

3 Peaks Race - Route Card

Dib Point	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
	Start - Horton In Ribblesdale Playing Field 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
C1	Pen-Y-Ghent Summit Checkpoint 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
C2	High Birkwith Checkpoint SD 80336 77167 344 m	6.74	12.67	94	12:15 (1hr 45 min)	00:29	00:55	00:31	00:59	00:36	01:09	00:41	01:19	00:47	01:29	00:48	01:31
	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
C3	Ribblehead Valley Checkpoint SD 76420 79187 299 m	3.99	18.14	77	12:40 (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
C4	Whernside Summit Checkpoint 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
	Bruntskar 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
C5	Chapel Le Dale Valley Checkpoint SD 74190 77587 290 m	1.57	26.26	14	14:00 (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
C6	Ingleborough Summit Checkpoint SD 74135 74572 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
	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
C7	Finish - Horton In Ribblesdale Playing Field 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
Totals:			37.43km	1608m		02:46		03:00		03:30		04:00		04:30		05:10	