

TRANS LANTAU 100

Check Point	Distance (km)	Cold drinks	Hot drinks	Food
CP1: Chi Ma Wan 芝麻灣	6.7	Water, Electrolyte tabs (Hammer Endurolyte Fizz)		
CP2: Chi Ma Wan 芝麻灣	19.2	Water, Electrolyte tabs (Hammer Endurolyte Fizz), Coke		Dry fruits, Bread, Peanut butter, Nutella, Bananas, Oranges, Candies, crackers, cookies, Hammer energy gels.
CP3: Pak Kung Au 伯公坳	29.7	Water, Electrolyte tabs (Hammer Endurolyte Fizz), Coke		Bread, Peanut butter, Nutella, Bananas, Oranges, Congee, Ham, Cheese, Candies, Crackers, Dry fruits, Hammer energy gels.
CP4: Ngong Ping (Dong Shan Fa Mun) 昂平 (東山法門)	34.3	Water, Electrolyte tabs (Hammer Endurolyte Fizz), Coke	Coffee, Tea, Soup	Bread, Peanut butter, Nutella, Bananas, Oranges, Cup Noodles, Congee, Candies, Crackers, Dry fruits, Hammer energy gels.
CP5: Kau Ling Chung 狗嶺涌	44.4	Water, Electrolyte tabs (Hammer Endurolyte Fizz), Coke		Bread, Peanut butter, Jam, Nutella, Bananas, Oranges, Ham, Cheese, Candies, Crackers, Dry fruits, Hammer energy gels.
CP6: Tai O I 大澳學校	56.9	Water, Electrolyte tabs (Hammer Endurolyte Fizz), Coke	Coffee, Tea, Soup	Bread, Peanut butter, Jam, Nutella, Bananas, Oranges, Cup noodles, Ham, Cheese, Candies, Crackers, Dry fruits
CP7: Ngong Ping (Dong Shan Fa Mun) 昂平 (東山法門)	75.0	Water, Electrolyte tabs (Hammer Endurolyte Fizz), Coke	Coffee, Tea, Soup	Bread, Peanut butter, Nutella, Bananas, Oranges, Cup Noodles, Congee, Candies, Crackers, Dry fruits, Hammer energy gels.
CP8: Pak Hung Au 伯公坳	87.7	Water, Electrolyte tabs (Hammer Endurolyte Fizz), Coke		Bread, Peanut butter, Nutella, Bananas, Oranges, Ham, Cheese, Candies, Crackers, Dry fruits.
CP9: Pak Mong 白芒	97.4	Water, Electrolyte tabs (Hammer Endurolyte Fizz), Coke	Coffee, Tea, Soup	Bread, Peanut butter, Jam, Nutella, Bananas, Oranges, Cup Noodles, Candies, Crackers, Dry fruits.
Finish	102.6	Water	Coffee, Tea, Soup	Ham & Cheese

Energy Gel



Electrolyte tabs

