

Elbrus World Race Elbrus World Race Elbrus World Race Elbrus World Race

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	06:00								
PASS HOTYUTAU		9,0	9,0	1170	1170	2:00:00	4:00		
REFRESHMENT POINT KOSHI		16,9	7,9	1190	20	2:40:00	5:30		
BORDER POST		30,2	13,3	1290	100	4:00:00	8:00	10:00	16:00
REFRESHMENT POINT ENIKOL		40,7	10,5	1590	300	5:10:00	10:20		
REFRESHMENT POINT MCHS		56,5	15,8	2690	1100	7:50:00	15:40		
PASS BALK-BASHI		61,1	4,6	3730	1040	9:30:00	19:00		
REFRESHMENT POINT RIVER CROSSING		65,7	4,6	3730	0	10:00:00	20:10		
NORD CAMP		78,3	12,6	3930	200	11:50:00	24:00	24:00	6:00
PASS SEV. KARAKAJSKIJ		81,4	3,1	4520	590	12:40:00	25:40		
FORK		85,6	4,2	4760	240	13:10:00	26:30	26:30	8:30
PASS ISLAMSU		88,9	3,3	5460	700	14:20:00	28:50		
REFRESHMENT POINT SHTOLNI		90,0	1,1	5460	0	14:30:00	29:10		
PEAK TCHATKARA		95,2	5,2	6360	900	16:00:00	32:10		
REFRESHMENT POINT ELBRUS		109,7	14,5	6440	80	17:40:00	35:20		
REFRESHMENT POINT NARZAN		118,2	8,5	6680	240	19:00:00	37:50		
FINISH		126,6	8,4	7100	420	20:10:00	40:00	40:00	40:00

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

