



ELEVATION GAIN 1400m



Leg	Distance	Cumulative	Cut off times
Start – Water Station	4.3km	4.3km	
Water Station - CP1	6.3km	10.6km	11am
CP1 – Water Station 2	6.1km	16.7km	
Water Station – CP3	5.4km	22.1km	2:30pm
CP3 – Water Station	10km	32.1km	
Water Station - Finish	4.2km	36.3km	6pm