








QUEST 12 BEARA

STAGE	ACTIVITY	ELEVATION	DISTANCE
 1	Run	675m	17.3km
 2	Cycle	1392m	80km
 3	Run	385m	12.1km
 4	Cycle	395m	26.9km
 5	Kayak	0	1.5km
 6	Run	450m	12.2km
 7	Kayak	0	1.5km
TOTAL		3297m	151.5km

