

Target Avg Flat Pace <b>3:30</b>	Target Avg Flat Pace <b>4:00</b>	Target Avg Flat Pace <b>4:30</b>	Target Avg Flat Pace <b>5:00</b>	Target Avg Flat Pace <b>5:30</b>	Target Avg Flat Pace <b>06:00</b>	Target Avg Flat Pace <b>6:30</b>	Target Avg Flat Pace <b>7:00</b>
ETA 10:19 AM	ETA 10:51 AM	ETA 11:22 AM	ETA 11:54 AM	ETA 12:25 PM	ETA 12:57 PM	ETA 1:28 PM	ETA 1:59 PM
Estimated Time 3:39	Estimated Time 4:11	Estimated Time 4:42	Estimated Time 5:14	Estimated Time 5:45	Estimated Time 6:17	Estimated Time 6:48	Estimated Time 7:19
<b>21KM 7:56 AM</b>	<b>21KM 8:06 AM</b>	<b>21KM 8:17: AM</b>	<b>21KM 8:28 AM</b>	<b>21KM 8:38 AM</b>	<b>21KM 8:50 AM</b>	<b>21KM 8:59 AM</b>	<b>21KM 9:10 AM</b>
28KM Noordhoek <b>8:21 AM</b>	28KM Noordhoek <b>8:35 AM</b>	28KM Noordhoek <b>8:50 AM</b>	28KM Noordhoek <b>9:04 AM</b>	28KM Noordhoek <b>9:19 AM</b>	28KM Noordhoek <b>9:33 AM</b>	28KM Noordhoek <b>9:50 AM</b>	28KM Noordhoek <b>10:02 AM</b>
34KM Top of Chappies <b>8:52 AM</b>	34KM Top of Chappies <b>9:11 AM</b>	34KM Top of Chappies <b>9:30 AM</b>	34KM Top of Chappies <b>9:49 AM</b>	34KM Top of Chappies <b>10:08 AM</b>	34KM Top of Chappies <b>10:27 AM</b>	34KM Top of Chappies <b>10:46 AM</b>	34KM Top of Chappies <b>11:05 AM</b>
40KM Houtbay <b>9:14 AM</b>	40KM Houtbay <b>9:36 AM</b>	40KM Houtbay <b>9:59 AM</b>	40KM Houtbay <b>10:20 AM</b>	40KM Houtbay <b>10:42 AM</b>	40KM Houtbay <b>11:04 AM</b>	40KM Houtbay <b>11:26 AM</b>	40KM Houtbay <b>11:48 AM</b>
42Km Marathon <b>9:21 AM</b>	42Km Marathon <b>9:45 AM</b>	42Km Marathon <b>10:08 AM</b>	42Km Marathon <b>10:31 AM</b>	42Km Marathon <b>10:55 AM</b>	42Km Marathon <b>11:18 AM</b>	42Km Marathon <b>11:41 AM</b>	42Km Marathon <b>12:04 PM</b>
47KM Constantia Nek <b>9:45 AM</b>	47KM Constantia Nek <b>10:11 AM</b>	47KM Constantia Nek <b>10:38 AM</b>	47KM Constantia Nek <b>11:04 AM</b>	47KM Constantia Nek <b>11:31 AM</b>	47KM Constantia Nek <b>11:57 AM</b>	47KM Constantia Nek <b>12:24 PM</b>	47KM Constantia Nek <b>12:50 PM</b>
53KM N3 Tum home <b>10:08 AM</b>	53KM N3 Tum home <b>10:37 AM</b>	53KM N3 Tum home <b>11:07 AM</b>	53KM N3 Tum home <b>11:37 AM</b>	53KM N3 Tum home <b>12:06 PM</b>	53KM N3 Tum home <b>12:36 PM</b>	53KM N3 Tum home <b>1:06 PM</b>	53KM N3 Tum home <b>1:36 PM</b>
<b>ETA</b>	<b>ETA</b>	<b>ETA</b>	<b>ETA</b>	<b>ETA</b>	<b>ETA</b>	<b>ETA</b>	<b>ETA</b>
<b>10:19 AM</b>	<b>10:51 AM</b>	<b>11:22 AM</b>	<b>11:54 AM</b>	<b>12:25 PM</b>	<b>12:57 PM</b>	<b>1:28 PM</b>	<b>1:59 PM</b>