

# 23km

DETAILS		Stage KM	Total KM	Stage D+	Total D+	KM to Aid Station	Stage Time	Race Time	Day Time	Stage Time	Race Time	Day Time	Time Barriers	Aid Type	Allowed Support	Medical	Return Bus	Toilets	
START	CONSTANTIA	0	0	0	0	14	-	-	09H00	-	-	09H00						WC	
TP	NURSERY RAVINE	5.5	5.5	375	375	-	0:30:00	0:30:00	09H30	1:15:00	1:15:00	10H15							
AID	UNIVERSITY of CT	8.5	14	296	671	9.9	0:40:00	1:10:00	10H10	2:10:00	3:25:00	12H25	12H30 CUT OFF					WC	
TP	DEADMANS TREE	6.9	20.9	457	1128	-	0:50:00	2:00:00	11H00	2:30:00	5:55:00	14H55							
END	CAPE TOWN	3.0	23.9	16	1144	0	0:12:00	2:12:00	11H12	0:35:00	6:30:00	15H30	CUT OFF 6:30hrs					WC	
TECHNICAL DATA							LEAD RUNNERS			BACK RUNNERS			AID KEY FOOD DRINKS						