

STAGE 1 : Å - LEKNES

Jeudi 15 août 2019

Distance : 182 km

ITINERAIRE HORAIRE

Start meeting point :

Start of the Caravan :

Signing-in :

Roll-call :

Neutralised start :

Race start :

Kilomètres		ITINERAIRE			Horaire		
A parcourir	Total				Moyenne course		
					44 km/h	42 km/h	40 km/h
		NORVEGE					
			Å	Départ fictif	13:30	13:30	13:30
182,0	0,0	E10	Å	Départ réel	13:40	13:40	13:40
181,5	0,5		Seljitunnelen (1070m)		13:41	13:41	13:41
178,5	3,5		Ramsvik tunnelen (470m)		13:45	13:45	13:45
175,0	7,0		SAKRISØY		13:50	13:50	13:51
173,5	8,5		HAMNØY		13:52	13:52	13:53
173,0	9,0		Hamnøy tunnelen (50m)		13:52	13:53	13:54
168,5	13,5		Fjøstaen tunnelen (1600m)		13:58	13:59	14:00
165,0	17,0		MØLNARODDEN		14:03	14:04	14:06
162,5	19,5		MØRKVEDEN		14:07	14:08	14:09
160,5	21,5		STRØMSNES		14:09	14:11	14:12
154,0	28,0		RAMBERG		14:18	14:20	14:22
147,0	35,0		BØ		14:28	14:30	14:33
138,5	43,5		VAREID		14:39	14:42	14:45
134,5	47,5		NAPP		14:45	14:48	14:51
130,5	51,5		KOM SUMMIT		14:50	14:54	14:57
128,5	53,5		OFFERSØY		14:53	14:56	15:00
126,5	55,5		STOREIDET		14:56	14:59	15:03
125,0	57,0		Crossroads E10-R818		14:58	15:01	15:06
123,5	58,5	Storeidmyra	LEKNES		15:00	15:04	15:08
122,0	60,0	Storgata	Crossroads Storgata - Torhaugen		15:02	15:06	15:10
121,0	61,0		Crossroads Bedehusbakken - Fygleveien		15:03	15:07	15:12
120,5	61,5	Fygleveien	Crossroads Fygleveien - R815		15:04	15:08	15:12
117,5	64,5	R815	HAGSKARET summit		15:08	15:12	15:17
115,0	67,0		Crossroads R815 - Steinveien		15:11	15:16	15:21
112,0	70,0	Steinveien	STEINE		15:15	15:20	15:25
107,5	74,5		STAMSUND		15:22	15:26	15:32
103,0	79,0	R817	FEEDING ZONE - TBC		15:28	15:33	15:39
101,0	81,0		Crossorads R817 - R815		15:30	15:36	15:42
99,5	82,5	R815	JUSTAD		15:33	15:38	15:44
95,5	86,5		ROLVSFJORD		15:38	15:44	15:50
87,5	94,5		VALBERG		15:49	15:55	16:02
85,5	96,5		STOKKEVIKA		15:52	15:58	16:05
81,5	100,5		DAL		15:57	16:04	16:11
79,5	102,5		HORN		16:00	16:06	16:14

77,5	104,5		VIKORDA		16:03	16:09	16:17
76,0	106,0		MOLNA		16:05	16:11	16:19
72,0	110,0		SMORTEN		16:10	16:17	16:25
70,5	111,5		Crossroads R815 - E10		16:12	16:19	16:27
68,0	114,0	E10	HAUGEN		16:15	16:23	16:31
66,5	115,5		GRUNNSTAD		16:18	16:25	16:33
64,5	117,5		LYNGEDAL		16:20	16:28	16:36
59,5	122,5		STEIRA		16:27	16:35	16:44
58,0	124,0		KNUTSTAD		16:29	16:37	16:46
53,5	128,5		TORVDALEN summit		16:35	16:44	16:53
51,0	131,0		TORVDALEN		16:39	16:47	16:57
50,0	132,0		SLETTENG		16:40	16:49	16:58
47,0	135,0		BORG		16:44	16:53	17:03
28,5	153,5		STOREIDET		17:09	17:19	17:30
27,5	154,5		Crossroads E10-R818		17:11	17:21	17:32
26,0	156,0	Storeidmyra	LEKNES		17:13	17:23	17:34
24,5	157,5	Storgata	Crossroads Storgata - Torhaugan		17:15	17:25	17:36
23,5	158,5		Crossroads Bedehusbakken - Fygleveien		17:16	17:26	17:38
22,5	159,5	Fygleveien	Crossroads Fygleveien - R815		17:18	17:28	17:39
20,0	162,0	R815	HAGSKARET summit		17:21	17:31	17:43
18,0	164,0		Crossroads R815 - Finnstadveien		17:24	17:34	17:46
14,0	168,0	Finnstadveie	SENNESVIK		17:29	17:40	17:52
12,0	170,0		Crossroads Finnstadveien - Einangen		17:32	17:43	17:55
6,0	176,0	Ramsikveien	Crossroads Ramsikveien - R815		17:40	17:51	18:04
4,5	177,5	R815	Crossroads R815 - E10		17:42	17:54	18:06
2,0	180,0		Crossroads E10 - R		17:45	17:57	18:10
2,0	180,0		Crossroads R - Storedmyra		17:45	17:57	18:10
0,0	182,0	Storgata	LEKNES	Arrivée	17:48	18:00	18:13

Finish line :

Width :

Doping test :

Race HQ / Media room :

Distance from the finish line :