

Suarykaush 44 Suarykaush 44 Suarykaush 44 Suarykaush 44 Suarykaush 44

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	07:00								
LAKE SYLTRAN		10,5	10,5	1750	1750	1:40	4:30		
PASS SYLTRAN		11,9	1,4	2000	250	2:10	5:50		
DOWNHILL		14,5	2,6	2000	0	2:25	6:30		
REFRESHMENT POINT KYRTYK		17,7	3,2	2020	20	2:35	7:00	7:00	14:00
PASS SYARYKAUSH		23,4	5,7	3120	1100	4:00	10:40		
REFRESHMENT POINT KYRTYK		29,1	5,7	3120	0	4:35	12:10		
FINISH		44,3	15,2	3460	340	5:45	15:00	15:00	22:00

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

