

RVO 2021 Schedule

10 day : 890 km : 13550 m ascent

5 day (A) : 403 km : 5100 m ascent

5 day (B) : 490 km : 8750 m ascent

3 day : 305 km : 5300 m ascent

v.10 Nov 2020

Stage 1		Laikipia to Laikipia		Start 08:00	
	Distance	Ascent	Sharp end	Tail end	
WP 1: Woodhenge	30 km	360 m	10:00	10:30	
WP 2: Kuki's	41 km	430 m	10:45	11:30	
Race camp	72 km	750 m	14:15	14:45	
Duration (hours)			5h45m	6h15m	
Stage 2		Laikipia to Lake Bogoria		Start 06:30	
	Distance	Ascent	Sharp end	Tail end	
WP 1: Coca-Cola	28 km	350 m	08:15	09:00	
WP 2: Village	47 km	815 m	09:43	11:00	
WP 3: USN	78 km	1030 m	11:45	13:30	
Race camp	95 km	1200 m	12:45	15:00	
Duration (hours)			5h45m	8h45m	
Stage 3		Lake Bogoria to Menengai Crater		Start 06:30	
	Distance	Ascent	Sharp end	Tail end	
WP 1: Coca-Cola	20 km	330 m	07:45	08:30	
WP 2: USN	57 km	1080 m	10:30	12:30	
WP 3: Coca-Cola	78 km	1240 m	12:00	14:30	
Race camp	103 km	1600 m	13:45	17:30	
Duration (hours)			7h15m	11h00m	
Stage 4		Menengai Crater to Lake Nakuru		Start 08:00	
	Distance	Ascent	Sharp end	Tail end	
WP 1: Coca-Cola	21 km	540 m	09:30	10:00	
WP 2: USN	40 km	880 m	10:45	12:00	
WP 3: Coca-Cola	63 km	1070 m	12:00	14:00	
Race camp	85 km	1200 m	13:30	15:45	
Duration (hours)			5h30m	7h45m	
Stage 5		Lake Nakuru National Park		Start 08:00	
	Distance	Ascent	Sharp end	Tail end	
WP 1: Coca-Cola	27 km	230 m	09:45	09:45	
Race camp	48 km	350 m	11:15	11:15	
Duration (hours)			3h15m	3h15m	
Stage 6A		Lake Nakuru to Lake Naivasha		Start 07:00	
	Distance	Ascent	Sharp end	Tail end	
WP 1: Coca-Cola	27 km	320 m	08:45	09:45	
WP 2: USN	59 km	1080 m	11:45	14:15	
WP 3: Coca-Cola	73 km	1130 m	12:45	15:30	
Race camp	95 km	1400 m	14:00	17:00	
Duration (hours)			6h30m	9h30m	
Stage 6B		Limuru to Lake Naivasha		Start 08:00	
	Distance	Ascent	Sharp end	Tail end	
WP 1-1: Coca-Cola	30 km	630 m	09:30	11:00	
WP 1-2: USN	54 km	1280 m	11:00	13:30	
WP 1-3: Coca-Cola	76 km	1590 m	12:15	15:15	
Race camp	100 km	1800 m	13:45	17:30	
Duration (hours)			5h45m	9h30m	
Stage 7		Lake Naivasha to Mt. Suswa Crater		Start 07:00	
	Distance	Ascent	Sharp end	Tail end	
WP 1: Coca-Cola	24 km	450 m	08:15	09:00	
WP 2: USN	71 km	1440 m	11:00	13:00	
Race camp	87 km	1750 m	13:00	16:00	
Duration (hours)			6h15m	10h00m	
Stage 8		Mt. Suswa Crater to Maji Moto		Start 06:30	
	Distance	Ascent	Sharp end	Tail end	
WP 1: Coca-Cola	30 km	490 m	08:00	08:45	
WP 2: USN	61 km	970 m	10:00	11:45	
WP 3: Coca-Cola	102 km	1600 m	12:30	16:30	
Race camp	119 km	1850 m	13:30	18:00	
Duration (hours)			7h00m	11h30m	
Stage 9		Maji Moto to Loita Hills		Start 06:30	
	Distance	Ascent	Sharp end	Tail end	
WP 1: Coca-Cola	30 km	850 m	08:15	09:00	
WP 2: USN	66 km	1420 m	10:15	12:00	
WP 3: Coca-Cola	95 km	2040 m	12:15	15:30	
Race camp	110 km	2200 m	13:15	17:30	
Duration (hours)			6h45m	11h00m	
Stage 10		Loita Hills to Maasai Mara		Start 07:00	
	Distance	Ascent	Sharp end	Tail end	
WP 1: Coca-Cola	27 km	615 m	08:15	09:00	
WP 2: USN	63 km	950 m	09:45	11:15	
Race camp	76 km	1250 m	10:30	12:30	
Duration (hours)			3h30m	5h30m	
Awards ceremony	19:00				
Sunday departure after breakfast (fly or drive to Nairobi)					
or					
Maasai Mara vacation for 2 nights staying in a luxury camp					