

# MONT ROCHELLE SKYRACE® 25km

|                    | TECHNICAL DATA |          |          |          | LEAD RUNNERS |           |          | BACK RUNNERS |           |          |                  |
|--------------------|----------------|----------|----------|----------|--------------|-----------|----------|--------------|-----------|----------|------------------|
| DETAILS            | Stage KM       | Total KM | Stage D+ | Total D+ | Stage Time   | Race Time | Day Time | Stage Time   | Race Time | Day Time | Time Barriers    |
| START              | 0              | 0.0      | 0        | 0        | -            | -         | 09H00    | -            | -         | 09H00    | Start            |
| KAT SE PAD TOP     | 4.5            | 4.5      | 450      | 450      | 0:20         | 0:20      | 09H20    | 01:15        | 1:15      | 10H15    | -                |
| DU TOITS PEAK      | 4.5            | 9.0      | 700      | 1150     | 0:40         | 1:00      | 10H00    | 01:20        | 2:35      | 11H35    | -                |
| UITKYK AID STATION | 1.0            | 10.0     | 50       | 1200     | 0:15         | 1:15      | 10H15    | 00:40        | 3:15      | 12H15    | -                |
| PERDEKOP           | 5.0            | 15.0     | 400      | 1600     | 0:35         | 1:50      | 10H50    | 01:35        | 4:50      | 13H50    | -                |
| KAT SE PAD TOP     | 6.5            | 21.5     | 230      | 1830     | 0:25         | 2:15      | 11H15    | 01:20        | 6:10      | 15H10    | -                |
| FINISH             | 4.5            | 26.0     | 20       | 1850     | 0:15         | 2:30      | 11H30    | 00:50        | 7:00      | 16H00    | 16H00<br>CUT OFF |