








QUEST 12 BEARA

STAGE	ACTIVITY	ELEVATION	DISTANCE
 1	Run	605m	18.35km
 2	Cycle	1442m	82.30km
 3	Run	385m	12.10km
 4	Cycle	371m	25.88km
 5	Kayak	0	1.50km
 6	Run	380m	10.28km
 7	Kayak	0	1.50km
TOTAL		3183km	151.91km

