

毅行者 - 建議時間表 Trailwalker – Suggested Timetable

由起點至各檢查站所需時間										Estimated walking time from Start to each check point
預計之完成時間 Estimated Finish Time	CP1	CP2	CP3	CP4	CP5	CP6	CP7	CP8	CP9	完成時間 Actual Finish Time
小時 15 HOURS	2hrs 20m	3hrs 35m	5hrs 15m	7hrs 20m	8hrs 50m	9hrs 45m	11hrs 35m	12hrs 55m	14hrs	小時 15hrs
小時 20 HOURS	3hrs 00m	4hrs 35m	6hrs 55m	10hrs 00m	12hrs 00m	13hrs 10m	15hrs 10m	16hrs 55m	18hrs 40m	小時 19hrs 55m
小時 25 HOURS	3hrs 15m	5hrs 05m	8hrs 05m	11hrs 20m	13hrs 40m	15hrs 20m	17hrs 50m	19hrs 45m	22hrs 15m	小時 24hrs 35m
小時 30 HOURS	4hrs 10m	6hrs 25m	10hrs 05m	14hrs 05m	17hrs 05m	19hrs 05m	22hrs 20m	24hrs 50m	27hrs 20m	小時 29hrs 50m
小時 35 HOURS	4hrs 30m	7hrs	11hrs	16hrs	19hrs 15m	21hrs 30m	25hrs	28hrs	30hrs 45m	小時 33hrs 30m
小時 40 HOURS	5hrs 00m	8hrs	12hrs 30m	19hrs	22hrs 30m	25hrs	29hrs	32hrs 30m	35hrs 30m	小時 38hrs 30m
小時 45 HOURS	6hrs 00m	9hrs 15m	14hrs 00m	21hrs 30m	25hrs 30m	28hrs 10m	34hrs 10m	38hrs 10m	41hrs 30m	小時 44hrs 50m

Remarks: a) CP – 檢查站

b) “hrs” - 小時 Hours, “m” - 分鐘 minutes