

## Route Card - 55th 3 Peaks Race - 25 April 2009

Leg	Name / Position / Elevation	Leg Distance km	Cumulative Distance km	Ascent m	Cut Off Time	At Record Time		At 3hrsTime		At 3hrs 30m Time		At 4hrs Time		At 4hrs 30m Time		To Pass Cut Off Times	
						Leg Time	Cumulative Time	Leg Time	Cumulative Time	Leg Time	Cumulative Time	Leg Time	Cumulative Time	Leg Time	Cumulative Time	Leg Time	Cumulative Time
0	<b>Start - Horton In Ribblesdale Playing Field</b> SD 80562 72821 229 m	0	0	0		00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00
1	<b>Pen-Y-Ghent Summit Checkpoint</b> SD 83850 73399 689 m	5.93	5.93	485		00:26	00:26	00:28	00:28	00:32	00:32	00:37	00:37	00:42	00:42	00:43	00:43
2	High Birkwith Drink Station SD 80336 77167 344 m	6.74	12.67	94		00:29	00:55	00:31	00:59	00:36	01:09	00:41	01:19	00:47	01:29	00:48	01:31
3	Nether Lodge Radio Safety Point SD 79270 77854 276 m	1.48	14.15	14		00:06	01:01	00:07	01:06	00:08	01:17	00:09	01:28	00:10	01:40	00:11	01:42
4	<b>Ribblehead Valley Checkpoint</b> SD 76420 79187 299 m	3.99	18.14	77	12:10 (2hrs 10 min)	00:17	01:18	00:18	01:24	00:21	01:39	00:24	01:53	00:27	02:07	00:28	02:10
5	<b>Wherside Summit Checkpoint</b> SD 73857 81415 723 m	3.92	22.06	458		00:20	01:38	00:21	01:46	00:25	02:04	00:28	02:21	00:32	02:40	00:44	02:54
6	Bruntscar Radio Safety Point SD 73892 79040 318 m	2.63	24.69	6		00:11	01:49	00:11	01:58	00:13	02:18	00:15	02:37	00:17	02:58	00:20	03:14
7	<b>Chapel Le Dale Valley Checkpoint</b> SD 74269 77688 290 m	1.57	26.26	14	13:30 (3hrs 30 min)	00:06	01:55	00:06	02:04	00:07	02:25	00:08	02:46	00:09	03:07	00:14	03:28
8	<b>Ingleborough Summit Checkpoint</b> SD 74125 74585 722 m	4.04	30.3	443		00:20	02:15	00:21	02:26	00:25	02:51	00:28	03:15	00:32	03:40	00:44	04:12
9	Sulber Nick Drink Station & Radio Safety Point SD 77763 73489 370 m	4.07	34.37	2		00:18	02:33	00:20	02:46	00:23	03:14	00:26	03:41	00:29	04:09	00:33	04:45
10	<b>Finish - Horton In Ribblesdale Playing Field</b> SD 80562 72821 229 m	3.06	37.43	15		00:13	02:46	00:14	03:00	00:16	03:30	00:18	04:00	00:21	04:30	00:25	05:10
<b>Totals:</b>			37.43km	1608m		02:46		03:00		03:30		04:00		04:30		05:10	