – 12 h
 CLOTHES BAG GREEN	Strandbad (Lido) Thun, before start swimming, Saturday, place in containers provided by 6.15 h. Contents: (warm!) training clothes, socks and shoes (and running shoes/clothes in case of cancellation of swimming). That which you deposit before the start of swimming will...		Finish Schilthorn SA, 13 – 21 h ...be at your disposal again on reaching the finish on the Schilthorn.
 PERSONAL SPORTS BAG	Sportzentrum Mürren (Sporthall): FR, 18 – 22 h Contents: Clothes and items that you need after the race (towels, swimwear, shower gel, etc.)		After the race you find your bag where you left it on Friday.

Check-in at the transition areas Oberhofen, Grindelwald and Stechelberg:
Takes place Friday, 12.00 to 17.00 in person by single athletes.
Couples do not check in!

The colored garment bags must be packed personally and closed with a knot.

The clothes bags will be transported by the organizers from the start and transition areas to the check-out point Stechelberg.

The road bikes will be transported by the organizers from the transition area in Grindelwald to Stechelberg in special trailers. Athletes who want to hand their road bike to an escort must do so in person outside the transition area in Grindelwald. As a rule, no road bikes from the transition area will be handed to an escort.

Any damage to or loss of material transported by the organizers must be notified by 11 h Sunday to the race office or by noon Sunday to the supervisor of the transition area in Stechelberg. Later notification will not be accepted.

Check-out: kit and clothing can be collected after the race at the bottom station of the Schilthorn aerial cableway (Saturday 18 – 22 h, Sunday 8 – 12 h).

IMPORTANT: STARTING NUMBERS MUST BE SHOWN – NO STARTING NUMBER – NO MATERIAL! _____

**SEE HERE FOR
DETAILED INFORMATION -->**





**UNSER STAND MIT
MERCHANDISE-ARTIKELN
IM ALPINEN SPORTZENTRUM MÜRREN
IST VORAUSSICHTLICH WIE FOLGT GEÖFFNET:**

FREITAG: 17.00 – 20.00 UHR
SAMSTAG: 12.00 – 18.00 UHR
SONNTAG: 09.00 – 14.00 UHR

Öffnungszeiten können je nach Nachfrage variieren.

**NEU! IM WETTKAMPF-
ZENTRUM MÜRREN:**



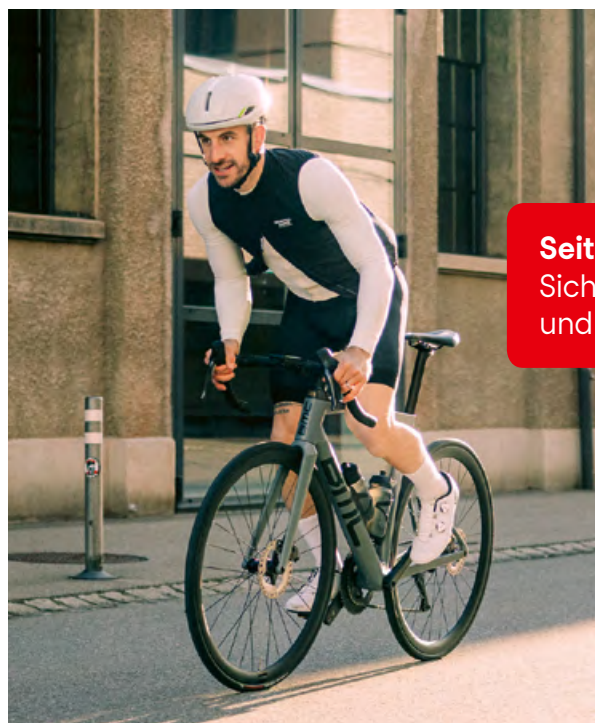
**LASSE DEIN INFERNO
FINISHER-T-SHIRT
MIT DER JAHRZAHL BEDRUCKEN!**

Für CHF 5.00 kannst du im Wettkampf-Zentrum in Mürren dein Finisher-T-Shirt mit der Jahrzahl bedrucken lassen.

Vieles ändert sich, manches bleibt.



Mehr erfahren:



**Seit bald 200 Jahren.
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MEDICAL CARE

THE ENTIRE INFERNO FAMILY WISHES TO EXPRESS ITS WHO-LEHEARTED THANKS AND APPRECIATION TO ALL HELPERS!

BASIC PRINCIPLE

In the event of an accident, competitors must provide first aid and then immediately notify the next first-aid or marshal post.

**SANITÄTSNOTRUF
EMERGENCY 112**

MEDICAL AND FIRST-AID SERVICES

In recent years, the organizing committee has always improved the rescue and alarm procedures. Thus, for a few years now, there has been the function of the "Assistant Race Leader" (ARL). The task of the ARL is, in particular, to take care of organizational matters, escorts, material, and the rescue and alarm procedures in the event of an accident after medical care has been provided. After medical treatment, the ARL's task is to take care of organizational matters, escorts, material and contact with the OC. In this way, we want to make sure that not only the medical care happens as quickly and efficiently as possible, but also that everything "around it" works out. The best rescue organization is the one that is needed as little as possible: We wish all participants an accident-free event!

Ten doctors are on standby between Thun and the Schilthorn. The hospitals of Thun and Interlaken have been informed about the event, and in addition two ambulance services and two air rescue organizations are on background duty. Around 100 trained Samaritans will be on duty at the 41 Samaritan posts. An additional boat with a doctor will be on the swim course.

MEDICAL SERVICES

COORDINATION: Dr. med. Barbara Wijker, Caremed Praxis Lauterbrunnen

SECTION DOCTORS: Dr. Marc Maurer, Spiez (Schwimmstrecke); Dr. Martin Schürch, Oberhofen; Dr. Ulrich Austel, Beatenberg; Stedtlipraxis, Unterseen; Dr. Andreas Widmer, Brienz; Ärztezentrum Oberhasli Meiringen; Dr. Pascale Meyer, Grindelwald; Xundheitszentrum, Dr. M. Sinsel, Wengen; Dr. Barbara Wijker, Lauterbrunnen; Dr. Marc Maurer, Spiez (Schilthorn)

RESCUE SERVICES

HOSPITALS: Thun, Interlaken

AMBULANCE SERVICES: Rettungstützpunkt FMI, Wilderswil

AIR-RESCUE ORGANIZATIONS: Rega Bern Flughafen, Rega Wilderswil, Air Glaciers Lauterbrunnen

FURTHER SERVICES: Seepolizei Thunersee, Sanitätsnotruf 144 Alpine Rettung Schweiz; Rettungsstation Lauterbrunnen

FIRST-AID SERVICES

COORDINATION: Urs Althaus, Brienz

FIRST AID SERVICES INVOLVED: Sigriswil, Leissigen, Neuenkirch Aargau, Interlaken und Umgebung, Ringgenberg-Goldswil, Brienz und Umgebung, Brienzwiler, Meiringen, Grindelwald, Innertkirchen, Lauterbrunnen, Gimmelwald-Mürren-Zweilütschinen. Es sind auch diverse Samariter aus benachbarten Samaritervereinen als Unterstützung dabei. Vielen Dank!

FIRST-AID LOCATIONS: Oberhofen (3 Posten), Sigriswil, Grön, Beatenberg (2 Posten), Luegibrüggli, Unterseen (1), Oberried, Brienz, Brienzwiler, Meiringen-Balm, Rosenlauri, Rychenbachthal (Motorrad), Grosse Scheidegg, Loichbiel, Grindelwald (2 Posten), Kleine Scheidegg, Mettlen/Wixi, Wengen – Lauterbrunnen (6 Posten), Lauterbrunnen, Stechelberg, Lauterbrunnen – Mürren (4 Posten), Mürren – Schilthorn (8 Posten).

20-JAHRE JUBILÄUM BEOSPOIMATEAM 2005–2025

Dear athletes

Here is the latest news from the BeoSpoMa team. At the end of 2024, the last four founding members (Sonja Wiedmer and Vroni Gerber, Beat Strub and Hansjörg Wäfler) have decided to take their well-deserved retirement after the anniversary year 2025. 20 years of BeoSpoMaTeam and previously many years in the Dul-X sports massage service, it is now time for this step. Some of our long-standing massage therapists will also be saying goodbye with us at the end of 2025.

Unfortunately, we have not yet found a follow-up solution, which is why we have decided with a heavy heart to disband the BeoSpoMa team at the end of 2025.

Nevertheless, we look back with great pleasure on many exciting, funny and interesting encounters and experiences. It was a wonderful time that we were (and still are) able to experience and enjoy with you!

That is why we feel a little melancholy, but above all a lot of gratitude for the past years. We would like to thank you from the bottom of our hearts for your trust and loyalty.



We wish you all the best for the future.
Your BeoSpoMaTeam



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PRIZE MONEY AND NON-CASH PRIZES

TRIATHLON

WOMEN AND MEN

- 1st place CHF 1500.–
- 2nd place CHF 1000.–
- 3rd place CHF 750.–
- 4th place CHF 500.– *
- 5th place CHF 250.– *

Prize money will be awarded according to the overall classification. *If fewer than 10 participants are classified, the prize money for 4th and 5th places will not be paid out. Tax will be deducted at source for participants from outside Switzerland. All finishers will receive an INFERNO Finisher-T-Shirt.

Non-cash prizes will be awarded for 6th place among women and 6th to 10th places for men. Participants who have to abandon the race because of the time limitation will receive an INFERNO T-Shirt.

CATEGORIES

Category winners will receive a commemorative prize. For the ranks 1 - 3 the participants will receive attractive prizes in kind.

TEAM- & COUPLES' TROPHY

TEAM TROPHY MIXED

Participants placed 1st to 6th, will receive attractive non-cash and «experience» prizes. All members of the finishing teams will receive an INFERNO Team Trophy Finisher-T-Shirt.

TEAM TROPHY WOMEN / MEN

Participants placed 1st to 3rd receive attractive non-cash prizes and «experience» prizes. All members of the finishing teams will receive an INFERNO Team Trophy Finisher-T-Shirt.

COUPLES' TROPHY

Participants placed 1st to 3rd will receive attractive non-cash prizes and «experience» prizes. All members of the finishing teams will receive an INFERNO Team Trophy Finisher-T-Shirt.



HALF MARATHON

WOMEN AND MEN

- 1st place CHF 600.–
- 2nd place CHF 500.–
- 3rd place CHF 400.–
- 4th place CHF 200.–
- 5th place CHF 150.–
- 6th place CHF 100.–

Prize money for the INFERNO Half-Marathon is donated by the Schilthornbahn AG and awarded according to the overall classification. Tax will be deducted at source for participants from outside Switzerland. All finishers will receive a INFERNO Half Marathon Finisher-T-Shirt.

CATEGORIES

Category winners will receive a souvenir prize. Participants placed 1st to 3rd will also receive attractive non-cash prizes and «experience» prizes.

RELAY RACE

Category winners will receive a souvenir prize. The first 3 classified teams will receive attractive non-cash prizes. All members of the finishing teams will receive an INFERNO Finisher-T-Shirt.

TRAIL-, KIDS- & FAMILY-RUN

All kids/U12/U16 will receive a medal. All trail runners who finish the race will receive the Inferno T-shirt.

DIPLOMAS

This year's diplomas can also be printed out online at www.INFERNO.ch. No more diplomas will be distributed!!








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32. HALF MARATHON & 28. RELAY RACE

SATURDAY, 16 AUGUST 2025

The INFERNO Half Marathon is the "oldest" of the INFERNO summer events. With an altitude difference of 2175 meters and the finish on the 2970 meter high Schilthorn, in front of the unique backdrop of Eiger, Mönch and Jungfrau, the "devilish mountain run" has lost none of its fascination and challenge. On the contrary: every year it attracts more mountain runners.

The start of the INFERNO Half Marathon is located directly below the Staubbach in Lauterbrunnen. The running course is identical to the one the triathletes have to master. The first 11 kilometers of the half marathon present themselves still quite harmless, with about 800 meters of altitude a kind of "warm-up". Immediately after the Alpine Sports Center in Mürren follows with Höhenlücke and Allmendhubel a first "wall". After the Kanonenrohr, which is two categories steeper, a 2-kilometer-long, flat scree slope awaits before the mountain runners can look forward to another steep 400 meters of altitude on the approximately 1.5-kilometer-long final ascent to the Schilthorn summit!

1 GENERAL INFORMATION

REGISTRATION: until 9.8.2025 online on INFERNO.ch

LATE REGISTRATION: Are possible on the day of the competition until 09.30 at Camping Jungfrau, Lauterbrunnen, if the participant quota of 500 athletes is not reached. The current status of registrations will be communicated on INFERNO.ch. Late registration fee: CHF 20.-

CAR PARK SUBJECT TO CHARGE: At the church Lauterbrunnen or parking garage Lauterbrunnen

AWARD CEREMONIES: 15.30 h at Alpines Sportzentrum Mürren

RANKING LISTS/DIPLOMAS: can be viewed at INFERNO.ch after the race. Personal diplomas can be printed out.

VALUABLES: can be deposited and also collected at Alpines Sportzentrum Mürren.

TRANSPORT OF CLOTHES: clothes bags will be handed out at the start to participants in the Half Marathon and the final runners in the Relay Race. **Important:** only clothes required on the Schilthorn should be placed in the clothes bags. The sport bags will be transported to the Alpine Sportzentrum in Mürren. 1st and 2nd Relay Race runners: transport of private sport bags to Grütschalp or Höhenlücke must be organized individually.

SHOWERS, CHANGING AREAS: Alpines Sportzentrum Mürren

COMPETITION RULES: CIME regulations apply. The use of spiked shoes and poles is expressly prohibited. Taking shortcuts will result in immediate disqualification. Protests must be submitted in accordance with the organizer's fixed procedure, which can be viewed at the race office.

COMPETITION RULES ON PAGE 38 MARKED WITH AN * ALSO APPLY TO THE HALF MARATHON

TIME-MEASUREMENT CHIP: every runner receives a time-measurement chip with start the documentation. The chip will be fixed at the starting number. Every runner is personally responsible for ensuring that the correct chip is worn. Mix-ups lead to errors in time measurement. The chip must be handed in immediately upon reaching the finish. A CHF 100.- charge will be made for a lost chip.

SPEC. RELAY RACE: The time-measurement chip will be provided with the start documentation. The chip must be worn (around the ankle) by the final runner. The chip must be handed in immediately upon reaching the finish. A CHF 50.- charge will be made for a lost chip.

2 INFORMATION HALF MARATHON

START: in 3 blocks of max. 150 runners each starting at 09.30 hrs, interval 15 min, Camping Jungfrau Lauterbrunnen

Block 1: estimated running time up to 3h15

Block 2: estimated running time 3h15 - 4h

Block 3: estimated running time over 4h, incl. relay

The participants will go independently to the starting block according to their estimated according to their estimated running time.

FINISH: Schilthorn summit, 2970 meters above sea level

CLOSING TIME: 15.45 h

CLOSING TIME MÜRREN: 12.30 h

ENTRY FEE: (staggered over time)

CHF 94.- for registrations July 1 to August 9, 2025

The payment of the entry fee and the late entry fee (CHF 20.-) on the day of the competition from 8.00 - 9.30 a.m. is only possible in CHF. Included in the entry fee: Ride downhill with the Schilthornbahn or the Bergbahn Lauterbrunnen - Mürren BLM after the end of the competition. 1 x pasta party, finisher T-shirt, clothing transport, catering, medical service, massage, ranking list. The start number is valid as a ticket on the day of the competition.

3 INFORMATION RELAY RACE

START: 10.00 h in block 3, Camping Jungfrau Lauterbrunnen

FINISH: Schilthorn summit, 2970 meters above sea level

	Place	Distance	Height difference
1 st runner:	Grütschalp	7,130 km	690 m
2 nd runner:	Höhenlücke	7,492 km	415 m
3 rd runner:	Finish Schilthorn	6,475 km	1070 m

Handover in the transition areas is made with the team ribbon. The ribbons will be issued with the starting numbers.

CLOSING TIME: 14.45 h

ENTRY FEE: (staggered over time)

CHF 150.- for registrations July 1 to August 9, 2025

The payment of the entry fee and the late entry fee (CHF 20.-) on the day of the competition is only possible in CHF. Included in the entry fee: Trip of the 2nd and 3rd runner to the changing post, trip downhill with the Schilthornbahn or the Bergbahn Lauterbrunnen - Mürren BLM after the end of the competition. 3 x pasta party, 3 x INFERNO T-shirt, clothes transport, catering, medical service, massage, ranking list. The start number is valid as a ticket on the day of the competition.

CLOTHES TRANSPORT: 1st and 2nd relay runners: The transport of the private sports bags to Grütschalp or Höhenlücke must be organized by yourself. 3rd relay runners: For the clothes that are needed on the Schilthorn, clothes bags will be handed out at the start. The private sports bags will be transported to the Alpine Sports Center Mürren.



COMPETITION RULES

1 GENERAL INFORMATION

BASIC PRINCIPLE: The participants are responsible for being adequately trained and physically healthy when starting the race. The principle of self-responsibility applies to all contestants. Traffic rules must be observed under all circumstances. Instructions issued by race doctors, referees and officials must be complied with. No immediate protests may be lodged against referee decisions (see Protests below).

LIABILITY: The organizers may make changes to the course at any time. In the case of changes to the course or cancellation of the event due to force majeure, the organizer is not required to refund the entry fee, either in part or in full.

EQUIPMENT: Participants are obliged to compete using technically sound equipment /material. Only mountain bikes will be allowed on the mountain-bike section from Grindelwald to Stechelberg. Bicycles with road racing handlebars or aerobars will not be permitted. The tyre diameter must be at least 38 mm (1.5 "). In the choice of equipment, it must be noted that part of the course is in high-Alpine terrain. It can be cold and the course may be snow covered at higher altitudes. Changes of clothing may only be made in the transition areas and at the Wettkampfbereich (Competition Centre) in Mürren. Any damage to or loss of material transported by the organizers must be notified by 11 h Sunday to the race office or by noon Sunday to the supervisor of the transition area in Stechelberg. Later notification will not be accepted. Transition area Oberhofen: personal food and equipment (goggles etc.) may be handed over up to 200 m after the transition area.

STARTING NUMBERS: The start number must be worn unfolded and easily visible. Key to colours: see page 23.

START CHECK: At the start in Thun, a start registration will take place when entering the start sector (crossing of orange «carpet»). Time will not be measured here, only the start number will be recorded.

CHANGES TO THE COURSE: The organizer has the right to make changes to the course if required by weather and/or other external influences. The swimming section may be replaced by a running section in bad weather. Changes to the course do not give entitlement to a refund of the entry fee.

CATERING: The Isostar catering points and drinks and food available are listed on page 29. Personal refreshment may only be given in the area of the official catering points. Athletes, who dispose of their waste outside the official catering points will be disqualified.

MASSAGE: The BeoSpoMa-team provides a free massage service for all participants in the Sportzentrum Mürren. A self-massage appliance is available at the start of the Half Marathon. Simple looseningup massages can also be carried out at the first-aid posts. These are equipped with DUL-X massage oil.

PROTEST: Protests must be submitted by a procedure specified by the organizer and which can be viewed at the race office. A deposit of CHF 50.— must be made with a protest. This will be retained by the organizer in the event of rejection of the protest.

AWARD CEREMONY: The award ceremonies take place at the Alpinen Sportzentrum in Mürren. Prizes will only be awarded in person. Unclaimed prizes remain the property of the organizer. The ranking lists can be viewed after the race at inferno.ch. Personal diplomas can be obtained and printed out at inferno.ch.

MEDICAL AND FIRST-AID SERVICES: The organization of the medical and first aid services are described on page 34. All participants must provide first aid in the event of an accident and notify the next marshal post. First-aid services will only provide painkillers to athletes who have retired from the race

DOPING: Doping is prohibited. Swiss Olympic may carry out doping tests.

INFO-SERVICES: LIVE RESULTS: All split times and finishes can be viewed in real time on the DATASPORT ranking page. You can find the link on INFERNO.ch.

2 BESTIMMUNGEN INFERNO TRIATHLON

BASIC PRINCIPLE: The competition will be conducted according to the current official rules of the Swiss Triathlon Federation. (www.swisstriathlon.ch).

LICENSING REQUIREMENTS: Only individual athletes holding a valid licence are entitled to take part in the INFERNO Triathlon. If you do not have an annual license or have not already purchased the daily license when registering online, you can do so at check-in in Oberhofen (CHF 50.-). The start number set will only be handed out in Oberhofen on presentation of a valid licence or day licence.

CHECK-IN, ATHLETES BRIEFING: The single participants in the INFERNO Triathlon have to check in on Friday, between 12.00 and 17.00 o'clock in the Change zones Oberhofen (indoor swimming pool and fitness center), Grindelwald (Holzwärme) and Stechelberg (valley station Schilthornbahn). The last information about the course, weather situation and race course will be will be announced at the athletes' briefing on Friday evening at 6 p.m. in the Alpine Sports Center Mürren. Single athletes are strongly recommended to participate.

TIME-MEASUREMENT CHIP: Every athlete receives a time-measurement chip at the Oberhofen check in. The chip must be worn around the ankle during the race. Every triathlete is personally responsible for ensuring that the correct chip is worn. Mix-ups lead to errors in time measurements. The chip must be handed in immediately upon reaching the finish. A CHF 50.— charge will be made for a lost chip.

FINISH, CHECK-POINT CLOSURE TIMES: The finish on the Schilthorn is scheduled for 8.30 pm. Participants will be taken out of the race if they do not achieve the following passing times:

- | | |
|-----------|-----------------------------|
| - 08.15 h | Transition area Oberhofen |
| - 13.15 h | Transition area Grindelwald |
| - 16.30 h | Transition area Stechelberg |
| - 18.00 h | Alpines Sportzentrum Mürren |
| - 19.30 h | Schilthorn-Traverse |



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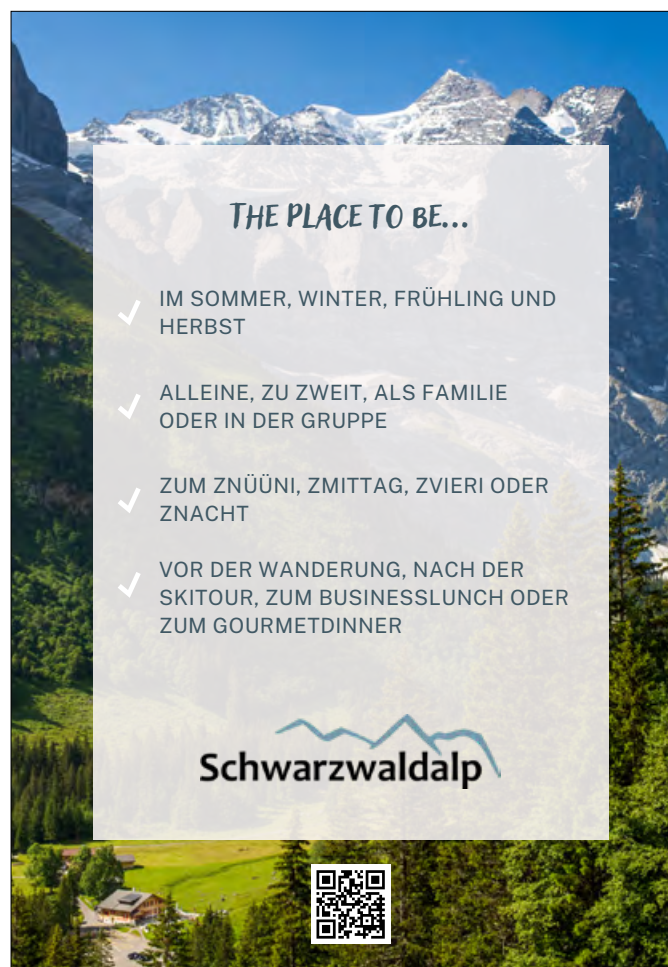
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- ✓ VOR DER WANDERUNG, NACH DER SKITOUR, ZUM BUSINESSLUNCH ODER ZUM GOURMETDINNER

Schwarzwaldalp



STARTING NUMBERS: The start number must be worn on the back during the cycling stages and on the front during the running stage. In addition to this, a start number must be fastened to the rider's helmet and in the saddle area of the road bike, and to the rider's helmet and the handlebars of the mountain bike.

SWIMMING: The swimming cap provided by the organizer serves as the start number. It must be worn during the swimming stage. Wearing a wetsuit is compulsory for all participants.

SUPPORT-ORGANISATION: 1 official vehicle per participant is permitted to move along a prescribed route (page 25).

ROAD- AND MOUNTAIN BIKES: The bike disciplines are classified as individual time trials without any personal support. **Slipstream riding is prohibited.** Referees of Swiss Triathlon check the regulatory status of the bikes at the check-in in the transition areas at Oberhofen and Stachelberg. Participants must make any necessary changes at a local bike shop. Riding in the transition area is not allowed. Wearing a helmet is obligatory (helmet strap closed). This begins before the bike is taken from the bike stand and ends after the bike is parked. Failure to do so will lead to a stop and go penalty; non-compliance will result in disqualification. **The biking sections are not closed to other road traffic.** Traffic regulations must be strictly observed. Violation of traffic regulations will lead to disqualification. Driving in the slipstream is punished with a time penalty, which is to be served in the penalty box in Stachelberg.

PLEASE NOTE! The road bike downhill runs from Beatenberg to Interlaken and from Grosse Scheidegg to Grindelwald are dangerous. Participants are required to ride only at a speed that allows them to stop at any time within half the distance in sight. **In Grindelwald, the bike course from the village entrance to the transition zone is neutralised for safety reasons (no timekeeping!).** The mountain-bike downhill run from Kleine Scheidegg to Lauterbrunnen is dangerous and must be ridden with caution. It is essential to take hikers and other mountain bikers into consideration. Marshals blowing whistles denote danger!

PLEASE NOTE: SPECIAL INFERNO REGULATIONS! Signboards displaying INFERNO Velofahrer berholverbot (bike riders no overtaking) and Disqualifikation Rote Karte (disqualification red card) will be installed in particularly hazardous places (route through Brienz, section Wetterhorn Grindelwald etc.) In case of infringement, triathletes can be directly disqualified without being stopped by local authorities and officials, such as the police or traffic control personnel. This must be reported through the Swiss Triathlon head referee, specifying the nature of the infringement, place and time (e.g. start number 007; riding on the left side of the road; 11.15 h; between Terrassenweg and church). The starting numbers of athletes who have been sanctioned during the race with a yellow card (time penalty) or disqualification will be displayed on a signboard at the entrance of the Stachelberg transition area. Participants are responsible for complying with any issued time penalties (Swiss Triathlon Competition Rules). Failure to sit out time penalties will result in disqualification. Warnings issued as a time penalty/stop & go: warnings are issued at the referee's discretion. If time and circumstances permit, the referee will issue the warning in the following manner:

- With a whistle or an acoustic warning signal

- By showing the yellow or blue card
- By calling the athlete's number and the word Stop» or «Zeitstrafe» (time penalty)
- For safety reasons, the referee may be forced to issue the warning
- at a later time.

RUNNING: During the selection of equipment, in particular running shoes, it should be noted that parts of the course lie in high-alpine terrain and may be snow covered. The air temperature can drop considerably between Murren and the Schilthorn. **RECOMMENDATION:** put on warm, dry clothing in Murren. Changing clothes is allowed in the area of the Sportzentrum Murren and the Murren- Aegerten catering point, and may be assisted by personal escorts. The organizers will set up a clothes depot at the Murren-Aegerten catering point. Clothes for this depot must be packed waterproof for handing in at the athletes briefing. The use of sticks and headphones is prohibited on the entire running course.

TRANSITION AREAS: Bikes must be pushed in the transition areas. Helmets must be worn (helmet straps closed). This begins before the bike is taken from the bike stand and ends after the bike is parked. Failure to comply with this rule will result in a «stop and go» time penalty and disqualification. Escorts and spectators are not allowed into transition areas. Items of personal equipment and refreshments may be handed out to athletes by escorts up to 200 metres past the transition areas. The start and end are marked with a wooden sleeper on the ground.

CATEGORIES: Main class (2007- 1991), age class 1 (1990 - 1981), age class 2 (1980 - 1971), age class 3 (1970 and older). The ranking list is made "Overall", for women and men separately. The category rankings can be seen in the ranking list. If there are less than 3 participants per category, the participants will be placed in the next the next lower age group.

PRIZES MONEY, FINISHER-T-SHIRT: Prize money will be awarded according to «overall classification». Tax will be deducted at source for participants from outside Switzerland. Finisher-T-Shirts will be presented on arrival at the finish. Participants who have to stop the race because of time constraints (see closure of finish) receive a souvenir T-shirt. These can be collected at the race office in Murren on presentation of the start number.

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COMPETITION RULES

3. SPECIAL PROVISIONS INFERNO TEAM- & COUPLES' TROPHY

BASIC PRINCIPLE: The competition will be held in accordance with the current competition regulations of the Swiss Triathlon Association. The 2. special provisions for the INFERNO Triathlon also correspondingly apply to the INFERNO Team Trophy. No license is required for the Team- & Couples' Trophy.

TIME MEASUREMENT CHIP: Each team will be given a time measurement chip before the start in Thun. The chip must be worn on the ankle during the competition and handed to the next team member in the transition area. The chip may first be removed after entering the transition area (missing time measurement). Each team is responsible for wearing the correct chip. Any mix-ups will result in errors in time measurement. The chip must be handed in immediately after passing the finish. A CHF 50.- charge will be made for a lost time measurement chip.

TEAM COMPOSITION: A Classic team consists of 4 persons, including at least 1 woman. The women's and men's teams will be judged separately. 1 athlete competes in each of the swimming, road bike, mountain bike and mountain run sections. In the event of a team member dropping out or exceeding the control deadline in a transition zone, the team may continue and complete the competition out of competition. This will be done by collective starts at 08.15 am in the transition area Oberhofen, at 13.15 pm in the transition area Grindelwald and at 16.30 pm in the transition area Stechelberg. The chip has to be handed in to the head of the transition area. Couple teams: Both complete 2 of the 4 disciplines. Categories mixed, women and men.

WE ASK THAT EACH TEAM/COUPLE ACCOMPANIES ITS LAST ATHLETE ON THE FINAL 100 M OF THE COURSE (FROM ALFRED'S SPORHTHAUS) AND THAT ALL MEMBERS OF THE TEAM ARRIVE AT THE FINISH IN MÜRREN TOGETHER.

TEAM ORGANISATION: Each team/couple is responsible for organizing the transport of its athletes and material. One official vehicle is permitted per team and this will use a preset route (see page 25). Teams/Couples whose vehicles leave this route will be disqualified. There are no parking facilities available in Oberhofen. Please use the boat!

ATHLETE BRIEFING: Detailed information on the route, weather situation and race course can be found from the beginning of August at INFERNO.ch.

CLOSE OF FINISHING LINE: For safety reasons, the finish in Mürren is scheduled for 19.00. Teams/couples will be taken out of the race (or cf. collective starts above) if they do not reach the following passing times:

- Transition area Oberhofen: 08.15 h
- Transition area Grindelwald: 13.15 h
- Transition area Stechelberg: 16.30 h

CATEGORIES: The INFERNO Team Trophy & Couples' races will be held in the categories Mixed, Women and Men.

FINISHER-T-SHIRT: Each team/couple will receive 4 (or 2 respectively) Finisher-T-Shirts at the finish line in Mürren.

ROAD- AND MOUNTAINBIKE: Teams are urgently requested to observe the special Triathlon regulations for the road bike and mountain bike sections (see 2. Special Conditions Triathlon and CONDENSED RULE BOOK). **Slipstream riding is not permitted and will be penalized.**

CONDENSED RULE BOOK

SWIMMING Neopren suit obligatory



ROAD BIKE AND MOUNTAIN BIKE In the transition areas (between the sleepers): bikes to be pushed, not ridden



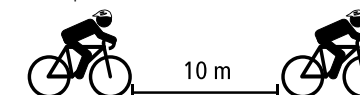
ROAD NEUTRALIZATION On the road bike route from Grindelwald Dorf to the transition zone.



HELMET It is obligatory to wear a hard-shell helmet on the entire section (including on mountain sections!)



NO SLIPSTREAM DRIVING Will be punished with time penalties



NO ESCORTING of cyclists and bikers by car



WARNING DANGER! Marshals with whistle



MOUNTAIN RUN Runners may not be accompanied by vehicles or bikes. No walking sticks or headphones allowed.





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An aerial photograph showing the Schilthorn cable car system. A cable car is suspended from a large steel structure on a steep, rocky mountain slope. The background features a deep valley with a small village, green fields, and a river, surrounded by majestic, snow-capped mountains under a cloudy sky. The cable car is a small, dark cabin with a red stripe. The steel structure of the cable car is a complex lattice of beams and cables. The mountain slope is covered in green vegetation and rocky outcrops. The valley below is a mix of green fields, small houses, and a winding road. The mountains in the background are rugged and covered in snow, with some patches of green vegetation visible. The sky is blue with scattered white clouds.

Schilthorn
Piz Gloria

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NEW! AT THE COMPETITION CENTER MÜRREN:



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