MSIG Lantau 88

Cut - off times, Distance, Elev gain/loss/Max elev Food

MSIG HK 50 series - Lantau 88km									
Start 12midnight Sat night/Sun morning - Dec 6/7									
88km	**Meters**	**Total Meters**	**GAIN**	**Total GAIN**	**LOSS**	**Total LOSS**	**Max elev**	**Cut-off**	**Food**
Start - CP 1 Pak Mong - 4.7km (359m gain & 340m loss). Max elev 352m	4700	4700	359	359	340	340	352	2:15	Bananas & Water
CP1 Pak Mong - CP2 Nam Shan - 13.3km (625m gain & 506m loss). Max elev 440m	13300	18000	625	984	506	846	440	4:15	Bananas, Oranges, Bread & Peanut Butter / Water
CP2 Nam Shan - CP3 Nam Shan - 10.86km (750m gain & 750m loss). Max elev 320m	10860	28860	750	1734	750	1596	320	5:45	Bananas, Oranges, Bread & Peanut Butter / Water
CP3 Nam Shan - CP4 Pak Kung Au - 7.79km (422m & 218m loss). Max elev 387m	7790	36650	422	2156	218	1814	387	7:30	Bananas, Oranges, Bread & Peanut Butter / Water
CP4 Pak Kung Au - CP5 Tung Chung - 5.15km (102m gain & 413m loss). Max elev 371m	5150	41800	102	2258	413	2227	371	9:00	Bananas, Oranges, Bread & Peanut Butter / Water
CP5 Tung Chung - CP6 Ngong Ping - 7.46km (600m gain)	7460	49260	600	2858	200	2427	602	11:15	Bananas, Oranges, Bread & Peanut Butter / Water
CP6 Ngong Ping - CP7 Catchwater - 14.8km (645m gain & 977m loss). Max elev 525m	14800	64060	645	3503	977	3404	525	13:30	Bananas, Oranges, Bread & Peanut Butter / Water
CP7 Catchwater - CP8 Shek Pik BBQ - 7.8km (320m elev gain & 340m elev loss). Max elev 324m	7800	71860	320	3823	340	3744	324	15:30	Bananas, Oranges, Bread & Peanut Butter / Water
CP8 Shek Pik BBQ - CP9 Pak Kung Au - 7.7km (883m elev gain & 685m loss). Max elev 934m	7700	79560	883	4706	685	4429	934	17:45	Bananas, Oranges, Bread & Peanut Butter / Water/Coke
CP9 Pak Kung Au - Finish Tung Chung - 9.4km (505m elev gain & 885m loss). Max elev 773m	9400	**88960**	505	**5211**	885	**5314**	773	**19:00**	Bananas, Oranges, Bread & Peanut Butter / Water/Coke
Finish									Pasta