



MONGOLIA TRAIL RUN

2nd TO 10th
AUGUST, 2026



RACE BOOK

Start Presentation





MONGOLIA TRAIL RUN

TECHNICAL INFO RACE MAP



SK= START KHAN
SN= START NOMAD
F= FINISH STAGE





TECHNICAL INFO

RACE DISTANCES



DISTANCIA (KM)/DISTANCE (MI)			DESNIVEL (metros) / SLOPE (meters)				PUNTO SALIDA /START POINT			
Etapa/S			Etapa/				Etapa/			
tage	KHAN	NOMAD	Stage	KHAN +	KHAN -	NOMAD+	NOMAD-	Stage	KHAN	NOMAD
1 ^a	20km/12,5mi	14km/8.7mi	1 ^a	174	-225	152	-194	1 ^a	KM0	CPI - KM 6
2 ^a	33km/20,5mi	14km/8.7mi	2 ^a	50	-50	25	-25	2 ^a	KM0	CP2 - KM 19
3 ^a	32km/20mi	13km/8mi	3 ^a	623	-492	238	-196	3 ^a	KM0	CP2 - KM 19
4 ^a	37km/23mi	17km/10,5mi	4 ^a	662	-772	235	-271	4 ^a	KM0	LAKE - KM20
5 ^a	42km/26,1mi	20km/13,7mi	5 ^a	1183	-1382	521	-945	5 ^a	KM0	CP2 - KM 21
6 ^a	10km/6.2mi	10km/6.2mi	6 ^a	10	-10	10	-10	6 ^a	KM0	KM0
Total	174km/108mi	88km/56mi	Total	2702	-2931	1181	-1641	Total	6	6



01

STAGE 1 - DESERT KHAN

DISTANCE: 20KM / 12,5MI
SLOPE: 295m+ / 325m-
WINER TIME APROX: 2h15m (male) /
2h30m (female)
LAST TIME APROX: 4h
CUT TIME: 6h

NOMAD

DISTANCE: 14km / 8.7Mi
SLOPE: 195m+/215m-
WINER TIME APROX: 1h45m (male) /
2h (female)
LAST TIME APROX: 3h
CUT TIME: 4h30m

02

STAGE 2 – STEPPE-LAKE KHAN

DISTANCE: 33 KM / 20.5 MI
SLOPE: 50m+ / 50m-
WINER TIME APROX: 2h45m (male) /
3h00m (female)
LAST TIME APROX: 5h30m
CUT TIME: 6h30m

NOMAD

DISTANCE: 14km / 8.7Mi
SLOPE: 25m+/25m-
WINER TIME APROX: 1h15m (male) /
1h30m (female)
LAST TIME APROX: 2h
CUT TIME: 5h

03

STAGE 3 – STEPPE-HILLS KHAN

DISTANCE: 32 KM / 20 MI
SLOPE: 600m+ / 500m-
WINER TIME APROX: 3h00m (male) /
4h00m (female)
LAST TIME APROX: 6h30m
CUT TIME: 7h00m

NOMAD

DISTANCE: 13km / 8Mi
SLOPE: 250m+/200m-
WINER TIME APROX: 1h20m (male) /
1h40m (female)
LAST TIME APROX: 2h30m
CUT TIME: 5h





04

STAGE 4 – HILLS & FORESTS KHAN

DISTANCE: 37 KM / 23 MI
SLOPE: 600m+ / 700m-
WINER TIME APROX: 3h45m (male) /
4h15m (female)
LAST TIME APROX: 5h45m
CUT TIME: 7h00m

NOMAD

DISTANCE: 17km / 10.5Mi
SLOPE: 250m+/300m-
WINER TIME APROX: 1h40m (male) /
1h50m (female)
LAST TIME APROX: 2h45m
CUT TIME: 5h

05

STAGE 5 – MOUNTAIN MARATHON KHAN

DISTANCE: 42 KM / 26 MI
SLOPE: 1200m+ / 1300m-
WINER TIME APROX: 4h30m (male) /
5h00m (female)
LAST TIME APROX: 8h30m
CUT TIME: 9h30m

NOMAD

DISTANCE: 22km / 13.7Mi
SLOPE: 650m+/900m-
WINER TIME APROX: 2h15m (male) /
2h30m (female)
LAST TIME APROX: 5h30m
CUT TIME: 7h

03

STAGE 6 – KARKHORIN KHAN

DISTANCE: 10 KM / 6.2 MI
SLOPE: 10m+ / 10m-
WINER TIME APROX: 0h45m (male) /
0h50m (female)
LAST TIME APROX: 2h30m (walking)
CUT TIME: 3h

NOMAD

DISTANCE: 10km / 6.2Mi
SLOPE: 10m+/10m-
WINER TIME APROX: 0h45m (male) /
0h50m (female)
LAST TIME APROX: 2h30m
CUT TIME: 3h

