

UTRB 2019 - 100 km - limit 30 hours																														
POSTES	DESCRIPTION	sac d'allegement	OUVERTURE	CUT OFF	FERMETURE	Partiel KM	Cumul KM	D+	D-	Cumul D+	Cumul D-	Poinlage	Point d'eau	Rav. Marathon	Rav. Complet	Médecin	Infirmier	Masseur	Secouriste											
0	Le Paradis Beachcomber		Sat 04:00		Sat 05:50	0	0.0	0		0																				
1	Roule Coliere - Le Mome		Sat 05:57		Sat 07:52	6	6.2	315	-310	315	310																			
2	Ebony Forest		Sat 05:57		Sat 10:41	8	14.7	714	-427	1029	737																			
3	Couacaud - Fil		Sat 06:29		Sat 11:45	4	19.0	362	-250	1391	987																			
	Pilon Riviere Noire / Grand Pilon		Sat 06:51		Sat 12:44	3	22.0	429	-59	1820	1046																			
4	Gorges Riviere Noire		Sat 07:25		Sat 13:57	5	26.63	64	-745	1884	1791																			
5	Yemen Chemin magenta		Sat 08:49		Sat 17:30	11	38.0	815	-783	2699	2574																			
6	Sepi Cascades Lodges	✓	Sat 09:38	Sat 18:30	Sat 19:33	7	45.1	304	-184	3003	2758																			
7	Alexandra Falls		Sat 06:00:00		Sat 22:19	11	55.9	547	-124	3550	2882																			
8	Entrée Pilon Savanne		Sat 07:29	Sat 21:30	Sat 23:42	3	58.8	122	-126	3672	3008																			
	Pilon Capotte		Sat 08:07		Sun 00:11																									
9	Rochester Falls		Sat 08:57		Sun 02:24	12	70.6	341	-968	4013	3976																			
10	Andrea		Sat 09:18	Sun 03:00	Sun 04:39	7	77.3	135	-142	4148	4118																			
11	Bel Air		Sat 07:52		Sun 04:39	5	81.9	128	-125	4276	4243																			
12	Savinia		Sat 08:45		Sun 09:11	9	91.0	225	-250	4501	4493																			
13	Arrivée Shandrani	✓	Sat 09:40	Sat 11:00	Sun 12:19	9	100.4	105	-110	4606	4603																			
Legendes																														
	Point d'eau = Eau – Coca																													
	Ravito marathon = Eau – Coca – Fruit – Fruits secs																													
	Ravito complet = Eau – coca – Fruits – Sandwichs – repas chaud																													