

### ULTRA: Points de ravitaillement et profil

|                      | Distance entre les points | Distance accumulée | Pente +         | Pente -         |
|----------------------|---------------------------|--------------------|-----------------|-----------------|
| Playa Fañabé (Adeje) | 0                         |                    |                 |                 |
| Plaza Adeje          | 8,50                      | 8,50               | 425,55          | 132,62          |
| La Quinta            | 5,89                      | 14,39              | 713,59          | 84,24           |
| Ifonche              | 6,64                      | 21,03              | 487,20          | 382,22          |
| Albergue de Vilaflor | 10,35                     | 31,38              | 846,53          | 285,86          |
| Pista Madre del Agua | 4,58                      | 35,96              | 401,50          | 302,96          |
| Parador              | 12,65                     | 48,61              | 907,65          | 453,36          |
| La Rambleta          | 10,09                     | 58,7               | 1.508,26        | 108,96          |
| Recibo Quemado       | 13,60                     | 72,30              | 98,22           | 1.743,06        |
| Base del Asomadero   | 12,39                     | 84,69              | 396,50          | 1.810,75        |
| Tigaiga              | 7,53                      | 92,22              | 699,91          | 900,57          |
| Maritim              | 5,69                      | 97,91              | 266,14          | 500,88          |
| Puerto Cruz (Meta)   | 3,59                      | 101,5              | 32,82           | 76,50           |
| <b>Total</b>         | <b>101.5</b>              |                    | <b>6.401,57</b> | <b>6.397,40</b> |



\* Temps limites