

	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT
location	facility	distance from start	distance from last point	ascent from start	ascent from from last point	leader time	last member time	time limit from start	time limit
START	30/07/2021 8:00								
WATER POINT AY		6	6	630	630	0:45	1:40		
REFRESHMENT POINT TERSKOL		12	6	700	70	1:15	2:30		
CROSS ROAD		14,6	2,6	900	200	1:30	3:00	3:00	30/07/2021 11:00
WATER POINT KRUGUSOR		17	2,4	1650	750	2:15	4:40		
FINISH		22,5	4,6	1850	200	2:40	6:00	6:00	30/07/2021 14:00

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

