

Malnad Ultra (110k)			
Km	Miles	Elevation (m)	Gradient
Start	Start	1428.6	-4.7%
1.60	Lap 1	1353.8	-6.7%
3.20	Lap 2	1246.0	-2.2%
4.80	Lap 3	1210.4	-4.7%
6.40	Lap 4	1135.6	-7.4%
8.00	Lap 5	1016.6	-8.9%
9.60	Lap 6	874.6	3.4%
11.20	Lap 7	929.4	3.2%
12.80	Lap 8	980.8	5.3%
14.40	Lap 9	1065.4	1.0%
16.00	Lap 10	1081.4	-0.9%
17.60	Lap 11	1067.6	5.5%
19.20	Lap 12	1155.8	2.4%
20.80	Lap 13	1194.8	-0.5%
22.40	Lap 14	1187.0	-6.2%
24.00	Lap 15	1088.4	-5.7%
25.60	Lap 16	997.4	2.3%
27.20	Lap 17	1033.4	0.5%
28.80	Lap 18	1042.2	3.0%
30.40	Lap 19	1090.2	-1.5%
32.00	Lap 20	1066.6	-5.0%
33.60	Lap 21	986.6	-3.3%
35.20	Lap 22	933.2	-2.6%
36.80	Lap 23	892.4	3.7%
38.40	Lap 24	952.2	-2.9%
40.00	Lap 25	906.2	3.3%
41.60	Lap 26	958.2	4.7%
43.20	Lap 27	1033.0	-4.7%
44.80	Lap 28	957.6	7.0%
46.40	Lap 29	1069.4	5.8%
48.00	Lap 30	1162.0	4.2%
49.60	Lap 31	1228.4	-1.3%
51.20	Lap 32	1207.0	-3.8%
52.80	Lap 33	1145.8	0.4%
54.40	Lap 34	1151.4	-2.3%
56.00	Lap 35	1114.8	0.1%
57.60	Lap 36	1116.4	-1.7%
59.20	Lap 37	1089.2	-4.8%
60.80	Lap 38	1013.0	-2.6%
62.40	Lap 39	970.8	-0.4%
64.00	Lap 40	964.6	7.7%
65.60	Lap 41	1088.2	-9.1%
67.20	Lap 42	942.8	0.4%
68.80	Lap 43	949.0	-0.7%
70.40	Lap 44	937.6	-6.0%
72.00	Lap 45	842.0	-4.2%
73.60	Lap 46	774.8	7.0%

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75.20	Lap 47	887.0	5.2%
76.80	Lap 48	970.2	-6.4%
78.40	Lap 49	868.6	4.7%
80.00	Lap 50	943.6	2.1%
81.60	Lap 51	977.0	5.2%
83.20	Lap 52	1059.6	2.0%
84.80	Lap 53	1091.2	-1.9%
86.40	Lap 54	1061.6	-2.0%
88.00	Lap 55	1029.4	-1.1%
89.60	Lap 56	1012.4	5.1%
91.20	Lap 57	1094.0	7.4%
92.80	Lap 58	1212.4	-2.2%
94.40	Lap 59	1176.8	-3.1%
96.00	Lap 60	1126.6	-4.4%
97.60	Lap 61	1055.4	2.3%
99.20	Lap 62	1093.0	-3.9%
100.80	Lap 63	1030.0	-5.3%
102.40	Lap 64	945.8	-2.5%
104.00	Lap 65	906.4	0.7%
105.60	Lap 66	917.8	10.8%
107.20	Lap 67	1090.2	4.9%
108.80	Lap 68	1168.2	4.8%
110.40	Lap 69	1245.4	1.6%
112.00	Lap 70	1270.4	5.8%
113.60	Lap 71	1363.6	3.8%
114.83	Lap 72	1424.2	