



The 2016 Nissan Mizen to Malin Challenge



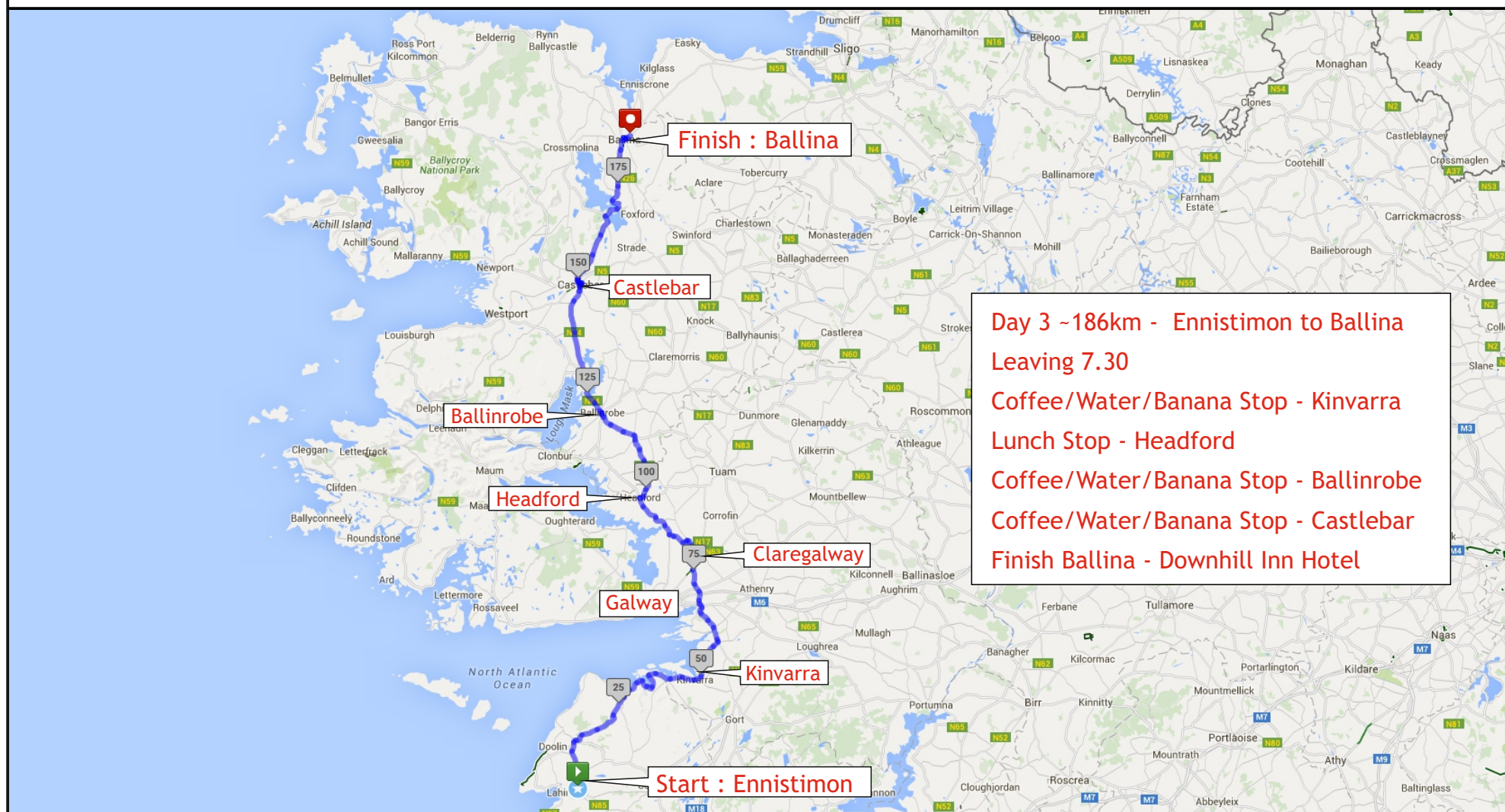
Support

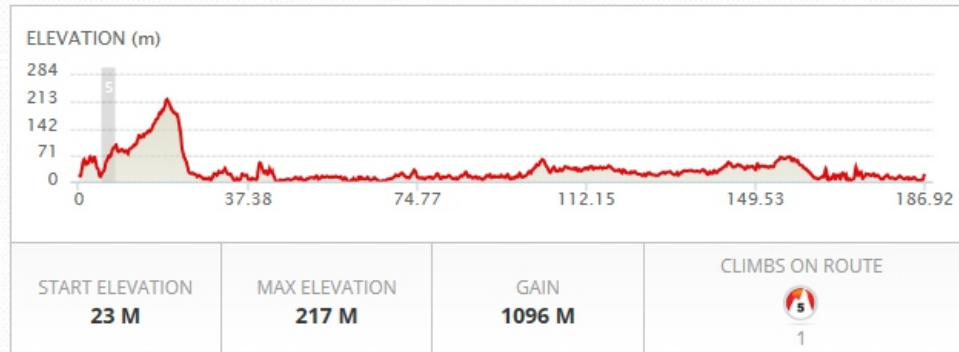
Vinny Paterson 086 8100110
Liam O' Flaherty 086 2553414

Day 3 ~186km - Ennistimon to Ballina
via Ballyvaughan, Kinvarra, Clarinbridge, Oranmore, Claregalway
Headford, N84 to Castlebar, R310 to Pontoon, Knockmore & Ballina

Support

Gerry Park 086 8188067
Mick Carolan 086 0854237





CLIMB DETAILS

[Learn About Climb Ratings](#)
[Download Data](#)

Rating	Start/End Points	Length	Start/End Elevation	Avg Grade
	4.90 km/8.00 km	3.10 km	24 m/90 m	2.1%

Information about Climbs



For any climb to be rated (receive a climb score/category) it must be at least **500 meters** in length with an average grade of **3% or more**.

All climb scores are based on distance, grade/elevation change, and maximum elevation. The combination of these factors drives all final climb categories and there is no subjective analysis used in the final scoring of any climb score. All

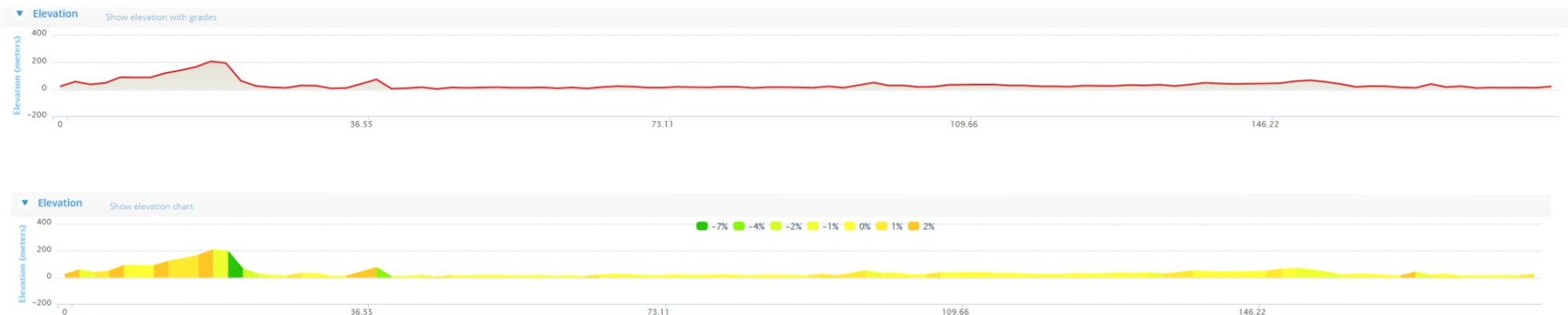
other climbs that do not meet the criteria for HC to Cat 5 are simply too small to rate and can usually be crossed easily by bicycle, running, or walking. The original concepts for the MapMyFitness categorization of all climbs came from the categorized climb ratings given by the UCI for races like the Tour de France and other professional cycling events. Our methodology is unique in several ways to allow for categorizations to be relevant for all sports and we added an additional difficulty with category 5 climbs. If you have any questions please feel free to email support@mapmyfitness.com.

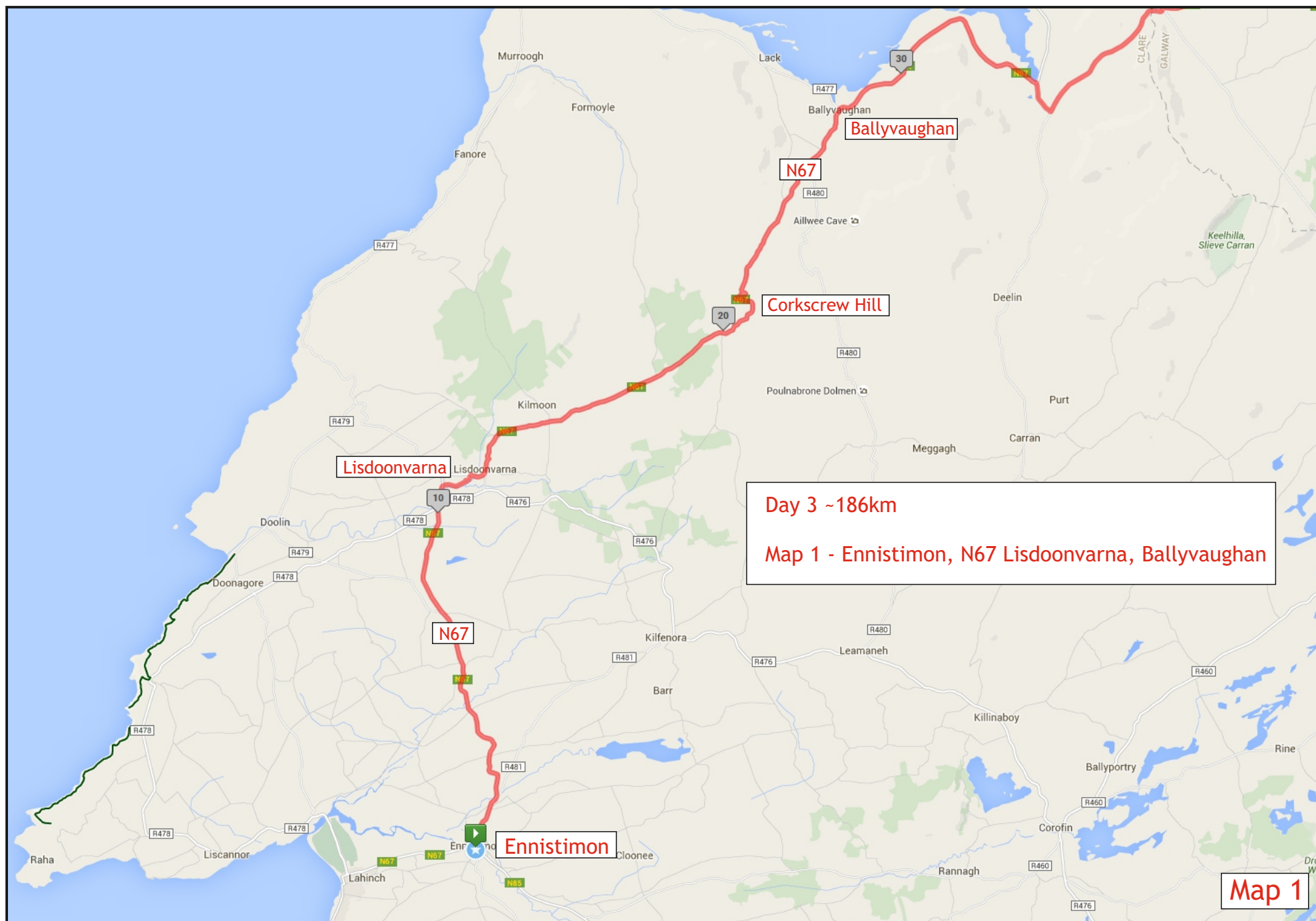
Information about Climbs

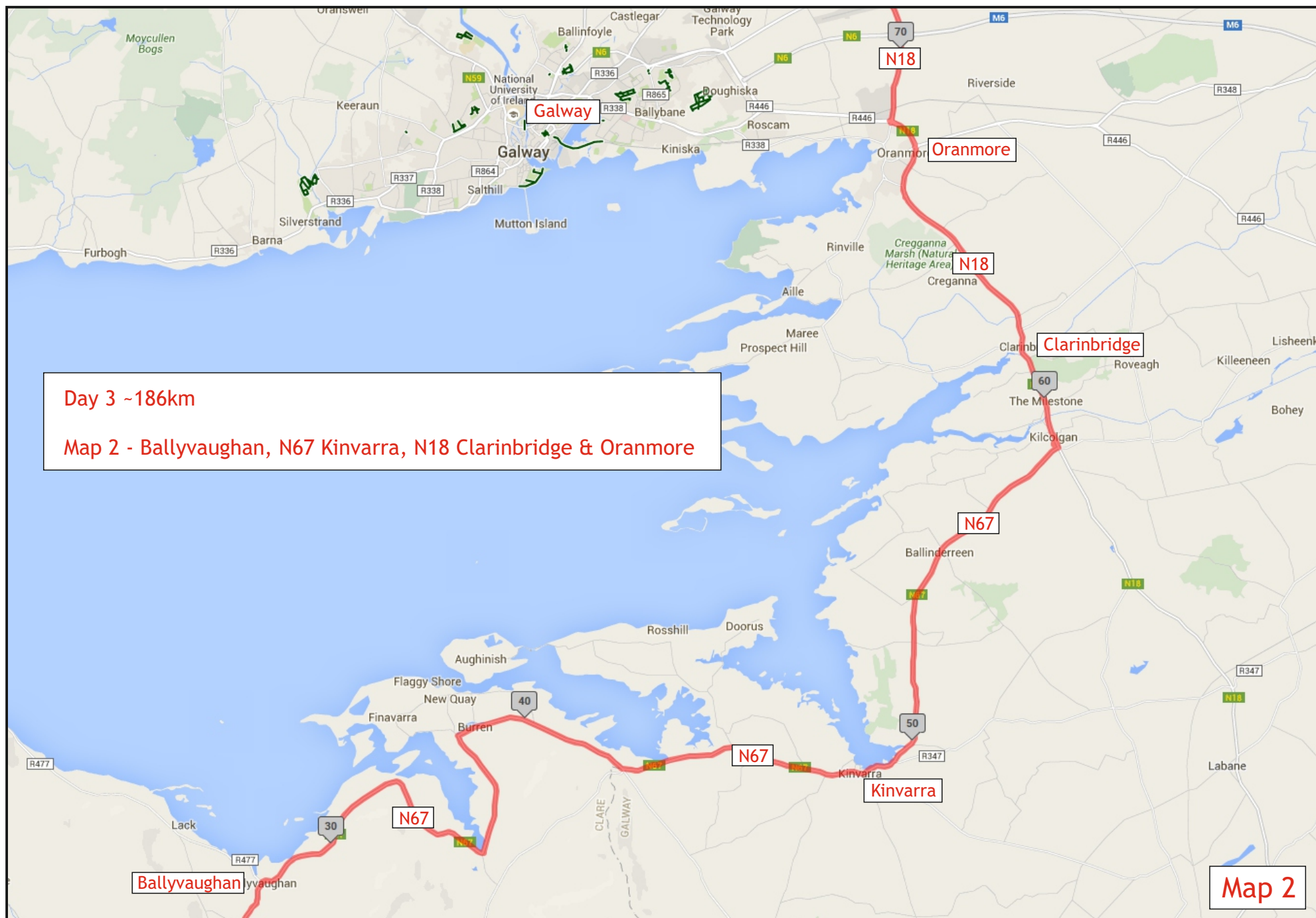
Climb Ratings

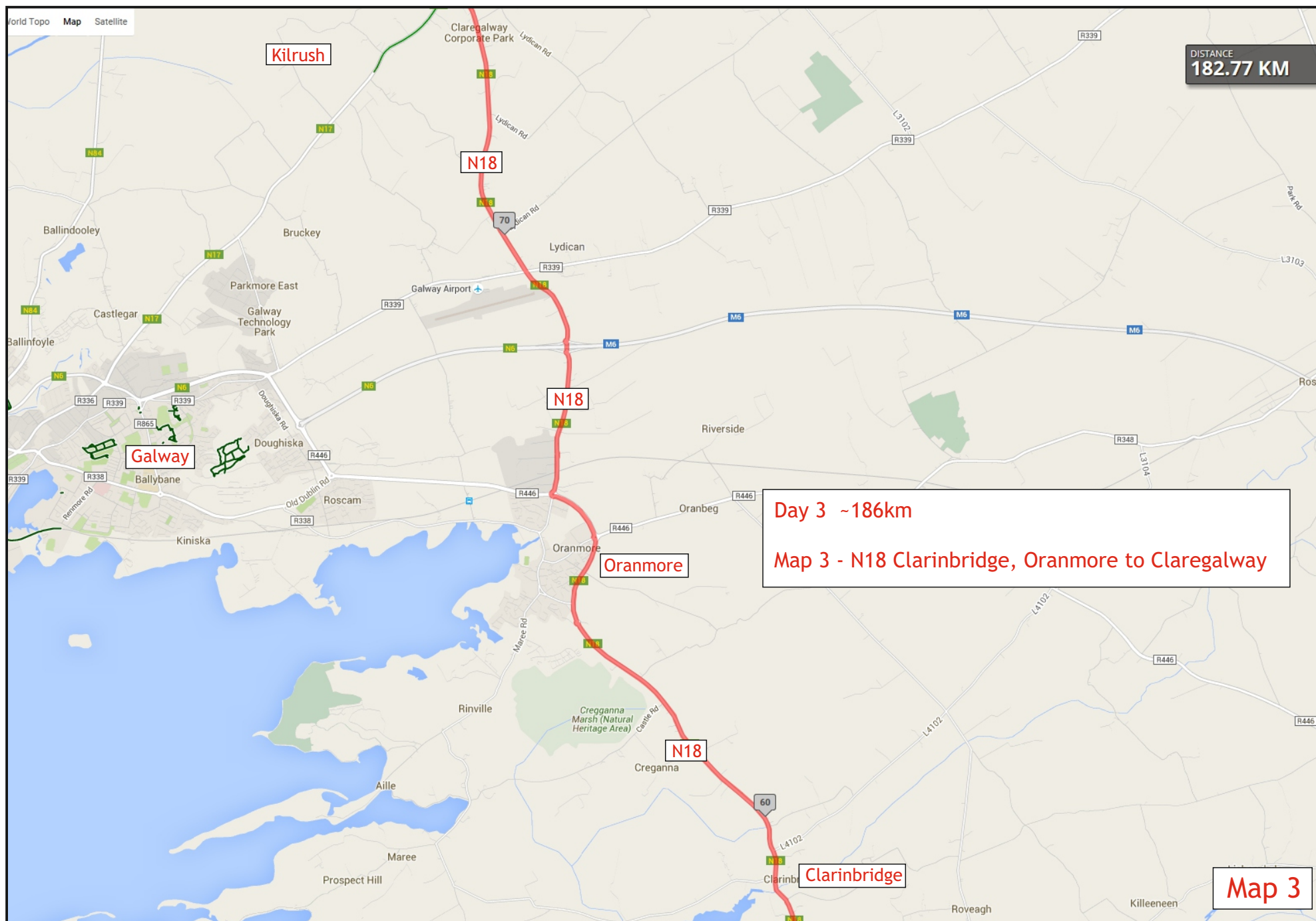


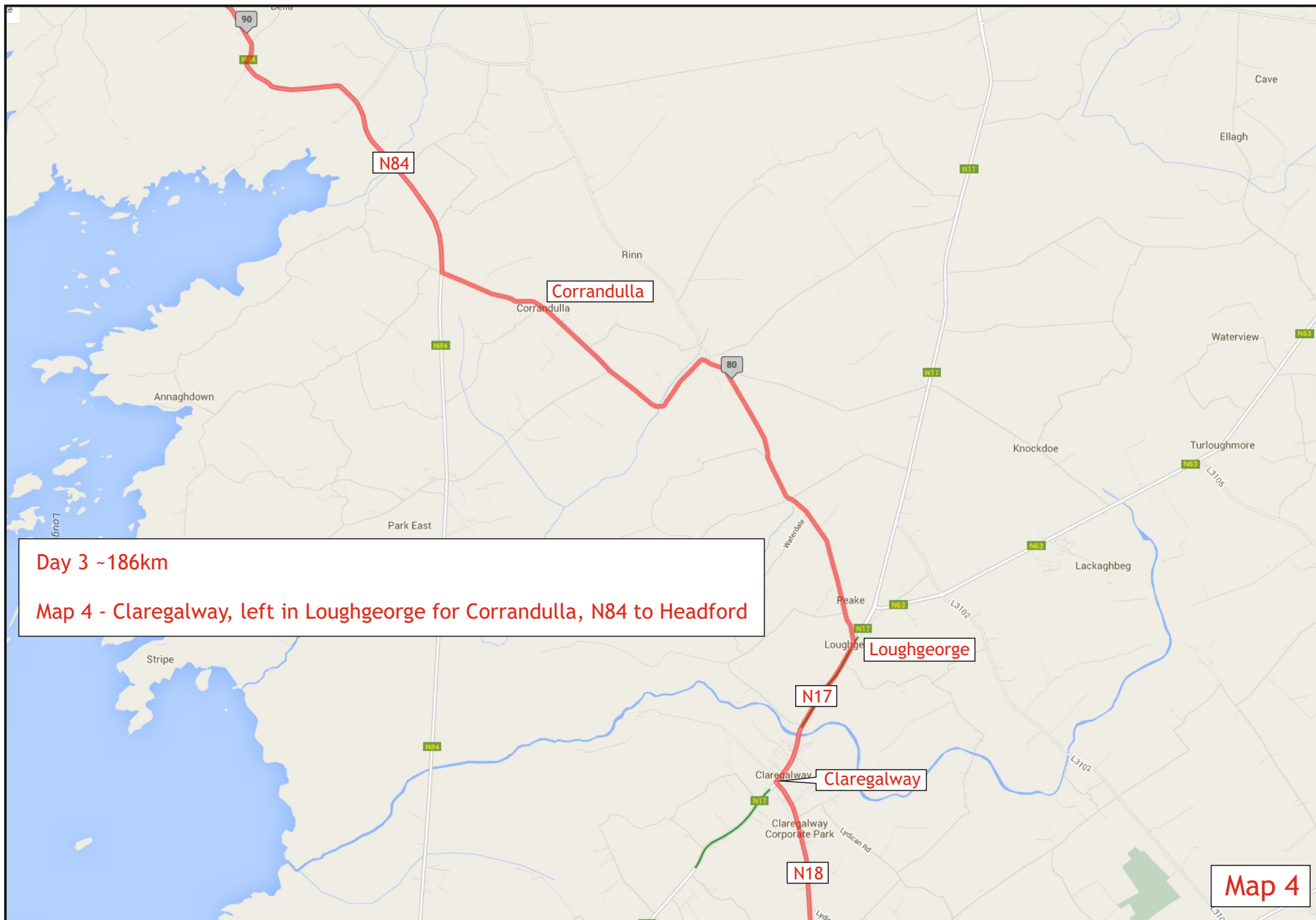
Day 3 Profiles









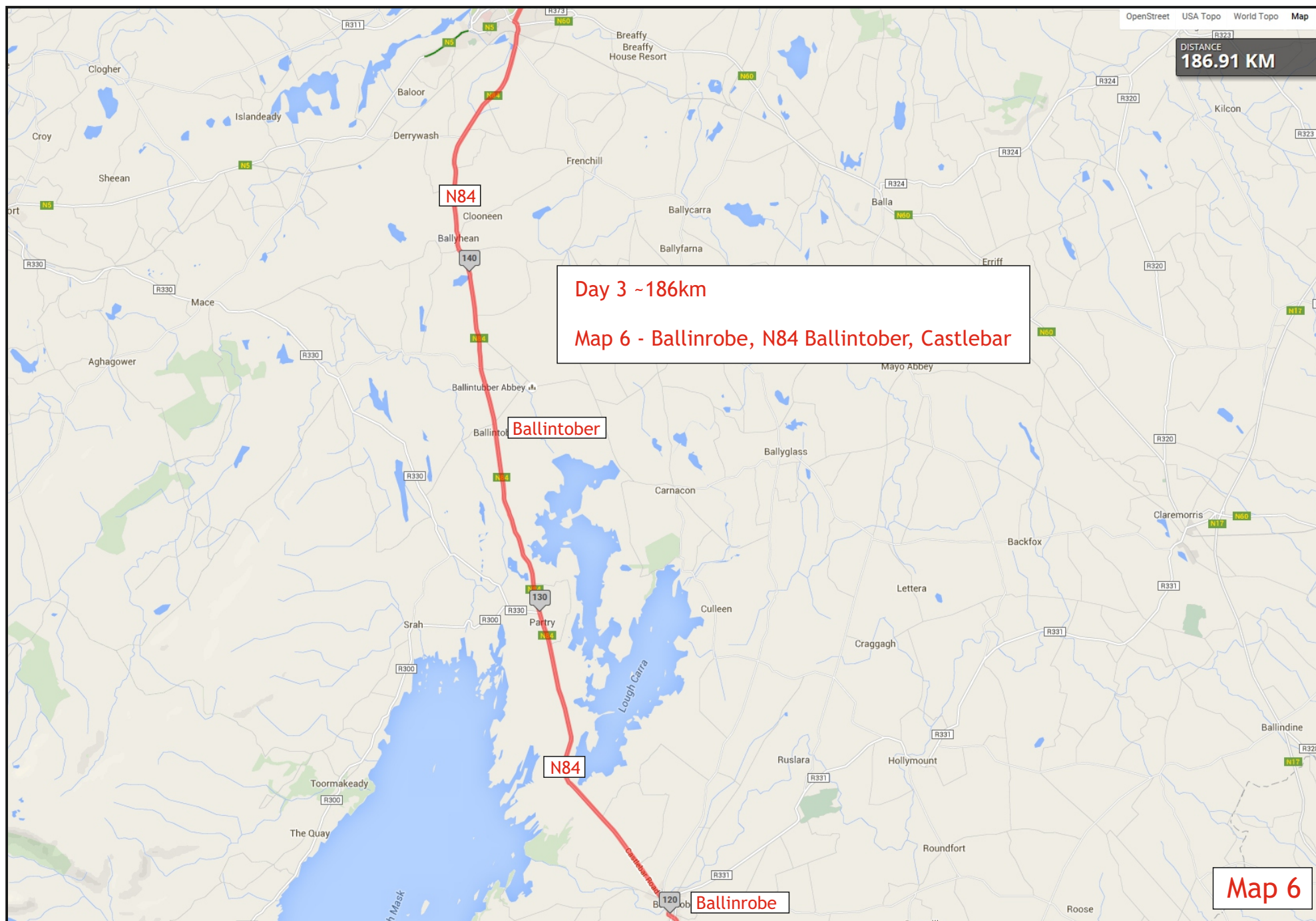


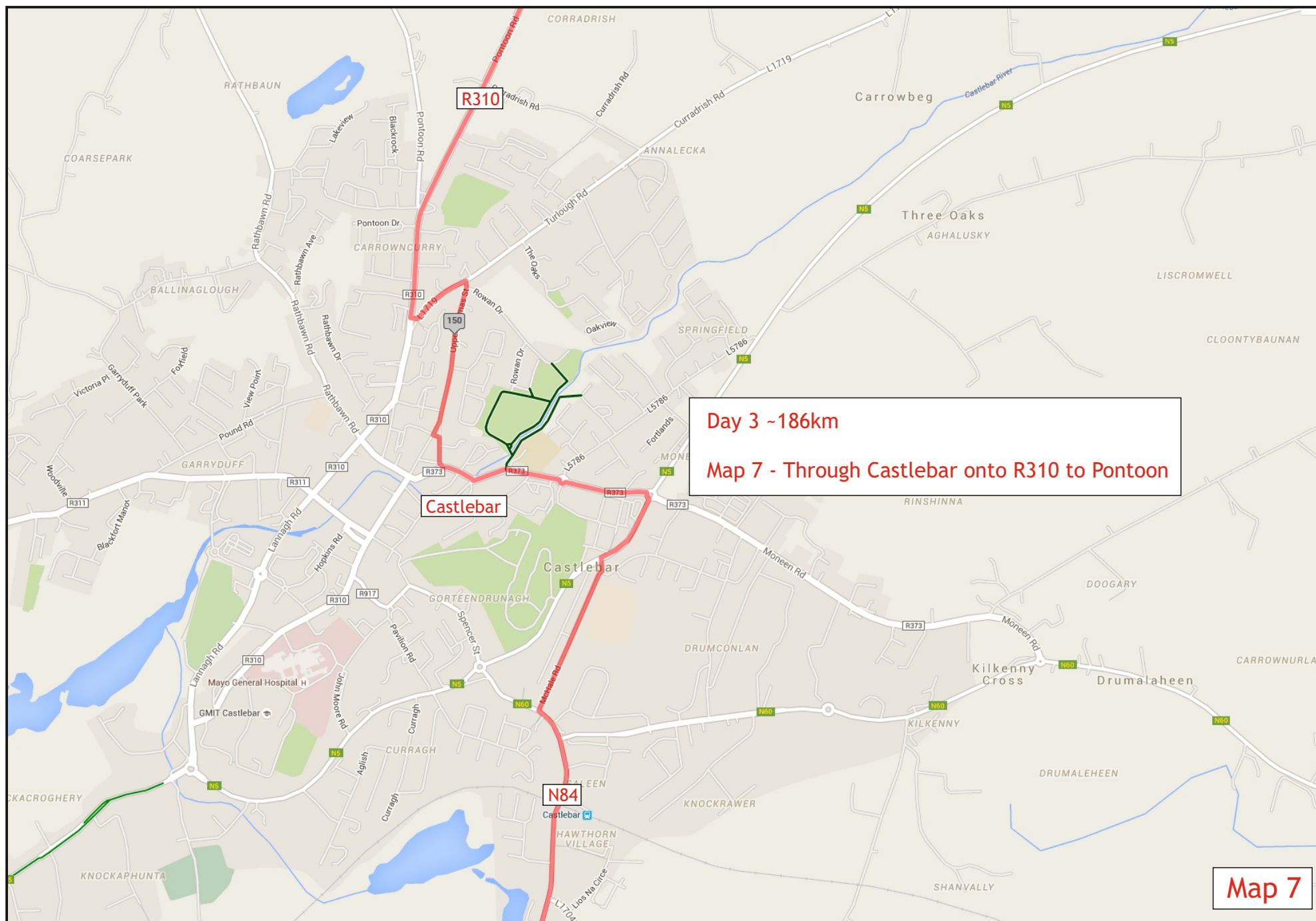
Day 3 ~186km

Map 4 - Claregalway, left in Loughgeorge for Corrandulla, N84 to Headford

Map 4







Map 7

