

TRANS BAVIAANS

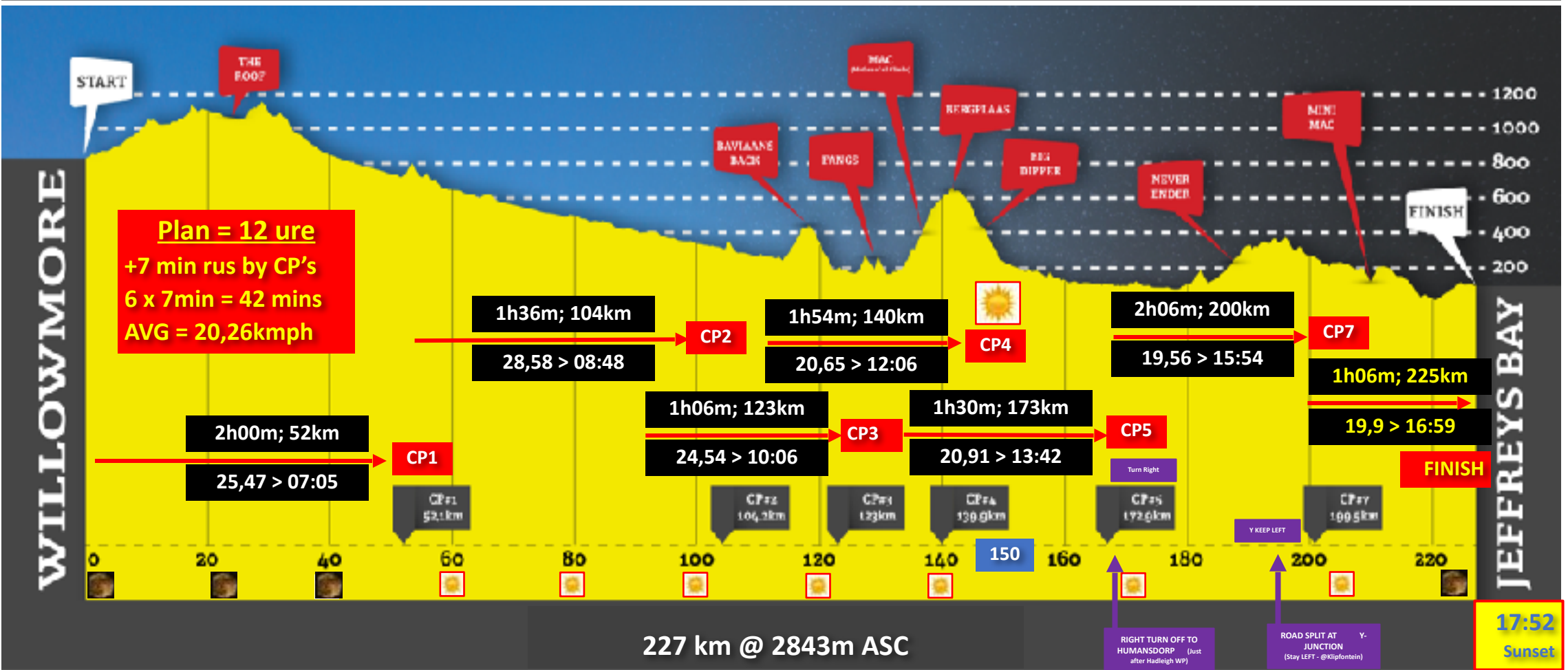


WHERE TEAM SPIRIT GETS A WHOLE NEW MEANING

2022

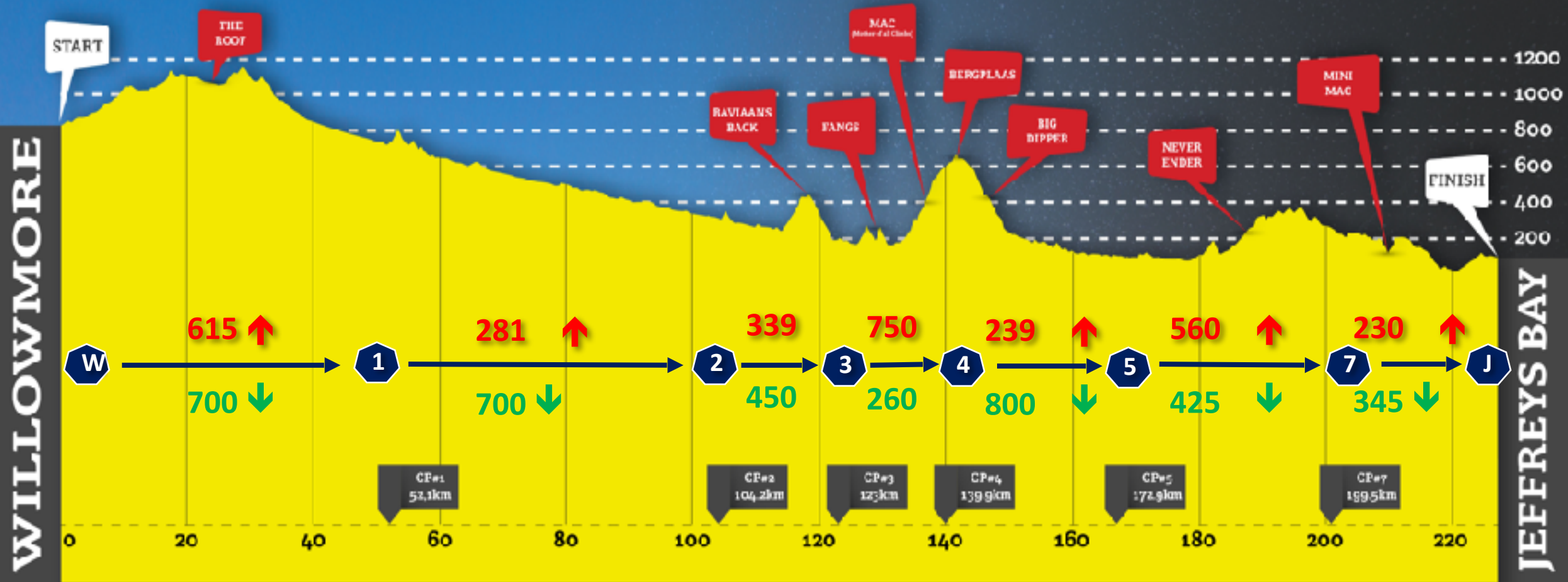
TOUGHEN THE FCU UP, ...BUTTERCUP!!!!

Plan = SUB 12 ure - 7 min = 42 mins; AVG = 20,26 km - CHECK POINT SPLITS



CP#1 - VERO'S | CP#2 - GEELHOUBOS | CP#3 - SMITSKRAAL | CP#4 - BERGPLAAS | CP5 - HADLEIGH | CP6 - ? | CP#7 - ZUURBRON

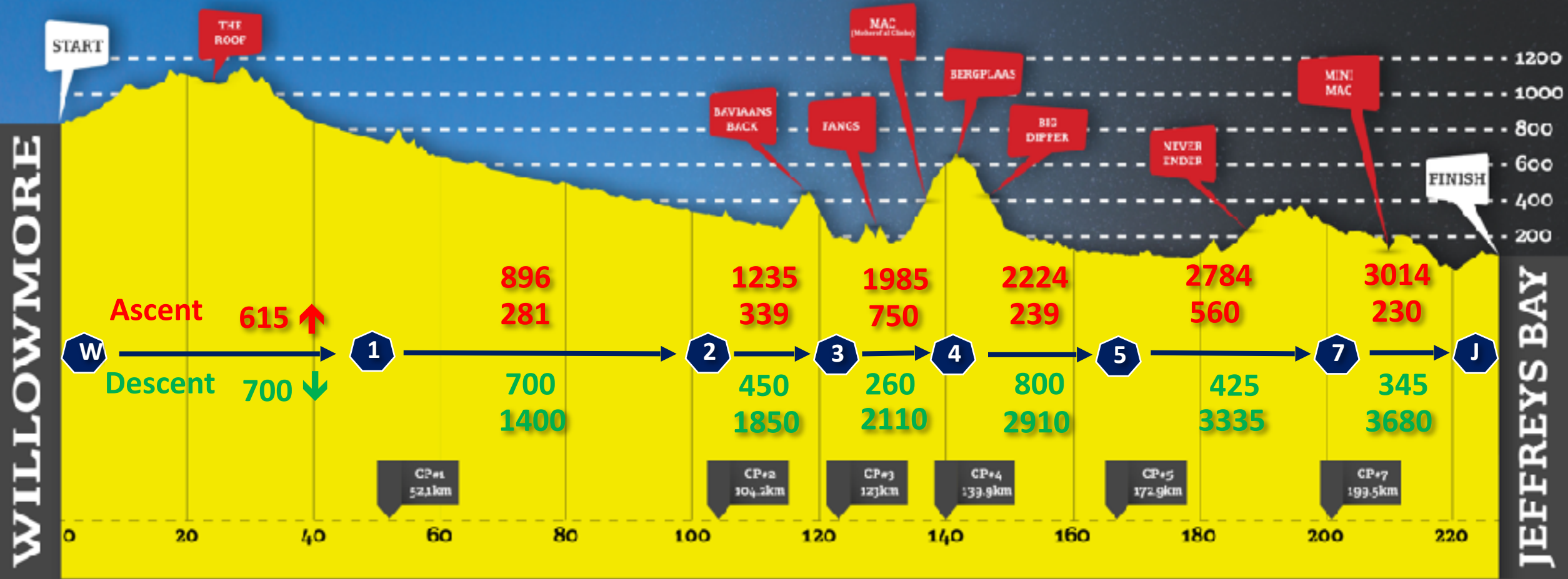
Elevation Per Stage = Ascent ↑ Descent ↓



227 km @ 2843 m Elevation

CP#1 - VERO'S | CP#2 - GEELHOUTBOS | CP#3 - SMITSKRAAL | CP#4 - BERGPLAAS | CP#5 - HADLEIGH | CP#6 - ? | CP#7 - ZUURBRON

Elevation Per Stage & Cumulative = Ascent ↑ Descent ↓



227 km @ 2843 m Elevation

CP#1 - VERO'S | CP#2 - GEELHOUTBOS | CP#3 - SMITSKRAAL | CP#4 - BERGPLAAS | CP5 - HADLEIGH | CP6 - ? | CP#7 - ZUURBRON

TRANS BAVIAANS



24hr



230km

WHERE TEAM SPIRIT GETS A WHOLE NEW MEANING

MENU

Checkpoint 1

Rooster Brood, PowerBar, Coffee, Tea and Coke.

Checkpoint 2

Marshmallows, Bananas, oranges, PowerBar, First Choice Flv Milk, Coffee, Tea and Coke.

Checkpoint 3

Sosatie, Sausage, Potato dish, PowerBar, First Choice Flv Milk, Coke, Coffee, Tea and Milo.

Checkpoint 4

Soup, Bread, PowerBar, First Choice Recovery Milk, Coffee, Tea, Coke and Milo.

Checkpoint 5

Chip roll, PowerBar, First Choice Flv Milk, Coffee, Tea, Coke and Milo.

Checkpoint 6

(Unmanned): Nada – Nothing

Checkpoint 7

Jaffels, PowerBar, Coke, Coffee, Tea and Milo.

Finish

FREE SPUR Burger with Chips and a Cold Darling Brew Craft Beer



MENU

EAT OAST BREAKFAST AT 04:15

EAT BAR / BANANA AT 05:00

Checkpoint 1

Rooster Brood, PowerBar, Coffee, Tea and Coke.

NO STOPPPING

Checkpoint 2

Marshmallows, Bananas, oranges, PowerBar, First Choice Flv Milk, Coffee, Tea and Coke.

Checkpoint 3

Sosatie, Sausage, Potato dish, PowerBar, First Choice Flv Milk, Coke, Coffee, Tea and Milo.

Checkpoint 4

Soup, Bread, PowerBar, First Choice Recovery Milk, Coffee, Tea and Coke.

Checkpoint 5

Chip roll, PowerBar, First Choice Flv Milk, Coffee, Tea, Coke and Milo.

Checkpoint 6

(Unmanned): Nada – Nothing

Checkpoint 7

Jaffels, PowerBar, Coke, Coffee, Tea and Milo.

Finish

FREE SPUR Burger with Chips and a Cold Darling Brew Craft Beer

CP1

- **SAMMIES x2**
(home made)
- 2 x BARS
- 1 x APPLE

CP2

- Refill Water
- EAT! GRAB & GO
- Bread (vaste kos)
- 3-5 min MAX

CP3

- Refill Water
- EAT! GRAB & GO
- Sosatie + Bread
- 3-5 min MAX

CP4

- Refill Water
- 5-7 min MAX
- Bread x4
- EAT! GRAB & GO

CP5

- Refill Water
- EAT! GRAB & GO
- Chip Roll x2
- 5-7 min MAX

CP7

- Refill Water
- EAT! GRAB & GO
- Jafel
- 3-5 min MAX

- **CHANGE KIT**
- **Bib, Baadjie,**
- **Handskoene**

4

?

5

NO FOOD

Plan = sub 12 ure
 +7 min rus by CP's; 6 x 7 min = 42 mins
 AVG = 20,26 kmph (Ry 11h18m)

2:00; 53km; 615m ↑ **700** ↓
CP1 25,69; <07h00 NO STOP

1:36; 3:36; **52km; 104km;**
CP2 896m ↑ **1400** ↓
 31,96; 28,83; **7**
 <08h43 =7m >08h50

1:06; 4:42; **20km; 124km;**
CP3 1235 ↑ **1850** ↓
 16,61; 24,75; **7**
 <09h56 =7m >10h03

1:54; 6:36; **17km; 141km;**
CP4 985 ↑ **2110** ↓
 9,04; 20,81; **1**
 >11h57 =7m >12h04

Plan = sub 12 ure
 +7 min rus by CP's; 6 x 7 min = 42 mins
 AVG = 20,26 kmph (Ry 11h18m)

1:30; 8:06; **33km; 174km;**
CP5 224m ↑ **2910** ↓
 22,17; 21,09; **7**
 >13h34 =7m >13h41

2:06; 10:12; **30km; 204km;**
CP7 784m ↑ **3335** ↓
 12,90; 19,73; **5**
 >15h47 =7m >15h55

1:05; 11:18; **21km; 226km;**
J'Bay 2014m ↑ **3680** ↓
 22,15; 20,26; >16h59

Plan = sub 12 ure
 +7 min rus by CP's
 6 x 7 min = 42 mins
 AVG = 20,26 kmph

2:00 **kmph OA**
 25,69

CP1 07h00 (out)

1:36 **3:36** 28,83

CP2 08h50

1:06 **4:42** 24,75

CP3 10h44

1:54 **6:36** 20,81

CP4 BP 12h04

1:30 **8:06** 21,09
 Sun Set 17:47

CP5 13h41

2:06 **10:12** 19,73

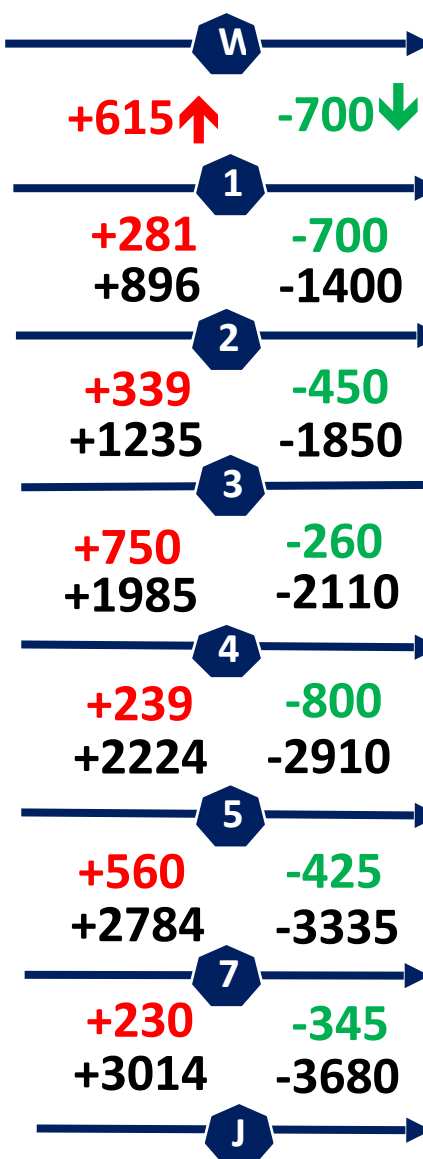
CP7 15h55

1:05 **11:18** 20,26

J'Bay 16h59

Target = 11ure & 59min

ASCENT
 vs.
DESCENT



Plan = sub 12 ure

+7 min rus by CP's; 6 x 7 min = 42 mins
AVG = 20,26 kmph (Ry 11h18m)

2:00; 53km; 615m ↑ 700 ↓

CP1 25,69; <07h00 NO STOP

1:36; 3:36; 52km; 104km;

CP2 896m ↑ 1400 ↓
31,96; 28,83; 7

1:06; 4:42; 20km; 124km;

CP3 235m ↑ 1850 ↓
16,61; 24,75; 7
<09h56 =7m >10h04

1:54; 6:36; 17km; 141km;

CP4 85m ↑ 210 ↓
9,04; 20,81; 1
>11h57 =7m >12h04

Plan = sub 12 ure

+7 min rus by CP's; 6 x 7 min = 42 mins
AVG = 20,26 kmph (Ry 11h18m)

1:30; 8:06; 33km; 174km;

CP5 224m ↑ 2910 ↓
22,17; 21,09; 7
>13h34 =7m >13h41

2:06; 10:12; 30km; 204km;

CP7 784m ↑ 3335 ↓
12,90; 19,73; 5
>15h47 =7m >15h55

1:05; 11:18; 21km; 226km;

J'Bay 2014m ↑ 3680 ↓
22,15; 20,26; >16h59

Plan = sub 12 ure

+7 min rus by CP's
6 x 7 min = 42 mins
AVG = 20,26 kmph

2:00 kmph OA
25,69

CP1 07h00 (out)

1:36 3:36 28,83

CP2 08h50

1:06 4:42 24,75

CP3 10h04

1:54 6:36 20,81

CP4 BP 12h04

1:30 8:06 21,09
Sun Set 17:47

CP5 13h41

2:06 10:12 19,73

CP7 15h55

1:05 11:18 20,26

J'Bay 16h59

Target = 11ure & 59min

ASCENT vs. DESCENT

V

+615 ↑ -700 ↓

1

+281 -700
+896 -1400

2

+339 -450
+1235 -1850

3

+750 -260
+1985 -2110

4

+239 -800
+2224 -2910

5

+560 -425
+2784 -3335

7

+230 -345
+3014 -3680

J

Plan = **SUB** 12 ure

7 min = 42 mins; AVG = 20,07 km

CHECK POINT SPLITS

CP1	2:00; 53km; 25,69; >07h00	+615 - 700
CP2	1:36; 52km; 31,96; >08h50	+896 1400
CP3	1:06; 20km; 16,61; >10h03	1235 1850
CP4	1:54; 17km; 9,04; >12h04	1985 2110
CP5	1:30; 33km; 22,17; >13h41	2224 2910
CP7	2:06; 30km; 12,90; >15h55	2784 3335
J'Bay	1:05; 21km; 22,15 >16h59	3014 3680

Plan = **SUB** 12 ure

7 min = 42 mins; AVG = 20,07 km

CUMULATIVE SPLITS

CP1	2:00; 53km; 25,69; >07h00	+615 - 700
CP2	3:36; 104km; 28,83; >08h50	+896 1400
CP3	4:42; 124km; 24,75; >10h03	1235 1850
CP4	6:36; 141km; 20,81; >12h04	1985 2110
CP5	8:06; 174km; 21,09; >13h41	2224 2910
CP7	10:12; 204km; 19,73; >15h55	2784 3335
J'Bay	226km; 20,26 >16h59	3014 3680

Plan = **SUB** 12 ure

7 min = 42 mins; AVG = 20,07 km

CHECK POINT SPLITS

CP1	2:00; 53km; 25,69; >07h00	+615 - 700
CP2	1:36; 52km; 31,96; >08h50	7 +281 - 700
CP3	1:06; 20km; 16,61; >10h03	7 +339 - 450
CP4	1:54; 17km; 9,04; >12h04	1 0 +750 - 260
CP5	1:30; 33km; 22,17; >13h41	7 +239 - 800
CP7	2:06; 30km; 12,90; >15h55	4 +560 - 425
J'Bay	1:05; 21km; 22,15 >16h59	+230 - 345

Plan = **SUB** 12 ure

7 min = 42 mins; AVG = 20,07 km

CUMULATIVE SPLITS

CP1	2:00; 53km; 25,69; >07h00	+615 - 700
CP2	3:36; 104km; 28,83; >08h50	7 +281 - 700
CP3	4:42; 124km; 24,75; >10h03	7 +339 - 450
CP4	6:36; 141km; 20,81; >12h04	1 0 +750 - 260
CP5	8:06; 174km; 21,09; >13h41	7 +239 - 800
CP7	10:12; 204km; 19,73; >15h55	4 +560 - 425
J'Bay	226km; 20,26 >16h59	+230 - 345

Plan = sub 12 ure 05:00 Start

+7 min rus by CP's; 6 x 7 min = 42 mins

AVG = 20,26 kmph (Ry 11h18m)

2:00; 53km; 615m ↑ 700 ↓

CP1 25,69; >07h00 (NO STOP)

1:36; 3:36; 52km; 104km; 281m ↑; 700 ↓

CP2 31,96; 28,83; > 08h43 > 7m > 08h50

1:06; 4:42; 20km; 124km; 339m ↑; 450 ↓

CP3 16,61; 24,75; > 09h56 > 7m > 10h03

1:54; 6:36; 17km; 141km; 750m ↑; 260 ↓

CP4 9,04; 20,81; > 11h57 > 7m > 12h04

1:30; 8:06; 33km; 174km; 239m ↑; 800 ↓

CP5 22,17; 21,09; > 13h34 > 7m > 13h41

2:06; 10:12; 30km; 204km; 560m ↑; 425 ↓

CP7 12,90; 19,73; > 15h47 > 7m > 15h55

1:05; 11:18; 21km; 226km; 230m ↑; 345 ↓

J'Bay 22,15; 20,26; > 16h59

Plan = sub 11 ure 05:00 Start

+5 min rus by CP's; 6 x 5 min = 30 mins

AVG = 21,61 kmph (Ry 10h30m)

1:54; 53km; 615m ↑ 700 ↓

CP1 27,65; > 06h54 (NO STOP)

1:30; 3:24; 52km; 104km; 281m ↑; 700 ↓

CP2 34,40; 31,03; > 08h29 > 5m > 08h33

1:06; 4:30; 20km; 124km; 339m ↑; 450 ↓

CP3 17,87; 26,64; > 09h39 > 5m > 09h44

1:42; 6:12; 17km; 141km; 750m ↑; 260 ↓

CP4 9,73; 22,41; > 11h26 > 5m > 11h31

1:24; 7:36; 33km; 174km; 239m ↑; 800 ↓

CP5 23,86; 22,70; > 12h55 > 5m > 13h00

1:53; 9:30; 30km; 204km; 560m ↑; 425 ↓

CP7 13,89; 21,23; > 14h53 > 7m > 15h00

1:00; 10:30; 21km; 226km; 230m ↑; 345 ↓

J'Bay 23,84; 21,61; > 15h59

Plan = sub 10 ure 05:00 Start

+5 min rus by CP's; 6 x 5 min = 30 mins

AVG = 23,87 kmph (Ry 9h30m)

1:42; 52km; 615m ↑ 700 ↓

CP1 30,55; > 06h42 (NO STOP)

1:24; 3:06; 52km; 104km; 281m ↑; 700 ↓

CP2 38,01; 34,28; > 08h11 > 5m > 08h16

1:00; 4:06; 20km; 124km; 339m ↑; 450 ↓

CP3 19,75; 29,44; > 09h15 > 5m > 09h20

1:36; 5:42; 17km; 141km; 750m ↑; 260 ↓

CP4 10,75; 24,77; > 10h56 > 5m > 11h01

1:18; 7:00; 33km; 174km; 239m ↑; 800 ↓

CP5 26,37; 25,09; > 12h19 > 5m > 12h24

1:48; 8:48 204km; 560m ↑; 425 ↓

CP7 15,35; 23,46; > 14h00 > 7m > 14h05

54m; 9:42; 21km; 226km; 230m ↑; 345 ↓

J'Bay 26,34; 23,87; > 14h59

Plan = sub 12 ure 05:00 Start

+7 min rus by CP's; 6 x 7 min = 42 mins

AVG = 20,26 kmph (Ry 11h18m)

2:00; 53km; 615m ↑ 700 ↓

CP1 25,69; >07h00 (NO STOP)

1:36; 3:36; 52km; 104km; 281m ↑; 700 ↓

CP2 31,96; 28,83; > 08h43 > 7m > 08h50

1:06; 4:42; 20km; 124km; 339m ↑; 450 ↓

CP3 16,61; 24,75; > 09h56 > 7m > 10h03

1:54; 6:36; 17km; 141km; 750m ↑; 260 ↓

CP4 9,04; 20,81; > 11h57 > 7m > 12h04

1:30; 8:06; 33km; 174km; 239m ↑; 800 ↓

CP5 22,17; 21,09; > 13h34 > 7m > 13h41

2:06; 10:12; 30km; 204km; 560m ↑; 425 ↓

CP7 12,90; 19,73; > 15h47 > 7m > 15h55

1:05; 11:18; 21km; 226km; 230m ↑; 345 ↓

J'Bay 22,15; 20,26; > 16h59

Plan = sub 11 ure 05:00 Start

+5 min rus by CP's; 6 x 5 min = 30 mins

AVG = 21,61 kmph (Ry 10h30m)

1:54; 53km; 615m ↑ 700 ↓

CP1 27,65; > 06h54 (NO STOP)

1:30; 3:24; 52km; 104km; 281m ↑; 700 ↓

CP2 34,40; 31,03; > 08h29 > 5m > 08h33

1:06; 4:30; 20km; 124km; 339m ↑; 450 ↓

CP3 17,87; 26,64; > 09h39 > 5m > 09h44

1:42; 6:12; 17km; 141km; 750m ↑; 260 ↓

CP4 9,73; 22,41; > 11h26 > 5m > 11h31

1:24; 7:36; 33km; 174km; 239m ↑; 800 ↓

CP5 23,86; 22,70; > 12h55 > 5m > 13h00

1:53; 9:30; 30km; 204km; 560m ↑; 425 ↓

CP7 13,89; 21,23; > 14h53 > 7m > 15h00

1:00; 10:30; 21km; 226km; 230m ↑; 345 ↓

J'Bay 23,84; 21,61; > 15h59

Plan = sub 10 ure 05:00 Start

+5 min rus by CP's; 6 x 5 min = 30 mins

AVG = 23,87 kmph (Ry 9h30m)

1:42; 52km; 615m ↑ 700 ↓

CP1 30,55; > 06h42 (NO STOP)

1:24; 3:06; 52km; 104km; 281m ↑; 700 ↓

CP2 38,01; 34,28; > 08h11 > 5m > 08h16

1:00; 4:06; 20km; 124km; 339m ↑; 450 ↓

CP3 19,75; 29,44; > 09h15 > 5m > 09h20

1:36; 5:42; 17km; 141km; 750m ↑; 260 ↓

CP4 10,75; 24,77; > 10h56 > 5m > 11h01

1:18; 7:00; 33km; 174km; 239m ↑; 800 ↓

CP5 26,37; 25,09; > 12h19 > 5m > 12h24

1:48; 8:48 204km; 560m ↑; 425 ↓

CP7 15,35; 23,46; > 14h00 > 7m > 14h05

54m; 9:42; 21km; 226km; 230m ↑; 345 ↓

J'Bay 26,34; 23,87; > 14h59

Plan = sub 12 ure 06:00 Start

+7 min rus by CP's; 6 x 7 min = 42 mins

AVG = 20,26 kmph (Ry 11h18m)

2:00; 53km; 615m ↑ 700 ↓

CP1 25,69; >08h00 (NO STOP)

1:36; 3:36; 52km; 104km; 281m ↑; 700 ↓

CP2 31,96; 28,83; > 09h43 > 7m > 09h50

1:06; 4:42; 20km; 124km; 339m ↑; 450 ↓

CP3 16,61; 24,75; > 10h56 > 7m > 11h03

1:54; 6:36; 17km; 141km; 750m ↑; 260 ↓

CP4 9,04; 20,81; > 12h57 > 7m > 13h04

1:30; 8:06; 33km; 174km; 239m ↑; 800 ↓

CP5 22,17; 21,09; > 14h34 > 7m > 14h41

2:06; 10:12; 30km; 204km; 560m ↑; 425 ↓

CP7 12,90; 19,73; > 16h47 > 7m > 16h55

1:05; 11:18; 21km; 226km; 230m ↑; 345 ↓

J'Bay 22,15; 20,26; > 17h59

Plan = sub 11 ure 06:00 Start

+5 min rus by CP's; 6 x 5 min = 30 mins

AVG = 21,61 kmph (Ry 10h30m)

1:54; 53km; 615m ↑ 700 ↓

CP1 27,65; > 07h54 (NO STOP)

1:30; 3:24; 52km; 104km; 281m ↑; 700 ↓

CP2 34,40; 31,03; > 09h29 > 5m > 09h33

1:06; 4:30; 20km; 124km; 339m ↑; 450 ↓

CP3 17,87; 26,64; > 10h39 > 5m > 10h44

1:42; 6:12; 17km; 141km; 750m ↑; 260 ↓

CP4 9,73; 22,41; > 12h26 > 5m > 12h31

1:24; 7:36; 33km; 174km; 239m ↑; 800 ↓

CP5 23,86; 22,70; > 13h55 > 5m > 14h00

1:53; 9:30; 30km; 204km; 560m ↑; 425 ↓

CP7 13,89; 21,23; > 16h53 > 7m > 17h00

1:00; 10:30; 21km; 226km; 230m ↑; 345 ↓

J'Bay 23,84; 21,61; > 16h59

Plan = sub 10 ure 06:00 Start

+5 min rus by CP's; 6 x 5 min = 30 mins

AVG = 23,87 kmph (Ry 9h30m)

1:42; 52km; 615m ↑ 700 ↓

CP1 30,55; > 07h42 (NO STOP)

1:24; 3:06; 52km; 104km; 281m ↑; 700 ↓

CP2 38,01; 34,28; > 09h11 > 5m > 09h16

1:00; 4:06; 20km; 124km; 339m ↑; 450 ↓

CP3 19,75; 29,44; > 10h15 > 5m > 10h20

1:36; 5:42; 17km; 141km; 750m ↑; 260 ↓

CP4 10,75; 24,77; > 11h56 > 5m > 12h01

1:18; 7:00; 33km; 174km; 239m ↑; 800 ↓

CP5 26,37; 25,09; > 13h19 > 5m > 13h24

1:48; 8:48 204km; 560m ↑; 425 ↓

CP7 15,35; 23,46; > 15h00 > 7m > 15h05

54m; 9:42; 21km; 226km; 230m ↑; 345 ↓

J'Bay 26,34; 23,87; > 15h59

Plan = sub 12 ure 06:00 Start

+7 min rus by CP's; 6 x 7 min = 42 mins

AVG = 20,26 kmph (Ry 11h18m)

2:00; 53km; 615m ↑ 700 ↓

CP1 25,69; >08h00 (NO STOP)

1:36; 3:36; 52km; 104km; 281m ↑; 700 ↓

CP2 31,96; 28,83; > 09h43 > 7m > 09h50

1:06; 4:42; 20km; 124km; 339m ↑; 450 ↓

CP3 16,61; 24,75; > 10h56 > 7m > 11h03

1:54; 6:36; 17km; 141km; 750m ↑; 260 ↓

CP4 9,04; 20,81; > 12h57 > 7m > 13h04

1:30; 8:06; 33km; 174km; 239m ↑; 800 ↓

CP5 22,17; 21,09; > 14h34 > 7m > 14h41

2:06; 10:12; 30km; 204km; 560m ↑; 425 ↓

CP7 12,90; 19,73; > 16h47 > 7m > 16h55

1:05; 11:18; 21km; 226km; 230m ↑; 345 ↓

J'Bay 22,15; 20,26; > 17h59

Plan = sub 11 ure 06:00 Start

+5 min rus by CP's; 6 x 5 min = 30 mins

AVG = 21,61 kmph (Ry 10h30m)

1:54; 53km; 615m ↑ 700 ↓

CP1 27,65; > 07h54 (NO STOP)

1:30; 3:24; 52km; 104km; 281m ↑; 700 ↓

CP2 34,40; 31,03; > 09h29 > 5m > 09h33

1:06; 4:30; 20km; 124km; 339m ↑; 450 ↓

CP3 17,87; 26,64; > 10h39 > 5m > 10h44

1:42; 6:12; 17km; 141km; 750m ↑; 260 ↓

CP4 9,73; 22,41; > 12h26 > 5m > 12h31

1:24; 7:36; 33km; 174km; 239m ↑; 800 ↓

CP5 23,86; 22,70; > 13h55 > 5m > 14h00

1:53; 9:30; 30km; 204km; 560m ↑; 425 ↓

CP7 13,89; 21,23; > 16h53 > 7m > 17h00

1:00; 10:30; 21km; 226km; 230m ↑; 345 ↓

J'Bay 23,84; 21,61; > 16h59

Plan = sub 10 ure 06:00 Start

+5 min rus by CP's; 6 x 5 min = 30 mins

AVG = 23,87 kmph (Ry 9h30m)

1:42; 52km; 615m ↑ 700 ↓

CP1 30,55; > 07h42 (NO STOP)

1:24; 3:06; 52km; 104km; 281m ↑; 700 ↓

CP2 38,01; 34,28; > 09h11 > 5m > 09h16

1:00; 4:06; 20km; 124km; 339m ↑; 450 ↓

CP3 19,75; 29,44; > 10h15 > 5m > 10h20

1:36; 5:42; 17km; 141km; 750m ↑; 260 ↓

CP4 10,75; 24,77; > 11h56 > 5m > 12h01

1:18; 7:00; 33km; 174km; 239m ↑; 800 ↓

CP5 26,37; 25,09; > 13h19 > 5m > 13h24

1:48; 8:48 204km; 560m ↑; 425 ↓

CP7 15,35; 23,46; > 15h00 > 7m > 15h05

54m; 9:42; 21km; 226km; 230m ↑; 345 ↓

J'Bay 26,34; 23,87; > 15h59

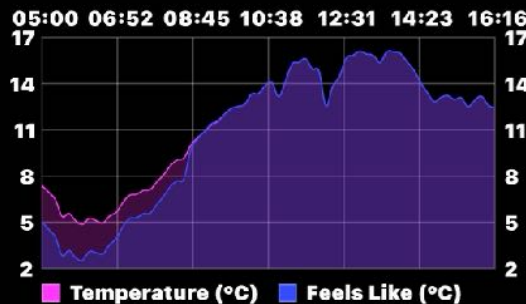
Ride forecast for August 13, 2022 at 05:00 @20kmph avg:

- Temperature: 4.9°C to 16.1°C, feels like 2.5°C to 16.1°C
- Wind: 7.5 to 23.1 km/h, with gusts up to 37.8 km/h

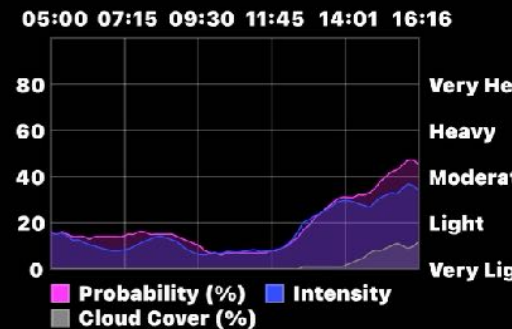
- 47% probability of light precipitation
- from the Epic Ride Weather app
- <http://epicrideweather.com>



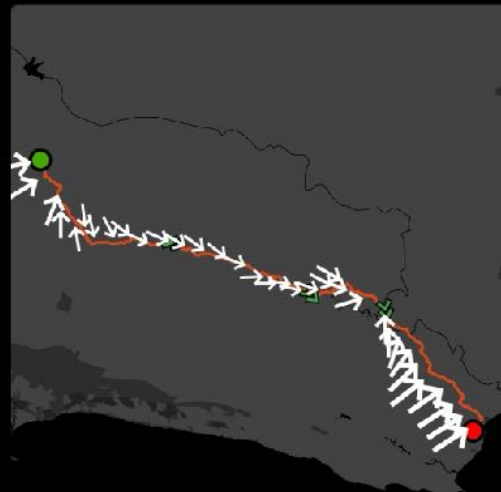
Temperature



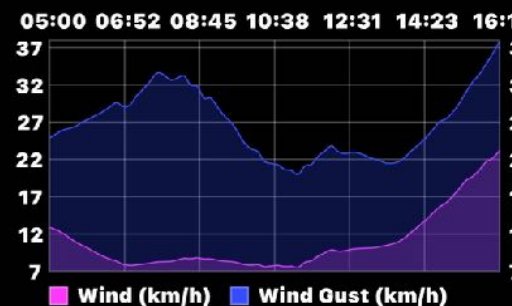
Precipitation and Cloud Cover



Wind Direction



Wind



Elevation



Wind Direction

For a 12 Hour Baviaans Finish, you need an average speed of 20,26kmph



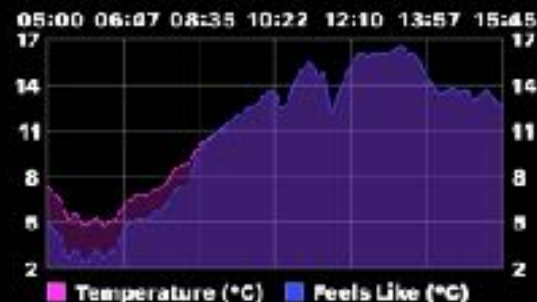
Ride forecast for August 13, 2022 at **05:00 @21kmph avg:**

- Temperature: **4.9°C to 16.1°C**, feels like **2.5°C to 16.1°C**
- Wind: **7.5 to 23.1 km/h**, with gusts up to **37.8 km/h**

- 47% probability of light precipitation
- from the Epic Ride Weather app
- <http://epicrideweather.com>



Temperature



Precipitation and Cloud Cover



Wind Direction



Wind



Elevation



Wind Direction

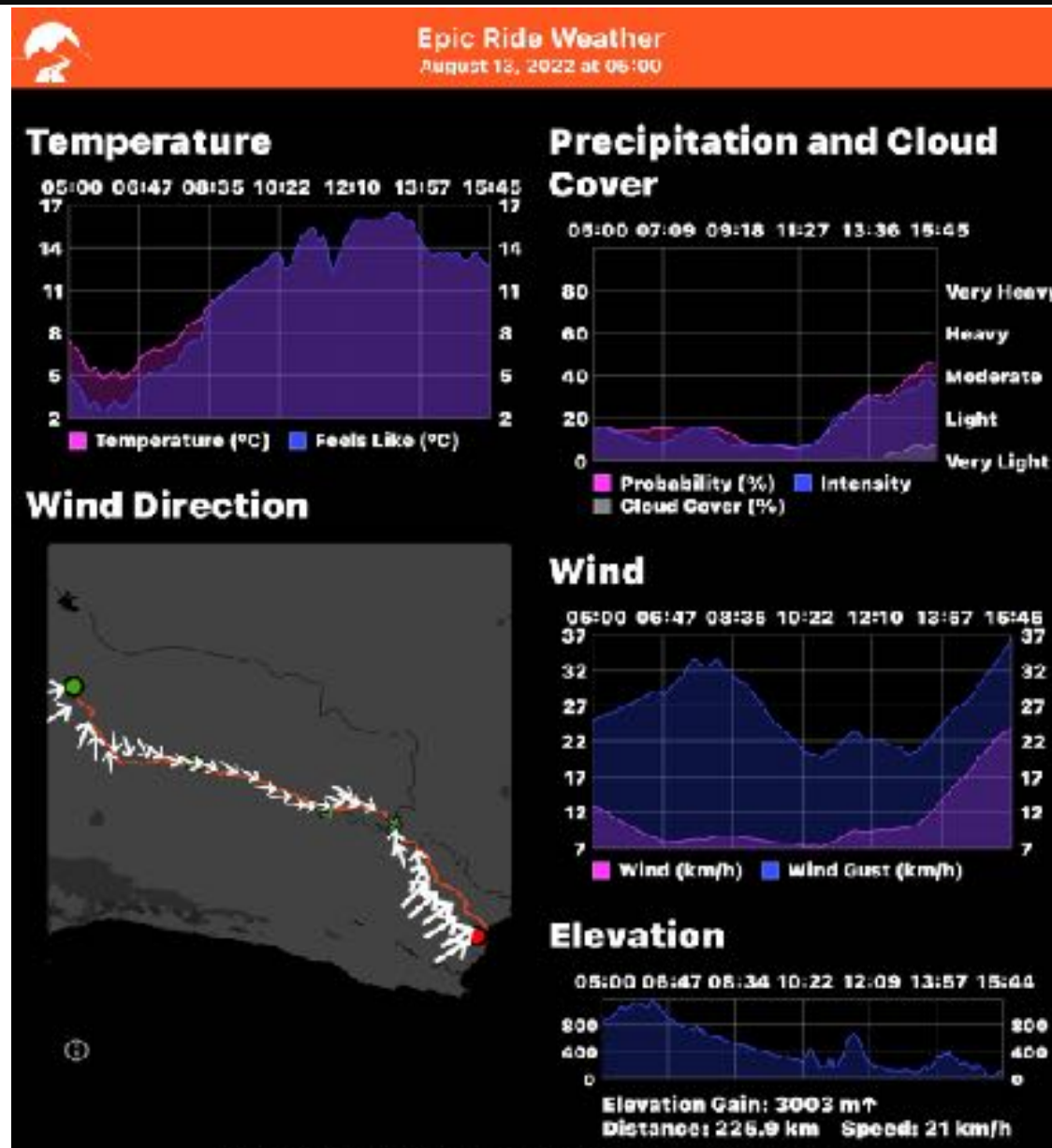
For a 12 Hour Bavians Finish, you need an average speed of 20,26kmph



Ride forecast for August 13, 2022 at **05:00 @22kmph avg:**

- Temperature: **4.9°C to 16.1°C**, feels like **2.5°C to 16.1°C**
- Wind: **7.5 to 23.1 km/h**, with gusts up to **37.8 km/h**

- 47% probability of light precipitation
- from the Epic Ride Weather app
- <http://epicrideweather.com>



Wind Direction

For a 12 Hour Baviaans Finish, you need an average speed of 20,26kmph



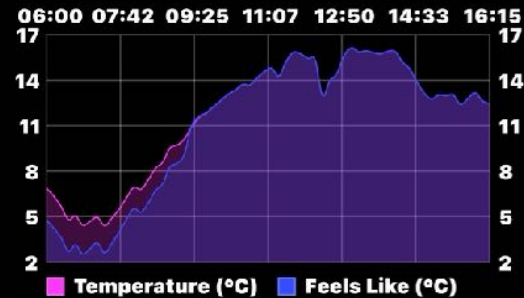
Ride forecast for August 13, 2022 at **06:00 @22kmph avg:**

- Temperature: **4.5°C to 16.2°C**, feels like **2.8°C to 16.2°C**
- Wind: **7.1 to 23.9 km/h**, with gusts up to **36.8 km/h**

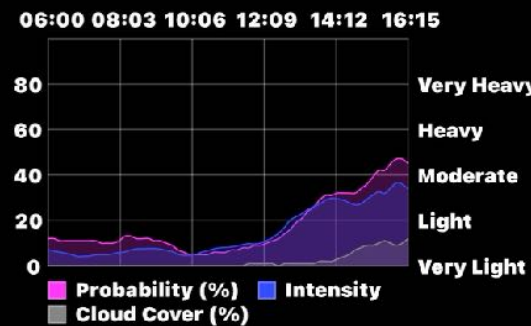
- 47% probability of light precipitation
- from the Epic Ride Weather app
- <http://epicrideweather.com>



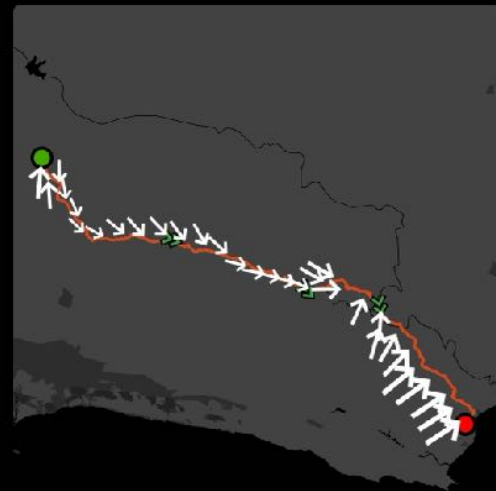
Temperature



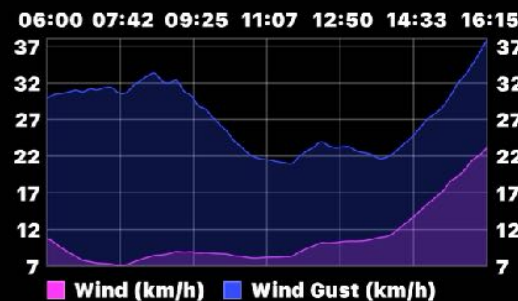
Precipitation and Cloud Cover



Wind Direction



Wind



Elevation



Wind Direction

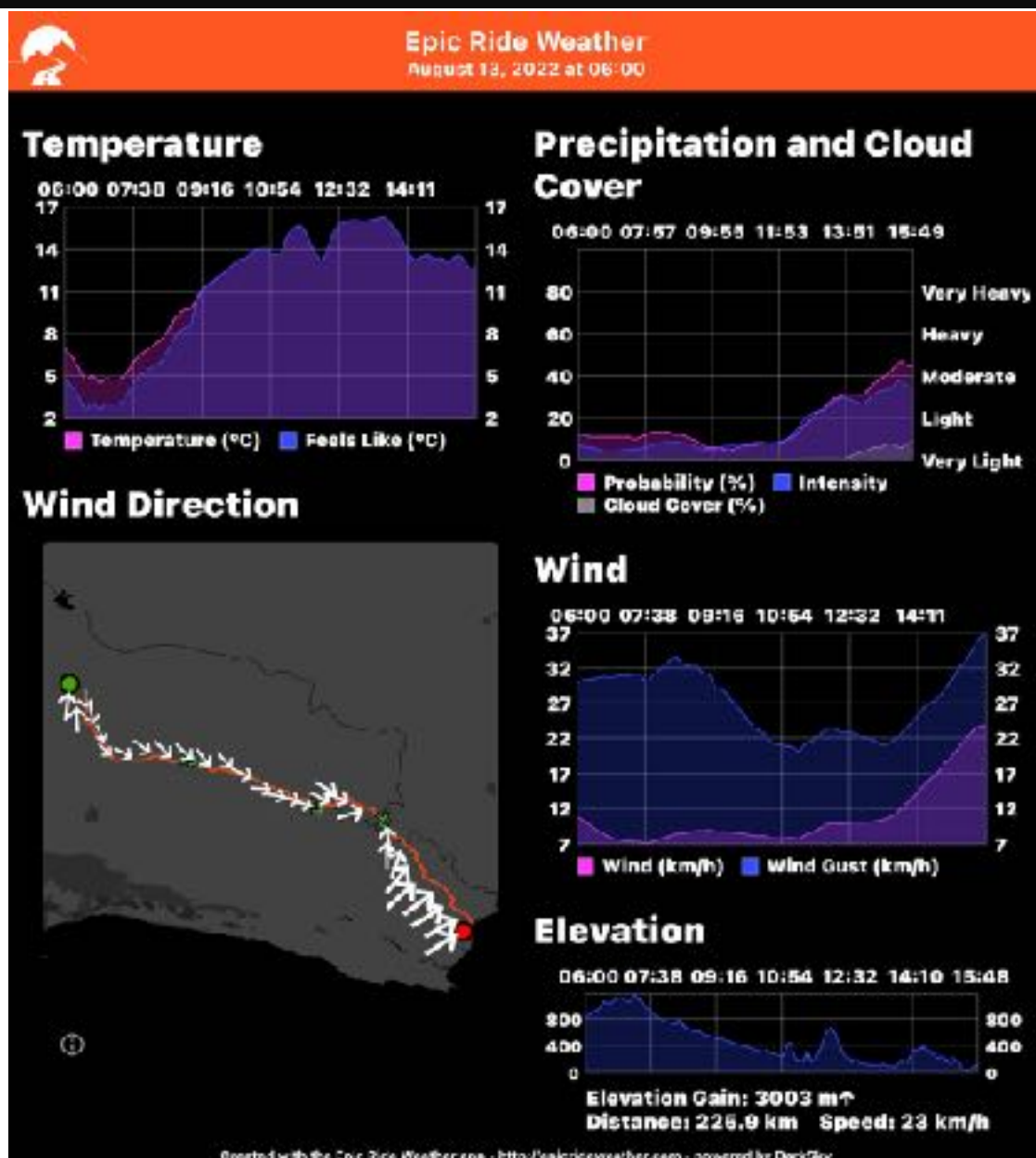
For a 11 Hour Baviaans Finish, you need an average speed of 21,61kmph



Ride forecast for August 13, 2022 at **06:00 @23kmph avg:**

- Temperature: **4.5°C to 16.2°C**, feels like **2.8°C to 16.2°C**
- Wind: **7.1 to 23.9 km/h**, with gusts up to **36.8 km/h**

- 47% probability of light precipitation
- from the Epic Ride Weather app
- <http://epicrideweather.com>



Wind Direction

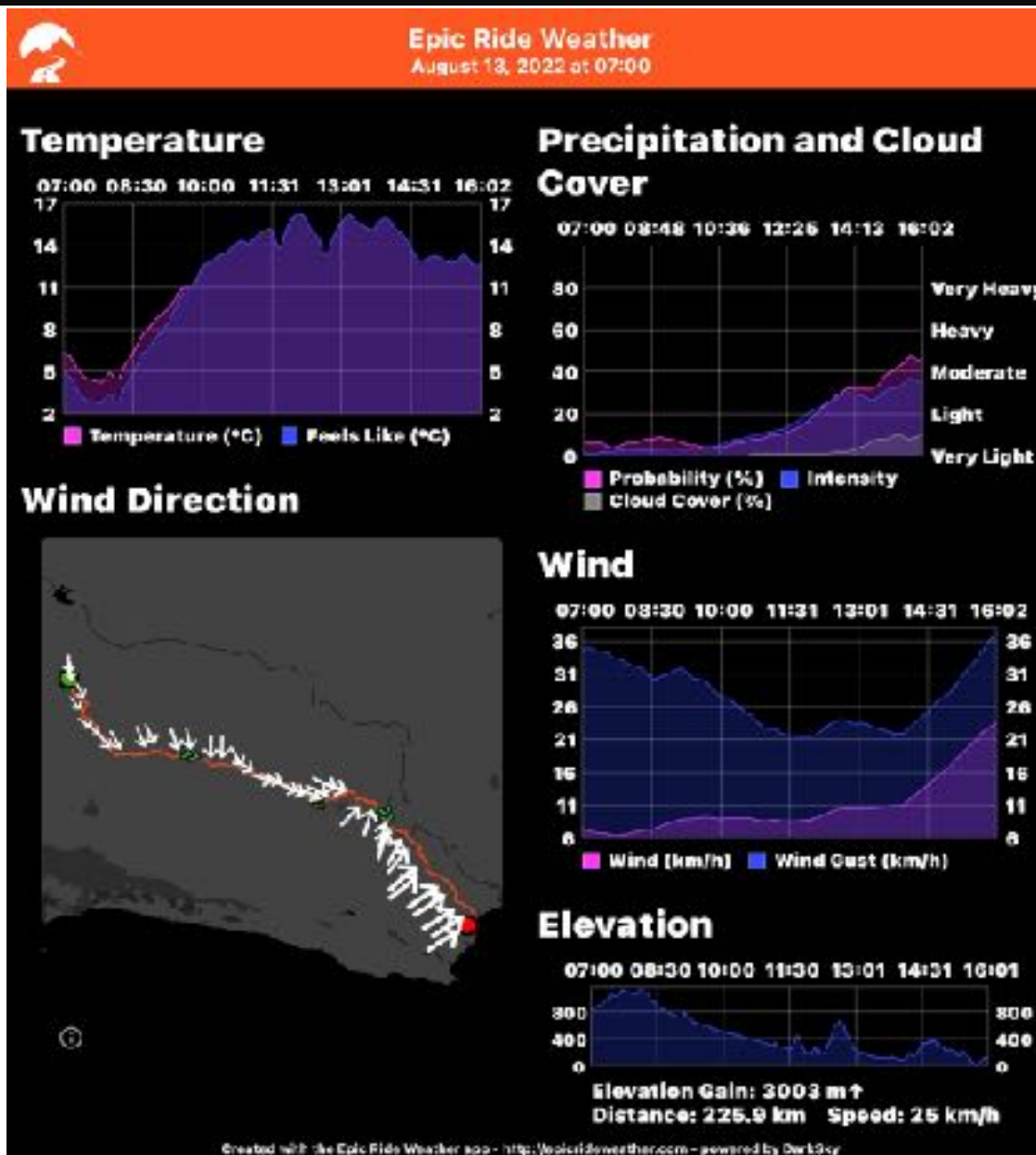
For a 11 Hour Baviaans Finish, you need an average speed of 21,61kmph



Ride forecast for August 13, 2022 at 07:00 @25kmph avg:

- Temperature: 4.3°C to 16.1°C, feels like 2.8°C to 16.1°C
- Wind: 6.4 to 23.6 km/h, with gusts up to 37.3 km/h

- 47% probability of light precipitation
- from the Epic Ride Weather app
- <http://epicrideweather.com>



Wind Direction

For a 10 Hour Bavians Finish, you need an average speed of 23,86kmph



JB ACTUAL TYD ANALISE 2017

TARGET = SUB 12 ure

Amptelike Tyd = 12ure en 42minute

“Moving” tyd = 11ure en 45minute

Total Stop tyd was 58 min

AVG Speed 17,7 kmph

AVG Moving Speed 19,2 kmph

Pace 3:23 min/km (Avg) 3:07 (Avg Moving)

AVG Heart Rate 148 BPM (Max 176 BPM)

Temperature: Conditions were horrible, Windy

AVG 10,5 Degrees

Min 6,0 Degrees

Max 17 Degrees

Calories = 8,163 C

Elevation = 2679 meters Ascent (Garmin 520)

Elevation = 3430 meters Descent

JB ACTUAL TYD ANALISE 2018

TARGET = SUB 12 ure

Amptelike Tyd = 11ure en 20minute

Moving” tyd = 10ure en 22minute

Total Stop tyd was 57 min (47 min & 10 min)

AVG Speed 19,7 kmph

AVG Moving Speed 21,8 kmph

Pace 3:03 min/km (Avg) 2:45 (Avg Moving)

AVG Heart Rate 141 BPM (Max 165 BPM)

Temperature: Conditions were Perfect

AVG 12,8 Degrees

Min 5,0 Degrees

Max 23 Degrees

Calories = 7,554 C

Elevation = 3007 meters Ascent (Garmin 1030)

Elevation = 3662 meters Descent