

TABLE MOUNTAIN 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	Stage Time	Race Time	Day Time	Time Barriers	Day & Date	Aid Type	Allowed Support	Medical	Return Bus	Toilets
START	CAPE TOWN	0	0	0	0	13.5	-	-	06H00	-	-	06H00	-	-	06H00	START	SUN 24	X				WC
TP	PLATTEKLIP GORGE	7.5	7.5	939	939	6.0	0:57	0:57	06H57	1:07	01:07	07H07	2:15	2:15	08H15			X	X	X	X	X
AID	TABLE MOUNTAIN	6.0	13.5	208	1147	10.6	0:33	1:31	07H31	0:39	01:46	07H46	1:45	4:00	10H00				X		X	WC
TP	NURSERY RAVINE	3.2	16.7	51	1198	7.4	0:19	1:50	07H50	0:23	02:09	08H09	1:25	5:25	11H25			X	X	X	X	X
AID	UNIVERSITY of CT	7.4	24.1	296	1494	9.7	0:45	2:35	08H35	0:49	02:59	08H59	2:35	8:00	14H00	14H00 CUT OFF	SUN 24					WC
TP	DEAD MAN'S TREE	6.7	30.8	457	1951	3.0	0:42	3:18	09H18	0:51	03:50	09H50	2:25	10:25	16H25			X	X		X	X
END	CAPE TOWN	3.0	33.8	16	1967	0	0:12	3:31	09H31	0:14	04:04	10H04	0:35	11:00	17H00	CUT OFF 11HRS	SUN 24					WC
TECHNICAL DATA							MALE LEAD RUNNERS			FEMALE LEAD RUNNERS			BACK RUNNERS			AID KEY: FOOD DRINKS						

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