

	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	1800	1800	1:30	5:00	13:00
PASS SYLTRAN		12,2	1,7	2080	280	1:45		
DOWNHILL		15	2,8	2080	0	2:00		
REFRESHMENT POINT1		18,2	3,2	2080	0	2:15		
FINISH		33,5	15,3	2420	340	3:20	10:00	18:00

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

