

CULTRA - 30KM

| DISTANCE | POINT | LOCATION | CUT OF TIME FROM START | DROP BAG |
|----------|--------|-----------------|------------------------------|----------|
| 0km | Start | Tanah Rata | 5:30am, 15 July | Yes |
| 8.6KM | CP3 | Kem Sungai Pauh | 7:30am, 15 July (2 hrs) | No |
| 13.9KM | CP4 | Robinson Fall | 9:10am, 15 July (3hrs 40min) | No |
| 19.9KM | CP5 | BOH Guard House | 10:30am, 15 July (5 hrs) | No |
| 29.4KM | CP4 | Robinson Fall | | No |
| 30.1KM | Finish | Tanah Rata | 1:30pm, 15 July (8 hrs) | Yes |