

ULTRA TRAIL 100km



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	Stage Time	Race Time	Day Time	Time Barriers	Day & Date	Aid Type	Allowed Support	Medical	Return Bus	Toilets	Drop Bag
START	CAPE TOWN	0	0	0	0	11.8	-	-	06H00		-	06H00	-	-	06H00	START	SAT 25	X				WC	
AID	SIGNAL HILL	11.8	11.8	545	545	8.3	0:55	0:55	06H55	1:04	01:04	07H04	1:50	1:50	07H50							WC	X
AID	KLOOF NEK	8.3	20.1	318	863	11.0	0:40	1:35	07H35	0:46	01:50	07H50	1:20	3:10	09H10	09H30 CUT OFF	SAT 25					WC	X
TP	PLATTEKLIP GORGE	5.0	25.1	806	1669	-	0:50	2:25	08H25	0:57	02:47	08H47	1:50	5:00	11H00			X	X	X	X	X	X
AID	TABLE MOUNTAIN	6.0	31.1	204	1873	10.1	0:36	3:01	09H01	0:43	03:30	09H30	1:35	6:35	12H35				X		X	WC	X
AID	LLANDUDNO	10.1	41.2	236	2109	15.3	1:08	4:09	10H09	1:23	04:53	10H53	2:25	9:00	15H00							WC	X
AID	ROCKET ROAD	6.3	47.5	263	2372	-	0:40	4:49	10H49	0:42	05:35	11H35	1:25	10:25	16H25				X		X	WC	X
AID	HOUT BAY	9.0	56.5	498	2870	15.1	1:00	5:49	11H49	1:06	06:41	12H41	2:05	12:30	18H30	18H30 CUT OFF	SAT 25					WC	
TP	CONSTANTIA GLEN	15.1	71.6	897	3767	-	1:57	7:46	13H46	2:14	08:55	14H55	3:15	15:45	21H45				X		X	WC	X
AID	ALPHEN TRAIL	4.4	76.0	127	3894	12.1	0:24	8:10	14H10	0:26	09:21	15H21	1:05	16:50	22H50	22H50 CUT OFF	SAT 25					WC	X
TP	NURSERY RAVINE	4.7	80.7	309	4203	-	0:31	8:41	14H41	0:35	09:56	15H56	1:45	18:35	00H35			X	X	X	X	X	X
AID	UNIVERSITY of CT	7.4	88.1	296	4499	9.7	0:50	9:31	15H31	0:57	10:53	16H53	2:15	20:50	02H50	02H50 CUT OFF	SUN 26					WC	X
TP	DEAD MAN'S TREE	6.7	94.8	457	4956	-	0:47	10:18	16H18	1:00	11:53	17H53	2:30	23:20	05H20			X	X		X	X	X
END	CAPE TOWN	3.0	97.8	16	4972	0	0:11	10:29	16H29	0:14	12:07	18H07	0:40	24:00	06H00	CUT OFF 24hrs	SUN 26					WC	
TECHNICAL DATA							MALE LEAD RUNNERS			FEMALE LEAD RUNNERS			BACK RUNNERS			AID KEY: WATER DRINKS FOOD DRINKS							