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| **Old Mutual Two Oceans Marathon Ultra 2019** **Pacing Chart** |
|  **by CoachNorrie www.coachnorrie.co.za norrie@coachnorrie.co.za** |
| **4 hours** | **4 hours 25 minutes** | **5 hours** | **6 hours** | **6 hours 45 minutes** | **7 hours** | **7 hours 30 minutes** | **Point** | **Distance** |
| 15:20 | 17:00 | 19:10 | 22:55 | 26:20 | 27:30 | 30:30 | **Wynberg** | 3.4k |
| 41:10 | 45:15 | 50:40 | 59:40 | 01:07:40 | 1:10:25 | 1:17:40 | **10km Station Rd** | 10k |
| 1:22:15 | 1:30:20 | 1:41:00 | 1:59:15 | 2:14:40 | 2:20:00 | 2:34:20 | **Clovelly Road Junction** | 20k |
| 1:57:40 | 2:09:30 | 2:25:40 | 2:43:20 | 3:17:10 | 3:25:35 | 3:43:00 | **Half way Little Ou Kaapse Weg** | 28k |
| 2:59:00 | 3:17:20 | 3:42:50 | 4:27:00 | 5:00:15 | 5:11:10 | 5:36:05 | **Peddlars on the Bend** | 42.2k |
| 3:26:10 | 3:47:30 | 4:17:20 | 5:09:25 | 5:49:50 | 6:03:20 | 6:29:50 | **30 mile mark** | 48.28km |
| 3:36:50 | 3:59:35 | 4:31:48 | 5:26:10 | 6:06:40 | 6:20:35 | 6:47:50 | **Top Gate Kirstenbosch** | 50.3k |
| 3:48:25 | 4:12:10 | 4:45:25 | 5:42:20 | 6:24:50 | 6:39:25 | 7:08:25 | **Traffic lights Chet's Hill** | 53.3km |
| 4:00:00 | 4:25 | 5:00:00 | 6:00:00 | 6:45:00 | 7:00:00 | 7:30:00 | **Finish** | 56km |