

LANGEBERG 12km

| | 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 | - | - | 08H30 | - | - | 08H30 | Start |
| HALF WAY | 6.25 | 6.25 | 580 | 580 | 0:35 | 0:35 | 09H05 | 2:05 | 2:05 | 10H35 | - |
| FINISH | 6.25 | 12.5 | 230 | 810 | 0:30 | 1:05 | 09H35 | 1:50 | 3:55 | 12H25 | 12H30 CUT OFF |