

GIANT'S CUP UNCUT GCU65

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	SILVERSTREAMS	0	0	0	0	13.2	-	0	07H00	-	0	07H00	-	0	07H00	START	SAT 27	X				WC
AID	SWIMAN	13.2	13.2	544	544	12.7	1:25	1:25	08H25	1:41	1:41	08H41	3:08	3:08	10H08				X		X	X
AID	CASTLEBURN	12.7	25.9	290	834	11.4	1:09	2:34	09H34	1:22	3:03	10H03	2:33	5:41	12H41	13H00 CUT OFF	SAT 27					WC
AID	MZIMKULWANA HUT	11.4	37.3	420	1254	8.4	1:08	3:42	10H42	1:20	4:23	11H23	2:30	8:11	15H11				X	X	X	WC
AID	COBHAM	8.4	45.7	288	1542	9.8	0:50	4:32	11H32	1:00	5:23	12H23	1:50	10:01	17H01						X	WC
CP	STROMNESS TRAIL	5.9	51.6	233	1775	3.9	0:41	5:13	12H13	0:48	6:11	13H11	1:30	11:31	18H31			X	X	X	X	X
AID	SANI VALLEY GATE	3.9	55.5	35	1810	8.2	0:17	5:30	12H30	0:20	6:31	13H31	0:40	12:11	19H11							WC
FINISH	GLENCAIRN FARM	8.2	63.7	87	1897	0	0:36	6:06	13H06	0:43	7:14	14H14	1:20	13:31	20H31	CUT OFF 14hrs	SAT 27					WC
TECHNICAL DATA							MALE LEAD RUNNERS			FEMALE LEAD RUNNERS			BACK RUNNERS			AID KEY: WATER DRINKS FOOD DRINKS						

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