

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