

ULTRA-TRAIL DRAKENSBERG UTD100



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	SILVERSTREAMS	0	0	0	0	13.2	-	0	06H00	-	0	06H00	-	0	06H00	START	SAT 27	X				WC	
AID	SWIMAN	13.2	13.2	501	501	12.7	1:30	1:30	07H30	1:41	01:41	07H41	3:00	3:00	09H00				X		X	X	X
AID	CASTLEBURN	12.7	25.9	267	768	11.4	1:15	2:45	08H45	1:22	03:03	09H03	3:00	6:00	12H00	12H00 CUT OFF	SAT 27					WC	X
AID	MZIMKULWANA HUT	11.4	37.3	387	1155	8.4	1:20	4:05	10H05	1:20	04:23	10H23	2:25	8:25	14H25				X	X	X	WC	X
AID	COBHAM	8.4	45.7	265	1420	12.6	0:55	5:00	11H00	1:00	05:23	11H23	1:45	10:10	16H10						X	WC	X
CP	STROMNESS TRAIL	5.9	51.6	214	1634	6.7	0:45	5:45	11H45	0:48	06:11	12H11	1:30	11:40	17H40			X	X	X	X	X	X
AID	SANI ROAD	6.7	58.3	163	1797	10.8	0:40	6:25	12H25	0:44	06:55	12H55	1:15	12:55	18H55	19H30 CUT OFF	SAT 27					WC	
AID	TWELVE APOSTLES	10.8	69.1	560	2357	16.3	2:10	8:35	14H35	2:25	09:20	15H20	3:50	16:45	22H45						X	X	X
CP	KHANTI RIDGE	5.7	74.8	470	2827	10.6	1:35	10:10	16H10	1:45	11:05	17H05	2:40	19:25	01H25			X	X	X	X	X	X
AID	SALT & PEPPER	10.6	85.4	187	3014	10	1:25	11:35	17H35	1:35	12:40	18H40	2:30	21:55	03H55				X	X	X	X	X
AID	SANI VALLEY GATE	10.0	95.4	293	3307	8.2	1:20	12:55	18H55	1:30	14:10	20H10	2:25	24:20	06H20							WC	X
FINISH	GLENCAIRN FARM	8.2	103.6	80	3387	0	0:40	13:35	19H35	0:50	15:00	21H00	1:30	25:50	07H50	CUT OFF 24HRS	SUN 28					WC	X
TECHNICAL DATA							MALE LEAD RUNNERS			FEMALE LEAD RUNNERS			BACK RUNNERS			AID KEY:							
													WATER DRINKS FOOD DRINKS										