

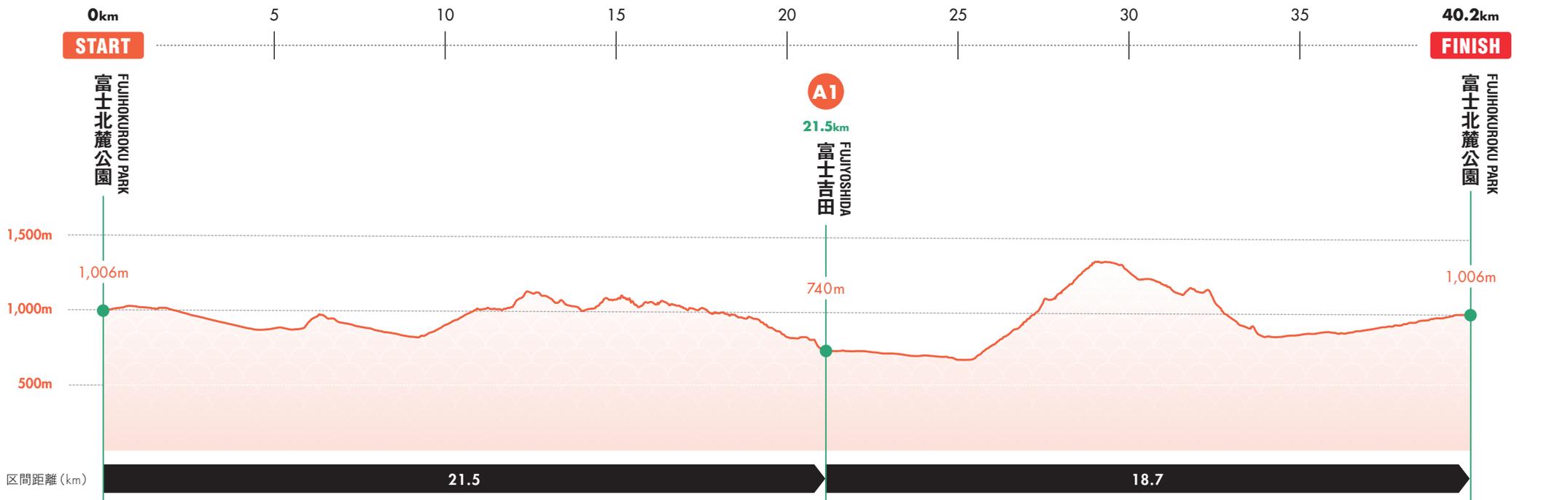
ASUMI 40k

COURSE PROFILE **コース全体高低差概要**
 2025.April.25 FRI - 27 SUN

DISTANCE
 距離: 約40.2km

CUT OFF TIME
 制限時間: 07h00m

CUMULATIVE ALTRUDE GAIN
 累積標高: 1,445m D+



Icons: Person, AID

Icons: Person, AID, Bed, Drink, RT, Fan, Fork, Knife

Icons: Person, AID, Bed

TARGET TIME		K4	F
CUT OFF TIME			
閉門時刻 IN	-	26th (sat) 15:00	26th (sat) 19:00
閉門時刻 OUT	-	26th (sat) 15:10	-
TOP RUNNER	26th (sat) 12:00	26th (sat) 13:45	26th (sat) 15:30
7hours finisher	26th (sat) 12:00	26th (sat) 15:00	26th (sat) 19:00

*閉門時刻は完走の目安時刻ではありません。
 *速い選手、遅い選手の時間目安には休憩時間は含まれていません。
 *The cut-off time is not an estimated time for completing the race.
 *Rest time is not included in the estimated time for fast or slow runners.

Icons and labels for services: W.C トイレ, DRINK 飲み物, FOOD 食べ物, FIRST AID 救護, BUS リタイア, CUT OFF 関門, SUPPORT サポート, DROP BAG ドロップバッグ, REST AREA 仮眠所, LOCAL FOOD おもてなし食