

35km

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	CAPE TOWN	0	0	0	0	14.2	-	-	06H00	-	-	06H00						WC	
TP	PLATTEKLIP GORGE	7.9	7.9	939	939	-	0:55:00	0:55:00	06H55	2:15:00	2:15:00	08H15							
AID	TABLE MOUNTAIN	6.3	14.2	208	1147	12	0:36:00	1:31:00	07H31	1:45:00	4:00:00	10H00						WC	
TP	NURSERY RAVINE	3.6	17.8	51	1198	-	0:19:00	1:50:00	07H50	1:25:00	5:25:00	11H25							
AID	UNIVERSITY of CT	8.4	26.2	317	1515	10	0:42:00	2:32:00	08H32	2:35:00	8:00:00	14H00	14H00 CUT OFF					WC	
TP	DEAD MANS TREE	7	33.2	424	1939	-	0:50:00	3:22:00	09H22	2:25:00	10:25:00	16H25							
END	CAPE TOWN	3	36.2	15	1954	0	0:12:00	3:34:00	09H34	0:35:00	11:00:00	17H00	CUT OFF 11hrs					WC	
TECHNICAL DATA							LEAD RUNNERS			BACK RUNNERS			AID KEY FOOD DRINKS						