

MSIG Lantau 13
Cut - off times, Distance, Elev gain/loss/Max elev Food

	Meters	Total Meters	GAIN	Total GAIN	LOSS	Total LOSS	Max elev	Cut-off hrs	Cut-off hrs	Food
13km Start Tung Chung to Finish Tung Chung	13000	13000	793	793	697	697	680	5 hrs	13:00	Pasta & Bananas & Water

start 8am Sun morning