

	Start	01:55:00	Time	Split
Leg 1	Start	Kippure	02:34:00	00:39:00
Leg 2	Kippure	Carrigvore	03:29:00	00:55:00
Leg 3	Carrigvore	Gravale	03:54:00	00:25:00
Leg 4	Gravale	Duff Hill	04:20:00	00:26:00
Leg 5	Duff Hill	East Top	04:43:00	00:23:00
Leg 6	East Top	Mullaghcleevaun	05:03:00	00:20:00
Leg 7	Mullaghcleevaun	Moanbane	05:36:00	00:33:00
Leg 8	Moanbane	Silsean	05:46:00	00:10:00
Leg 9	Silsean	Oakwood	07:08:00	01:22:00
Leg 10	Oakwood	Table Mountain	08:00:00	00:52:00
Leg 11	Table Mountain	Camenabologue	08:15:00	00:15:00
Leg 12	Camenabologue	Lugnaquilla	09:02:00	00:47:00
Leg 13	Lugnaquilla	Corrigasleggaun	09:19:00	00:17:00
Leg 14	Corrigasleggaun	Carrawaystick	09:35:00	00:16:00
Leg 15	Carrawaystick	Drumgoff	10:15:00	00:40:00
Leg 16	Drumgoff	Mullacor	11:16:00	01:01:00
Leg 17	Mullacor	Derrybawn	11:47:00	00:31:00
Leg 18	Derrybawn	Camaderry	12:56:00	01:09:00
Leg 19	Camaderry	Tonlagee	14:10:00	01:14:00
Leg 20	Tonelagee	Scarr	15:23:00	01:13:00
Leg 21	Scarr	Knocknacloghoge	16:37:00	01:14:00
Leg 22	Knocknacloghoge	Lugalla	17:14:00	00:37:00
Leg 23	Lugalla	Djouce	18:40:00	01:26:00
Leg 24	Djouce	War Hill	19:00:00	00:20:00
Leg 25	War Hill	Tonduff North	19:44:00	00:44:00
Leg 26	Tonduff North	Prince Williams	21:46:00	02:02:00
Leg 27	Prince Williams	Knocknagun	22:05:00	00:19:00
Leg 28	Knocknagun	Finish	22:51:00	00:46:00
		Finish Time	22:51:00	
		Total Time		20:56:00