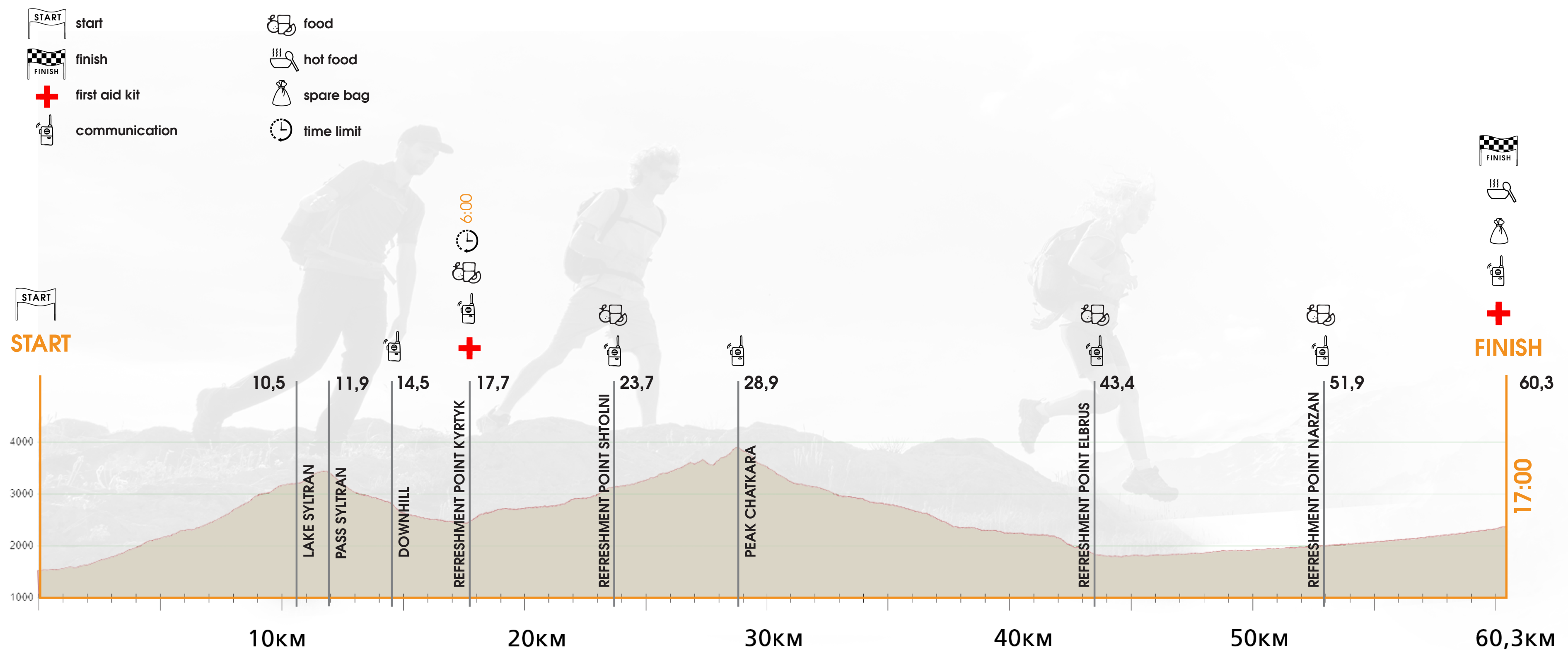


Chatkara 60									
place	facility	distance from start	distance from last point	ascent from start	ascent from from last point	leader time	last runner time from start	time limit from start	time limit
START	05:00								
LAKE SYLTRAN		10,5	10,5	1750	1750	1:40	3:50		
PASS SYLTRAN		11,9	1,4	2000	250	2:10	4:50		
DOWNHILL		14,5	2,6	2000	0	2:25	5:30		
REFRESHMENT POINT KYRITYK		17,7	3,2	2020	20	2:45	6:00	6:00	11:00
REFRESHMENT POINT SHTOLNI		23,7	6	2770	750	3:50	7:50		
PEAK CHATKARA		28,9	5,2	3670	900	5:10	10:00		
REFRESHMENT POINT ELBRUS		43,4	14,5	3750	80	6:20	12:30		
REFRESHMENT POINT NARZAN		51,9	8,5	3990	240	7:10	14:40		
FINISH		60,3	8,4	4410	420	8:10	17:00	17:00	22:00



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