












Garabashi 10									
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	 10:00								
CROSS ROAD		1,8	1,8	40	40	0:07	0:20		
FINISH	    	9,8	8	1000	960	1:10	4:00	4:00	14:00

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

