

SUNDOWNER RUN SDR36



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	CASTLEBURN	0	0	0	0	10.8	-	0	13H00	-	0	13H00	-	0	13H00	START	SAT 27	X				WC
AID	MZIMKULWANA HUT	10.8	10.8	436	436	8.4	1:08	1:08	14H08	1:20	01:07	14H20	3:34	3:34	16H34				X	X	X	WC
AID	COBHAM	8.4	19.2	298	734	9.8	0:50	1:58	14H58	1:00	01:46	15H20	2:37	6:11	19H11						X	WC
CP	STROMNESS TRAIL	5.9	25.1	241	975	3.9	0:41	2:39	15H39	0:50	02:09	16H10	2:18	8:29	21H29			X	X	X	X	X
AID	SANI VALLEY GATE	3.9	29.0	37	1012	8.2	0:17	2:56	15H56	0:20	03:50	16H30	0:45	9:14	22H14							WC
FINISH	GLENCAIRN FARM	8.2	37.2	90	1102	0	0:36	3:32	16H32	0:40	04:04	17H10	1:36	10:50	23H50	CUT OFF 11HRS	SAT 27					WC
TECHNICAL DATA							MALE LEAD RUNNERS			FEMALE LEAD RUNNERS			BACK RUNNERS			AID KEY: FOOD DRINKS						