

ULTRA-TRAIL DRAKENSBERG UTD160



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	LESOTHO BORDER POST	0	0	0	0	15.1	-	0	09H00	-	0	09H00	-	0	09H00	START	FRI 26	X				WC		
AID	SANI SUMMIT	15.1	15.1	826	826	11.7	2:45	2:45	11H45	3:20	03:20	12H20	5:10	05:10	14H10							WC	X	
AID	LESOTHO BORDER POST	11.7	26.8	457	1283	5.2	1:45	4:30	13H30	2:05	05:25	14H25	3:10	08:20	17H20	17H30 CUT OFF	FRI 26					WC	X	
AID	TWELVE APOSTLES	5.2	32.0	77	1360	16.3	0:30	5:00	14H00	0:40	06:05	15H05	1:05	09:25	18H25						X	X	X	
AID	SALT & PEPPER	16.3	48.3	627	1987	10.0	2:10	7:10	16H10	2:55	09:00	18H00	5:06	14:31	23H31				X	X	X	X	X	
AID	SANI VALLEY GATE	10.0	58.3	314	2301	14.8	1:10	8:20	17H20	1:40	10:40	19H40	2:47	17:18	02H18	02H30 CUT OFF	SAT 27					WC	X	
AID	BALAM	14.8	73.1	190	2491	12.9	1:10	9:30	18H30	1:25	12:05	21H05	2:23	19:41	04H41							WC	X	
AID	WILD DOG GATE	12.9	86.0	212	2703	11.4	1:10	10:40	19H40	1:25	13:30	22H30	2:25	22:06	07H06						X	X	X	
AID	CRYSTAL WATERS	11.4	97.4	235	2938	14.8	1:20	12:00	21H00	1:35	15:05	00H05	2:46	24:52	09H52							WC		
AID	SWIMAN	14.8	112.2	267	3205	12.7	1:55	13:55	22H55	2:35	17:40	02H40	4:07	28:59	13H59				X		X	X	X	
AID	CASTLEBURN	12.7	124.9	286	3491	11.4	2:15	16:10	01H10	2:35	20:15	05H15	4:25	33:24	18H24	18H30 CUT OFF	SAT 27					WC	X	
AID	MZIMKULWANA HUT	11.4	136.3	415	3906	8.4	2:15	18:25	03H25	2:45	23:00	08H00	4:15	37:39	22H39				X	X	X	WC	X	
AID	COBHAM	8.4	144.7	284	4190	9.8	1:15	19:40	04H40	1:30	24:30	09H30	2:20	39:59	00H59						X	WC	X	
CP	STROMNESS TRAIL	5.9	150.6	230	4420	3.9	1:10	20:50	05H50	1:10	25:40	10H40	2:15	42:14	03H14			X	X	X	X	X	X	
AID	SANI VALLEY GATE	3.9	154.5	35	4455	8.2	0:25	21:15	06H15	0:30	26:10	11H10	1:10	43:24	04H24							WC	X	
FINISH	GLENCAIRN FARM	8.2	162.7	85	4540	0	0:45	22:00	07H00	0:50	27:00	12H00	1:26	44:50	05H50	CUT OFF 45HRS	SUN 28					WC	X	
TECHNICAL DATA							MALE LEAD RUNNERS			FEMALE LEAD RUNNERS			BACK RUNNERS					AID KEY: WATER DRINKS FOOD DRINKS						