

# 50KM ROUTE CHECKPOINT TIMINGS



Start time – 7:00am

DISTANCES	
Section	KM
START to CP1	9
CP1 to CP2	13
CP2 to CP3	17
CP3 to FINISH	11

CHECKPOINT TIMINGS				
CP	Open Time	Close Time	Max walking time available exc. rest	Minimum Average Speed required
CP1	7:45am	10:00am	2hrs 45mins	3.3 km/h***
CP2	8:50am	14:25pm	3hrs 55mins	
CP3	10:15am	7:50pm	5hrs 10mins	
Finish	11:10am	N/A	N/A	N/A

\*\* Rest time is calculated at 15 minutes per checkpoint plus an extra 15 minutes for CP2 food stop.

\*\*\* Minimum average speed must be maintained until the last checkpoint and the final checkpoint close time met in order to complete the event.

## 50KM ROUTE STATISTICS

HISTORICAL FINISH TIMES			
Finish time	% of participants	Finish time	Average Speeds
9 hours or less	3%	Before 4:00pm	>5.5 km/h
9 – 10 hours	6%	4:00pm – 5:00 pm	5.5 - 5 km/h
10 – 11 hours	11%	5:00pm – 6:00pm	5 - 4.5km/h
11 – 12 hours	20%	6:00pm – 7:00pm	4.5 - 4.1 km/h
12 – 13 hours	30%	7:00pm – 8:00pm	4.1 - 3.8 km/h
13 – 14 hours	11%	8:00pm – 9:00pm	3.8 – 3.6 km/h
14 – 15 hours	13%	9:00pm – 10:00pm	3.6 - 3.3 km/h
15 -17 hours	6%	10:00pm – 12:00am	3.3 – 2.9km/h

COURSE RECORDS		
	Finish time	Duration
Fastest finish time	1:50pm	6hrs 50 mins
Slowest finish time	11:35pm	16hrs 35 mins

\*\* Average 50km completion time is between 11 and 13 hours.

\*\*\* Please note all figures above are based on data taken from the results of the TF Beacons event held in 2019