

KICKSTARTER 16KM



DETAILS		Stage KM	Total KM	Stage D+	Total D+	KM to Aid Station	Stage Time	Race Time	Day Time		Female Leader		Stage Time	Race Time	Day Time	Time Barriers	Day & Date	Aid Type	Allowed Support	Medical	Return Bus	Toilets
START	BEAU CONSTANTIA	0	0	0	0	0	-	-	08H30	-	-	08H30	-	-	08H30	START	FRI 22	X				WC
AID	TABLE MOUNTAIN	7.9	7.9	561	561	8.1	0:40	0:40	09H10	0:43	00:43	09H13	3:00	3:00	11H30	11H30 CUT OFF	FRI 22		X		X	WC
TP	PIPE TRACK	5.3	13.2	42	603	2.8	0:25	1:05	09H35	0:28	01:11	09H41	2:15	5:15	13H45			X	X		X	X
END	CAPE TOWN	2.8	16.0	62	665	0	0:12	1:17	09H47	0:13	01:24	09H54	1:00	6:15	14H45	CUT OFF 6:30HRS	FRI 22					WC
TECHNICAL DATA							MALE LEAD RUNNERS			FEMALE LEAD RUNNERS			BACK RUNNERS			AID KEY: FOOD DRINKS						

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