Estimated running times for the 2018 Tailwind Nutrition 3 Marathons in 3 Days are provided in the table below. ***This is only a guide***.

2018 M3D3 Participant leg and checkpoint estimates

Leg	Location	Distance between points (km)	Cumulative Distance (km)	Fastest likely time (h.min)	Fastest likely arrival, (Time of day)	Average runner arrival, (Time of day)	Slowest walker time (h.min)	Slowest walker arrival, (Time of day)	CP set up (Time of day)	CP Ready to use (Time of day)	CP duration (hours)	CP number of volunteers	Safety gear
Marathon 1													
First light	6.46		0	0h00	Start 6.30	Start 6.30	0h00	Start 6.30					
1	Wright's Lookout CP	5.5	5.5	0h25	6.50	7.00	0h45	7.15	6.10	6.15	1h00	3	
2	Smith's Track CP	15	20.5	1h45	8.15	9.30	3h45	11.00	8.00	8.10	2h30	2	SES; basic first aid kit; satellite phone
3	Speewah Campground CP (End of Kauri Half)	2	22.5	2h00	8.30	9.50	4h15	12.30	8.00	8.15	2h30	2	Basic first aid kit
4	Start of Snake Gully CP	5	28	2h30	9.00	10.30	5h00	12.30	8.50	9.00	3h00	2 + sweep	Basic first aid kit
5	Clohesy River Road CP	5	33	3h00	9.30	11.30	6h00	2.30	9.00	9.10	3h30	2 + sweep	SES; basic first aid kit; satellite phone
6	Finish	9	42.2	3h45	10.15	12.30	8h00	4.00	9.30	10.00	3h30	4	Basic first aid kit
Last light	17.58												
Marathon 2													
First light	6.46		0	0h00	Start 6.30	Start 6.30	0h00	Start 6.30					
1	Start of Viviers Track	7	7	0h35	7.00	7.15	1h00	7.30	6.50	7.30	1h30	1	
2	Bridle Creek CP	6	13	1h15	7.45	8.30	2h45	9.15	7.15	7.30	2h	4 + sweep	SES; basic first aid kit; satellite phone
	Bridle Creek (end of loop	3	16	0h30	8.00	8.20	0h45	10.00					
3	Clohesy River Road CP	14	27	2h30	9.00	10.30	5h00	12.30	8.30	8.45	3h00	2	SES; basic first aid kit; satellite phone
4	Finish	15	42.2	3h45	10.15	12.30	8h00	4.00	9.50	10.00	4h	4	Basic first aid kit
Last light	17.58												

2019 M3D3 Participant leg and checkpoint estimates

Leg	Location	Distance between points (km)	Cumulative Distance (km)	Fastest likely time (h.min)	Fastest likely arrival, (Time of day)	Average runner arrival, (Time of day)	Slowest walker time (h.min)	Slowest walker arrival, (Time of day)	CP set up (Time of day)	CP Ready to use (Time of day)	CP duration (hours)	CP number of volunteers	Safety gear
Marathon 3 / Cairns Marathon / Lake Morris Road Race													
First light	6.46		0	0h00	Start 6.30	Start 6.30	0h00	Start 6.30					
1	Highway turn around CP	5.5	5.5	0h25	6.50	7.05	0.45	7.15	6.20	6.30	1h30	2	
2	Fig Tree CP	8.5	14	1h00	7.30	8.00	2h00	8.30	7.30	7.45	1h30	2	
3	Water board Gate	9	23	1h45	8.15	9.00	2h45	9.15	8.15	9.15	1h30	1	
4	Copperlode CP (start of Lake Morris Road Race)	3	26	2h00	8.30	9.30	3h30	10.30	8.00	8.15	2h	3	Basic first aid kit; satellite phone
5	Base of Lake Morris Rd	14	40	2h55	9.25	12.30	6h30	3.00	9.00	9.15	3h30	2	Basic first aid kit
6	Finish	2.2	42.2	3h15	9.45	13.00	7h00	3.30	9.00	9.15	4h	4	Basic first aid kit
Last light	17.59												