

UTCT 21KM DATA

		To Next Aid Sta.	Stage KM	Total KM	Stage D+	Total D+	Stage Time	Race Time	Day Time	Stage Time	Race Time	Day Time	Time Barriers	Aid Type	Medical	Return Bus	Allowed Support	Toilets
START	CAPE TOWN	8.9	0	0	0	0	-	-	08:00	-	-	08:00						WC
AID	UNIVERSITY of CT	11.5	8.9	8.9	331	331	0:35	00:35	08:35	1:45	01:45	09:45	10:00 AM					WC
TP	SADDLE ROCK	-	5.9	14.8	679	1010	0:35	01:10	09:10	2:30	04:15	12:15						
TP	TAFELBERG RD	-	3.5	18.3	24	1034	0:20	01:30	09:30	1:00	05:15	13:15						
END	CAPE TOWN	0	2.7	21	35	1069	0:12	1:42	09:42	0:45	06:00	14:00						WC
		TECHNICAL DATA					LEAD RUNNERS			BACK RUNNERS								