

EXPLORER 23km



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	CONSTANTIA	0	0	0	0	13.2	-	-	09H00	-	-	09H00	-	-	09H00	START	SAT 23	X				WC
TP	NURSERY RAVINE	5.8	5.8	375	375	7.4	0:26	0:26	09H26	0:30	00:30	09H30	1:15	1:15	10H15			X	X	X	X	X
AID	UNIVERSITY of CT	7.4	13.2	296	671	9.7	0:40	1:07	10H06	0:46	01:16	10H16	2:15	3:30	12H30	12H30 CUT OFF	SAT 23					WC
TP	DEAD MAN'S TREE	6.7	19.9	457	1128	3.0	0:40	1:46	10H46	0:43	02:00	11H00	2:25	5:55	14H55			X	X		X	X
END	CAPE TOWN	3.0	22.9	16	1144	0	0:12	1:58	10H58	0:14	02:14	11H14	0:35	6:30	15H30	CUT OFF 6:30HRS	SAT 23					WC
TECHNICAL DATA							MALE LEAD RUNNERS			FEMALE LEAD RUNNERS			BACK RUNNERS			AID KEY: FOOD DRINKS						

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