

TIME EXPECTED (MARATHON)

Point	Тор	Last	Limit time
START	10:00		Little tillo
			10.00.00
1st Check Point	10:05	10:20	10:20:00
5km	10:09	10:30	
1st Turning point	10:15	10:34	
10km	10:18	10:45	
15km	10:28	11:00	11:00:00
2nd Turning point	10:30	11:15	
20km	10:36	11:25	
Midpoint	10:40	11:30	
25km	10:45	11:45	11:45:00
3rd Turning point	10:48	11:50	
30km	10:55	12:10	
35km	11:05	12:25	12:25:00
4th Turning point	11:06	12:30	
40km	11:13	12:55	
FINISH	11:18	13:00	13:00:00

TIME EXPECTED (HALF MARATHON)

Point	Тор	Last	Limit time		
START	10:05				
1st Check Point	10:11	10:25	10:25:00		
5km	10:15	10:35			
1st Turning point	10:17	10:50			
10km	10:26	11:05	11:05:00		
15km	10:35	11:35	11:35:00		
2nd Turning point	10:36	11:45			
20km	10:45	12:10			
FINISH	10:49	12:20	12:20:00		

TIME LIMIT

MARATHON	approx.3km	15 km	25 km	35 km	FINISH
	20min	1h	1h45min	2h25min	3h
HALF MARATHON	approx.3km	10 km	15 km	-	FINISH
	20min	1h	1h30min	-	2h15min