

		Start Time	6:40 AM	Distance	56	KM		
Target Avg Flat Pace	3:30	4:00	4:30	5:00	5:30	06:00	6:30	7:00
ETA	10:19 AM	10:51 AM	11:22 AM	11:54 AM	12:25 PM	12:57 PM	1:28 PM	1:59 PM
Estimated Time	3:39	4:11	4:42	5:14	5:45	6:17	6:48	7:19
21KM	7:56 AM	8:06 AM	8:17: AM	8:28 AM	8:38 AM	8:50 AM	8:59 AM	9:10 AM
28KM Noordhoek	8:21 AM	8:35 AM	8:50 AM	9:04 AM	9:19 AM	9:33 AM	9:50 AM	10:02 AM
34KM Top of Chappies	8:52 AM	9:11 AM	9:30 AM	9:49 AM	10:08 AM	10:27 AM	10:46 AM	11:05 AM
40KM Houtbay	9:14 AM	9:36 AM	9:59 AM	10:20 AM	10:42 AM	11:04 AM	11:26 AM	11:48 AM
42Km Marathon	9:21 AM	9:45 AM	10:08 AM	10:31 AM	10:55 AM	11:18 AM	11:41 AM	12:04 PM
47KM Constantia Nek	9:45 AM	10:11 AM	10:38 AM	11:04 AM	11:31 AM	11:57 AM	12:24 PM	12:50 PM
53KM N3 Tum home	10:08 AM	10:37 AM	11:07 AM	11:37 AM	12:06 PM	12:36 PM	1:06 PM	1:36 PM
10KM	7:16:00 AM	7:21:00 AM	7:26:00 AM	7:31:00 AM	7:36:00 AM	7:41:00 AM	7:47:00 AM	7:52:00 AM
20KM	7:52:00 AM	8:02:00 AM	8:12:00 AM	8:23:00 AM	8:33:00 AM	8:43:00 AM	8:54:00 AM	9:04:00 AM
30Km	8:30:00 AM	8:45:00 AM	9:01:00 AM	9:17:00 AM	9:32:00 AM	9:48:00 AM	10:04:00 AM	10:20:00 AM
40KM	9:14:00 AM	9:36:00 AM	9:58:00 AM	10:20:00 AM	10:42:00 AM	11:04:00 AM	11:26:00 AM	11:46:00 AM
50KM	9:57:00 AM	10:26:00 AM	10:54:00 AM	11:22:00 AM	11:50:00 AM	12:19:00 PM	12:44:00 PM	1:12:00 PM
56KM	10:19:00 AM	10:51:00 AM	11:22:00 AM	11:54:00 AM	12:25:00 PM	12:57:00 PM	1:28:00 PM	1:59:00 PM