

## MSIG SK50 - Feb 7 2015

### Elevation gain / loss - profile

#### 50 km course - ULTRA Skymarathon - POINTS

	gain (m)	loss (m)	distance (m)
start pak tam chung to cp1	467	470	8000
cp1 chek king to cp2 hamtin	792	785	10400
cp2 hamtin to cp3 manyee rd	562	495	9360
cp3 manyee rd to cp4 pak tam rd	434	483	11800
cp4 to cfinish	555	548	11000
	2810	2781	50560

#### 28 km course SKYRACE - POINTS

	gain	loss	distance
start pak tam chung to cp1	467	470	8000
cp1 chek king to cp2 hamtin	792	785	10400
cp2 to bottom stairs	398	258	4130
bottom stairs to finish via tcckoi	288	428	5610
	1945	1941	28140

#### 24 km course - ROAD AT END

	gain	loss	distance
start pak tam chung to cp1	467	470	8000
cp1 chek king to cp2 hamtin	460	443	6654
cp2 to stairs	398	258	4130
stairs to finish road	204	338	5720
	1529	1509	24504

#### 13 km course - Road at end

	gain	loss	distance
	667	662	12800