

LANGEBERG SKYRACE® 22km

DETAILS	TECHNICAL DATA				LEAD RUNNERS			BACK RUNNERS			Time Barriers
	Stage KM	Total KM	Stage D+	Total D+	Stage Time	Race Time	Day Time	Stage Time	Race Time	Day Time	
START	0	0.0	0	0	-	-	08H00	-	-	08H00	Start
RIVER CROSSING	5.9	5.9	605	605	0:36	0:36	08H36	1:50	1:50	09H50	-
ARANGIESKOP HUT AID STATION	4.1	10.0	842	1447	0:29	1:05	09H05	1:35	3:25	11H25	-
ARANGIESKOP PEAK	1.0	11.0	220	1667	0:10	1:15	09H15	0:25	3:50	11H50	-
VENSTERBANKKLOOF RIVER	4.0	15.0	108	1775	0:18	1:33	09H33	1:15	5:05	13H05	-
FINISH	6.9	21.9	75	1850	0:32	2:05	10H05	1:55	7:00	15H00	15H00 CUT OFF