

## STAGE 1 : Å - LEKNES

Jeudi 15 août 2019

Distance : 181 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
<b>NORVEGE</b>							
			Å	Départ fictif	13:30	13:30	13:30
181,0	0,0	E10	Å	Départ réel	13:40	13:40	13:40
180,5	0,5		Selljelitunnelen (1070m)		13:41	13:41	13:41
177,5	3,5		Ramsvik tunnelen (470m)		13:45	13:45	13:45
174,0	7,0		SAKRISØY		13:49	13:50	13:50
172,5	8,5		HAMNØY		13:51	13:52	13:53
172,0	9,0		Hamnøy tunnelen (50m)		13:52	13:53	13:53
167,5	13,5		Fjøstaen tunnelen (1600m)		13:58	13:59	14:00
164,0	17,0		MØLNARODDEN		14:03	14:04	14:05
161,5	19,5		MØRKVEDEN		14:06	14:07	14:09
159,5	21,5		STRØMSNES		14:09	14:10	14:12
153,0	28,0		RAMBERG		14:17	14:19	14:21
146,0	35,0		BØ		14:27	14:29	14:32
142,0	39,0		KILAN		14:32	14:35	14:38
137,5	43,5		VAREID		14:38	14:41	14:44
133,5	47,5		NAPP		14:43	14:47	14:50
127,5	53,5		OFFERSØY		14:52	14:55	14:59
125,5	55,5		STOREIDET		14:54	14:58	15:02
124,0	57,0		Crossroads E10-R818		14:56	15:00	15:04
122,5	58,5	Storeidmyra	LEKNES		14:58	15:02	15:07
121,5	59,5	Storgata	LEKNES (1st crossing of the finish line)	<b>S</b>	15:00	15:04	15:08
121,5	59,5		Crossroads Storgata - Idrettsgata		15:00	15:04	15:08
121,0	60,0	Idrettsgata	FYGLE		15:00	15:04	15:09
117,0	64,0	R815	HAGSKARET summit	<b>2</b>	15:08	15:13	15:17
114,5	66,5		Crossroads R815 - Steinveien		15:11	15:16	15:20
111,5	69,5	Steinveien	STEINE		15:15	15:20	15:25
107,0	74,0		STAMSUND		15:21	15:26	15:31
103,0	78,0	R817	WASTE ZONE		15:27	15:32	15:37
102,5	78,5		FEEDING ZONE		15:27	15:32	15:38
102,5	78,5		FEEDING ZONE - TBC		15:27	15:32	15:38
100,5	80,5		Crossroads R817 - R815		15:30	15:35	15:41
99,0	82,0	R815	JUSTAD		15:32	15:37	15:43
95,0	86,0		ROLVSFJORD		15:37	15:43	15:49
87,0	94,0		VALBERG		15:48	15:54	16:01
85,0	96,0		STOKKELVIKA		15:51	15:57	16:04

81,0	100,0		DAL		15:56	16:03	16:10
79,0	102,0		HORN		15:59	16:05	16:13
77,0	104,0		VIKORDA		16:01	16:08	16:16
75,5	105,5		MOLNA		16:03	16:10	16:18
71,5	109,5		SMORTEN		16:09	16:16	16:24
70,0	111,0		Crossroads R815 - E10		16:11	16:18	16:26
67,5	113,5	E10	HAUGEN		16:14	16:22	16:30
66,0	115,0		GRUNNSTAD		16:16	16:24	16:32
63,5	117,5		LYNGEDAL		16:19	16:27	16:36
59,0	122,0		STEIRA		16:25	16:34	16:43
57,5	123,5		KNUTSTAD		16:27	16:36	16:45
53,0	128,0		TORVDALEN summit	2	16:35	16:43	16:53
50,5	130,5		TORVDALEN		16:37	16:46	16:55
49,5	131,5		SLETTENG		16:39	16:47	16:57
46,5	134,5		BORG		16:43	16:52	17:01
44,5	136,5		LILAND		16:45	16:54	17:04
30,0	151,0		Crossing - E10		17:05	17:15	17:26
28,0	153,0		STOREIDET		17:07	17:18	17:29
27,0	154,0		Crossroads E10-R818		17:09	17:19	17:30
25,5	155,5	Storeidmyra	LEKNES		17:11	17:21	17:32
24,5	156,5	Storgata	LEKNES (2nd crossing of the finish line)	S	17:12	17:23	17:34
24,5	156,5		Crossroads Storgata - Idrettsgata		17:12	17:23	17:34
23,5	157,5	Idrettsgata			17:13	17:24	17:35
23,5	157,5		FYGLE		17:13	17:24	17:35
22,5	158,5	Fygleveien	Crossroads Fygleveien - R815		17:15	17:25	17:37
20,0	161,0	R815	HAGSKARET summit	2	17:21	17:31	17:43
18,0	163,0		Crossroads R815 - Finnstadveien		17:23	17:33	17:45
14,0	167,0	Finnstadveie	SENNESVIK		17:28	17:39	17:51
12,0	169,0		Crossroads Finnstadveien - Einangen		17:31	17:42	17:54
10,5	170,5	Einangen	EINANGEN	S	17:33	17:44	17:56
5,5	175,5	Ramsikveien	Crossroads Ramsikveien - R815		17:39	17:51	18:03
4,0	177,0	R815	Crossroads R815 - E10		17:41	17:53	18:06
3,0	178,0		STOREIDET		17:43	17:54	18:07
2,0	179,0		Crossroads E10 - R		17:44	17:56	18:09
2,0	179,0		Crossroads R - Storeidmyra		17:44	17:56	18:09
0,0	181,0	Storgata	LEKNES		17:47	17:59	18:12

Finish line :

Width :

Doping test :

Race HQ / Media room :

Distance from the finish line :