

ELBRUS WORLD RACE									
	facility	distance from start	distance from last point	ascent from start	ascent from last point	leader time	last runner time from start	time limit from start	last runner
START	July 30, 0:00	0,0	0	0	0				
LAKE SYLTRAN		10,5	10,5	1730	1730	1:55	3:40		
PASS SYLTRAN		12,2	1,7	1980	250	2:25	4:40		
DOWNHILL		15,0	2,8	1990	10	2:45	5:15		
REFRESHMENT POINT1		18,2	3,2	2000	10	2:55	5:30		
PASS SUBASHI		28,2	10	3290	1290	5:00	9:00		
P. ELBRUS		43,2	15	3350	60	6:25	11:10		
REFRESH. POINT TEGENEKLI		48,0	4,8	3450	100	7:55	13:30		
POLYANA AZAU		60,5	12,5	4060	610	8:50	14:30	14:30	July 30, 14:30
PASS HOTYUTAU		69,5	9	5260	1200	10:50	17:30		
KOSHI		76,9	7,4	5280	20	11:50	19:10		
BORDER POST		90,0	13,1	5380	100	13:00	21:00		
WEST CAMP		99,6	9,6	5420	40	13:50	22:30	23:00	July 30, 23:00
MCHS 2		118,0	18,4	6870	1450	16:30	4:20		
PASS BALK-BASHI		122,6	4,6	7930	1060	18:00	7:10		
KIVER CROSSING		127,2	4,6	7930	0	18:40	8:25		
NORD CAMP		134,1	6,9	8060	130	19:30	10:00	34:00	July 31, 10:00
PASS SEV. KARAKAJSKIJ		142,9	8,8	8750	690	21:30	14:00		
PASS KYRTYKAUSH		150,0	7,1	9520	770	23:00	17:00		
REFRESH. POINT1		154,9	4,9	9540	20	23:30	18:00		
FINISH		170,1	15,2	9740	200	1:00	22:00	46:00	July 31, 22:00

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

