

MERRELL WHALE OF TRAIL - 53km Ultra Run

Split Distances and Predicted Times

Predicted Times

Checkpoint	Description	Split Distance (km)	Cumulative Distance (km)	Dist to Finish	Split Ascent (m)	Split Descent (m)	Cumulative Ascent (m)
CP1	Cupidoskraal Hut	14.0 Km	14.0 Km	39.0 Km	704	(681)	704
WP1 / CP2	Road crossing	9.5 Km	23.5 Km	29.5 Km	347	(415)	1,051
CP3	Noetsie Hut turn off	4.5 Km	28.0 Km	25.0 Km	56	(124)	1,107
WP2 / CP4	Lekkerwater	10.0 Km	38.0 Km	15.0 Km	324	(362)	1,431
CP5	Vaalkrans Hut	8.0 Km	46.0 Km	7.0 Km	232	(220)	1,663
Finish	Koppie Alleen	7.0 Km	53.0 Km	0.0 Km	200	(195)	1,863
		53.0			1,863	(1,997)	

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