

## HIGHLANDS

#	LOCATION	DISTANCE		D		DURATIONS				TRAIL	DIRT ROAD	ROAD	INFO
		PARTIAL	TOTAL	+	-	FAST		SLOW					
1	NEVROKOPI - OCHIRO - LISSE - SANATORIO (GRANITIS)	16.250	16.250	543	233	95	19:35 FR	150	20:30 FR	4.175	2.265	9.810	STATION
2	ST. PAUL - GRANITIS	16.560	32.810	1.287	1.338	140	21:55 FR	270	01:00 SA	15.890	670		STATION 01:00 SA
3	PIRGHI	13.170	45.980	595	615	100	23:35 FR	150	03:30 SA	2.750	10.280	950	STATION 04:00 SA
4.	BREAZA - KARTALKA - KAFETERIA CHIONOTRIPA	12.470	58.450	1651	132	150	02:05 SA	255	08:15 SA	8.830	3.393	247	STATION 08:30 SA
4	PEAK PROPHET ELIAS - VARDAINA - CENTER SKI	12.940	71.390	862	924	120	04:05 SA	195	11:45 SA	9.720	2.980	240	STATION 12:00 SA
5	VOLAKAS	13.229	84.619	568	1.219	120	06:05 SA	180	15:00 SA	9.740	900	2.589	STATION 15:30 SA
6	PEAK HOLY SPIRIT - NEVROKOPI	18.620	102.400	923	1.006	180	09:05 SA	270	20:00 SA	5.560	9.830	3.230	CENTRAL STATION 20:00 SA
	<b>TOTAL</b>		<b>103.239</b>	<b>6.429</b>	<b>5.467</b>		<b>15:05</b>		<b>26</b>	<b>55.495</b> <b>54,19%</b>	<b>30.318</b> <b>29,60%</b>	<b>17.068</b> <b>16,66%</b>	