

HK50 West										
<b>50km Distance &amp; Cutoff</b>										
Location	Altitude	Inter distance	Cum distance	Elev gain	Cum Elev	Elev loss	Cum Loss	Cut-off time	Drink	Food
地點	高度	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	食物
Start - Shing Mun - 城門	202m	0	0	0	0	0	0		Nothing	Nothing
CP1 - Tsuen Kam Au Kiosk - 荃錦坳	483m	14.4	14.4	1000	1000	696	696	3.5 hrs	Water, Electrolyte	Banana, Orange, Bisquit, bread w peanut butter
CP2 - Tai Lam Chung - 大樓涌水塘	67m	11.9	26.3	390	1390	840	1536	5.5 hrs	Water, Electrolyte	Banana, Orange, Bisquit, bread w peanut butter
CP3 - Tsing Fai Tong - 清快塘	223m	7.3	33.6	428	1818	282	1818	7 hrs	Water, Electrolyte	Banana, Orange, Bisquit, bread w peanut butter
CP4 - Tsuen Kam Au - 荃錦坳	483m	9.4	43.5	685	2503	396	2214	9.25 hrs	Water, Electrolyte	Banana, Orange, Bisquit, bread w peanut butter
Finish - Shing Mun - 城門	202m	10.5	55	360	2863	659	2873	12 hrs	Water, Electrolyte, Fruit Soda, CoconutWater	Banana, Orange, Noodles/Rice, Beer
<b>25km Distance &amp; Cutoff</b>										
Location	Altitude	Inter distance	Cum distance	Elev gain	Cum Elev	Elev loss	Cum Loss	Cut-off time	Drink	Food
地點	高度	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	食物
Start - Shing Mun - 城門	202m	0	0	0	0	0	0		Nothing	Nothing
CP1 - Tsuen Kam Au Kiosk - 荃錦坳	483m	14.4	14.4	1000	1000	696	696	4 hrs	Water, Electrolyte	Banana, Orange, Bisquit, bread w peanut butter
Finish - Shing Mun - 城門	202m	10.5	25.1	360	1360	659	1355	7 hrs	Water, Electrolyte, Fruit Soda, CoconutWater	Banana, Orange, Noodles/Rice, Beer
<b>11km Distance &amp; Cutoff</b>										
Location	Altitude	Inter distance	Cum distance	Elev gain	Cum Elev	Elev loss	Cum Loss	Cut-off time	Drink	Food
地點	高度	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	食物
Start - Shing Mun - 城門	202m	0	0	0	0	0	0		Nothing	Nothing
Lead Mine Pass - 鉛礦坳 - toilet	389m	6.1	6.1						Nothing	Nothing
Finish - Shing Mun - 城門	202m	10.9	10.9	551	551	549	549	4 hrs	Water, Electrolyte, Fruit Soda, CoconutWater	Banana, Orange, Noodles/Rice, Beer