

Ultra: Time Limits

These time limits are calculated in order to finish the mountain race in the maximum time established for each modality. Those runners who exceed the limits set, will not be allowed to continue the race.

Checkpoints	Services	Ultra
		Time Limit
Puerto de Los Cristianos	Feeding station and crossing point control	00:00
Arona	Feeding station and crossing point control	2:10
Ifonche	Feeding station	3:30
Albergue Vilaflor	Feeding station and crossing point control	5:45
Parador	Feeding station and crossing point control	9:45
Rambleta	Feeding station and crossing point control	15:00
Piedra de los Pastores	Feeding station and crossing point control	17:50
Asomadero	Feeding station	19:15
Tigaiga	Feeding station and crossing point control	21:25
Puerto de la Cruz (Playa Lago Martiánez)	Finish Line	23:00