13 km - SK50										
To	Distance (Km)	Accum Distance (Km)	Elevation Gain (M)	Accum Elevation Gain (M)	Elevation Loss (M)	Accum Elevation Loss (M)	Cut Off Time	Drink	Food	
去	距離 (公里)	累計距離 (公里)	攀升 (米)	累計攀升 (米)	下降 (米)	累計下降 (米)	關門時間	飲品		
Sai Wan Road CPSW	5.5	5.5	63	641	232	641	1.5 Hr小時)	Water, Aquarius electrolyte drink	Bananas, oranges, bisquits, bread	
西灣路										
Pak Tam Chung	7.3	12.8	551	551	409	409	(4Hr小時)	Water, Aquarius electrolyte drink	Bananas, oranges	
北潭涌										
From	To	Distance (Km)	Accum Distance (Km)	Elevation Gain (M)	Accum Elevation Gain (M)	Elevation Loss (M)	Accum Elevation Loss (M)	Cut Off Time	Drink	Food
由	去	距離 (公里)	累計距離 (公里)	攀升 (米)	累計攀升 (米)	下降 (米)	累計下降 (米)	關門時間	飲品	
Pak Tam Chung	Sai Wan Road CPSW	5.5	5.5	63	641	232	641	1.5 Hr小時)	Water, Aquarius electrolyte drink	Bananas, oranges, bisquits, bread
北潭涌	西灣路									
Sai Wan Road	Pak Tam Chung	7.3	12.8	551	551	409	409	(4Hr小時)	Water, Aquarius electrolyte drink	Bananas, oranges
西灣路	北潭涌									