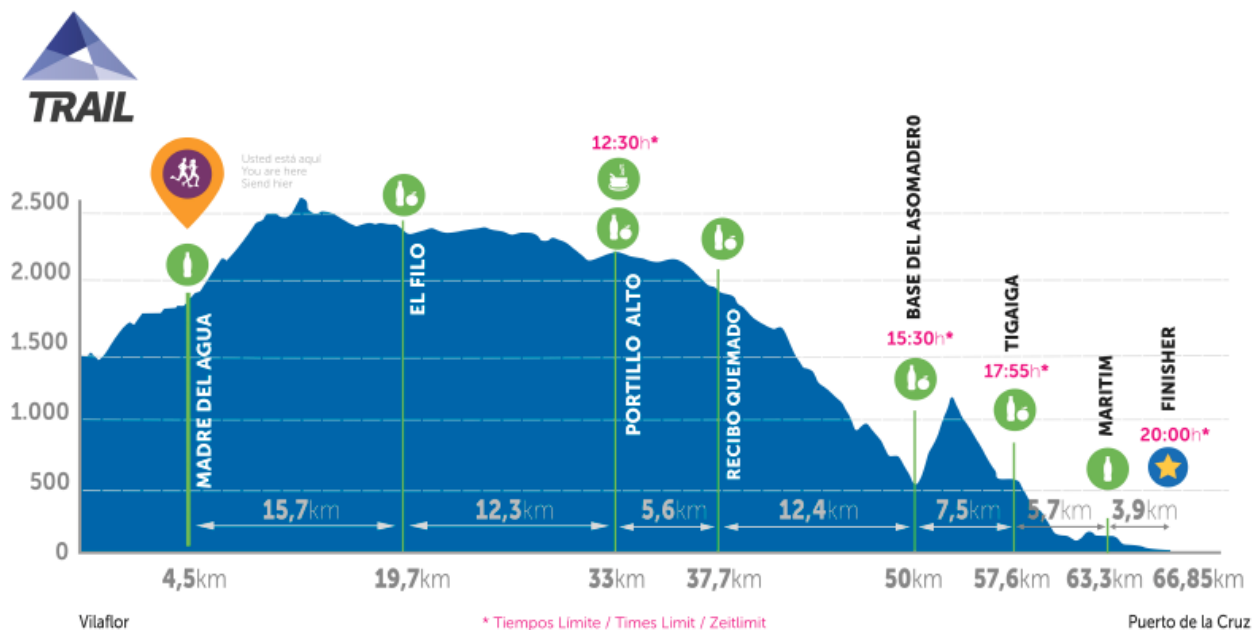


TRAIL: Refreshment Posts

	Distance from previous	Acumulated distance	Acc. Altitude gain	Acc. Altitude loss
Salida (Vilaflor)	0			
Pista Madre del Agua	4,46	4,46	432,03	128,77
El Filo	15,26	19,72	1.083,32	507,39
Portillo Alto	12,3	32,02	256,56	387,55
Recibo Quemado	5,63	37,65	78,86	316,34
Base del Asomadero	12,39	50,04	396,5	1.810,75
Tigaiga	7,53	57,57	699,91	900,57
Maritim	5,69	63,26	266,14	500,88
Puerto Cruz (Meta)	3,59	66,85	32,82	76,5
Total	66,85		3.246,14	4.628,75



*Times limit