

PENINSULA TRAVERSE 55km



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
START	LLANDUDNO	0	0	0	0	7.0	-	-	07H00	-	-	07H00	-	-	07H00	START	FRI 24	X				WC
AID	ROCKET ROAD	7.0	7.0	263	263	9.0	0:35	0:35	07H35	0:40	0:40	07H40	1:30	1:30	08H30				X		X	WC
AID	HOUT BAY	9.0	16.0	498	761	16.7	0:49	1:24	08H24	0:58	1:38	08H38	2:00	3:30	10H30				X			WC
TP	CONSTANTIA GLEN	12.3	28.3	740	1501	-	1:08	2:32	09H32	1:23	3:01	10H01	3:10	6:40	13H40				X		X	WC
AID	ALPHEN TRAIL	4.4	32.7	127	1628	12.1	0:18	2:51	09H51	0:23	3:25	10H25	0:50	7:30	14H30	14H30 CUT OFF	FRI 24					WC
TP	NURSERY RAVINE	4.7	37.4	309	1937	-	0:25	3:17	10H17	0:34	4:00	11H00	1:20	8:50	15H50			X	X	X	X	X
AID	UNIVERSITY of CT	7.4	44.8	296	2233	9.7	0:45	4:02	11H02	0:57	4:58	11H58	2:10	11:00	18H00	18H00 CUT OFF	FRI 24					WC
TP	DEAD MAN'S TREE	6.7	51.5	457	2690	-	0:44	4:47	11H47	1:10	6:08	13H08	2:25	13:25	20H25			X	X		X	X
END	CAPE TOWN	3.0	54.5	16	2706	0	0:12	5:00	12H00	0:14	6:23	13H23	0:35	14:00	21H00	CUT OFF 14hrs	FRI 24					WC
TECHNICAL DATA							MALE LEAD RUNNERS			FEMALE LEAD RUNNERS			BACK RUNNERS			AID KEY: WATER DRINKS FOOD DRINKS						

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