

Ladies Tour of Norway

15th. to 17th. of August 2014

UCI international cat. 2.2

LADIES TOUR

OF NORWAY



Organization

UCI specific regulation

- Article 1. Organisation
- Article 2. Type of event
- Article 3. Participation
- Article 4. Race Headquarters
- Article 5. Starting order prologue
- Article 6. Radio Tour
- Article 7. Neutral technical support
- Article 8. Time Bonus
- Article 9. Time limits
- Article 10. Classifications
- Article 11. Prizes
- Article 12. Anti-doping
- Article 13. Award ceremony
- Article 14. Penalties
- Article 15. Riders abandoning the race
- Article 16. Team cars
- Article 17. Alterations
- Article 18. Feeding
- Article 19. Race numbers
- Article 20. Time keeping/Transponder Emit system
- Article 21. Dangerous Spots
- Article 22. Hospital

Special instructions

Maps and basic info Prologue

Maps and basic info Stage 1

Maps and basic info Stage 2

Arena map

Route description and time schedule

ORGANIZATION

	Name	Phone
Race Director	Roy Moberg	+ 47 90649339
Race Leader	Heidi Stenbock-Haakestad	+47 92804203
Ass. Race leader/ Technical coordinator	Marie Ommundsen	+47 95275270
Headquarters manager	Björg Hvideberg Inger Lise Ramstad	+47 90625727
Security/route manager	Bjørn-Erik Nyrod	+47 99272702
Route manager assist	Ole Petter Buckholm	
Marshall manager	Tore Listou	+47 92246082
Caravan/communication manager	Anders Stenbock-Haakestad	+47 90604609
Arena manager	Torjus Larsen	+47 90747472
Race doctor	Astrid Sørbrøden Breda	+47 92688560
Speaker	Christer Torp Anita Valen	
Accommodation manager	Lise Brække	+47 90784420
Time keeper/ photo finisher	Rune Torkildsen	+47 91729686
Press/web	Martin Vestby Per Erik Mæhlum	+47 91853903 +47 94369986
Sponsor manager	Roy Moberg	+47 90649339
Radio Tour	Skjalge Kraglund	
Tv-Producer	Huldra film/Harald Omland Omni Production/Trond Atle Bokerød	+47 90833263 +47 90775164
MC-manager	Jon Olav Ødegaard	+47 91306965
Antidoping	Lise Brække	+47 90784420

Commissaires

President of the Commissaires panel	Michael Andersson	SWE
Member of jury	Kenneth Simensson	SWE
Member of jury	Tor Arne Oltedal	NOR
Time keeper	Lisbet Johansen	NOR
Finish jugde	Amund Klem Rønning	NOR
MC judge	Søren Knudsen	DEN
Ass.com:	Bjørn Birkeland	NOR
	Pål Gulliksen	NOR

Team and organization hotels 15.-17. August 2014

Thon Hotel

Langbrygga 1, 1767 Halden

Tel: + 47 69 21 33 00

halden@thonhotels.no

GPS: 59.119059°N , 11.386458°E

Teams:

Hitec Products	Orica
Rabo Liv	Specialized
Estado de Mexicofaren	Servetto Footton

Fredriksten festningshotell

Generalveien 25, 1769 Halden

Tel: +47 92 86 47 97

post@kaserna.no

GPS: 59. 116333”N, 11.394532”E

Teams:

Bigla	German National team
Estonian National team	Ladies tour-mix
Team Rytger	Tibco to the top
TopSport	Team BMS Ladies
CK Viktoria	Team Crescent Dare Mix
Maxx Solar	

Grand Hotel Halden

Jernbanetorget 1

1767 Halden

Tel +47 69 18 72 00

Epost: grand@bestwestern.no

www.grandhotell.net

UCI Specific regulation

Article 1. Organisation

The 1th edition of Ladies Tour of Norway is organized by Ladies Tour of Norway AS under the regulations of the International Cycling Union.

Is to be held from August 15th to August 17th 2014.

Article 2. Type of Event

The event is classified as an UCI cat. 2.2 event, and is open to athletes of Women Elite category. In conformity with the UCI regulations, points are awarded as follows: 40, 30, 16, 12, 10, 8, 6, 3, 2 & 1 points to the first 10 finishers in the General Classification by time. 8, 5, 3, 2 & 1 points to the five first finishers on the prologue and stages.

Wearing the race leader's jersey awards 4 points pr stage.

Article 3. Participation

As per article 2.1.005 of the UCI regulations the event is open to the following teams:

- UCI women's teams
- National teams⁽¹⁾
- Regional and club teams⁽¹⁾
- Mixed teams

(1) Women of the second year of junior may be included in these teams, provided they have authorization from the national federation that issued their license.

Number of riders per Team is a maximum of 6 and a minimum of 4.

Article 4. Race headquarters

Thursday 14th: at Thon Hotel Halden GPS: 59.118923, 11.386415.

Open from 17.00-20.30. Only information.

Friday 15th: at Thon Hotel Halden GPS: 59.118923, 11.386415.

Open from 12.00-21.30.

Collection of start numbers, rider registration and license check
from 13.00- 14.30

Saturday 16th: Before start at Thon Hotel GPS: 59.118923, 11.386415.

Open in Halden from 09.30-10.30

At start in Strömstad GPS: 58.931341, 11.186701.

Open in Strömstad from 12.30-14.30

At finish Thon Hotel GPS: 59.118923, 11.386415.

Open in Halden from 16.00-19.30

Sunday 17th: at start/finish Fredriksten Fortress 59 GPS: 120360, 11.400768

Open from 08.30- end of event.

Article 5. Starting order prologue

The organizers will at random draw the starting order for each participating team. The start order will then be repeated six times. Team managers will register their riders in preferred starting order in the race HQ at the same time as license control.

Start intervals: 1min between each rider.

Article 6. Radio Tour

Race information will be broadcasted on following frequency: 168.600000 mhz. Broadcasted in English.

Article 7. Neutral technical support

The neutral support is taken care of by two cars.

Article 8. Time Bonus

Time bonuses will be awarded as follows:

At the finish of the stage; seconds will be awarded to the first six: 10 - 6 - 4 seconds.

Article 9. Time limits

Taking into account the characteristics of each stage the time limits has been set as follows:

Prologue

Stage 1 – 12%

Stage 2 – 12%

The time limit may, in exceptional circumstances, be increased by the Commissaires' Panel in agreement with the organizer according to article 2.6.032.

Article 10. Classifications

The following classifications will be issued:

Individual classification by time:

The Individual General Classification on time is established by adding up the times recorded for stages, taking into account bonuses and penalties – article 2.6.014. The leader of individual classification wears a leader's jersey.

If two or more competitors are equal on time, any fraction of seconds recorded during the prologue is added to the total time in order to separate the riders. If the riders still cannot be separated: their positions are decided adding up their placing on each stage. As a final resort, their placing in the latest stages is considered.

Individual Points Classification:

The Individual Points Classification is established by adding up points won in intermediated sprints or in final sprint. The leader of the sprints classification wears the green jersey.

In the event of a tie in the general individual classification by points, the following criteria shall be applied in order until the riders are separated:

1. number of stage wins;
2. number of wins in intermediate sprints counting for the general classification on points;
3. general individual classification by time.

Individual Climber's Classification:

The Individual Climber's Classification is established by adding up points won in intermediated hill sprints. The leader of the hill sprints classification wears the polka dot jersey.

In the event of a tie in the general individual mountains classification, the following criteria shall be applied in order until the riders are separated:

1. number of first places in the highest category climbs;
2. number of first places on climbs in the next inferior category and so on;
3. general individual classification by time

The rider with the best time at turning point in the Prologue is to wear the Climber's Jersey at Stage 1.

Best Young Rider Classification

Best Young Rider Classification on time is established by adding up the times recorded for stages, taking into account bonuses and penalties.

The rider will be in this classification if born 01.01.1991 or later.

If two or more competitors are equal on time, any fraction of seconds recorded during the prologue is added to the total time in order to separate the riders. If the riders still cannot be separated: their positions are decided adding up their placing on each stage. As a final resort, their placing in the latest stages is considered.

Best Team Classification

The team classification for the day shall be calculated on the basis of the sum of the three best individual times from each team except the team time trial that is governed by the specific regulation of the event. In the event of a tie, the teams shall be separated by the sum of the places acquired by their three best times on the stage. If the teams are still tied, they shall be separated by the placing of their best rider on the stage classification.

The team general classification shall be calculated on the basis of the sum of the three best individual times from each team in each stage ridden. In the event of a draw, the following criteria shall be applied in order until the teams are separated:

1. number of first places in the daily team classifications;
2. number of second places in the daily team classifications; etc.

If there is still a draw, the teams shall be separated by the placing of their best rider in the general individual classification.

Any team reduced to fewer than three riders shall be eliminated from the general team classification.

Bonus seconds will not be taken into account.

In general:

Race classification jerseys must be worn in the following stage. Where the rider holds more than one jersey at the same time, the jersey to be worn shall be that with highest ranking as indicated above and the lesser jersey shall be worn by the second placed rider in the classification, and so on.

The rider who carries one of the classification jerseys may put on advertising for her team's principal partner(s) at the rectangle in front and back.

Article 11. Prizes

A total amount of 4480 EUR will be awarded in prize money at the event.

Article 12. Anti-Doping

The UCI anti-doping regulations are entirely applicable to the event. Moreover, and in conformity with the law of Norway, the Norwegian anti-doping legislation is applicable in addition to the UCI anti-doping regulations.

The anti-doping testes will take place in the race head quarters at Thon Hotel at the prologue and stage 1. At stage 2 it will take place in the start/finish area. Riders that need to present themselves for doping test will be announced on board at the finish line.

Article 13. Award ceremony

In accordance with UCI regulations the following riders must attend the official awards ceremony:

- The first of the stage
- The leader in General Classification after stage
- Leader of Point's Classification Jersey
- Leader of Climber's Classification Jersey
- Best Young Rider
- The winner of the Boarder Sprint Stage 1

Moreover, at the general finish of the event, the following riders must also present themselves at the final award ceremony:

- The first 3 of event
- The winner of the Points Classification Jersey
- The winner of the Climbing Classification Jersey
- Best Young Rider overall
- Best team overall

Article 14. Penalties

The UCI scale of penalties is the only one applicable.

Article 15. Riders abandoning the race

Riders who abandon the race shall immediately remove their race-numbers and deliver these to a commissaire or the "broom wagon", unless the rider is starting the next stage.

Article 16. Team cars

All the vehicles driving in the caravan are restricted to a maximum height of 1.66m (art. 2.2.032).

Driving order will be set at the Team Managers meeting.

Only one vehicle per team will be permitted to circulate at race level.

Article 17. Alterations

If it is necessary to alter any arrangements for the race, the President of the Commissaire's Panel and the Race Direction will make these decisions.

Article 18. Feeding

All static feeding must take place on the right side of the road (UCI art. 2.3.026).

Feeding zones will be listed at the route description and maps.

Feeding from car will be decided by the commissaires at Team managers meeting.

Article 19. Race numbers

Each rider shall wear two body numbers and one frame number at each stage, except the prologue; where one body number will be sufficient.

It is strictly forbidden to fold, cut or mutilate the race numbers in any way.

Article 20. Time keeping/Transponder Emit system

Information about time transponders will be given at the race HQ/Permanence on August 15th when picking up the race numbers.

The time transponders must be returned to the race HQ after the finish of stage 3.

Article 21. Dangerous spots

Dangerous spots are marked with yellow flags and/or red cones, eventually also safety guard with yellow flag and whistle. Competitors are expected to be careful at these spots.

Article 22. Hospital

Sykehuset Østfold, Fredrikstad

Cicignongata 19

1606 Fredrikstad

GPS: 59.285821, 11.109527

EMERGENCY NUMBER: 113

SPECIAL INSTRUCTIONS

Last 1000m

The last 1000m will be marked with a triangle or signs with a red triangle.

Sprints

Intermediate sprints will be marked with 1k, 500m and 0 to go.

Points in the Points Classification:

Intermediate sprint points will be awarded to the first three: 5-3-1 points.

Finish sprint points will be awarded to the first six: 10-6-4-3-2-1 points.

Points in the Climber's Classification:

Hill sprint points will be awarded to the first three: 3-2-1 points.

The rider with the best time at turning point in the Prologue is to wear the Climber's Jersey at Stage 1.

Mekanisk Service Boarder Sprint

Sprint at the first crossing of the border between Sweden and Norway at stage 1.

This sprint is not included in any of the classifications. The winner is awarded Mekanisk Service jersey and the amount of €100.

The winner of the Mekanisk Service jersey shall wear this on the podium after Stage 1 and at sign-in for Stage 2, but not during the race Stage 2.

Race results

Race results will be distributed from the Permanence as soon as possible after each stage, at all official hotels and the organizers web page: www.ladiestour.no.

Communication equipment

Radios will be pre-installed in all organizer-cars.

Hand-held radios will be issued on Friday 16 August at the Permanence hotels for teams without radios and other race units. Radios will be individually signed for and are the responsibility of the holder, and must not be interchanged or loaned out at any time.

Team Managers Meeting

Team Managers Meeting will be held on Thon Hotel Halden Friday 15th at 15.00.

Time of start for each stage

Prologue at 18.30

Stage 1 at 14.30

Stage 2 at 11.00

Stage sign-in

Prior to each stage, riders must be available for sign-in in the start area from. Time for sign-in will be from 60min to 15 min before start. "

Details regarding sign-in will be given at Team Managers meeting.

Collection of prizes

All prizes can be collected for each team by the Team Manager at Sunday 17th at the end of the event.

Collection of start numbers

Team Managers can collect starting numbers in race HQ from 13.00-14.30. In this period of time there will also be final rider registration for the prologue and license control.

JERSEYS AND PRIZE MONEY

	Prologue	Stage 1	Stage 2	General classification
1st	€120	€200	€200	€300
2nd	€90	€115	€115	€175
3rd	€60	€90	€90	€135
4th	€50	€75	€75	€115
5th	€40	€60	€60	€90
6th	€40	€60	€60	€90
7th	€40	€60	€60	€90
8th	€40	€60	€60	€90
9th	€40	€60	€60	€90
10th	€40	€60	€60	€90
11th	€30	€30	€30	€45
12th	€30	€30	€30	€45
13th	€30	€30	€30	€45
14th	€30	€30	€30	€45
15th	€30	€30	€30	€45
Total	€710	€990	€990	€1490

Leader in the General Classification wears the yellow Atea Jersey.

Leader of Point's Classification wears the green Teknotherm Marine Jersey.

Leader of Climber's Classification wears the polka dot Hitec Products Jersey

Leader of the Young Rider Classification wears the white Berg Sparebank Jersey.

The winner of each jersey is awarded an exclusive KostaBoda platter in the respectively color of the jersey.



Winner of each stage will, in addition to the money prize, be awarded a handmade vase from Wik&Walsøe.

Winning team of the final Team Classification is awarded €200.

Responsible driving

Switch on your lights.

Low-beam headlights are required at all times (even if your vehicle is equipped with daytime running lights).

Always wear a seatbelt. Seatbelts are mandatory for occupants both in front and back seats of the vehicle.

Check your speed: 30kph or 50kph max in built-up areas, dependent on signs, 50kph max on stretches of road where there are large numbers of spectators. 80kph max outside built-up areas, even if there are few spectators.

Prohibited

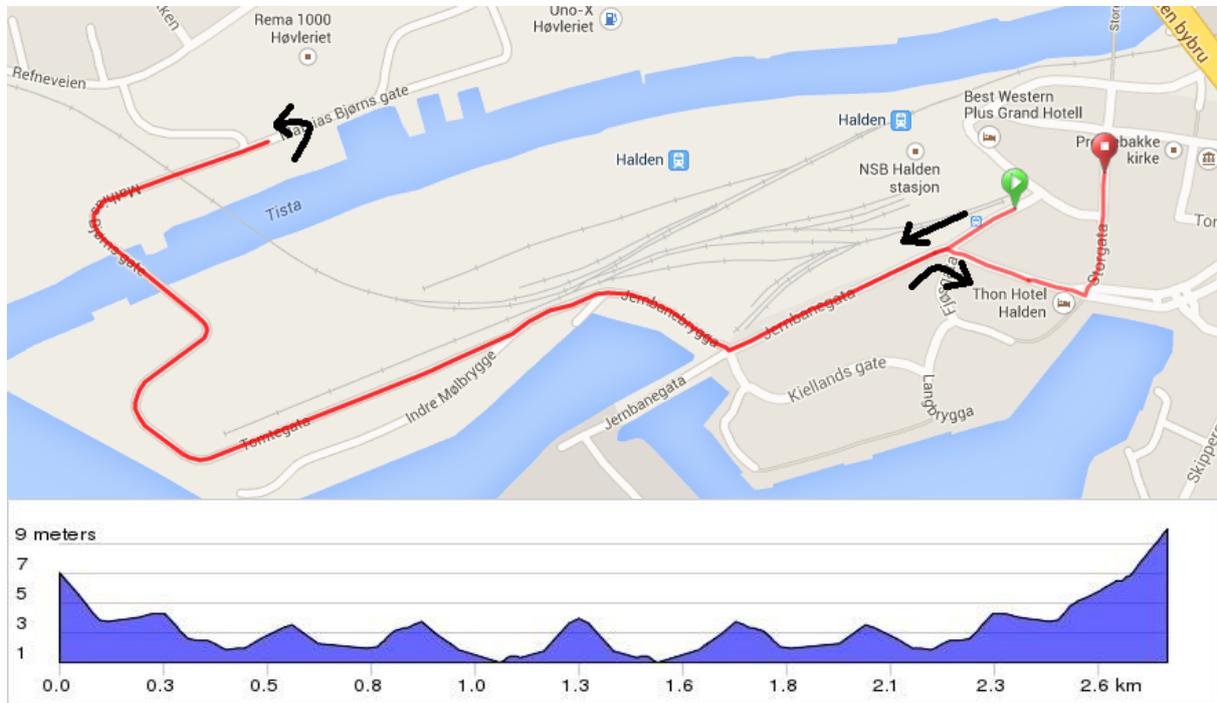
Mobile telephones. Use while driving is prohibited.

U-turns.

Driving in the wrong direction of the course is strictly prohibited, even if only for a short distance.

Alcohol and drugs. Zero alcohol limit: 0,0g/litre of blood. Alcohol and cannabis uptake tests to be carried out during the event.

Prologue – Halden City - 2,8 km



Basic info Prologue

First start: 18.30

Distance: 2,8km

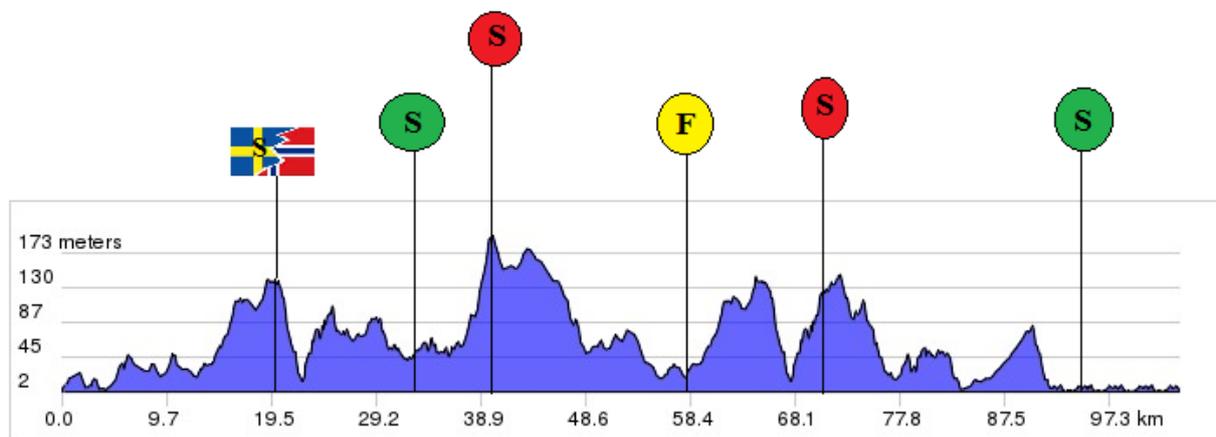
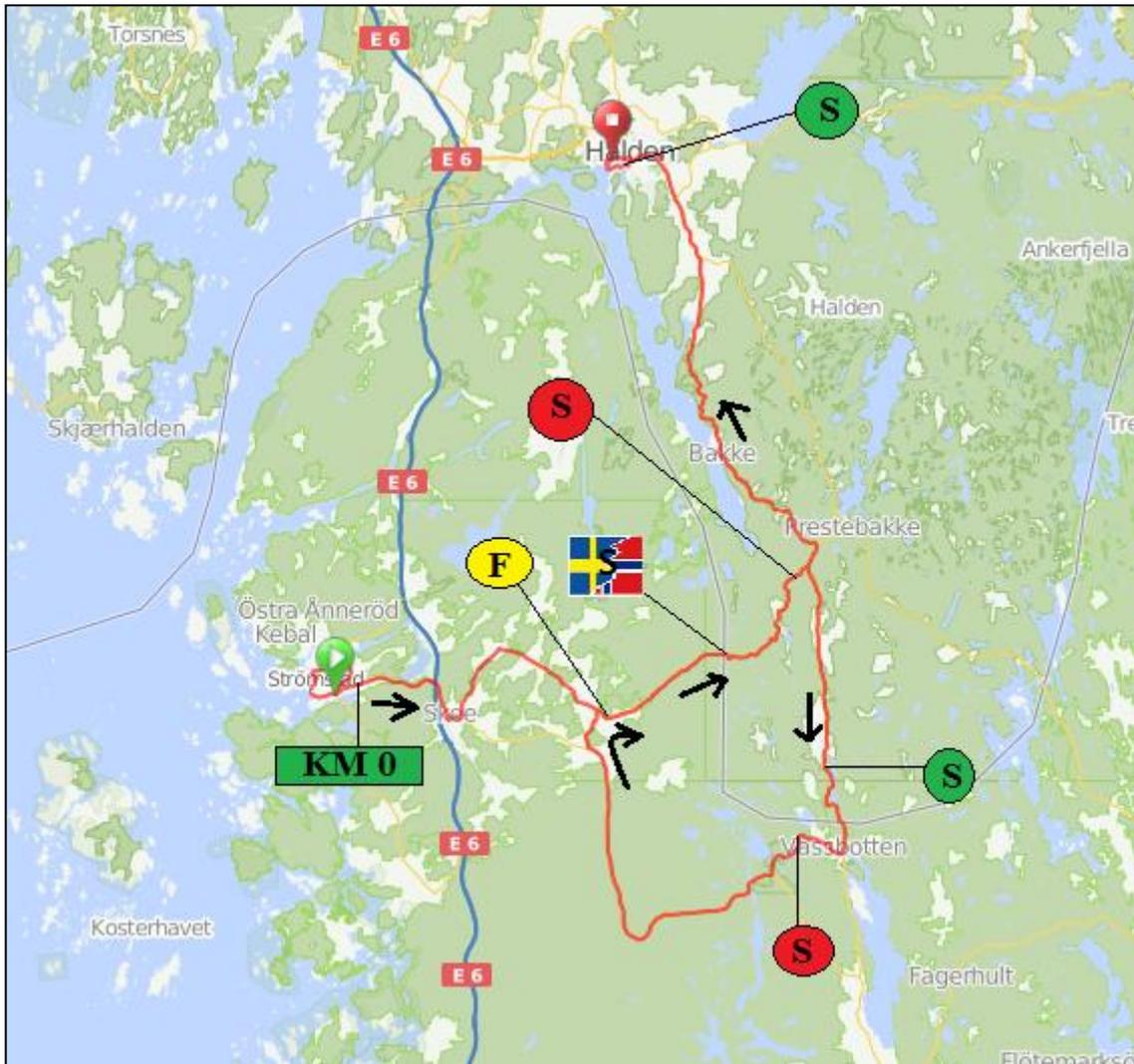
Start: Jernbanegata (GPS: 59.119613, 11.385358)

Finish: Storgata (GPS: 59.120114, 11.387118)

Elevation gain: 16m

Start intervals: 1min

Stage 1 – Strömstad – Halden – 103,9km



Basic info Stage 1

First start: 14.30

Distance: 103,9km

Distance included neutral zone: 111,7km

Start: Uddevallavägen, Strömstad (GPS: 58.931293, 11.186685)

Finish: Storgata, Halden (GPS: 59.120114, 11.387118)

Elevation gain included neutral zone: 1433m.

Final lap: 3 final laps à 3km from the first passage of the finish line.

Elevation gain final lap: 19m

Feed zone: after 58km to 56 km

Intermediate sprints:

1. 20,1km - Mekanisk Service Boarder Sprint
2. 33km - Flat sprint. Points Classification.
3. 39,8 km – Hill sprint. Climber's Classification
3. 69,9km - Hill sprint. Climber's Classification
4. 95,4km - Flat sprint. Points Classification. First passage of the finish line.

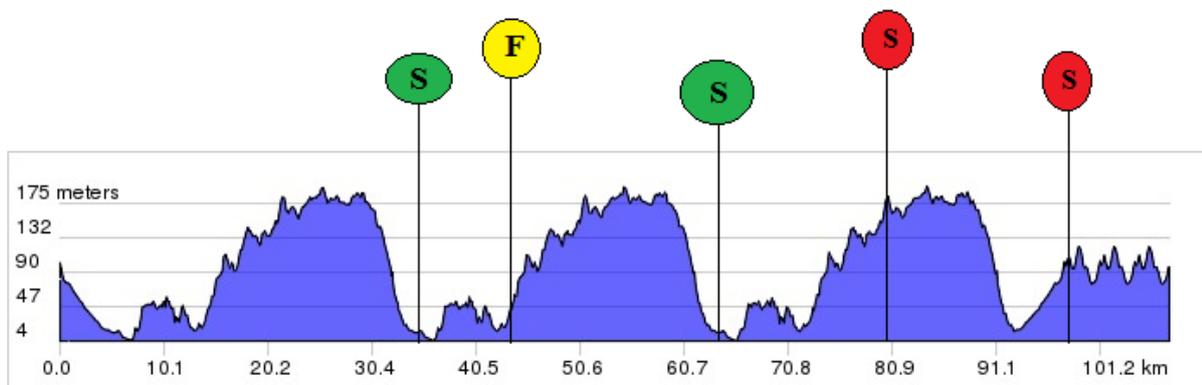
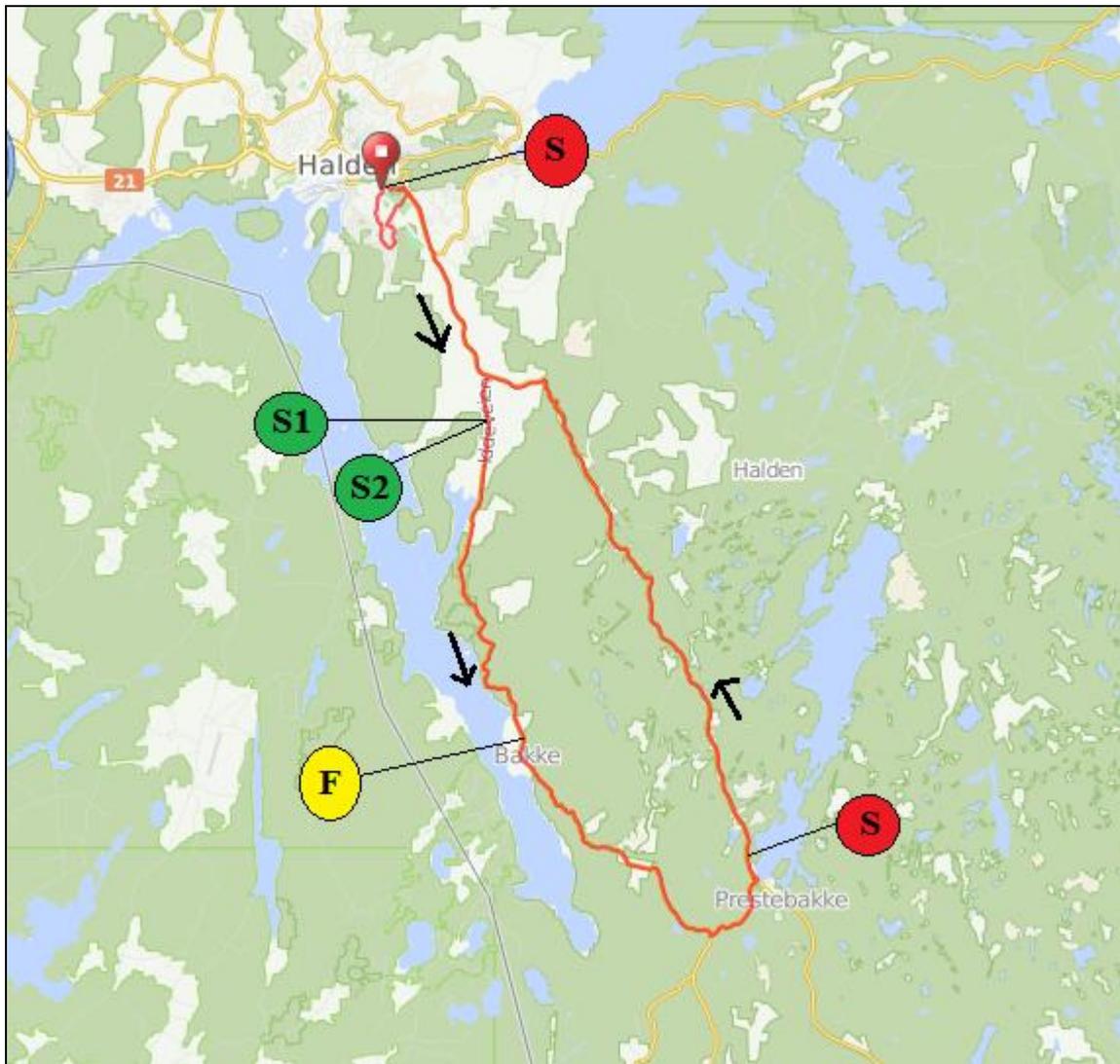
NEUTRAL ZONE STAGE 1 - 8 km



FINAL LAP STAGE 1 – 3 km



Stage 2 – Fredriksten Fortress – Fredriksten Fortress - 105,8km



Basic info Stage 2

First start: 11.00

Distance: 105,8km

Distance included neutral zone: 107,9

Start: Fredriksten Fortress, Halden (GPS: 59.120235, 11.402114)

Finish: Fredriksten Fortress, Halden (GPS: 59.120235, 11.402114)

Elevation gain included neutral zone: 1637m.

Final lap: 3 final laps à 3,4km from the first passage of the finish line.

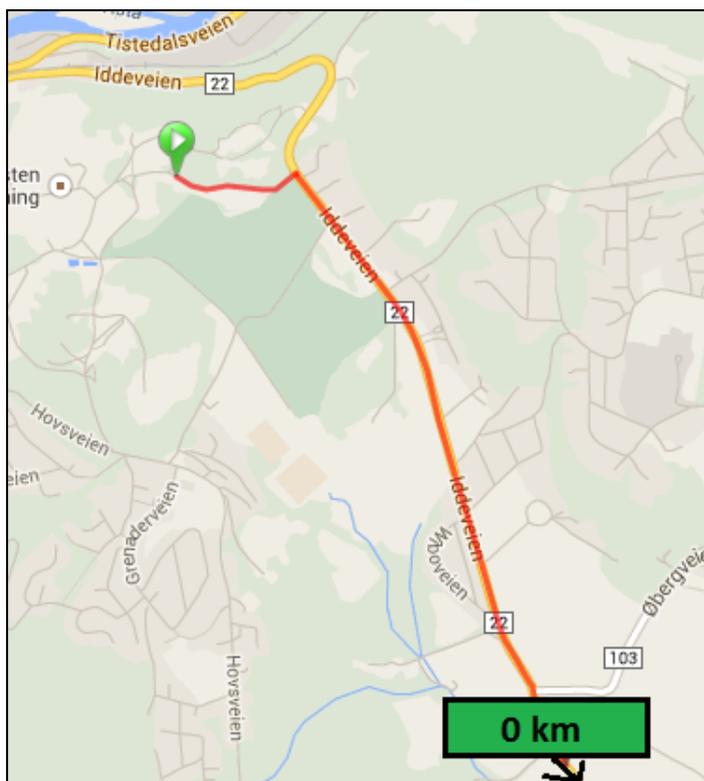
Elevation gain final lap: 64m

Feed zone: 43k to 44km

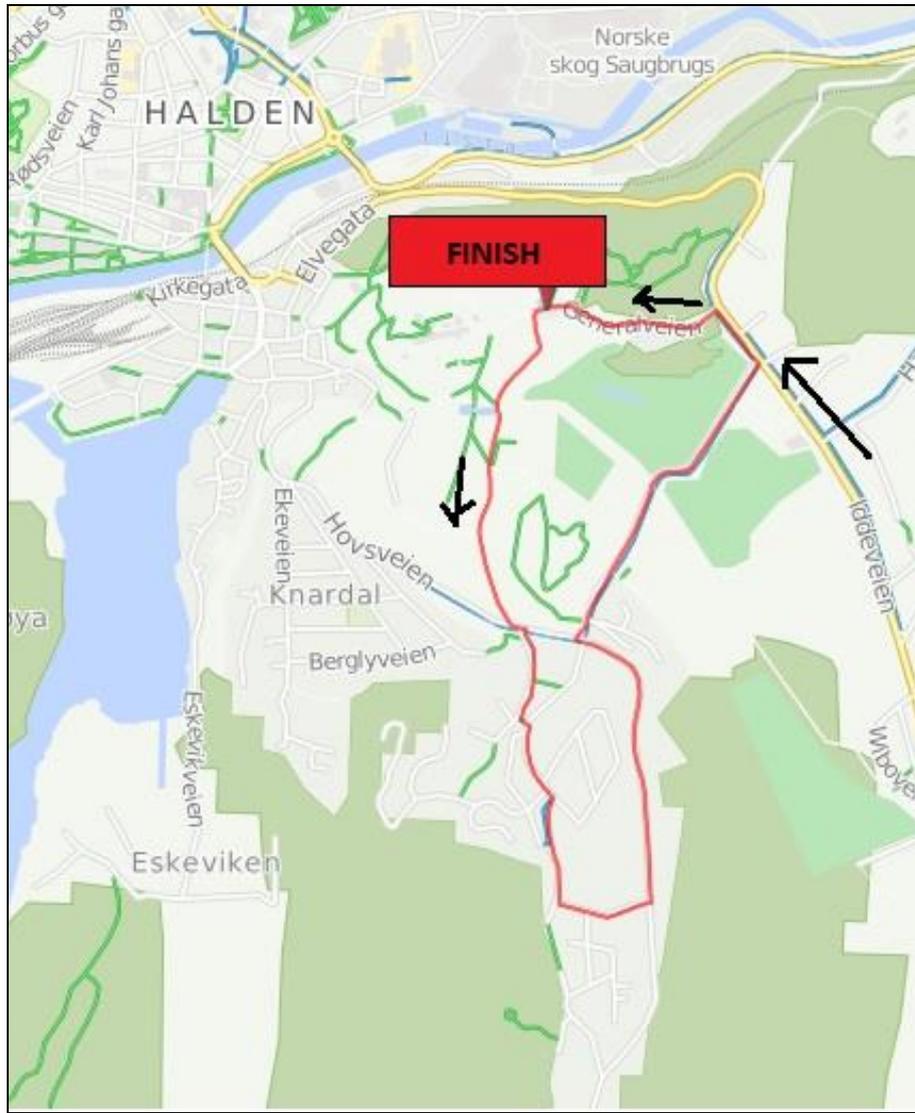
Intermediate sprints:

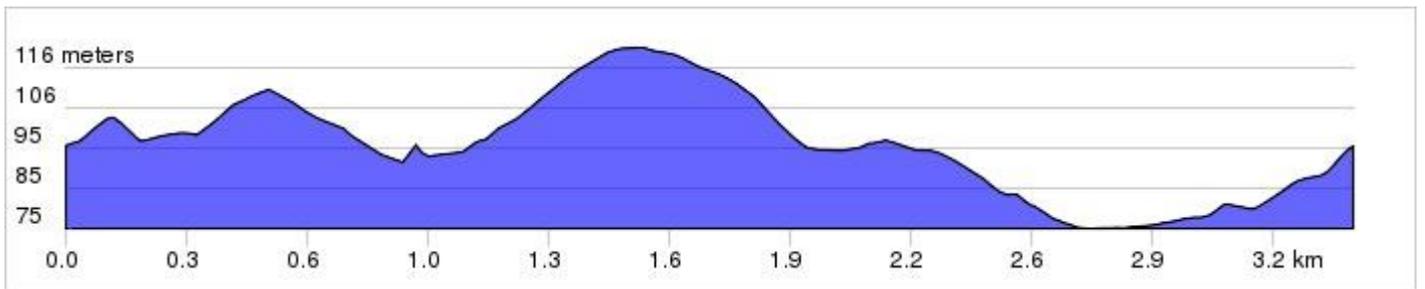
1. 36,4km - Flat sprint. Points Classification.
2. 64,km - Flat sprint. Points Classification.
3. 80,5km - Hill sprint. Climber's Classification
4. 97,7km - Hill sprint. Climber's Classification

Neutral zone stage 2 – 2,1km



FINAL LAP STAGE 2 – 3,8km





Arena map Halden City



Position	Description
	Race route
1	Finish line
2	Start Prologue
3	Thon Hotel Race Headquarters
4	Stage (ceremony)
5	Market area
6	Toilets
7	Team parking

Time schedule

Prologue: Friday 15th. of August - Start and Finish : Halden

Km from start	Km to finish	Route discription	Road	KM/H		
				40	42	44
	2.8	Start Halden centre	Jernbanegata	18:30:00	18:30:00	18:30:00
0.1	2.7	Keep straight	Jernbanegata	18:30:09	18:30:09	18:30:08
0.3	2.5	Sharp right	Jernbanebrygga	18:30:27	18:30:26	18:30:25
0.3	2.5	Technical curves	Jernbanebrygga/Tomtegata/Mathias Bjørns gate	18:30:27	18:30:26	18:30:25
1.3	1.5	Turning point	Mathias Bjørns gate	18:31:57	18:31:51	18:31:46
1.5	1.3	Technical curves	Mathias Bjørns gate/Tomtegata/Jernbanebrygga	18:32:15	18:32:09	18:32:03
2.1	0.7	Keep straight	Jernbanebrygga	18:33:09	18:33:00	18:32:52
2.4	0.4	Left	Jernbanegata	18:33:36	18:33:26	18:33:16
2.6	0.2	Right	Tollbugata	18:33:54	18:33:43	18:33:33
2.7	0.1	Keep left	Storgata	18:34:03	18:33:51	18:33:41
2.8	0	FINISH	Storgata	18:34:12	18:34:00	18:33:49

Stage 1: Saturday 16th. of August - Start : Strømstad, Finish : Halden

Km from start	Km to finish	Route discription	Road	KM/H		
				36	38	40
0	103.9	Official Start	Österödsvägen	14:47:47	14:47:47	14:47:47
2.7	101.2	Straight in roundabout	Stationsvägen	14:52:17	14:52:03	14:51:50
3.9	100	Left in roundabout	Länsväg 164	14:54:17	14:53:56	14:53:38
4.4	99.5	Left	Gråösvägen	14:55:07	14:54:44	14:54:23
7.7	96.2	Sharp right	Länsväg O 988	15:00:37	14:59:56	14:59:20
12.4	91.5	Keep straight	Länsväg O 1050	15:08:27	15:07:22	15:06:23
19.1	84.8	Boarder: entering Norway	Länsväg O 1050/ Fv 102	15:19:37	15:17:56	15:16:26
19.1	84.8	BOARDER SPRINT	Länsväg O 1050/ Fv 102	15:19:37	15:17:56	15:16:26
20.1	83.8	CARE: Descent - Holes/cracks in asphalt	Fv 102	15:21:17	15:19:31	15:17:56
24.8	79.1	Almost 180 degree turn to the right	Riksvei 22	15:29:07	15:26:56	15:24:59
32.9	71	SPRINT	Riksvei 22	15:42:37	15:39:44	15:37:08
36.6	67.3	Boarder - entering Sweden	Länsväg 165	15:48:47	15:45:34	15:42:41
37	66.9	Sharp Right	Länsväg O 969	15:49:27	15:46:12	15:43:17
39.7	64.2	Sharp right	Länsväg O 969	15:53:57	15:50:28	15:47:20
41.3	62.6	Sharp right	Länsväg 164	15:56:37	15:53:00	15:49:44
56.1	47.8	Right. Narrowing of the road	Länsväg O 988	16:21:17	16:16:22	16:11:56
57.8	46.1	Almost 180 degree turn to the right	Länsväg O 1050	16:24:07	16:19:03	16:14:29
57.9	46	Feed zone start	Länsväg O 1050	16:24:17	16:19:12	16:14:38
59	44.9	Feed zone end	Länsväg O 1050	16:26:07	16:20:56	16:16:17
64.5	39.4	Boarder - entering Norway	Länsväg O 1050/ Fv102	16:35:17	16:29:38	16:24:32
65.5	38.4	CARE: Descent - Holes/cracks in asphalt	Fv 102	16:36:57	16:31:12	16:26:02
70.1	33.8	Sharp right	Fv 102	16:44:37	16:38:28	16:32:56
70.2	33.7	Keep left	Riksvei 22	16:44:47	16:38:38	16:33:05
71.1	32.8	Follow straight	Riksvei 22/Iddveien	16:46:17	16:40:03	16:34:26
86.7	17.2	Follow straight	Riksvei 22/Iddveien	17:12:17	17:04:41	16:57:50
92.2	11.7	Care - speed bumps and narrowing of the road	Riksvei 22/Elvegata	17:21:27	17:13:22	17:06:05
92.5	11.4	CARE - Crossing the road. Road split.	Riksvei 22/Olav Vs gate	17:21:57	17:13:50	17:06:32
92.6	11.3	Right	Borgergata	17:22:07	17:14:00	17:06:41
92.7	11.2	Sharp right	Storgata	17:22:17	17:14:09	17:06:50
92.7	11.2	Entering route for final laps.	Storgata	17:22:17	17:14:09	17:06:50
92.8	11.1	Narrowing of the road.	Storgata	17:22:27	17:14:19	17:06:59
92.9	11	Left	Bakbanken	17:22:37	17:14:28	17:07:08
93.1	10.8	Keep left	Walkers gate	17:22:57	17:14:47	17:07:26
93.3	10.6	Straight in roundabout	Walkers gate	17:23:17	17:15:06	17:07:44
93.4	10.5	Care - road split	Walkers gate	17:23:27	17:15:15	17:07:53
93.5	10.4	Right in roundabout	Fridtjof Nansens gate	17:23:37	17:15:25	17:08:02
93.6	10.3	Sharp left	Feder Ankers gate	17:23:47	17:15:34	17:08:11
93.9	10	Sharp left	Refneveien	17:24:17	17:16:03	17:08:38
94.1	9.8	Sharp right	Mathias Bjørns gate	17:24:37	17:16:22	17:08:56
94.2	9.7	Technical curves	Mathias Bjørns gate/ Tomtegata/Jernbanebrygga	17:24:47	17:16:31	17:09:05
94.8	9.1	Follow the road straight	Tomtegata/Jernbanebrygga	17:25:47	17:17:28	17:09:59
95	8.9	Left	Jernbanegata	17:26:07	17:17:47	17:10:17
95.3	8.6	Right	Tollbugata	17:26:37	17:18:15	17:10:44
95.4	8.5	Keep left	Storgata	17:26:47	17:18:25	17:10:53
95.5	8.4	First passage of the finish line	Storgata	17:26:57	17:18:34	17:11:02
95.5	8.4	SPRINT	Storgata	17:26:57	17:18:34	17:11:02
95.6	8.3	Straight onto narrow road/bridge	Storgata	17:27:07	17:18:44	17:11:11
95.7	8.2	Sharp left	Bakbanken	17:27:17	17:18:53	17:11:20
95.9	8	Keep left	Walkers gate	17:27:37	17:19:12	17:11:38
96.2	7.7	Straight in roundabout	Walkers gate	17:28:07	17:19:41	17:12:05
96.2	7.7	Care - road split	Walkers gate	17:28:07	17:19:41	17:12:05
96.3	7.6	Right in roundabout	Fridtjof Nansens gate	17:28:17	17:19:50	17:12:14
96.4	7.5	Sharp left	Feder Ankers gate	17:28:27	17:20:00	17:12:23
96.7	7.2	Sharp left	Refneveien	17:28:57	17:20:28	17:12:50
96.9	7	Sharp right	Mathias Bjørns gate	17:29:17	17:20:47	17:13:08
97	6.9	Technical curves	Mathias Bjørns gate/ Tomtegata/Jernbanebrygga	17:29:27	17:20:56	17:13:17
97.6	6.3	Follow the road straight	Tomtegata/Jernbanebrygga	17:30:27	17:21:55	17:14:11
97.9	6	Left	Jernbanegata	17:30:57	17:22:22	17:14:38
98.1	5.8	Right	Tollbugata	17:31:17	17:22:41	17:14:56
98.2	5.7	Keep left	Storgata	17:31:27	17:22:50	17:15:05
98.3	5.6	Second passage of the finish line	Storgata	17:31:37	17:23:00	17:15:14
98.4	5.5	Straight onto narrow road/bridge	Storgata	17:31:47	17:23:09	17:15:23
98.5	5.4	Sharp left	Bakbanken	17:31:57	17:23:19	17:15:32
98.7	5.2	Keep left	Walkers gate	17:32:17	17:23:38	17:15:50
99	4.9	Straight in roundabout	Walkers gate	17:32:47	17:24:06	17:16:17
99	4.9	Care - road split	Walkers gate	17:32:47	17:24:06	17:16:17
99.1	4.8	Right in roundabout	Fridtjof Nansens gate	17:32:57	17:24:15	17:16:26
99.2	4.7	Sharp left	Feder Ankers gate	17:33:07	17:24:25	17:16:35
100.6	3.3	Sharp left	Refneveien	17:35:27	17:26:38	17:18:41
100.7	3.2	Sharp right	Mathias Bjørns gate	17:35:37	17:26:47	17:18:50
100.8	3.1	Technical curves	Mathias Bjørns gate/ Tomtegata/Jernbanebrygga	17:35:47	17:26:56	17:18:59
100.5	3.4	Follow the road straight	Tomtegata/Jernbanebrygga	17:35:17	17:26:28	17:18:32
100.7	3.2	Left	Jernbanegata	17:35:37	17:26:47	17:18:50
100.9	3	Right	Tollbugata	17:35:57	17:27:06	17:19:08
101	2.9	Keep left	Storgata	17:36:07	17:27:15	17:19:17
101.2	2.7	Third passage of the finish line	Storgata	17:36:27	17:27:34	17:19:35
101.2	2.7	Straight onto narrow road/bridge	Storgata	17:36:27	17:27:34	17:19:35
101.4	2.5	Sharp left	Bakbanken	17:36:47	17:27:53	17:19:53
101.6	2.3	Keep left	Walkers gate	17:37:07	17:28:12	17:20:11
101.8	2.1	Straight in roundabout	Walkers gate	17:37:27	17:28:31	17:20:29
101.9	2	Care - road split	Walkers gate	17:37:37	17:28:41	17:20:38
101.9	2	Right in roundabout	Fridtjof Nansens gate	17:37:37	17:28:41	17:20:38
102	1.9	Sharp left	Feder Ankers gate	17:37:47	17:28:50	17:20:47
102.4	1.5	Sharp left	Refneveien	17:38:27	17:29:28	17:21:23
102.5	1.4	Sharp Right	Mathias Bjørns gate	17:38:37	17:29:38	17:21:32
102.7	1.2	Technical curves	Mathias Bjørns gate/ Tomtegata/Jernbanebrygga	17:38:57	17:29:56	17:21:50
103.3	0.6	Follow the road straight	Tomtegata/Jernbanebrygga	17:39:57	17:30:53	17:22:44
103.5	0.4	Left	Jernbanegata	17:40:17	17:31:12	17:23:02
103.7	0.2	Right	Tollbugata	17:40:37	17:31:31	17:23:20
103.8	0.1	Keep left	Storgata	17:40:47	17:31:41	17:23:29
103.9	0	FINISH	Storgata	17:40:57	17:31:50	17:23:38

Stage 2: Sunday 17th. of August - Start and Finish : Fredriksten Festning

KM from start	KM to finish	Route description	Road	KM/H		
				36	38	40
	105.8	Official start - KM 0	Iddeveien/Rv 22	11:04:40	11:04:40	11:04:40
2.5	103.3	Follow the road stright	Rv22	11:08:50	11:08:37	11:08:25
17.2	88.6	Sharp left in the bottom of short descent	Fv101	11:33:20	11:31:49	11:30:28
18.9	86.9	Sharp left. Narrowing of the road and technical turns.	Aspedamveien/Fv886	11:36:10	11:34:31	11:33:01
27.5	78.3	Keep left	Aspedamveien/Fv886	11:50:30	11:48:05	11:45:55
28.3	77.5	Fast and technical descent	Aspedamveien/Fv886	11:51:50	11:49:21	11:47:07
31.9	73.9	Sharp left	Rv 22/Iddevein	11:57:50	11:55:02	11:52:31
32.9	72.9	SPRINT	Rv 22/Iddevein	11:59:30	11:56:37	11:54:01
40.8	65	Feed zone start	Rv 22/Iddevein	12:12:40	12:09:05	12:05:52
41.9	63.9	Feed zone end	Rv 22/Iddevein	12:14:30	12:10:49	12:07:31
46.6	59.2	Sharp left in the bottom of short descent	Fv101	12:22:20	12:18:15	12:14:34
48.3	57.5	Sharp left. Narrowing of the road and technical turns.	Aspedamveien/Fv886	12:25:10	12:20:56	12:17:07
56.8	49	Keep left	Aspedamveien/Fv886	12:39:20	12:34:21	12:29:52
57.3	48.5	Fast and technical descent	Aspedamveien/Fv886	12:40:10	12:35:08	12:30:37
61.3	44.5	Sharp left	Rv 22/Iddevein	12:46:50	12:41:27	12:36:37
62.3	43.5	SPRINT	Rv 22/Iddevein	12:48:30	12:43:02	12:38:07
76	29.8	Sharp left in the bottom of short descent	Fv101	13:11:20	13:04:40	12:58:40
77.7	28.1	Sharp left. Narrowing of the road and technical turns.	Aspedamveien/Fv886	13:14:10	13:07:21	13:01:13
78.1	27.7	BILL SPRINT	Aspedamveien/Fv886	13:14:50	13:07:59	13:01:49
86.2	19.6	Keep left	Aspedamveien/Fv886	13:28:20	13:20:46	13:13:58
86.7	19.1	Fast and technical descent	Aspedamveien/Fv886	13:29:10	13:21:34	13:14:43
90.7	15.1	Sharp right	Rv 22/Iddevein	13:35:50	13:27:53	13:20:43
93.5	12.3	Follow the road	Rv 22/Iddevein	13:40:30	13:32:18	13:24:55
95	10.8	Sharp left - Care: road split	Generalveien	13:43:00	13:34:40	13:27:10
95.5	10.3	First passage of the finish line	Generalveien	13:43:50	13:35:27	13:27:55
95.5	10.3	BILL SPRINT	Generalveien	13:43:50	13:35:27	13:27:55
96.3	9.5	Two turns in a row - left	Hovsveien	13:45:10	13:36:43	13:29:07
96.3	9.5	Sharp right - on to narrow road.	Brigadeveien	13:45:10	13:36:43	13:29:07
96.5	9.3	Left - narrow and 20m of gravel		13:45:30	13:37:02	13:29:25
96.5	9.3	Right	Grenaderveien	13:45:30	13:37:02	13:29:25
96.8	9	Slightly to the right. On to narrow road/walkway	Hovsvien	13:46:00	13:37:31	13:29:52
96.9	8.9	50m of gravel	Hovsveien	13:46:10	13:37:40	13:30:01
97	8.8	Left	Hovsveien	13:46:20	13:37:49	13:30:10
97.5	8.3	Sharp right	Kommandantveien	13:47:10	13:38:37	13:30:55
98.3	7.5	Sharp left	Iddeveien/Rv22	13:48:30	13:39:53	13:32:07
98.5	7.3	Sharp left - Care road split	Generalveien	13:48:50	13:40:12	13:32:25
98.9	6.9	Second passage of the finish line	Generalveien	13:49:30	13:40:49	13:33:01
99.7	6.1	Two turns in a row - left	Hovsveien	13:50:50	13:42:05	13:34:13
99.7	6.1	Sharp right - on to narrow road.	Brigadeveien	13:50:50	13:42:05	13:34:13
100	5.8	Left - 20m of gravel	Brigadeveien	13:51:20	13:42:34	13:34:40
100	5.8	Right	Grenaderveien	13:51:20	13:42:34	13:34:40
100.3	5.5	Slightly to the right. On to narrow road/walkway	Hovsveien	13:51:50	13:43:02	13:35:07
100.4	5.4	50m of gravel	Hovsveien	13:52:00	13:43:12	13:35:16
100.5	5.3	Left	Hovsveien	13:52:10	13:43:21	13:35:25
101	4.8	Sharp right	Kommandantveien	13:53:00	13:44:08	13:36:10
101.7	4.1	Sharp left	Iddeveien/Rv22	13:54:10	13:45:15	13:37:13
101.9	3.9	Sharp left - Care: road split	Generalveien	13:54:30	13:45:34	13:37:31
102.3	3.5	Third passage of the finish line	Generalveien	13:55:10	13:46:12	13:38:07
103.1	2.7	Two turns in a row - left	Hovsveien	13:56:30	13:47:27	13:39:19
103.1	2.7	Sharp right - on to narrow road.	Brigadeveien	13:56:30	13:47:27	13:39:19
103.4	2.4	Left - 20m of gravel	Brigadeveien	13:57:00	13:47:56	13:39:46
103.4	2.4	Right	Grenaderveien	13:57:00	13:47:56	13:39:46
103.7	2.1	Slightly to the right. On to narrow road/walkway	Hovsveien	13:57:30	13:48:24	13:40:13
103.8	2	50m of gravel	Hovsveien	13:57:40	13:48:34	13:40:22
103.9	1.9	Left	Hovsveien	13:57:50	13:48:43	13:40:31
104.3	1.5	Sharp right	Kommandantveien	13:58:30	13:49:21	13:41:07
105.1	0.7	Sharp left	Iddeveien/Rv22	13:59:50	13:50:37	13:42:19
105.3	0.5	Sharp left - Care: Road split	Generalveien	14:00:10	13:50:56	13:42:37
105.8	0	FINISH	Generalveien	14:01:00	13:51:43	13:43:22

Neutral Zones - Stage 1: Saturday 16th. of August - Start : Strømstad, Finish : Halden

Km from start	Km to KM 0	Route discription	Road	KM/H
				27
	8	Start roundabout	Ringvägen	14:30:00
0	8	Through roundabout	Ringvägen	14:30:00
2,2	5,8	Left in roundabout	Oslovegen	14:34:53
3,8	4,2	Sharp left	Ostra Klevgatan	14:38:27
3,8	4,2	Sharp right	Södra Hamngatan	14:38:27
4	4	Keep left	Badhusgatan	14:38:53
4,3	3,7	Keep right	Badhusgatan	14:39:33
4,4	3,6	Right	Uddevallavägen	14:39:47
6,1	1,9	Straight in roundabout	Osterodsvägen	14:43:33
8	0	KM 0	Osterodsvägen	14:47:47

Neutral Zonez - Stage 2: Sunday 17th. of August - Start and Finish : Fredriksten Festning

KM from start	KM to KM 0	Route description	Road	KM/H
				27
	2,1	Start	Generalveien	11:00:00
0,4	1,7	Road split	Generalveien	11:00:53
0,4	1,7	Sharp right	Iddeveien/Rv 22	11:00:53
2,1	0	KM 0	Generalveien	11:04:40