



| 38km pacing chart | Check point | RCP1 | RCP2 | ACP3 | FINISH |
|-------------------|---------------|----------|----------|----------|----------|
| | Distance (km) | 17km | 20.3km | 27.4km | 38km |
| RECORD PACE | Run time | 01:47:45 | 02:14:23 | 02:44:33 | 03:22:55 |
| | Clock time | 08:52:45 | 09:19:23 | 09:49:33 | 10:27:55 |
| | Ave min/km | 06:19 | 06:36 | 06:00 | 05:20 |
| MIDDLE PACK | Run time | 02:56:55 | 03:41:43 | 04:32:09 | 05:30:35 |
| | Clock time | 10:01:55 | 10:46:43 | 11:37:09 | 12:35:35 |
| | Ave min/km | 10:23 | 10:54 | 09:56 | 08:42 |
| BACK MARKER | Run time | 03:37:46 | 04:47:53 | 05:54:00 | 07:23:19 |
| | Clock time | 10:42:46 | 11:52:53 | 12:59:00 | 14:28:19 |
| | Ave min/km | 12:47 | 14:10 | 12:55 | 11:40 |
| CUT-OFF* | Run time | 04:00:00 | 05:00:00 | 05:57:00 | 07:35:00 |
| | Clock time | 11:05:00 | 12:05:00 | 13:02:00 | 14:35:00 |
| | Ave min/km | 14:07 | 14:46 | 13:02 | 11:58 |

*Red is a hard cut-off time implemented at RCP 1 and at the FINISH, the orange times indicated at RCP2 and ACP3 are for your guidance and may be activated pending time on distance and/or safety.

| 21.5km pacing chart | Check point | ACP3 | FINISH |
|---------------------|---------------|----------|----------|
| | Distance (km) | 11.9km | 21.5km |
| RECORD PACE | Run time | 01:07:06 | 01:40:20 |
| | Clock time | 10:07:02 | 10:52:00 |
| | Ave min/km | 05:38 | 04:40 |
| MIDDLE PACK | Run time | 01:58:10 | 02:54:34 |
| | Clock time | 10:58:10 | 12:35:35 |
| | Ave min/km | 09:55 | 08:07 |
| BACK MARKER | Run time | 03:06:25 | 04:45:31 |
| | Clock time | 12:06:25 | 13:45:31 |
| | Ave min/km | 15:40 | 13:17 |
| CUT-OFF* | Run time | 03:07:00 | 05:00:00 |
| | Clock time | 12:07:00 | 14:00:00 |
| | Ave min/km | 15:45 | 13:57 |

*Red is a hard cut-off time implemented at the FINISH, the orange times indicated at ACP3 are for your guidance and may be activated pending time on distance and/or safety.

