



ROAD BOOK 13K

MAX TIME: 03h 00'

START: 05.00 pm

D+: 400 m

LEGENDA

- | | | |
|---|--|---|
|  FONTANA
FOUNTAIN |  SERVIZI IGIENICI
TOILETS |  BUS RITIRATI
DROP OUT BUS |
|  BEVANDE
DRINKS |  PRONTO SOCCORSO
FIRST AID |  RIGUGIO
REFUGE |
|  CIBI
FOOD |  RILEVAZIONE TEMPI
TIMING POINT |  TEMPO MASSIMO
TIME LIMIT |
|  MASSAGGI
MASSAGES |  DEPOSITO SACCA INDUMENTI
DEPOSIT BAG | |

