

	TRAIL	TRAIL	TRAIL	TRAIL	TRAIL	TRAIL	TRAIL	TRAIL
	facility	distance from start	distance from last point	ascent from start	acsent from from last point	leader time	time limit from start	time limit
START	8:00							
LAKE SYLTRAN		10,5	10,5	1730	1730	1:30		
PASS SYLTRAN		12,2	1,7	1980	250	1:45		
DOWNHILL		15	2,8	1980	0	2:00		
REFRESHMENT POINT1		18,2	3,2	1980	0	2:15		
FINISH		33,4	15,2	2320	340	3:20	12:00	20:00

- start
- finish
- first aid kit
- time limit
- mobile or satellite communication
- food
- hot food
- spare bag

