

Syltran 33									
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	last runner
START	08:00								
LAKE SYLTRAN		10,5	10,5	1750	1750	1:30	4:40		
PASS SYLTRAN		11,9	1,4	2000	250	1:45	6:40		
DOWNHILL		14,5	2,6	2000	0	2:00	7:40		
REFRESHMENT POINT KYRITYK		17,7	3,2	2020	20	2:15	8:40		
FINISH		32,9	15,2	2360	340	3:20	12:00	12:00	20:00

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

