













	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	
location	facility	distance from start	distance from last point	ascent from start	acsent from from last point	leader time	last member time	time limit from start	time limit
START	 July 30, 8:00								
WATER POINT AY	 	6	6	630	630	0:45			
REFRESHMENT POINT TERSKOL	  	13	7	830	200	1:20		3:00	11:00
WATER POINT KRUGUSOR	 	19,2	6,2	1830	1000	2:25			
FINISH	   	21,8	2,6	1850	20	2:40		6:00	14:00

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

