

Kahiani35									
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	START 07:00								
REFRESHMENT POINT CHEGET	📶 🍲	11,2	11,2	650	650	1:00	2:10		
RIDGE KAHIANI	📶	14,9	3,7	1810	1160	2:00	4:20		
REFRESHMENT POINT NARZAN	📶 🍲	18,6	3,7	1810	0	2:20	5:00		
REFRESHMENT POINT AZAU	📶 🍲 🕒	25,6	7	2120	310	3:00	6:30	6:30	13:30
FINISH	📶 🍲 🕒 🏠 🏁	33,8	8,2	3120	1000	4:20	10:00	10:00	17:00

- 🏁 start
- 🍲 food
- 🏁 finish
- 👨‍🍳 hot food
- 🛖 first aid kit
- 🎒 spare bag
- 📶 communication
- 🕒 time limit

