MSIG Lantau 50

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

								start 7am Sun morning	
50km	**Meters**	**Total Meters**	**GAIN**	**Total GAIN**	**LOSS**	**Total LOSS**	**Max elev**	**Cut-off**	**Food**
Start Tung Chung to CP Ngong Ping - 10.8km (698m gain & 240m loss). Max elev 602m	10890	10890	698	698	240	240	602	9:30	Bananas, Oranges, Bread & Peanut Butter / Water
CP Ngong Ping - CP Catchwater - 14.8km (645m gain & 977m loss). Max elev 525m	14800	25690	645	1343	977	1217	525	12:00	Bananas, Oranges, Bread & Peanut Butter / Water
CP Catchwater - CP Shek Pik BBQ - 7.8km (320m elev gain & 340m elev loss). Max elev 324m	7800	33490	320	1663	340	1557	324	14:00	Bananas, Oranges, Bread & Peanut Butter / Water
CP Shek Pik BBQ - CP Pak Kung Au - 7.7km (883m elev gain & 685m loss). Max elev 934m	7700	41190	883	2546	685	2242	934	16:30	Bananas, Oranges, Bread & Peanut Butter / Water/Coke
CP Pak Kung Au - Finish Tung Chung - 9.4km (505m elev gain & 885m loss). Max elev 773m	9400	**50590**	505	**3051**	885	3127	773	19:00	Bananas, Oranges, Bread & Peanut Butter / Water/Coke
									Pasta
50 km CP Locations	**Distance**	**Cut-Off**	**Food / Drinks**						
Ngong Ping CP	10.8 km	9:30	Bananas, Oranges, Bread & Peanut Butter / Water						
Catchwater CP	25.6 km	12:00	Bananas, Oranges, Bread & Peanut Butter / Water						
Shek Pik CP	33.4 km	14:00	Bananas, Oranges, Bread & Peanut Butter / Water/Coke						
Pak Kung Au CP	41.1 km	16:30	Bananas, Oranges, Bread & Peanut Butter / Water/Coke						
Finish	50.5 km	19:00	Bananas & Pasta & Water						