

Blue Nile Gorge Time Trial 1360 m climbing over 20.05 km

Record Holders

Men	2012	Pål Fritsvold	Norway	1:17:59	= 15.42 km/h average
Women	2010	Gisela Gartmair	Germany	1:42:00	Timing to nearest minute
	2014	Ina de Visser	Netherlands	1:42:22	Timing to the second

Other Fastest Times & Gorge Time Trial Winners

Men	2009	Allan Benn	South Africa	1:19:30	
	2014	Alex Percival	South Africa	1:19:57	Staff Record
	2013	Pål Fritsvold	Norway	1:22:03	
	2012	Raffael Schrof	Germany	1:23:50	
	2012	Douglas Percival	South Africa	1:24:30	Staff
	2011	Paul Wolfe	Canada	1:27:00	
	2013	Pascal Duquette	Canada	1:27:33	
	2010	Eric Dufour	Canada	1:28:00	
	2015	Mike Lantz	USA	1:34:16	
	2008	Jos Kaal	Netherlands	1:36:00	Partially paved
	2007	Chris Maund	UK	1:39:00	Partially paved
	2016	Cohen Hocking	Canada	1:40:04	
	2006	Matthew Caretti	USA	1:47:00	Unpaved
	2005	Kim Bremer	Denmark	1:52:00	Unpaved
	Women	2009	Taryn Laurie	South Africa	1:44:30
2016		Katja Steenkamp	South Africa	1:53:14	
2014		Jennilea Hortop	Canada	2:01:52	
2011		Tori Fahey	Canada	2:08:00	
2007		Eva Nijssen	Netherlands	2:11:00	Partially paved
2014		Helen Salvestrin	Australia	2:21:50	
2012		Femke Nelissen	Netherlands	2:24:56	
2015		Laura Harris	UK	2:36:20	

The Longest Day 207 km - Ghanxi Botswana to Namibia Border

Record Holders

Men	2012	Raffael Schrof	Germany	5:41:00
Women	2014	Ina de Visser	Netherlands	5:57:58

Other Fastest Times

Men	2012	Bryce Walsh	USA	5:41:15
	2008	Jos Kaal	Netherlands	5:46:00
	2012	Jonathan Cowan	UK	5:51:00
	2010	Jethro de Decker	South Africa	5:53:00
	2014	David Grosshans	Germany	5:57:56
Women	2010	Gisela Gartmair	Germany	6:23:00
	2012	Femke Nelissen	Netherlands	6:39:00
	2011	Tori Fahey	Canada	7:06:00