

TwoOceansUltra	
Pace Chart Sub 6h	
km	time/pace min/km
0	0
vvvvvv	06:25
2	12 min 50
vvvv	05:45
10	59 min
vvvvvv	05:50
20	1h 59 min
vv	05:30
28	2h 43 min
vvvvvvv	07:00
Chappies	
33.5	3h 21min
vvvv	05:45
37	3h 41 min
vvvvvv	06:00
42	4h 12 min
vvvvvvvv	09:00
46	4h 48 min
vvvvvv	06:20
56	5h 51 min

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How To Use the Pacing Chart

The rows with the 'vvvvv' indicate the pace in km/min from the km mark above the row to the one below.

Example:

2	12 min 50
vvvv	05:45
10	59 min

This means: From km 2 to km 10 you run a pace of 5:45 min/km

Hint: the more vvvvv the **slower** you go :)

This pacing strategy is based on running a faster first half and a slow second half.

It particularly incorporates a walk/run strategy at Chappies and walking up Constantia Nek

Enjoy the race, and don't take every thing too serious.