

2016 M3D3 Participant leg and checkpoint estimates

Leg	Location	Distance between points (km)	Cumulative Distance (km)	Fastest likely time (hours)	Fastest likely arrival, time from start (h.min)	Average runner arrival, time from start (h.min)	Slowest walker time	Slowest walker arrival, time from start (h.min)	CP set up (time of day)	CP Ready to use (time of day)	CP duration (hours)	CP number	Safety gear
Marathon 3 / Cairns Marathon													
First light	6.47		0	0h00	7.30	7.30	0h00	6.30					
1	Highway turn around	5.5	5.5	0h25	7.55	8.05	0.45	6.45	6.20	6.30	1.5	2	
2	Fig Tree	8.5	14	1h00	8.40	9.00	2h00	8.15	7.30	7.45	1	2	
3	Water board Gate	9	23	2h00	9.30	10.00	2h45	9.15	9.00	9.15	0.5	1	
4	Copperlode CP	3	26	2h15	9.45	10.30	3h00	9.30	9.00	9.15	2	2	Basic first aid kit; satellite phone
5	Base of Lake Morris Rd	14	40	3h10	10.40	13.30	6h30	13.00	10.15	10.30	2.5	2	Basic first aid kit
6	Finish	2.2	42.2	3h30	11.00	12.30	7h00	13.30	10.30	10.45	4	4	Basic first aid kit
Last light	17.59												

Early starters arrive first