

	Dist. (km)		8 hours			9 hours			10 hours			11 hours			12 hours			13 hours			
	Sector	Total	Time	km/h	Total	Time	km/h	Total	Time	km/h	Total	Time	km/h	Total	Time	km/h	Total	Time	km/h	Total	
Falls Creek to Mt. Beauty	30	30	0:40	45	0:40	0:42	43	0:42	0:48	38	0:48	0:51	35	0:51	0:53	34	0:53	0:55	33	0:55	Almost all downhill
Mt. Beauty to Tawonga Gap	12	42	0:30	24	1:10	0:35	21	1:17	0:40	18	1:28	0:43	17	1:34	0:48	15	1:41	0:50	14	1:45	Few gentle km uphill then 7km @ 7%
Tawonga Gap rest stop			No stop		1:10	No stop		1:17	No stop		1:28	No stop		1:34	0:03		1:44	0:05		1:50	
Tawonga Gap to Germantown	14	56	0:17	49	1:27	0:18	47	1:35	0:19	44	1:47	0:22	38	1:56	0:23	37	2:07	0:25	34	2:15	All downhill, beautiful descent
Germantown to Harrietville	18	74	0:29	37	1:56	0:33	33	2:08	0:36	30	2:23	0:41	26	2:37	0:43	25	2:50	0:45	24	3:00	Flattest section of the ride
Harrietville rest stop			No stop		1:56	0:03		2:11	0:05		2:28	0:05		2:42	0:05		2:55	0:10		3:10	
Harrietville to Mt. Hotham summit	30	104	1:30	20	3:26	1:40	18	3:51	1:50	16	4:18	1:58	15	4:40	2:07	14	5:02	2:17	13	5:27	30km @ 4.5% with 3 x 10% ramps
Mt. Hotham summit to Dinner Plain	12	116	0:20	36	3:46	0:22	33	4:13	0:23	31	4:41	0:25	29	5:05	0:27	27	5:29	0:30	24	5:57	Largely downhill but with some climbing
Dinner Plain rest stop (lunch)			0:10		3:56	0:15		4:28	0:15		4:56	0:15		5:20	0:20		5:49	0:20		6:17	
Dinner Plain to Omeo	43	159	1:10	37	5:06	1:12	36	5:40	1:15	34	6:11	1:25	30	6:45	1:30	29	7:19	1:35	27	7:52	Long downhill stretches + few tough climbs
Omeo rest stop			No stop		5:06	No stop		5:40	0:05		6:16	0:05		6:50	0:05		7:24	0:05		7:57	
Omeo to Anglers Rest	29	188	0:50	35	5:56	1:02	28	6:42	1:05	27	7:21	1:08	26	7:58	1:11	25	8:35	1:15	23	9:12	Largely flatish + 4km @ 6%
Anglers Rest rest stop			No stop		5:56	No stop		6:42	No stop		7:21	0:05		8:03	0:05		8:40	0:05		9:17	
Anglers Rest to WTF Corner	11	199	0:20	33	6:16	0:21	31	7:03	0:25	26	7:46	0:27	24	8:30	0:30	22	9:10	0:33	20	9:50	Largely flat but with some undulations
WTF Corner to Trapyard Gap	13	212	0:50	16	7:06	1:00	13	8:03	1:05	12	8:51	1:15	10	9:45	1:25	9	10:35	1:35	8	11:25	Very steep inc 9km @ 9%
Trapyard Gap rest stop			No stop		7:06	No stop		8:03	0:05		8:56	0:05		9:50	0:05		10:40	0:10		11:35	
Trapyard Gap to Falls Creek	23	235	0:54	26	8:00	0:57	24	9:00	1:04	22	10:00	1:10	20	11:00	1:20	17	12:00	1:25	16	13:00	Some tough climbing then downhill to finish