



MSIG Lantau 50 - 27km course

**27km (27.3km - 1922 elev gain & 2032 elev loss - Max elev 934m)**

Course	Meters	Total km	Gain	Total elev gain	Loss	Total elev loss	Max elev	Cut-off	Food
Start (Tung Chung) to CP1 Ngong Ping	9555	9.5 km	730	730	385	385	564	3hrs 15 min	Bananas, Oranges, Bread & Peanut Butter / Water
CP1 Ngong Ping to CP4 Pak Kung Au	4805	14.3 km	465	1195	589	974	934	5hrs 15 min	Bananas, Oranges, Bread & Peanut Butter / Water
CP4 Pak Kung Au - CP5 Pak Mong	9140	23.5 km	617	1812	938	1912	789	7hrs 30 min	Bananas, Oranges, Bread & Peanut Butter / Water
CP5 Pak Mong to Finish (Tung Chung)	3860	27.3 km	110	1922	120	2032	58	9 hrs	Meat/Veggie Meal & Bananas, Oranges/ Water