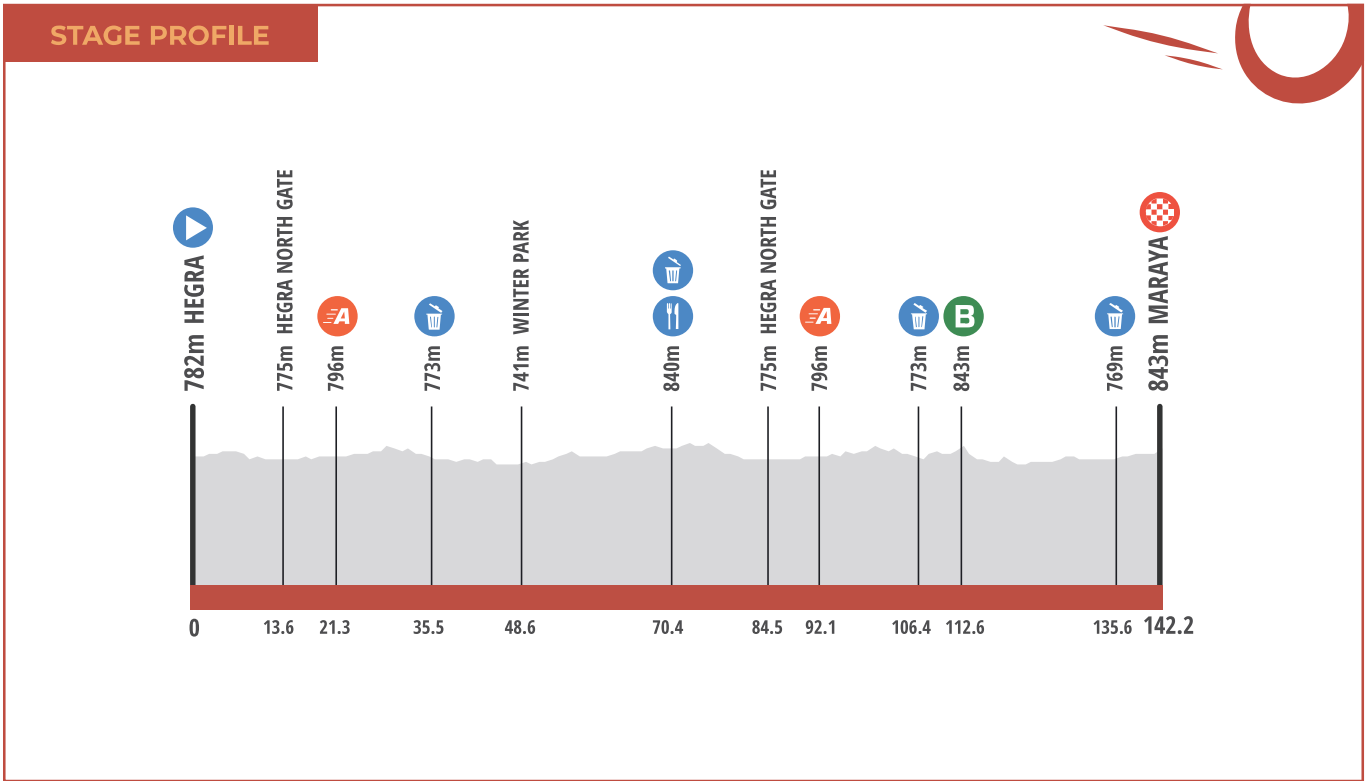


STAGE 4



KILOMETRES		STAGE 4 ITINERARY TIMETABLE	TIMETABLE		
TO COVER	COVERED		45 KM/H	43 KM/H	41 KM/H
HEGRA					
		HEGRA	NEUTRALISED START	▶	13:10 13:10 13:10
		HEGRA SOUTH GATE			
142.2	0	HEGRA	OFFICIAL START	▶	13:25 13:25 13:25
128.6	13.6	HEGRA NORTH GATE			13:43 13:44 13:45
120.9	21.3	INTERMEDIATE ACTIVE SPRINT		A	13:53 13:55 13:56
106.7	35.5	LITTER COLLECTION ZONE		♻️	14:12 14:14 14:17
106	36.2	ASHAR VALLEY NORTH GATE			14:13 14:15 14:18
93.6	48.6	WINTER PARK			14:30 14:33 14:36
83.9	58.3	ELEPHANT ROCK			14:43 14:46 14:50
71.8	70.4	FEEDING ZONE		🍴	14:59 15:03 15:08
57.7	84.5	HEGRA NORTH GATE			15:18 15:23 15:29
50.1	92.1	INTERMEDIATE ACTIVE SPRINT		A	15:28 15:33 15:40
35.8	106.4	LITTER COLLECTION ZONE		♻️	15:47 15:53 16:01
35.1	107.1	ASHAR VALLEY NORTH GATE			15:48 15:54 16:02
29.6	112.6	BONUS SPRINT		B	15:55 16:02 16:10
8.9	133.3	QARAQIR			16:23 16:31 16:40
6.6	135.6	LITTER COLLECTION ZONE		♻️	16:26 16:34 16:43
5.4	136.8	ASHAR VALLEY NORTH GATE			16:27 16:36 16:45
0	142.2	MARAYA		🏁	16:35 16:43 16:53