



Atletica Zoldo

103 K

RISTORI - REFRESHMENT

	Località Place	Altitudine m. Altitude m.	Km dalla partenza Km from the start	Km per il traguardo Km to the finish	Servizi disponibili	Available services
	PARTENZA/START Forno di Zoldo 09/06 – h 05.00	848	0	103	<ul style="list-style-type: none"> • Ritiro sacche • Ingresso e controllo atleti 	<ul style="list-style-type: none"> • Pick up athlete's bags • Input and control of the athletes
	Casera Col Marsanch	1290	6,6	96,4	<ul style="list-style-type: none"> • Rifornimento idrico 	<ul style="list-style-type: none"> • Water supply
	Casera Cornigia	1733	13,8	89,2	<ul style="list-style-type: none"> • Rifornimento idrico 	<ul style="list-style-type: none"> • Water supply
1	Rifugio Pramperet	1857	15,8	87,2	<ul style="list-style-type: none"> • Rifornimento idrico/solido 	<ul style="list-style-type: none"> • Water/solid supply
2	Malga Pramper	1540	20,0	83,0	<ul style="list-style-type: none"> • Rifornimento idrico 	<ul style="list-style-type: none"> • Water supply
3	Passo Duran	1605	30,0	73,0	<ul style="list-style-type: none"> • Rifornimento idrico/solido • Servizio navetta • Cancello orario (ore 13.30) 	<ul style="list-style-type: none"> • Water/solid supply • Shuttle bus service • Time barrier (01.30pm)
4	Malga Grava	1627	36,0	67,0	<ul style="list-style-type: none"> • Rifornimento idrico/solido • Servizio navetta • Assistenza medica 	<ul style="list-style-type: none"> • Water/solid supply • Shuttle bus service • Medical assistance
	Sentiero Tivan ATTENZIONE WARNING	2350	40,0	63,0	<ul style="list-style-type: none"> • Assistenza CNSAS 	<ul style="list-style-type: none"> • CNSAS assistance
5	Rifugio Coldai	2135	43,8	59,2	<ul style="list-style-type: none"> • Rifornimento idrico/solido 	<ul style="list-style-type: none"> • Water/solid supply
6	Malga Pioda	1843	45,8	57,2	<ul style="list-style-type: none"> • Rifornimento idrico/solido • Servizio navetta • Assistenza medica 	<ul style="list-style-type: none"> • Water/solid supply • Shuttle bus service • Medical assistance
7	Passo Staulanza BASE VITA	1773	54,6	48,4	<ul style="list-style-type: none"> • Rifornimento idrico/ solido • Cambio indumenti • Servizio navetta • Assistenza medica • Cancello orario (ore 21.30) 	<ul style="list-style-type: none"> • Water and solid supply • Clothes changing • Shuttle bus service • Medical assistance • Time barrier (09.30pm)
8	Zoppè di Cadore	1426	66,0	37,0	<ul style="list-style-type: none"> • Rifornimento idrico/solido • Cancello orario (ore 01.30) 	<ul style="list-style-type: none"> • Water/solid supply • Time barrier (01.30am)
9	Rifugio Talamini	1582	70,8	32,2	<ul style="list-style-type: none"> • Rifornimento idrico/solido 	<ul style="list-style-type: none"> • Water/solid supply

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10	Rif. Dolomites M. Rite	2160	76,0	27,0	• Rifornimento idrico/solido	• Water/solid supply
11	Passo Cibiana	1530	81,0	22,0	• Rifornimento idrico/solido • Cancello orario (ore 05.00)	• Water/solid supply • Time barrier (05.00am)
	La Calada ATTENZIONE WARNING	1855	84,5	18,5	• Assistenza CNSAS	• CNSAS assistance
12	Rifugio Bosconero	1457	90,0	13,0	• Rifornimento idrico/solido	• Water/solid supply
	Casera Mugon	1024	96,0	7,0	• Rifornimento idrico	• Water supply
13	ARRIVO/FINISH Forno di Zoldo 10/06 – h 10.00	848	103	0	• Rifornimento idrico/solido • Servizio navetta • Assistenza medica e fisioterapica • Docce • Cancello orario (ore 10.00)	• Water/solid supply • Shuttle bus service • Medical and physiotherapy assistance • Shower • Time barrier (10.00)

Tempo massimo : 29.00 ore - Maximum time: 29.00 hours

Info: www.dolomitiextremetrail.com

