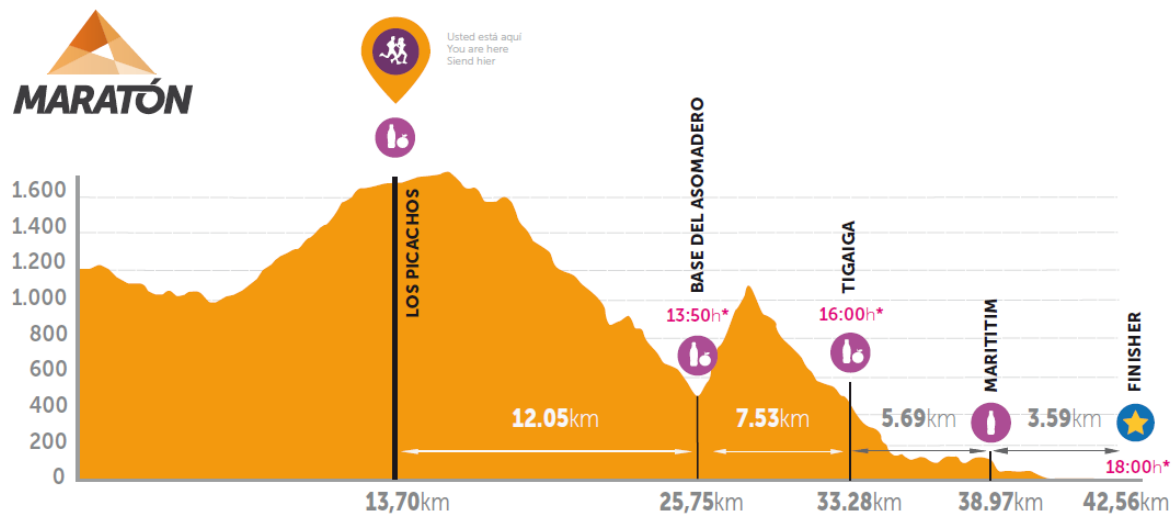


MARATÓN: Refreshment Posts

	Distance from previous	Acumulated distance	Acc. Altitude gain	Acc. Altitude loss
LA CALDERA (LA OROTAVA)	0,00	0,00		
LOS PICACHOS	13,70	13,70	899,90	398,29
BASE DEL ASOMADERO	12,05	25,75	442,28	1.646,51
TIGAIGA	7,53	33,28	699,91	900,57
MARITIM	5,69	38,97	266,14	500,88
PUERTO DE LA CRUZ	3,59	42,56	32,82	76,50
Total	42,56		2.341,05	3.522,75



*Times limit

* Tiempos Limite / Times Limit / Zeitlimit

Puerto de la Cruz