MERRELL WHALE OF TRAIL

Split Distances and Predicted Times

Checkpoint	Description	Split Distance (km)	Cumulative Distance (km)	Dist to Finish	Split Ascent (m)	Split Descent (m)	Cumulative Ascent (m)	Winning time 2014	Fastest split times 2014	Winning time 2015	Fastest split times 2015	Winning time 2016	Fastest split times 2016	Winning time 2017	Fastest split times 2017
CP1	Cupidoskraal Hut	14.0 Km	14.0 Km	39.0 Km	704	(681)	704	01:26	01:26	01:25	01:25	01:30	01:30	01:26	01:26
WP1 / CP2	Road crossing	9.5 Km	23.5 Km	29.5 Km	347	(415)	1 051	00:52	00:52	00:57	00:57	00:58	00:58	00:48	00:48
CP3	Noetsie Hut turn off	4.5 Km	28.0 Km	25.0 Km	56	(124)	1 107	00:22	00:22	00:24	00:24	00:25	00:23	00:20	00:20
WP2 / CP4	Lekkerwater	10.0 Km	38.0 Km	15.0 Km	324	(362)	1 431	01:23	01:17	01:17	01:17	01:09	01:09	00:57	00:57
CP5	Vaalkrans Hut	8.0 Km	46.0 Km	7.0 Km	232	(220)	1 663	01:08	00:53	00:56	00:53	00:52	00:52	00:40	00:40
Finish	Koppie Alleen	7.0 Km	53.0 Km	0.0 Km	200	(195)	1 863	00:55	00:47	00:50	00:50	00:44	00:44	00:38	00:38
		53.0			**1 863**	**(1 997)**		**06:06**	**05:37**	**05:49**	**05:46**	**05:38**	**05:36**	**04:49**	**04:49**

Predicted Times

6h30	7h00	7h30	8h00	8h30	9h00	9h30	10h00	10h30	11h00	11h30
01:40	01:47	01:55	02:03	02:10	02:18	02:26	02:33	02:41	02:49	02:56
02:40	02:52	03:04	03:16	03:29	03:41	03:53	04:06	04:18	04:30	04:43
03:10	03:24	03:39	03:53	04:08	04:23	04:37	04:52	05:06	05:21	05:36
04:35	04:56	05:17	05:38	05:59	06:20	06:41	07:03	07:24	07:45	08:06
05:35	06:00	06:26	06:52	07:18	07:43	08:09	08:35	09:01	09:26	09:52
06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30