

25km	Meters	Total Meters	GAIN	Total GAIN	LOSS	Total LOSS	Max elev	start 8am Sun morning	
								Cut-off	Food
Start Tung Chung to CP Ngong Ping	10890	10890	698	698	240	240	602	11:15	Bananas, Oranges, Bread & Peanut Butter / Water
Ngong Ping CP to Pak Kung Au CP	4600	15490	465	1163	589	829	934	13:30	Bananas, Oranges, Bread & Peanut Butter / Water/Coke
Pak Kung Au - Finish Tung Chung - 9.4km (505m ele	9400	<b>24890</b>	505	1668	885	1714	773	16:00	Pasta / Bananas & Water

25 km CP Locations	Distance	Cut-Off Hrs	Cut-Off Time	Food / Drinks
Ngong Ping CP	10.8 km	3 hrs 15 min	11:15	Bananas, Oranges, Bread & Peanut Butter / Water
Pak Kung Au CP	15.4 km	5 hrs 30 min	13:30	Bananas, Oranges, Bread & Peanut Butter / Water/Coke
Finish	24.9 km	8 hrs	16:00	Pasta & Bananas & Water