

KM	Pace (min/km)	Time	Elevation
1	05:25	00:05:25	Flattish
2	05:15	00:10:40	Flattish
3	05:15	00:15:55	Flattish
4	05:15	00:21:10	Flattish
5	05:15	00:26:25	Flattish
6	05:15	00:31:40	Flattish
7	05:15	00:36:55	Flattish
8	05:15	00:42:10	Flattish
9	05:15	00:47:25	Flattish
10	05:15	00:52:40	Flattish
11	05:45	00:58:25	Big Climb
12	05:05	01:03:30	Big Drop
13	05:15	01:08:45	Flattish with Gentle Climb
14	05:15	01:14:00	Flattish
15	05:15	01:19:15	Flattish
16	05:15	01:24:30	Flattish
17	05:25	01:29:55	Small Climb
18	05:25	01:35:20	Small Climb
19	05:15	01:40:35	Flattish
20	05:15	01:45:50	Flattish
21	05:15	01:51:05	Flattish
22	05:15	01:56:20	Flattish
23	05:15	02:01:35	Flattish
24	05:15	02:06:50	Flattish
25	05:15	02:12:05	Flattish
26	05:15	02:17:20	Flattish
27	05:15	02:22:35	Flattish
28	05:15	02:27:50	Flattish
29	05:15	02:33:05	Flattish
30	05:15	02:38:20	Flattish
31	05:15	02:43:35	Flattish with Gentle Climb
32	05:15	02:48:50	Flattish
33	05:15	02:54:05	Flattish
34	05:15	02:59:20	Flattish
35	05:55	03:05:15	Big Climb
36	05:25	03:10:40	Climb then Big Drop
37	05:15	03:15:55	Slight Drop
38	05:25	03:21:20	Flattish
39	05:25	03:26:45	Flattish
40	05:25	03:32:10	Flattish
41	05:25	03:37:35	Flattish
42	05:25	03:43:00	Flattish
42.195	05:25	03:44:03	Flattish