

Malnad Ultra (80 km)			
Km	Miles	Elevation (m)	Gradient %
Start	Start	1428.6	-4.7%
1.6	Lap 1	1353.8	-6.7%
3.2	Lap 2	1246.0	-2.2%
4.8	Lap 3	1210.4	-4.7%
6.4	Lap 4	1135.6	-7.4%
8.0	Lap 5	1016.6	-8.9%
9.6	Lap 6	874.6	3.4%
11.2	Lap 7	929.4	3.2%
12.8	Lap 8	980.8	5.3%
14.4	Lap 9	1065.4	1.0%
16.0	Lap 10	1081.4	-0.9%
17.6	Lap 11	1067.6	5.5%
19.2	Lap 12	1155.8	2.4%
20.8	Lap 13	1194.8	-0.5%
22.4	Lap 14	1187.0	-6.2%
24.0	Lap 15	1088.4	-5.7%
25.6	Lap 16	997.4	2.3%
27.2	Lap 17	1033.4	0.5%
28.8	Lap 18	1042.2	3.0%
30.4	Lap 19	1090.2	-1.5%
32.0	Lap 20	1066.6	-5.0%
33.6	Lap 21	986.6	-3.3%
35.2	Lap 22	933.2	-2.6%
36.8	Lap 23	892.4	3.7%
38.4	Lap 24	952.2	-2.9%
40.0	Lap 25	906.2	3.3%
41.6	Lap 26	958.2	4.7%
43.2	Lap 27	1033.0	-4.7%
44.8	Lap 28	957.6	7.0%
46.4	Lap 29	1069.4	5.8%
48.0	Lap 30	1162.0	4.2%
49.6	Lap 31	1228.4	-1.3%
51.2	Lap 32	1207.0	-3.8%
52.8	Lap 33	1145.8	0.4%
54.4	Lap 34	1151.4	-2.3%
56.0	Lap 35	1114.8	0.1%
57.6	Lap 36	1116.4	-1.7%
59.2	Lap 37	1089.2	-4.8%
60.8	Lap 38	1013.0	-2.6%
62.4	Lap 39	970.8	-0.4%
64.0	Lap 40	964.6	7.7%
65.6	Lap 41	1088.2	-9.1%
67.2	Lap 42	942.8	0.4%
68.8	Lap 43	949.0	-0.7%
70.4	Lap 44	937.6	-6.0%
72.0	Lap 45	842.0	-4.2%
73.6	Lap 46	774.8	7.0%

Malnad Ultra (80 km)			
Km	Miles	Elevation (m)	Gradient %
75.2	Lap 47	887.0	5.2%
76.8	Lap 48	970.2	-6.4%
78.4	Lap 49	868.6	4.7%
80.0	Lap 50	943.6	