

	MARATHON	MARATHON	MARATHON	MARATHON	MARATHON	MARATHON	MARATHON	MARATHON
	facility	distance from start	distance from last point	ascent from start	ascent from from last point	leader time	time limit from start	time limit
START	7:00							
LAKE SYLTRAN		10,5	10,5	1800	1800	1:40		
PASS SYLTRAN		12,2	1,7	2080	280	2:10		
DOWNHILL		15	2,8	2080	0	2:25		
REFRESHMENT POINT1		18,2	3,2	2080	0	2:35	6:00	13:00
PASS SYARYKAUSH		24,1	5,9	3190	1110	4:00		
REFRESHMENT POINT1		30,3	6,2	3210	20	4:35		
FINISH		45,6	15,3	3550	340	5:45	15:00	22:00

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

