

GLAVA TOUR



TABLE OF CONTENTS

General information, page 3

HQ, program, hospitals and anti-doping, page 4

Team hotels, page 5

Rules and regulations, page 8

Jerseys and prize money, page 11

Race map, page 12

Responsible driving, page 13

Stage 1, page 14

Stage 2, page 24

Stage 3, page 33

Stage 4, page 43

Stage 5, page 54

GENERAL INFORMATION

Organizer

Cycling event Norway A/S, Fjordveien 3, 1363 Høvik

Key contacts

RACE DIRECTOR: Birger Hungerholdt (+ 47 99007004)

TECHNICAL DIRECTOR: Anders Eia Linnestad (+ 47 90068423)

ADMINISTRATION MANAGER: Lasse Martinsen (+ 47 90018034)

MEDICAL MANAGER: Runar Granstad (+47 90013000)

RACE DOCTOR: Knut Rønning (+47 48007463)

SECURITY MANAGER: Bjørn Erik Tuv (+47 41900400)

Organization

RACE DIRECTOR: Birger Hungerholdt

TECHNICAL DIRECTOR: Anders Eia Linnestad

ADMINISTRATION MANAGER: Lasse Martinsen

SECURITY MANAGER: Bjørn Erik Tuv

ROUTE MANAGER: Vidar Vatningen

SECURITY COORDINATOR: Torgeir Stensrud

SECURITY COORDINATOR: Runar Johansen

ORGANISATION COORDINATOR: Per Bjørnæs

TRANSPORT MANAGER: Hans Petter Trondsen

MEDICAL MANAGER: Runar Granstad

ANTI-DOPING DOCTOR: Guri Ranum Ekås

ACCREDITATIONS AND PR MANAGER: Karin Løkke

CHIEF OF PRESS: Morten Olsen

ACCOMMODATION MANAGER: Ingrid Slåtto Gomnes

ACCOMMODATION ASSISTANT: Anette Johansen

RACE HEADQUARTERS/PERMANENCE: Hanne Hatlelid

TIMEKEEPING AND PHOTO FINISH: Votrecourse.com

TECHNICAL COORDINATOR: Frode Aakvik

COMMUNICATION MANAGER: Daniel Slåtto Gomnes

ARENA MANAGER: Øyvind Lillehagen

ARENA COORDINATOR, FINISH: Martin Silberg

ARENA COORDINATOR, START: Nils Morten Rognstad

SPEAKER: Kjell Erik Kristiansen

RADIO-TOUR: Skjalge Kraglund

ARENA PRODUCER: Erik Martinsen

ROUTE SPEAKER: Jan Eull

ANTI-DOPING MANAGER: Bjørn Arild Øhre

CHIEF OF MARSHALLS: Rune Olsen

HEAD OF POLICE: Henning Skau

TV PRODUCER: Harald Omland

College of commissaires

PRESIDENT OF THE COMMISSAIRES PANEL: Mladen Durlen *Croatia*

MEMBER OF THE JURY: Michael Anderson *Sweden*

MEMBER OF THE JURY: Patrick De Pessimier *Belgium*

MOTO COMMISSAIRE 1: Patrick De Pessimier *Belgium*

MOTO COMMISSAIRE 2: Sven Calus *Belgium*

ASSISTANT COMMISSAIRE: Tor Arne Oltedal *Norway*

ASSISTANT COMMISSAIRE: Lisbet Johansen *Norway*

ASSISTANT COMMISSAIRE: Jonny Johansen *Norway*

FINISH JUDGE: Jempi Jooren *Belgium*

TIMEKEEPER: Freddy Martinsen *Norway*

DOPING CONTROL OFFICER: Erwin Kistemaker *Netherlands*

MOTO COMMISSAIRE 1 PILOT: Vincent Van Impe *Belgium*

MOTO COMMISSAIRE 2 PILOT: Willy Van Renterghem *Belgium*

HQ, PROGRAM, HOSPITALS AND ANTI-DOPING

Headquarters (HQ) hotels

May 14th: Quality hotel & resort Sarpsborg (All meetings)

ADDRESS: Bjørnstadveien 20, 1713 Grålum

May 15th: Quality hotel & resort Sarpsborg (All meetings)

ADDRESS: Bjørnstadveien 20, 1713 Grålum

May 16th: Quality hotel Tønsberg

ADDRESS: Ollebukta 3, 3126 Tønsberg

May 17th: Rica Gardermoen

ADDRESS: Gardermoen Næringspark, 2060 Gardermoen

May 18th: Rica Victoria

ADDRESS: Storgata 84 B, 2609 Lillehammer

The race HQ/permanence will be localized at all start and finish areas.

Headquarters (HQ) opening hours

May 14th: 14.00–19.00, Quality Hotel & Resort Sarpsborg.

May 15th: 11.00–12.40, start area, Fredrikstad.

May 15th: 17.00–18.00, finish area, Sarpsborg.

May 16th: 11.00–12.30, start area, Kongsberg.

May 16th: 16.00–18.00, finish area, Skien.

May 17th: 12.30–14.15, start area, Tønsberg.

May 17th: 17.00–19.00, finish area, Drammen.

May 18th: 11.30–13.10, start area, Brumunddal.

May 18th: 15.00–19.00, finish area, Lillehammer.

May 19th: 10.30–12.00, start area, Gjøvik.

May 19th: 14.30–17.30, finish area, Hønefoss.

Program

May 14th: 13.00, commissaries meeting, Quality Hotel & Resort Sarpsborg.

May 14th: 15.30–16.30, confirmation of starters and distribution of identification numbers. Licence check, Quality Hotel & Resort Sarpsborg.

May 14th: 17.00, team managers' meeting, Quality Hotel & Resort Sarpsborg.

May 19th: 19.00, return of time transponders at HQ, finish area, Hønefoss.

Hospitals

STAGE 1

Sykehuset Østfold: Cicignongata 19, Fredrikstad (+47 91508600)

STAGE 2, FIRST PART

Kongsberg sykehus: Drammensveien 4, Kongsberg (+47 03525)

STAGE 2, LAST PART

Sykehuset Telemark: Ulefossveien 55, Skien (+47 35003827)

STAGE 3, FIRST PART

Sykehuset i Vestfold: Halfdan Wilhelmsens allé 17, Tønsberg(+47 33342000)

STAGE 3, LAST PART

Drammen sykehus: Dronninggata 28, Drammen (+47 32803000)

STAGE 4, FIRST PART

Sykehuset Innlandet: Hamar, Skolegata 32 (+47 06200)

STAGE 4, LAST PART

Sykehuset Innlandet: Lillehammer, Anders Sandvigsgate 17 (+47 06200)

STAGE 5, FIRST PART

Sykehuset Innlandet: Gjøvik, Kyrre Greppsgate 11 (+47 06200)

STAGE 5, LAST PART

Ringerike sykehus: Arnold Dybsjords vei 1, Hønefoss (+47 32 11 60 00)

Anti-doping controls

Anti-doping controls will be held at a mobile Anti-doping unit close to the finish line on each stage. A list of riders required to attend in order to give a sample will be posted at the finish line and at the entrance to the Anti-doping unit. The riders on the list will also be notified in person by a chaperon after crossing the finish line.

TEAM HOTELS

14th–15th of may

QUALITY HOTEL & RESORT SARPSBORG

Address: Bjørnstadveien 20, 1713 Grålum

Web: <https://www.nordicchoicehotels.no/Quality-Resort/Quality-Hotel-Resort-Sarpsborg/>

- › Lotto-Belisol Team
- › Sky Procycling
- › Blanco Pro cycling team
- › Katusha Team
- › Topsport Vlaanderen-Baloise
- › Caja Rural
- › Sojasun
- › MTN - QHUBEKA
- › Accent jobs- Wanty
- › Cycling Team De Rijke-Shanks
- › Team Joker - Merida
- › Team CULT Energy
- › Plussbank
- › Team Oster Hus - Ridley
- › Ringeriks Kraft-Look

RICA FREDRIKSTAD

Address: Nygaardsgaten 44-46, Fredrikstad

Web: <https://www.rica.no/hoteller/fredrikstad/rica-city-hotel/>

- › People4you-Unaas cycling p/b Bliz
- › Bretagne - Séché.environment
- › Rietumu Delfin
- › Team Saxo - Tinkoff
- › IAM cycling

15th–16th of may

QUALITY HOTEL & RESORT SARPSBORG

Address: Bjørnstadveien 20, 1713 Grålum

Web: <https://www.nordicchoicehotels.no/Quality-Resort/Quality-Hotel-Resort-Sarpsborg/>

- › Lotto-Belisol Team
- › Sky Procycling
- › Blanco Pro cycling team
- › Katusha Team
- › Topsport Vlaanderen-Baloise
- › Caja Rural
- › Sojasun
- › MTN - QHUBEKA
- › Accent jobs- Wanty
- › Cycling Team De Rijke-Shanks
- › Team Joker - Merida
- › Team CULT Energy
- › Plussbank
- › Team Oster Hus - Ridley
- › Ringeriks Kraft-Look

RICA PARK DRAMMEN

Address: Gamle Kirkeclass 3, Drammen

Web: <https://www.rica.no/hoteller/drammen/rica-park-hotel-drammen/>

- › People4you-Unaas cycling p/b Bliz
- › Bretagne - Séché.environment
- › Rietumu Delfin
- › Team Saxo - Tinkoff
- › IAM cycling

16th–17th of may**RICA PARK HOTELL SANDEFJORD**

Address: Strandpromenaden 9, Sandefjord

Web: <https://www.rica.no/hoteller/sandefjord/rica-park-hotel-sandefjord/>

- › Katusha Team
- › Topsport Vlaanderen-Baloise
- › Caja Rural
- › Sojasun
- › MTN - QHUBEKA
- › Accent jobs- Wanty
- › Cycling Team De Rijke-Shanks
- › Team CULT Energy
- › Plussbank
- › Team Oster Hus - Ridley
- › Ringeriks Kraft-Look
- › People4you-Unaas cycling p/b Bliz
- › Rietumu Delfin
- › Team Saxo - Tinkoff
- › IAM cycling

QUALITY HOTELL TØNSBERG

Address: Ollebukta 3, Tønsberg

Web: <https://www.nordicchoicehotels.no/Quality/Quality-Hotel-Tonsberg/>

- › Lotto-Belisol Team
- › Sky Procycling
- › Blanco Pro cycling team
- › Team Joker - Merida
- › Bretagne - Séché.environment

17th–18th of may**CLARION HOTEL OSLO AIRPORT**

Address: Hans Gaarder veg 15, Gardermoen

Web: <http://www.clarionosloairport.no>

- › People4you-Unaas cycling p/b Bliz
- › Rietumu Delfin
- › Team Saxo - Tinkoff
- › IAM cycling
- › Team Oster Hus - Ridley
- › Plussbank
- › Bretagne - Séché.environment

RICA GARDERMOEN

Address: Gardermoen Næringspark, Gardermoen

Web: <https://www.rica.no/>

- › Katusha Team
- › Lotto-Belisol Team
- › Team Joker - Merida

RICA HELSFYR

Address: Strømsveien 108, Oslo

Web: <https://www.rica.no/>

- › Blanco Pro cycling team
- › Topsport Vlaanderen-Baloise
- › Caja Rural
- › Sojasun
- › MTN - QHUBEKA
- › Accent jobs- Wanty
- › Cycling Team De Rijke-Shanks
- › Team CULT Energy
- › Ringeriks Kraft-Look
- › Sky Procycling

18th–19th of may

RICA VICTORIA LILLEHAMMER

Address: Storgata 84 B, Lillehammer

Web: <https://www.rica.no/hoteller/lillehammer/rica-victoria-hotel-lillehammer/>

- › Sky Procycling
- › Team Joker - Merida
- › Blanco Pro cycling team
- › Team CULT Energy

QUALITY HOTEL STRAND, GJØVIK

Address: Strandgt. 15, Gjøvik

Web: <http://www.strandhotelgjovik.no>

- › Team Oster Hus - Ridley
- › Ringeriks Kraft-Look
- › People4you-Unaas cycling p/b Bliz
- › Rietumu Delfin
- › Plussbank
- › Accent jobs- Wanty
- › Cycling Team De Rijke-Shanks
- › Caja Rural

EADISSON BLU LILLEHAMMER

Address: Turisthotellvegen 6, Lillehammer

Web: <http://www.lillehammerhotel.no>

- › Katusha Team
- › MTN - QHUBEKA
- › Topsport Vlaanderen-Baloise
- › Team Saxo - Tinkoff
- › IAM cycling
- › Lotto-Belisol Team
- › Sojasun
- › Bretagne - S  ch  .environnement

RULES AND REGULATIONS

Article 1. Organisation

Glava Tour of Norway is organized by Cycling Event Norway A/S, Fjordveien 3, 1363 Høvik, Norway.

Article 2. Type of Event

Glava Tour of Norway is an international stage race, organized according to UCI rules and classified as a UCI 2.1 Men elite event in the European Tour. Riders and all cars in the convoy must follow the instructions of Police, race-marshals and respect the Norwegian traffic rules. All roads are open for normal traffic but the Police will organize a rolling closure of each stage.

In conformity with the UCI rules, points are awarded as follows for the UCI Europe Tour Men Elite ranking:

- › 80, 56, 32, 24, 20, 16, 12, 8, 7, 6, 5 & 3 points to the first 12 finishers in the final General Classification by time
- › 16, 11, 6, 5, 4 & 2 points to the first 6 finishers on each stage
- › 8 points to the daily leader of the General Classification by time.

Article 3. Participation

The competing teams must be of the following kind: UCI Pro team (maximum 50%), UCI Professional Continental team, continental teams, and national teams, (according to the UCI article 2.1.005).

As per article 2.2.003 of the UCI regulations, teams must be formed of minimum 5 and maximum 8 riders.

Article 4. Race Headquarter

Before the race, the race headquarters will be open Tuesday 14th of May 2013 from 14.00 – 19.00 and located at the following address: Quality hotel & resort Sarpsborg, Bjørnstadveien 20, 1713 Grålum. Team representatives are requested to confirm their starters and collect their race numbers and time transponders at the race headquarter from 15.30 hrs to 16.30 on the 14 th of May 2013.

The team managers' meeting, organized in accordance with article 1.2.087 of the UCI regulations, in the presence of the Members of the Commissaires' Panel, is scheduled for 17.00 on 14 th of May 2013 at the following address: Quality hotel & resort Sarpsborg, Bjørnstadveien 20, 1713 Grålum.

Article 5. Radio-Tour

Radio tour frequency: 154.500 mhz. Broadcasted in English.

Article 6. Neutral Technical Support

The neutral support is taken care of by 3 cars from SHIMANO.

Article 7. Race Incidents Occurring in the Last 3 Kilometres

In the case of a duly noted fall, puncture or mechanical incident in the last 3 kilometers of a road race stage, the rider(s) involved shall be credited with the time of the rider(s) in whose company they were riding at the moment of the accident. His or their placing shall be determined by the order in which he or they actually cross the finishing line.

If, as the result of a duly noted in the last 3 kilometers a rider cannot cross the finishing line, he shall be placed last in the stage and credited with the time of the rider or riders in whose company he was riding at the time of the accident.

Article 8. Finishing Time Limits

A finishing time limit of 10% will apply to all stages.

The Commissaires' Panel, in agreement with the organizer, may in exceptional circumstances increase the time limit in accordance with UCI art 2.6.032.

Article 9. Classifications – Time Bonuses

The following classification(s) will be issued:

GENERAL INDIVIDUAL CLASSIFICATION BY TIME

The winner of Glava Tour of Norway is the rider who, after completed all 5 stages have the lowest accumulated time, including bonuses and penalties(if any). (Ref. UCI Reg. Part 12).

The yellow jersey shall be worn by the current leader on time. Where two or more riders make the same time in the general individual placing, the placing will be set according to UCI regulations 2.6.015.

NORDIALOG SUPER SPRINT - GENERAL INDIVIDUAL CLASSIFICATION BY POINTS

The Nordialog super sprint is the general individual classification by points, and is decided by adding the points awarded at each intermediate sprint and stage finish. There are Nordialog super sprints on every stage.

Points will be awarded as follows at the intermediate sprints:

- › 1st 3 points/3 second time bonus applicable to the General Individual Classification
- › 2nd 2 points/2 second time bonus applicable to the General Individual Classification
- › 3rd 1 points/1 second time bonus applicable to the General Individual Classification

Points will be awarded as follows at each stage finish:

15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2 & 1 point

The rider with highest number of points and who completes the whole race is the winner of the Nordialog super sprint classification. In the event of a tie in the Nordialog Super sprint, 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 by points 3) general individual classification by time.

MARKING/SIGN: The Nordialog Super sprint is marked with green signs at 1km, 500m, 100m and at the line.

INFOTJENESTER KING OF THE MOUNTAINS (K.O.M)

The Infotjenester King of the Mountains is decided by adding the points awarded on each of the K.O.M sprints.

Points will be awarded as follows: 4-2-1. Equal scale of points on each. There are no categorization of climbs.

The rider with highest number of points and who completes the whole race is the winner of the Infotjenester King of the mountains competition. In the event of a tie, the following criteria shall be applied in order until the riders are separated: 1) number of wins in the K.O.M sprints - 2) general individual classification by time.

MARKING/SIGN: The Infotjenester King of the mountains is marked with red signs at 1km, 500m, 100m and at the line.

SKODA YOUNG RIDERS CLASSIFICATION

Skoda young riders classification is open for riders born 1st of January 1988 or later. The winner is the rider who, after completed all 5 stages have the lowest accumulated time, including bonuses and penalties. The leader of this competition shall wear the white jersey during the race.

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. In the event of a tie, the teams shall be separated by the sum of the places acquired by their three best placed riders 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.

TIME BONUSES

Time bonuses, applicable only to Individual General Classification by Time. Will be awarded on each stage as follows:

- › Stage finishes: 10, 6, & 4 seconds awarded to the first three finishers
- › Nordialog super sprints (intermediate): 3, 2 & 1 second to first 3 riders respectively

Article 10. Prizes

The following prizes are awarded: (See page 11)

A grand total of € 69628 will be awarded in prize money at the event.

Article 11. Anti-Doping

The UCI antidoping 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 tests will take place at the Anti-Doping Unit that will be located adjacent to the finish of each stage daily.

Article 12. Awards Ceremony

In the finish area immediately after the finish of every stage:

- › No.1 on each stage.
- › Distribution of the yellow jersey to the leading rider in the individual classification.
- › Distribution of the «polka-dot» jersey, the green jersey and the white jersey.

In the finish area immediately after the finish of the last stage:

- › No.1 on the last stage. No.1, 2 and 3 in the individual general classification.
- › The winner of the Infotjenester king of the Mountains. The winner of the Nordialog super sprint. The winner of the Skoda young riders classification. The winner of the team classification.
- › Stage Winners and Race Leader may be asked to briefly attend a press conference after each stage. This also applies for the top 3 riders of the general classification after the last stage.

Article 14. Sign On

All riders must sign on the protocol before every stage. The protocol is posted 40min before start, and will be removed 10 minutes before start. By signing on

the start protocol the rider confirm that he has read and understand the race regulations and the route of the stage.

10 minutes before the start of each stage, the leaders in all classifications are required to attend a presentation arranged by the organization at the start line (in front of the other riders).

Article 15. Penalties

The UCI penalty scale is the only one applicable.

Article 16. Riders abandoning the race

A rider who abandons the race shall immediately remove their race-numbers and deliver these to a commissaire or the «broom wagon».

A rider who has abandoned the race may not compete in any other cycling events for the duration of Glava Tour of Norway, (art. UCI 2.6.025).

Article 17. Team Cars

For the first stage, the driving order of the team cars are determined by drawing lots. All the vehicles driving in the motorcade are restricted to a maximum height of 1.60 m (art. 2.2.032).

Teams who are not present at the team managers' meeting, will not participate in the drawing and be placed last.

Only one vehicle per team will be permitted to circulate at race level, however a second vehicle per team is allowed except on final circuits. The second paragraph of UCI art. 2.2.035 does not apply to this second vehicle but its driver must nevertheless be licensed as a member of the Team Staff.

Article 18. Alterations

If it is necessary to alter any arrangements for the race, the Commissaire President, and the Race Direction will take these decisions.

Article 19. Feeding

All static feeding must take place on the right side of the road (UCI art. 2.3.026). Feeding from the team car is aloud between 50 km after start and until 20 km before finish. Due to atmospheric conditions etc, the Commissaires may reduce the distance before feeding commences from the team cars, furthermore, they may also extend the distance before feeding closes. Such a decision will be communicated to interested parties in advance of the race.

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

Article 20. Jerseys

The ranking of the Race Classification Jerseys are as follows:

- › Individual General Classification (GLAVA yellow jersey)
- › Nordialog super sprint - General Individual classification by points (NORDIALOG green jersey)
- › INFOTJENESTER King of the Mountains Classification (INFOTJENESTER K.O.M Polka dot Jersey)
- › SKODA young riders Classification (SKODA white jersey)

Race classification Jerseys presented must be worn for the following stage.

Where a rider holds more than one jersey at the same time, the jersey to be worn shall be that with the 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 race jerseys can put on advertising for his team's principal partner(s) at the white rectangle at the front and back (UCI art. 1.3.053).

Article 21. Race numbers and transponders

Each rider has to put on two body numbers and one frame number at every stage. It is strictly forbidden to fold, cut or mutilate the race numbers in any way. Information about time transponders will be given at the race HQ on the 14th of May when picking up the race numbers.

The time transponders must be returned at the race HQ after finishing stage 5.

Special instructions

LAST 1000 M

The last 1000-m is marked with a inflatable arch with a red triangle or signs with a red triangle (In case of heavy wind).

RACE RESULTS

Results will be distributed from the race HQ as soon as possible after each stage, at all official hotels and on the organizers web site: www.glavatour.no

COMMUNICATIONS EQUIPMENT

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

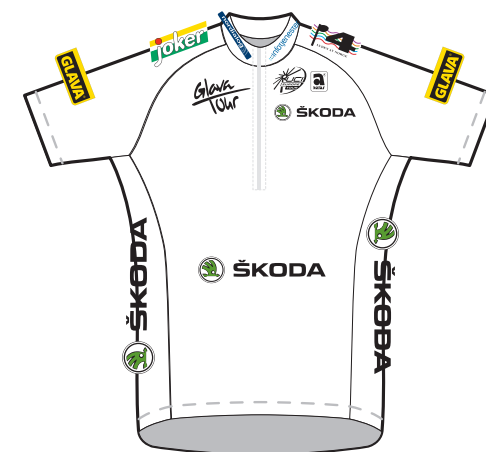
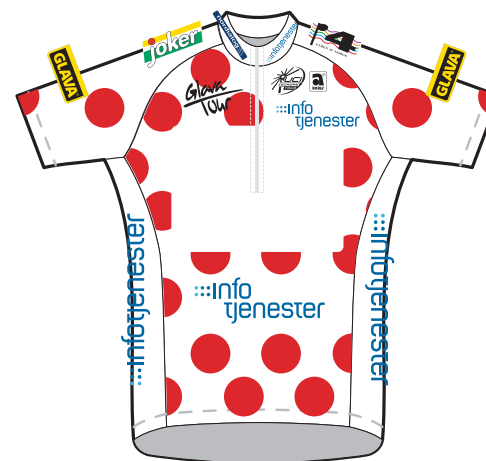
Hand-held radios will be issued on Tuesday 14 May at the HQ Hotel for teams without radios and other race units. Radios will be individually signed for and are the responsibility of the holder, and must not be interchanged or loaned out at any time.

PHONE NUMBERS

A list of phone numbers will be Distributed from the HQ on Tuesday 14 May.

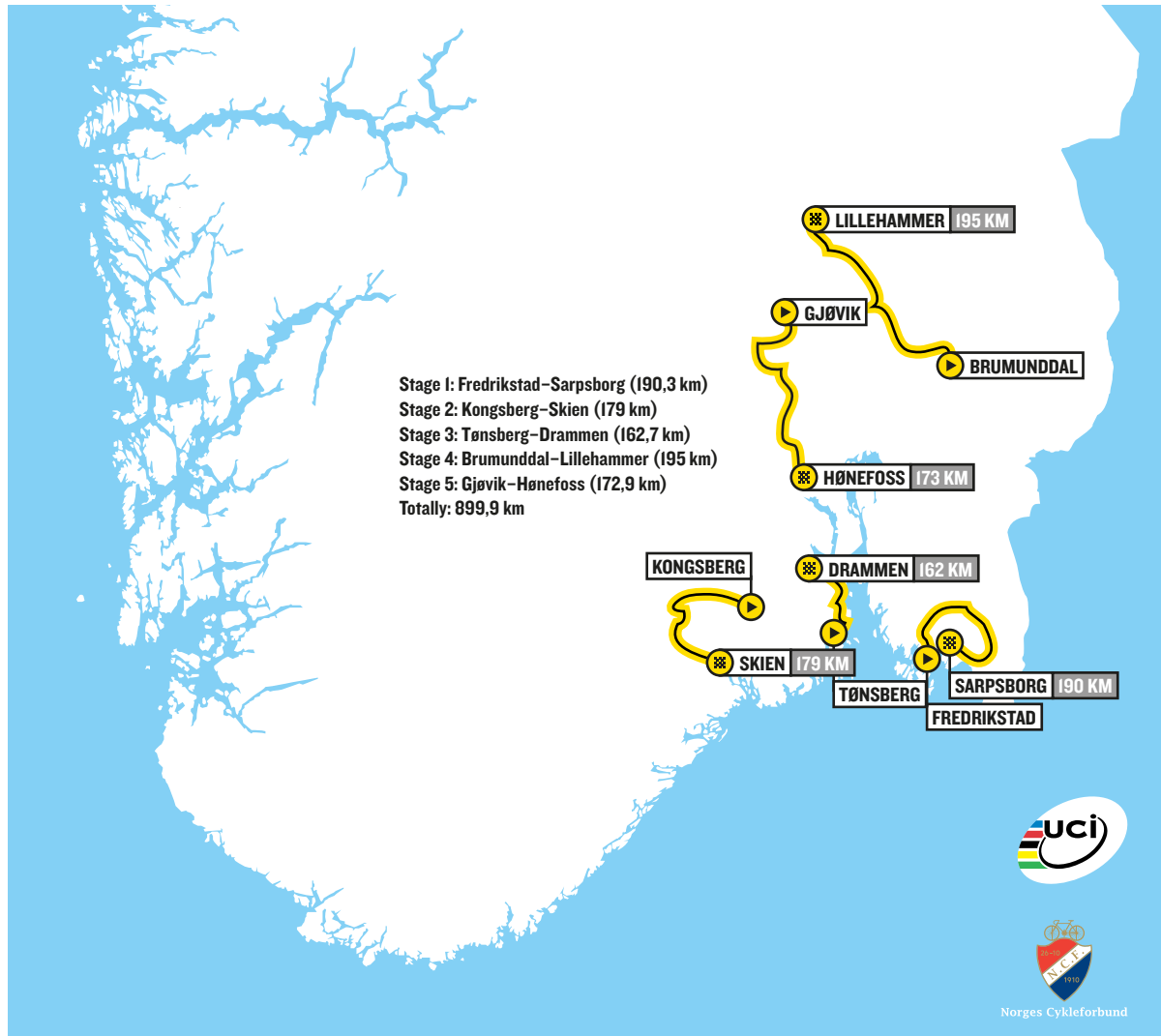
JERSEYS AND PRIZE MONEY IN EUROS

PLACE	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Ind. gen. cla.
1	3060	3060	3060	3060	3060	3060
2	1548	1548	1548	1548	1548	1548
3	760	760	760	760	760	760
4	385	385	385	385	385	385
5	314	314	314	314	314	314
6	225	225	225	225	225	225
7	225	225	225	225	225	225
8	152	152	152	152	152	152
9	152	152	152	152	152	152
10	76	76	76	76	76	76
11	76	76	76	76	76	76
12	76	76	76	76	76	76
13	76	76	76	76	76	76
14	76	76	76	76	76	76
15	76	76	76	76	76	76
16	76	76	76	76	76	76
17	76	76	76	76	76	76
18	76	76	76	76	76	76
19	76	76	76	76	76	76
20	76	76	76	76	76	76



PLACE	Nordialog Super Sprint	Infotjenester K.O.M	Skoda Young rider's classification	Team classification
1	1870	1870	1100	3400
2	930	930	540	-
3	600	600	360	-

RACE MAP



RESPONSIBLE DRIVING

Obligatory

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

Seat belts are mandatory for occupants in both the front and back seats of the vehicle.

CHECK YOUR SPEED

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

Prohibited

MOBILE TELEPHONES

Mobile phone use while driving is prohibited.

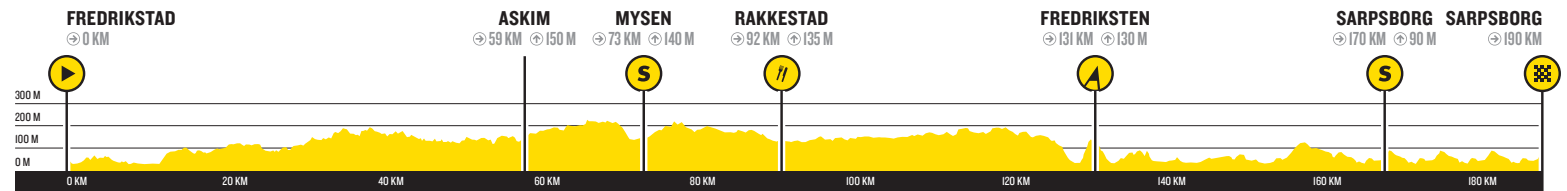
U-TURNS

Driving in the wrong direction on 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.

STAGE 1: STAGE PROFILE



STAGE I: START AREA

PPO Adress: N 59.20298 E 10.95603, Voldgaten 8, Fredrikstad

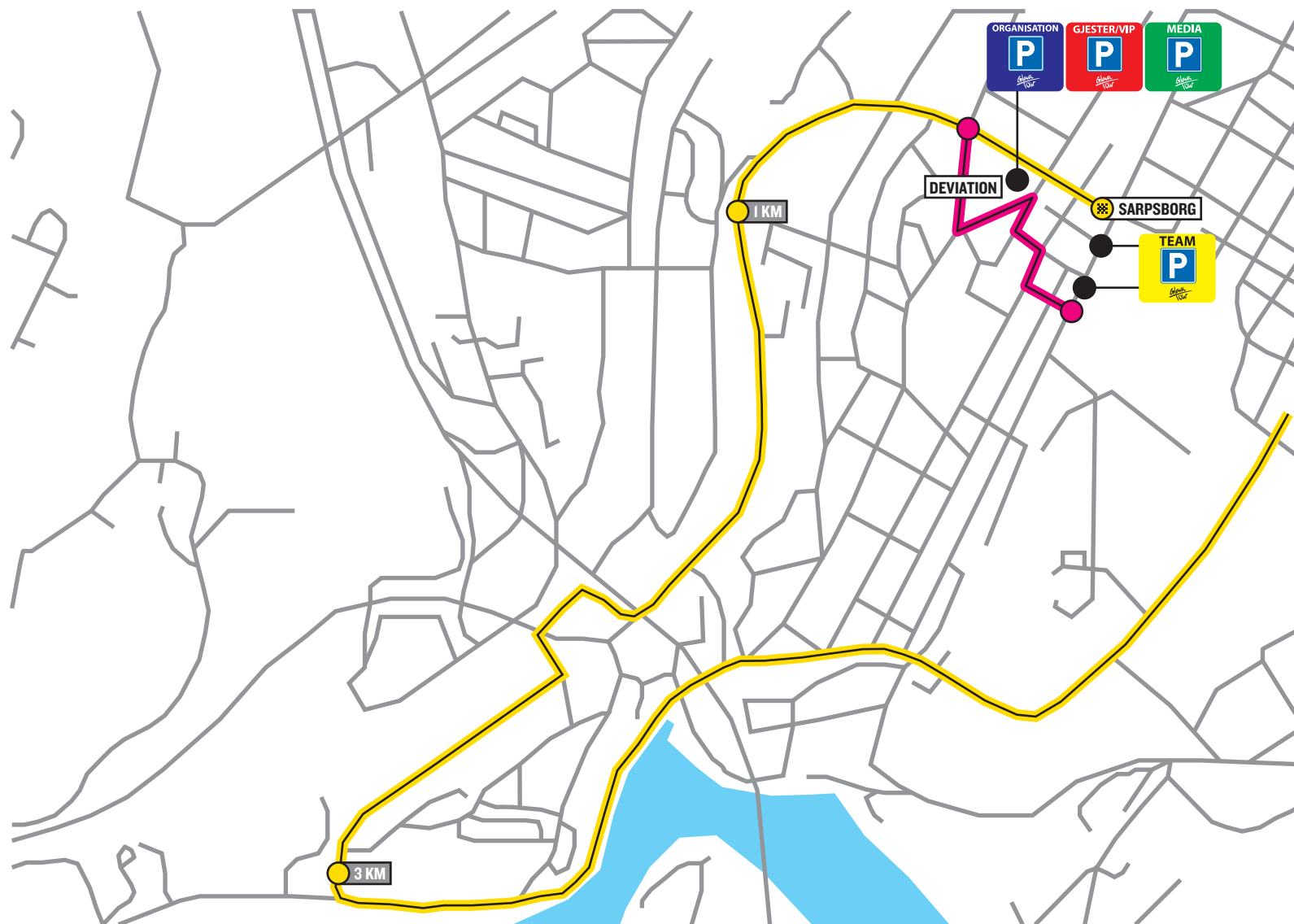


STAGE I: RACE ROUTE

GPS Adress, feeding zone: N 59.41463 E 11.35579, Haldenveien 14, Rakkestad



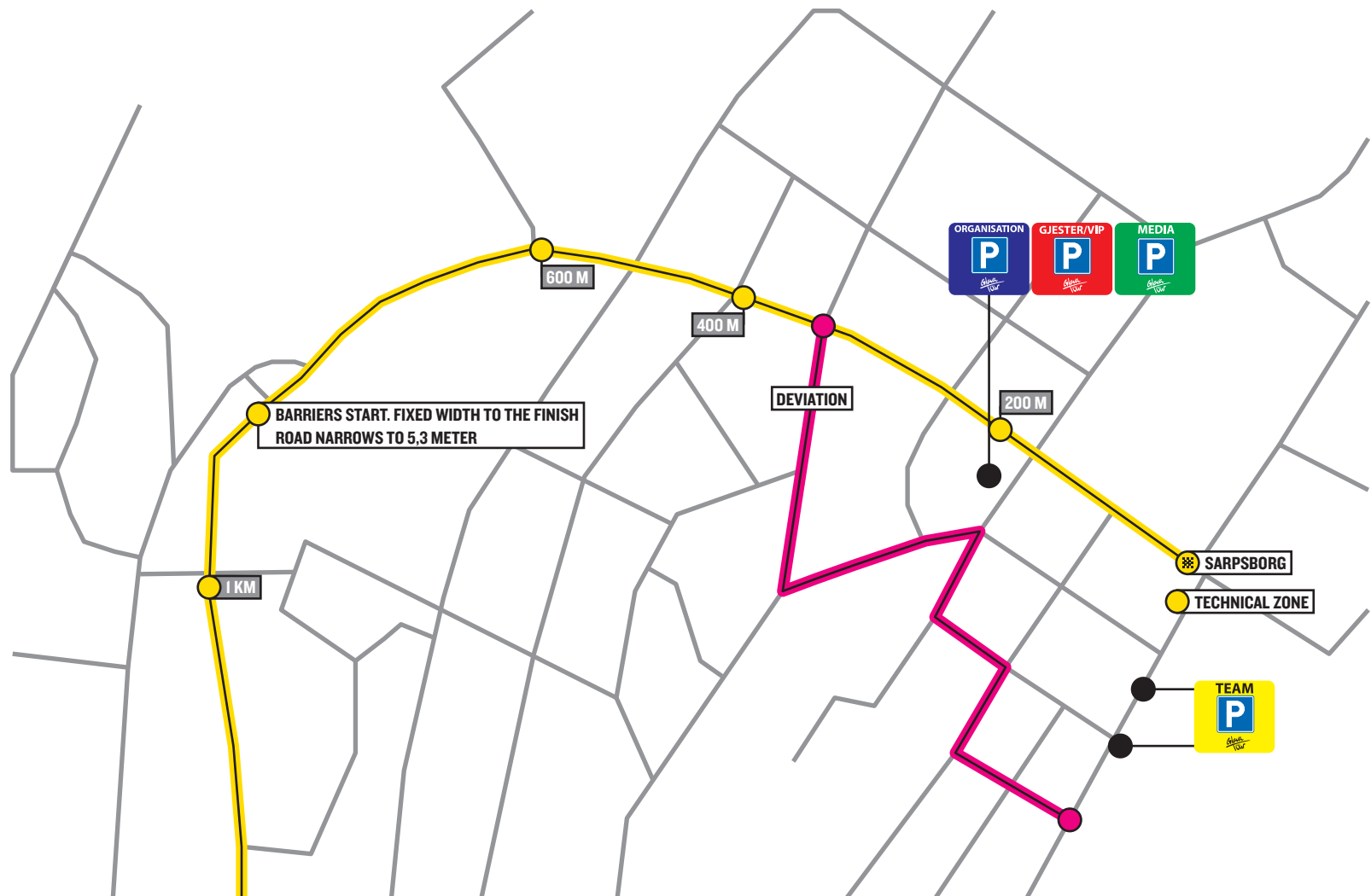
STAGE I: LAST 3 KILOMETRES



STAGE I: LAST KILOMETRE



Finish straight 400 meters, slight uphill, flattens the last 200 meters. Width: 5,3 meters.


Race deviation point: N 59.28371 E 11.10314, Hans Nielsen Hauges gate 43, Sarpsborg (Press, guests, organization and teams). Bus access to team parking: Go through the following route: N 59.27383 E 11.10083 (Sandesundsveien 83) to N 59.28164 E 11.10820 (Sandesundsveien 13).




STAGE I: ROUTE DESCRIPTION

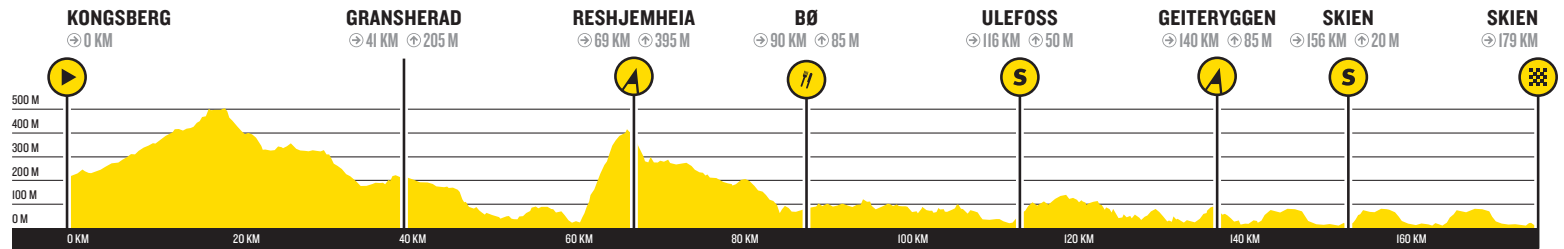
GLAVA TOUR 2013	Km in final laps	Km from start	Km to end	KMH	KMH	KMH	DIRECTION	DESCRIPTION
STAGE I				40	42	45		
Start Fredrikstad				12:30	12:30	12:30		Neutral zone 6,6 km
Voldgata							Left	
Torsnesveien							Right	
Gamlebyveien							Left	
Roundabout							3 exit	
Fredrikstad bridge								
Roundabout - St. Croixgate							1 exit	
Roundabout -Shell gass station							Right	
Roundabout -city centre								
Speed camera								
Roundabout							1 exit	
Roundabout							1 exit	
Roundabout							2 exit	
Official start Ørebekk		0	190.3	12:40	12:40	12:40		Official start
Stasjonsveien		13.2	177.1	12:59	12:58	12:57		
Karlshus - sign		13.3	177	12:59	12:59	12:57		
Roundabout		13.7	176.6	13:00	12:59	12:58	1 exit	Direction Sarpsborg
Roundabout		16.8	173.5	13:05	13:04	13:02	1 exit	Direction Sarpsborg
Roundabout		17.4	172.9	13:06	13:04	13:03	2 exit	Direction Slangvoldveien
Våler kommune - sign		23.5	166.8	13:15	13:13	13:11		
Junction - FV115		29.4	160.9	13:24	13:22	13:19	Left	Direction Moss
Junction Fosseberget		29.6	160.7	13:24	13:22	13:19	Right	Direction Lunder
Junction Lunder		35	155.3	13:32	13:30	13:26	Right	Direction Mørk
Junction Fossen		40.8	149.5	13:41	13:38	13:34	Left	Direction Spydeberg
Junction Mørk Gård(Mørk farm)		42.1	148.2	13:43	13:40	13:36	Right	Direction Giltvedt
Junction Mørkveien/Helivneien		50.5	139.8	13:55	13:52	13:47	Left	Direction Spydeberg
Spydeberg - sign		52.6	137.7	13:58	13:55	13:50		
Junction Spydeberg		53.6	136.7	14:00	13:56	13:51	Right	Direction Askim
Fossum bridge		55.5	134.8	14:03	13:59	13:54		

Roundabout		56.9	133.4	14:05	14:01	13:55	2 exit	
Roundabout		57.7	132.6	14:06	14:02	13:56	2 exit	
Roundabout - GLAVA		59.5	130.8	14:09	14:05	13:59		Left side
GLAVA-FACTORY		59.6	130.7	14:09	14:05	13:59	Right	Entering factory area
Attention!		59.6	130.7	14:09	14:05	13:59		Narrow road
Back on FVI28		60	130.3	14:10	14:05	14:00	Left	
Roundabout		60.9	129.4	14:11	14:07	14:01	2 exit	
Roundabout		61.2	129.1	14:11	14:07	14:01	2 exit	
Roundabout		61.5	128.8	14:12	14:07	14:02	1 exit	
Roundabout		64	126.3	14:16	14:11	14:05	2 exit	Direction Slitu
Eidsberg kommune - sign		65.9	124.4	14:18	14:14	14:07		
Junction		68.4	121.9	14:22	14:17	14:11	Right	Direction Mysen - FVI28
Roundabout		71	119.3	14:26	14:21	14:14	3 exit	Direction Mysen - FVI28
Mysen - sign		71.3	119	14:26	14:21	14:15		
Roundabout		72.8	117.5	14:29	14:24	14:17	2 exit	
Super sprint -Mysen 		73.5	116.8	14:30	14:25	14:18		Intermediate sprint
Roundabout		73.6	116.7	14:30	14:25	14:18	2 exit	
Junction		74.3	116	14:31	14:26	14:19	Right	Direction Rakkestad
Rakkestad kommune - sign		85.2	105.1	14:47	14:41	14:33		
Junction		89.1	101.2	14:53	14:47	14:38	Right	Direction Rakkestad
Roundabout		90.4	99.9	14:55	14:49	14:40	2 exit	
Junction		91.9	98.4	14:57	14:51	14:42	Right	Direction Mysen
Junction		92	98.3	14:58	14:51	14:42	Left	Direction Halden
FEEDING 		92.1	98.2	14:58	14:51	14:42		Feeding start
Degernes - sign		98.9	91.4	15:08	15:01	14:51		
Halden kommune - sign		115.6	74.7	15:33	15:25	15:14		
Junction		123.3	67	15:44	15:36	15:24	Left	Direction Halden
Roundabout		127.3	63	15:50	15:41	15:29	2 exit	Direction Halden
Junction		128.7	61.6	15:53	15:43	15:31	Straight ahead	
Junction		129.4	60.9	15:54	15:44	15:32	Right	Direction sentrum
Junction -over bridge		129.8	60.5	15:54	15:45	15:33	Left	

Junction -after bridge		130.1	60.2	15:55	15:45	15:33	Right	
K.o.M climb start		130.1	60.2	15:55	15:45	15:33		Start of climb
Junction Landsbergglass		130.5	59.8	15:55	15:46	15:34	Right	
Junction, Frederiksten fortress		131.4	58.9	15:57	15:47	15:35	Left	
K.o.M - Fredriksten fortress 		131.8	58.5	15:57	15:48	15:35		K.o.M classification
Attention!		131.8	58.5	15:57	15:48	15:35		Narrow road
Veikryss		132.7	57.6	15:59	15:49	15:36	Left	Direction Halden centre
Attention!		132.8	57.5	15:59	15:49	15:37		Fast descent, and road narrows
Junction (Statoil)		134.4	55.9	16:01	15:52	15:39	Right	
Junction		134.5	55.8	16:01	15:52	15:39	Straight ahead	
Bridge underpass		134.6	55.7	16:01	15:52	15:39		
Attention!		134.7	55.6	16:02	15:52	15:39		Sharp right turn and narrow bridge
Halden bridge		134.7	55.6	16:02	15:52	15:39	Right	
Junction		134.8	55.5	16:02	15:52	15:39	Left	
Junction Oscarsgate		135	55.3	16:02	15:52	15:40	Right	
Junction Teatergata		135.2	55.1	16:02	15:53	15:40	Straight ahead	
Junction Nils Ankersgate		135.3	55	16:02	15:53	15:40	Straight ahead	
Junction Kristian Augustsgate		135.4	54.9	16:03	15:53	15:40	Straight ahead	
Junction Vognmakergata		135.5	54.8	16:03	15:53	15:40	Right	
Junction Busterudgata		135.5	54.8	16:03	15:53	15:40	Left	
Junction Marcus Thranesgate		135.7	54.6	16:03	15:53	15:40	Left	
Roundabout		136.4	53.9	16:04	15:54	15:41	(1 exit)	
Svinesundveien		137.1	53.2	16:05	15:55	15:42	Straight ahead	Direction Svinesund/E6
Attention speed camera		137.4	52.9	16:06	15:56	15:43		
Attention speed camera		138.6	51.7	16:07	15:58	15:44		
Attention speed camera		139.5	50.8	16:09	15:59	15:46		
Roundabout		140.3	50	16:10	16:00	15:47	2 exit	
Attention speed camera		141	49.3	16:11	16:01	15:48		
Roundabout		144	46.3	16:16	16:05	15:52	2 exit	
Sarpsborg kommune - sign		147.7	42.6	16:21	16:11	15:56		
Junction Ingedal		150.3	40	16:25	16:14	16:00	Right	

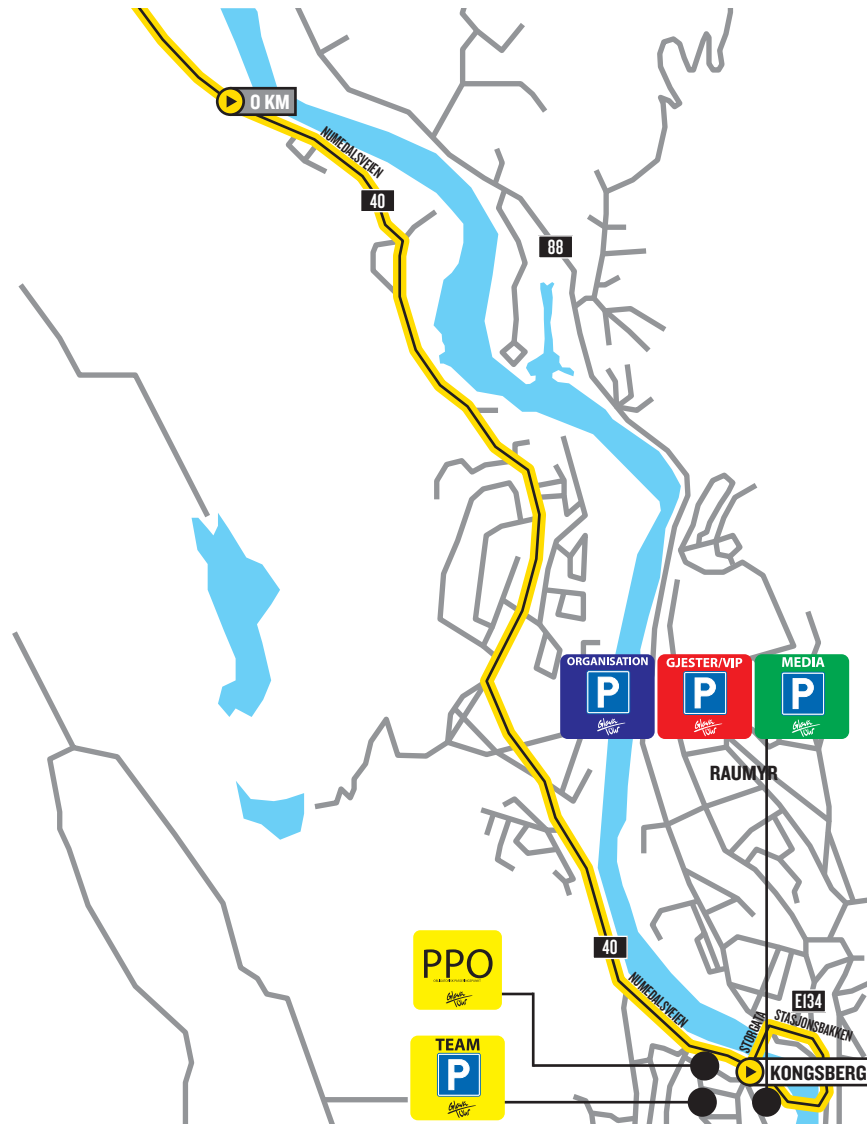
Junction		150.4	39.9	16:25	16:14	16:00	Left	
Attention!		150.9	39.4	16:26	16:15	16:01		Narrow underpass
Skjeberg centre		155	35.3	16:32	16:21	16:06	Straight ahead	
Roundabout		162.3	28	16:43	16:31	16:16	2 exit	
Roundabout		163	27.3	16:44	16:32	16:17	2 exit	
Roundabout		163.5	26.8	16:45	16:33	16:18	1 exit	
Junction St. Nicolas gate		164.3	26	16:46	16:34	16:19		Direction St. Marie gate
Junction		164.5	25.8	16:46	16:35	16:19	Right	Direction Kirkegata
Entering final laps		164.8	25.5	16:47	16:35	16:19	Left	Direction Oscar Pedersens vei
Junction Storgata		166.6	23.7	16:49	16:38	16:22	Left	
Junction Ludvig Enges vei		167.7	22.6	16:51	16:39	16:23	Right	
Junction Dr. Johnsens gate		168.5	21.8	16:52	16:40	16:24	Left	
Junction Tunebakken		168.7	21.6	16:53	16:41	16:24	Right	
Junction Torsbekkveien		168.8	21.5	16:53	16:41	16:25	Left	
Passing finish line - 3 final laps	0	170.5	19.8	16:55	16:43	16:27		
Supersprint finish line 	0	170.5	19.8	16:55	16:43	16:27		
Junction Kirkegata	0.2	170.7	19.6	16:56	16:43	16:27	Right	
Junction Oscar Pedersens vei	0.6	171.1	19.2	16:56	16:44	16:28	Right	
Junction Storgata	2.4	172.9	17.4	16:59	16:47	16:30	Right	
Junction Ludvig Enges vei	3.6	174.1	16.2	17:01	16:48	16:32	Right	
Junction Dr. Johnsens gate	4.3	174.8	15.5	17:02	16:49	16:33	Left	
Junction Tunebakken	4.6	175.1	15.2	17:02	16:50	16:33	Right	
Junction Torsbekkveien	4.7	175.2	15.1	17:02	16:50	16:33	Left	
Finish line - 2 laps to go	6.6	177.1	13.2	17:05	16:53	16:36		
Finish line - 1 lap to go		183.7	6.6	17:15	17:02	16:44		
FINISH - SARPSBORG		190.3	0	17:25	17:11	16:53		

STAGE 2: STAGE PROFILE



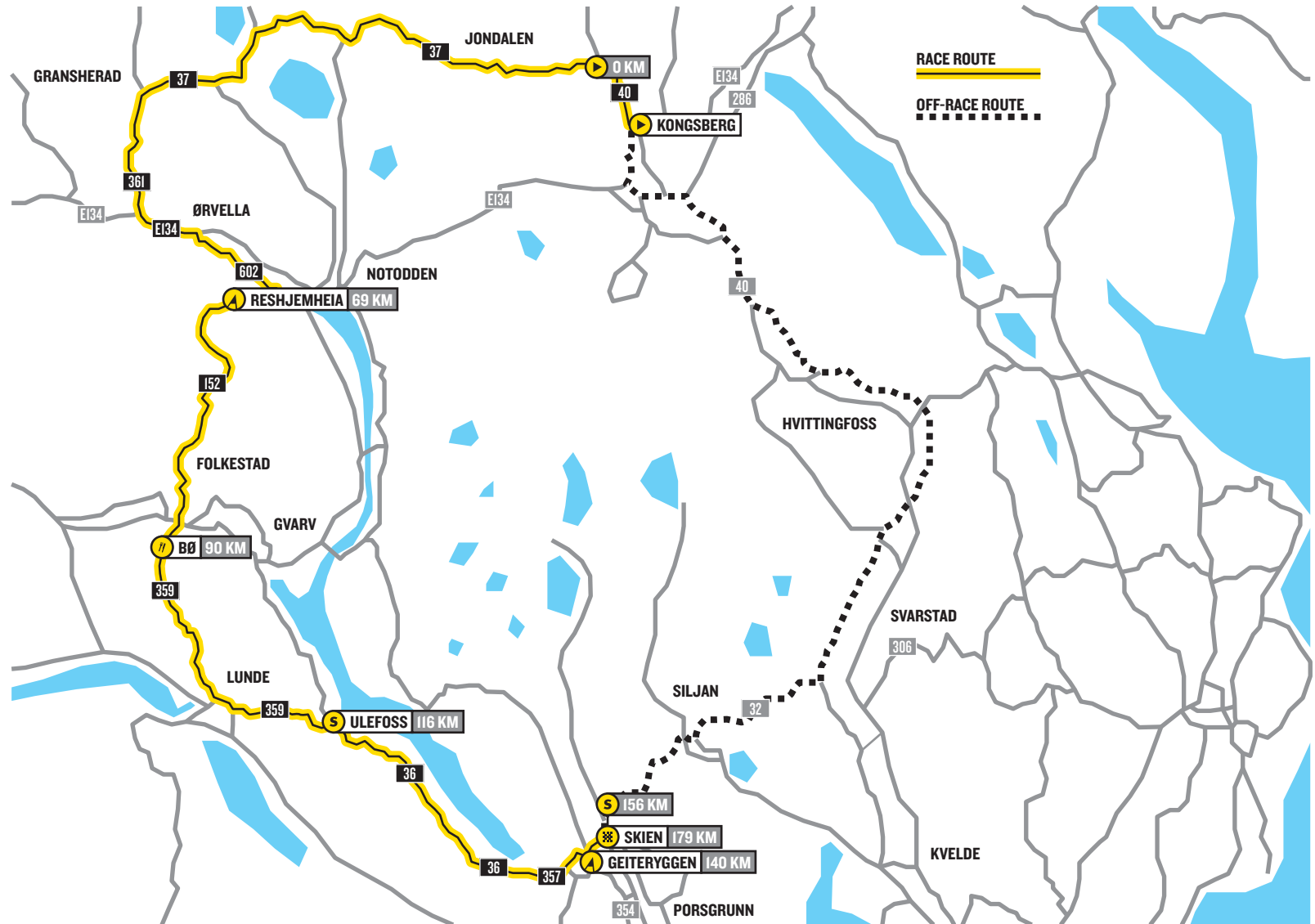
STAGE 2: START AREA

PPO Adress: N 59.66746 E 9.64593, Thornes vei 4, Kongsberg



STAGE 2: RACE ROUTE

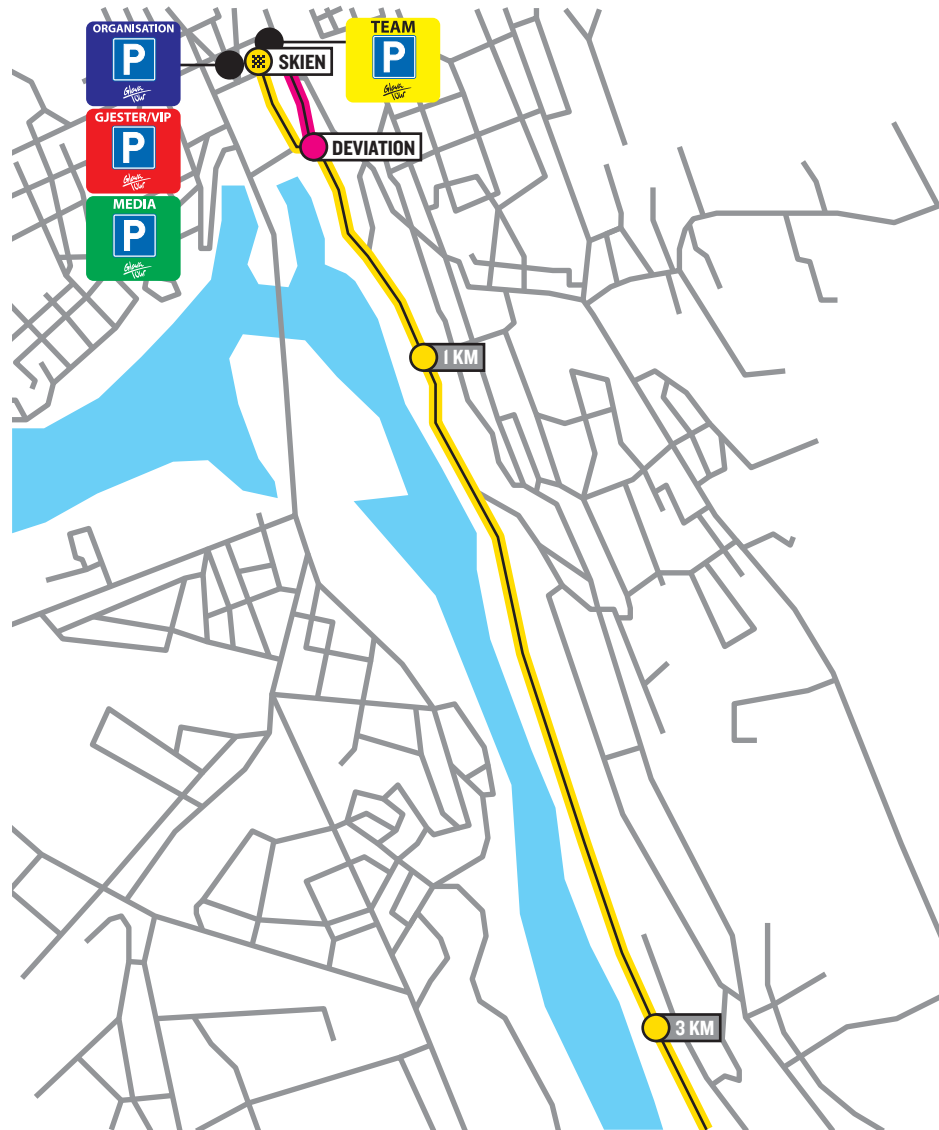
GPS Adress, feeding zone: N 59.40942 E 9.06632, Lundevegen 31, Bø i Telemark



STAGE 2: FINISHING CIRCUIT



STAGE 2: LAST 3 KILOMETRES



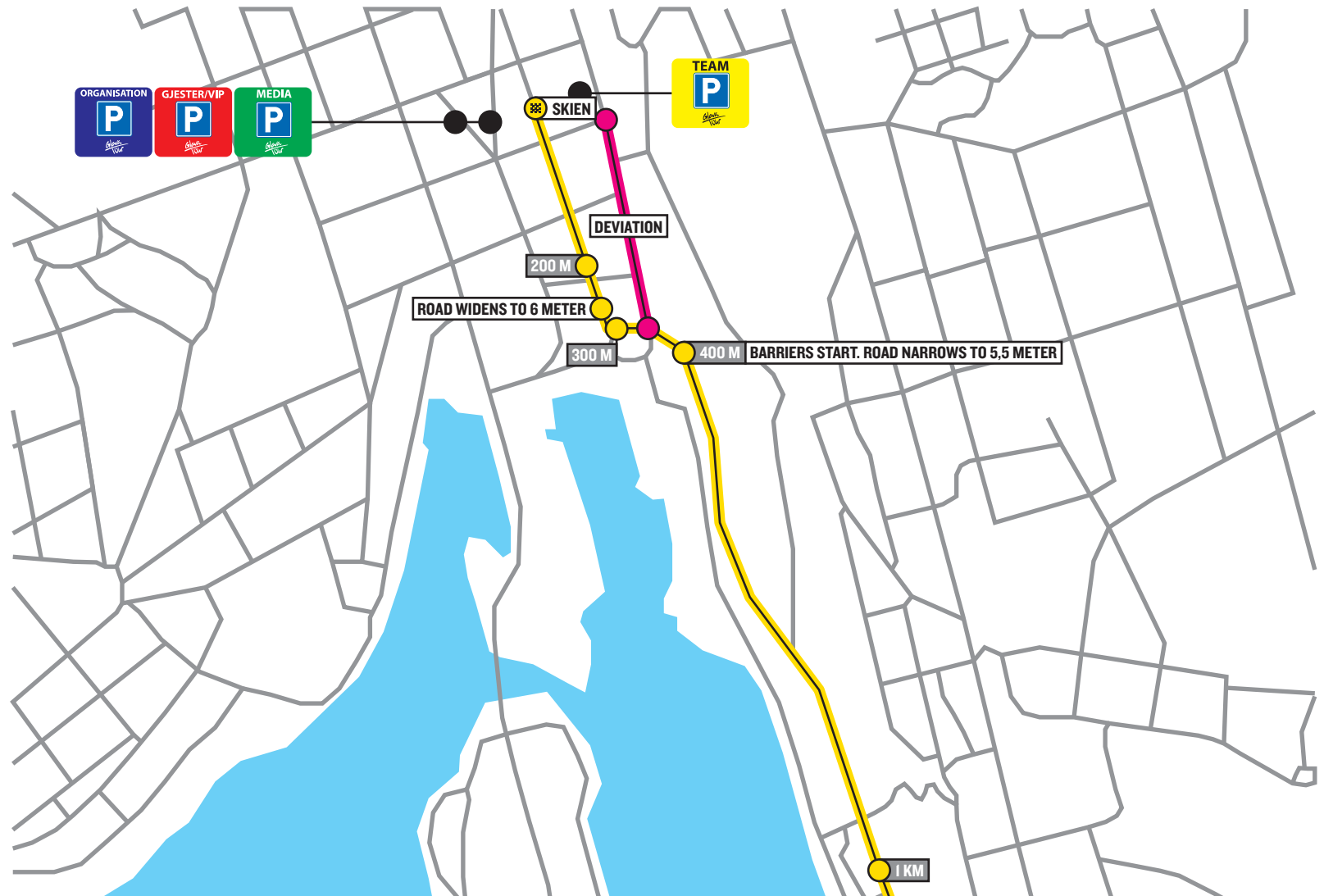
100 M

0 M


STAGE 2: LAST KILOMETRE

Finish straight 300 meters, slight uphill. Width: 6 meters.


Race deviation point: N 59.20685 E 9.61128, Kongens gate 6, Skien (Press, guests, organization and teams). Bus access to team parking: Through race deviation point.



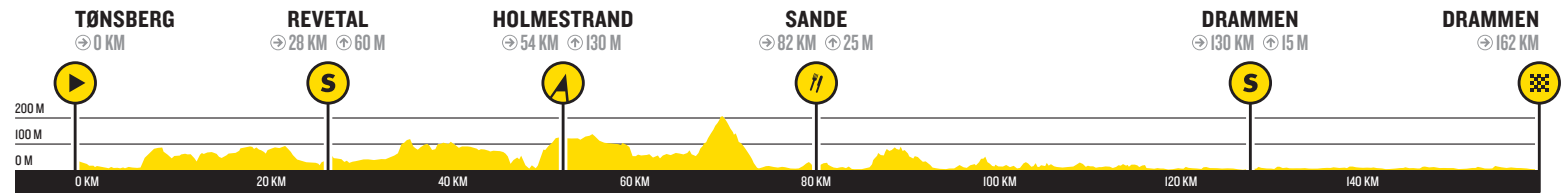
STAGE 2: ROUTE DESCRIPTION

GLAVA TOUR 2013	Km in final laps	Km from start	Km to end	KMH	KMH	KMH	Direction	BESKRIVELSE
Etappe 2				40	42	45		
Start Kongsberg				12:40	12:40	12:40		Neutral zone 6,0 km
Junction							Right	
Junction							Right	
Junction								
Roundabout							1 exit	
Roundabout							1 exit	
Official start Numedalsveien		0	179	12:50	12:50	12:50		Official start
Junction		0.8	179.4	12:51	12:51	12:51	Left	Direction Jondalen
Telemark fylke/Notodden - sign		17.8	161.2	13:16	13:15	13:13		
Bolkesjø - sign		22.3	156.7	13:23	13:21	13:19		
Junction		30.3	148.7	13:35	13:33	13:30	Left	Direction Rjukan
Gransherad - sign		39.9	139.1	13:49	13:47	13:43	Straight ahead	
Railway (no traffic)		41	138	13:51	13:48	13:44		Straight ahead
Gransherad		41.1	137.9	13:51	13:48	13:44		
Junction		42	137	13:53	13:50	13:46	Left	Direction Notodden
Junction - E134		51.7	127.3	14:07	14:03	13:58	Left	Direction Notodden
Nordbygda - sign		56.5	122.5	14:14	14:10	14:05	Straight ahead	
Attention		56.5	122.5	14:14	14:10	14:05		Sharp left turn and narrow bridge
Junction - Ørvella Vest		57	122	14:15	14:11	14:06	Left	Direction Melås bru
Melås bridge		57.6	121.4	14:16	14:12	14:06		
Junction		57.8	121.2	14:16	14:12	14:07	Left	Direction Yli
Junction Yli		65.2	113.8	14:27	14:23	14:16	Right	Direction Bø
K.o.M climb start		65.2	113.8	14:27	14:23	14:16		
Attention		66.9	112.1	14:30	14:25	14:19		Narrow bridge
K.o.M Reshjemheia 		69.5	109.5	14:34	14:29	14:22		K.o.M classification
Attention		70	109	14:35	14:30	14:23		Fast descent
Bø kommune - sign		74.6	104.4	14:41	14:36	14:29		
Attention		80	99	14:50	14:44	14:36		Narrow bridge
Bø Sommerland/Lifjellveien		87.3	91.7	15:00	14:54	14:46	Straight ahead	Direction Bø

Bø		89.7	89.3	15:04	14:58	14:49		
Roundabout		89.8	89.2	15:04	14:58	14:49	2 exit	Direction Lunde
Junction		90.2	88.8	15:05	14:58	14:50	Right	Direction Lunde
FEEDING		90.5	88.5	15:05	14:59	14:50		Feeding start
Nome kommune - sign		95.3	83.7	15:12	15:06	14:57		
Attention		97.1	81.9	15:15	15:08	14:59		Narrow bridge
Lunde - sign		104	75	15:26	15:18	15:08		
Ulefoss - sign		112	67	15:38	15:30	15:19		
Roundabout		115	64	15:42	15:34	15:23	2 exit	Direction sentrum
Super sprint - Ulefoss		116	63	15:44	15:35	15:24		Intermediate sprint
Junction		116	63	15:44	15:35	15:24	Right	Direction Skien
Skien kommune - sign		126	53	15:59	15:50	15:38		
K.o.M climb start		139	40	16:18	16:08	15:55		
K.o.M Geiteryggen		140	39	16:20	16:10	15:56		
Geiteryggen - Junction		140.1	38.9	16:20	16:10	15:56	Left	
Junction		140.2	38.8	16:20	16:10	15:56	Right	
Attention		140.3	38.7	16:20	16:10	15:57		Fast descent -narrow road
Roundabout		142.5	36.5	16:23	16:13	16:00	3 exit	
Roundabout		143.7	35.3	16:25	16:15	16:01	2 exit	
Junction		144	35	16:26	16:15	16:02	Right	
Traffic lights		144.3	34.7	16:26	16:16	16:02	Straight ahead	
Traffic lights		144.8	34.2	16:27	16:16	16:03	Straight ahead	
Traffic lights		145.1	33.9	16:27	16:17	16:03	Straight ahead	
Traffic lights		145.2	33.8	16:27	16:17	16:03	Straight ahead	
Traffic lights		145.3	33.7	16:27	16:17	16:03	Straight ahead	
Passing finish area close to finish line		145.4	33.6	16:28	16:17	16:03		
Junction		145.5	33.5	16:28	16:17	16:04	Right	
Junction		145.6	33.4	16:28	16:18	16:04	Left	Direction Snipetorggata
Junction		145.9	33.1	16:28	16:18	16:04	Left	Direction Bratsberggata
Junction		146.3	32.7	16:29	16:19	16:05	Right and left	
Roundabout		146.8	32.2	16:30	16:19	16:05	1 exit	

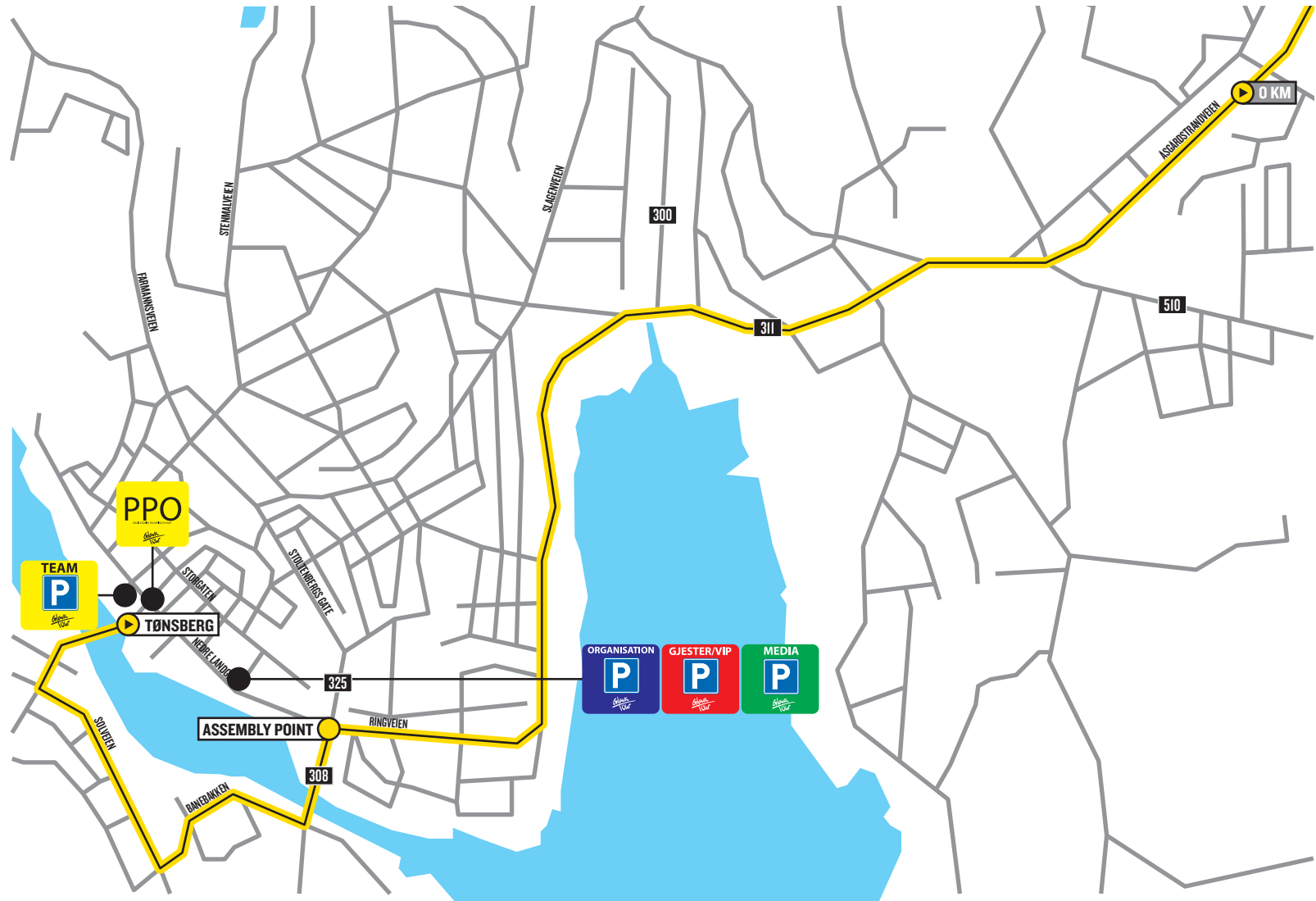
Junction		150.6	28.4	16:35	16:25	16:10	Right	
Attention		150.7	28.3	16:36	16:25	16:10		Fast descent -narrow road
Attention		151.4	27.6	16:37	16:26	16:11		Sharp right turn
Junction		151.4	27.6	16:37	16:26	16:11	Right	
Roundabout		152.2	26.8	16:38	16:27	16:12	2 exit	
Roundabout		156.2	22.8	16:44	16:33	16:18		
Finish line 2 laps to go		156.6	22.4	16:44	16:33	16:18		
Supersprint finish line 		156.6	22.4	16:44	16:33	16:18		
Junction	0	156.6	22.4	16:44	16:33	16:18	Right	
Junction	0.1	156.7	22.3	16:45	16:33	16:18	Right	
Junction	0.2	156.8	22.2	16:45	16:34	16:19	Left	Direction Snipetorggata
Junction	0.5	157.1	21.9	16:45	16:34	16:19	Right and left	Direction Bratsberggata
Junction	0.9	157.5	21.5	16:46	16:35	16:20		
Roundabout	1.4	158	21	16:47	16:35	16:20		
Roundabout	5.2	161.8	17.2	16:52	16:41	16:25	1 exit	
Junction	5.3	161.9	17.1	16:52	16:41	16:25	Right	
Attention	6	162.6	16.4	16:53	16:42	16:26		Fast descent -narrow road
Attention	6	162.6	16.4	16:53	16:42	16:26		Sharp right turn
Junction	6.8	163.4	15.6	16:55	16:43	16:27	Right	
Roundabout	10.8	167.4	11.6	17:01	16:49	16:33	2 exit	
Finish line 1 lap to go	11.2	167.8	11.2	17:01	16:49	16:33		
Finish Skien		179	0	17:18	17:05	16:48		

STAGE 3: STAGE PROFILE



STAGE 3: START AREA

PPO Address: N 59.26597 E 10.40759, Nedre Langgate 20, Tønsberg. Team cars not permitted at the bridge after the start area. Riders covered by neutral service the first 1,6 km of the neutral zone. Assembly point: Look at the map.



STAGE 3: RACE ROUTE

GPS Adress, feeding zone: N 59.57574 E 10.24969, Sandebuktveien, Sande



STAGE 3: LAST 3 KILOMETRES



100 M

0 M



STAGE 3: LAST KILOMETRE



Finish straight 600 meters, flat. Width: 6 meters.


Race deviation point: N 59.74055 E 10.21409, Losjeplassen 2, Drammen(Press, guests, organization and teams). Bus access to team parking: Through race deviation point.




STAGE 3: ROUTE DESCRIPTION

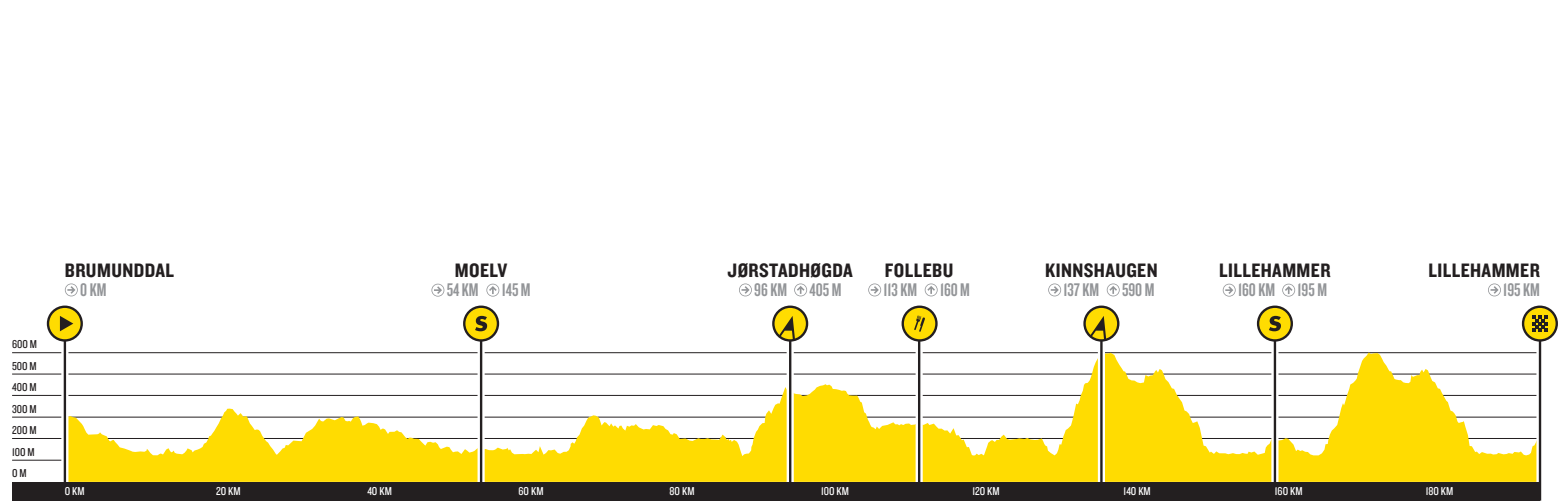
GLAVA TOUR 2013	Km in final laps	Km from start	Km to end	KMH	KMH	KMH	DIRECTION	DESCRIPTION
Stage 3				40	42	45		
Start Tønsberg				14:10	14:10	14:10		Neutral zone 5,8 km
Team cars not permitted at the bridge after the start area.								
Riders covered by neutral service the first 1,6 km of the neutral zone. Assembly point: Look at the map.								
Junction							Left	
Roundabout							3 exit	
Kanalbrua bridge							Keep Right	Direction Åsgårdstrand
Junction							Right	Direction Åsgårdstrand
Trafic lights							Stright ahead	
Roundabout							1 exit	Direction Åsgårdstrand
Roundabout							1 exit	Direction Åsgårdstrand
Roundabout							2 exit	
Trafic lights							Stright ahead	Direction Åsgårdstrand
Roundabout							2 exit	Direction Åsgårdstrand
Roundabout							2 exit	
Official start Gauterød		0	162.7	14:20	14:20	14:20		Official start
Roundabout - Illebrekke		1.5	161.2	14:22	14:22	14:22		
Horten kommune - sign		8.6	154.1	14:32	14:32	14:31		
Åsgårdstrand		9	153.7	14:33	14:32	14:32	Left	
Roundabout Kjærkrysset		10.8	151.9	14:36	14:35	14:34	1 exit	Direction Horten
Shell gas station		11.3	151.4	14:36	14:36	14:35	Left	Direction Adal
Adal		12.6	150.1	14:38	14:38	14:36	Right	Direction Skoppum
Junction		15.1	147.6	14:42	14:41	14:40	Right	Direction Skoppum/E18
Roundabout		17.3	145.4	14:45	14:44	14:43	2 exit	Passing E18
Roundabout		18.5	144.2	14:47	14:46	14:44	2 exit	
Attention		22.3	140.4	14:53	14:51	14:49		Descent and narrow bridge
Junction		24	138.7	14:56	14:54	14:52	Stright ahead	

Junction		27.2	135.5	15:00	14:58	14:56	Left	Direction Tønsberg
Super sprint Revetal 		28	134.7	15:02	15:00	14:57		
Roundabout		28.2	134.5	15:02	15:00	14:57	2 exit	
Roundabout		28.4	134.3	15:02	15:00	14:57	1 exit	Direction Ramnes
Junction		28.9	133.8	15:03	15:01	14:58	Right	Direction Kihle
Junction		31	131.7	15:06	15:04	15:01	Right	Direction Fossan
Junction		32.2	130.5	15:08	15:06	15:02	Left	Direction Hof
Junction - Svinevoll		35.8	126.9	15:13	15:11	15:07	Right	Direction Horten
Junction - Kirkevoll		38.5	124.2	15:17	15:15	15:11	Stright ahead	Direction Horten
Junction - Sørby		40.2	122.5	15:20	15:17	15:13	Stright ahead	Direction Horten
Horten kommune - sign		43.8	118.9	15:25	15:22	15:18		
Roundabout		45	117.7	15:27	15:24	15:20	2 exit	Passering E18
Roundabout		45.1	117.6	15:27	15:24	15:20	2 exit	v/Statoil (Koppstad)
Roundabout		45.2	117.5	15:27	15:24	15:20	1 exit	
Junction		46	116.7	15:29	15:25	15:21	Left	Hellandveien
Re kommune - sign		48.9	113.8	15:33	15:29	15:25		
Roundabout		49.1	113.6	15:33	15:30	15:25	1 exit	
Junction		52.2	110.5	15:38	15:34	15:29	Right	Direction Holmestrand
Junction		52.6	110.1	15:38	15:35	15:30	Left	Direction Hvitvingfoss
K.o.M climb start		52.6	110.1	15:38	15:35	15:30		
Junction		53.4	109.3	15:40	15:36	15:31	Left	Direction Gullhaug
K.o.M Holmestrand 		54.5	108.2	15:41	15:37	15:32		K.o.M
Trafic lights		54.5	108.2	15:41	15:37	15:32	Stright ahead	Stright ahead
Roundabout - Gullhaug		58.3	104.4	15:47	15:43	15:37	2 exit	
Roundabout - Island		61.2	101.5	15:51	15:47	15:41	2 exit	Krysser E18
Roundabout		61.4	101.3	15:52	15:47	15:41	3 exit	Krysser E18
Tunnel		62.2	100.5	15:53	15:48	15:42	Stright ahead	
Tunnel		62.7	100	15:54	15:49	15:43	Stright ahead	
Attention		62.8	99.9	15:54	15:49	15:43		Fast descent and sharp right turn
Junction		63.2	99.5	15:54	15:50	15:44	Right	
Junction		63.3	99.4	15:54	15:50	15:44	Left	

Junction Hillestad		63.8	98.9	15:55	15:51	15:45	Left	Direction Eplerød
Junction		70.5	92.2	16:05	16:00	15:54	Right	Direction Sande
Sande kommune - sign		72.8	89.9	16:09	16:04	15:57	Straight ahead	
Attention		73.1	89.6	16:09	16:04	15:57		Fast descent
Roundabout		75	87.7	16:12	16:07	16:00	1 exit	Direction Sande
Sande		77.9	84.8	16:16	16:11	16:03	Straight ahead	
Junction		78.8	83.9	16:18	16:12	16:05	Left	Direction Drammen
Junction		79.5	83.2	16:19	16:13	16:06	Right	Direction Svelvik
FEEDING 		81.7	81	16:22	16:16	16:08		Feeding start
Svelvik - sign		98.5	64.2	16:47	16:40	16:31		
Junction		99.8	62.9	16:49	16:42	16:33	Left	Direction Drammen
Roundabout		101.1	61.6	16:51	16:44	16:34	1 exit	Direction Drammen
Drammen kommune - sign		112.4	50.3	17:08	17:00	16:49		
Junction		120.1	42.6	17:20	17:11	17:00	Left	
Junction		120.2	42.5	17:20	17:11	17:00	Right	Direction Oslo
Roundabout		120.5	42.2	17:20	17:12	17:00	1 exit	
Traffic lights		120.6	42.1	17:20	17:12	17:00		
Junction		121	41.7	17:21	17:12	17:01	Right	
Entering final laps		121	41.7	17:21	17:12	17:01		
Roundabout		122.1	40.6	17:23	17:14	17:02	3 exit	
Passing finish line		122.7	40	17:24	17:15	17:03		
5 final laps								
Junction	0.3	123.1	39.6	17:24	17:15	17:04	Straight ahead	
Junction	0.8	123.6	39.1	17:25	17:16	17:04	Straight ahead	
Roundabout	1	123.8	38.9	17:25	17:16	17:05	Third exit	
Attention	1	123.8	38.9	17:25	17:16	17:05		Partly cobbled and narrow section starts
Attention	1.7	124.5	38.2	17:26	17:17	17:06		Road narrows
Attention	2.7	125.5	37.2	17:28	17:19	17:07		Cobbles and narrow road ends
Roundabout	2.7	125.5	37.2	17:28	17:19	17:07	Second exit	
Roundabout	3	125.8	36.9	17:28	17:19	17:07	Third exit	
Roundabout	4.6	127.4	35.3	17:31	17:22	17:09	Second exit	Direction Strømsø

Roundabout	5.3	128.1	34.6	17:32	17:23	17:10	Second exit	
Roundabout	5.5	128.3	34.4	17:32	17:23	17:11	Stright ahead	
Traffic lights	6.2	129	33.7	17:33	17:24	17:12	Left	
Central reservation	6.3	129.1	33.6	17:33	17:24	17:12		
Roundabout	6.9	129.7	33	17:34	17:25	17:12	Second Exit	Left side of roundabout. Road narrows.
Roundabout	7.3	130.1	32.6	17:35	17:25	17:13	Third exit	Left side of roundabout. Narrow road.
Finish line	8	130.7	32	17:36	17:26	17:14		
Super sprint - Finish line 	8	130.7	32	17:36	17:26	17:14		
Finish line lap 2		138.7	24	17:48	17:38	17:24		
Finish line lap 3		146.7	16	18:00	17:49	17:35		
Finish line lap 4		154.7	8	18:12	18:01	17:46		
Finish Drammen		162.7		18:24	18:12	17:56		

STAGE 4: STAGE PROFILE



STAGE 4: START AREA

PPO Adress: N 60.88629 E 10.93820, Ringsakervegen 1, Brumuddal

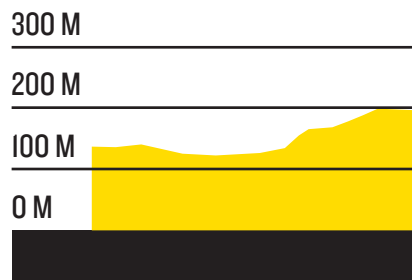


STAGE 4: RACE ROUTE

GPS Adress, feeding zone: N 61.20202 E 10.30400, Gausdalsveien 951



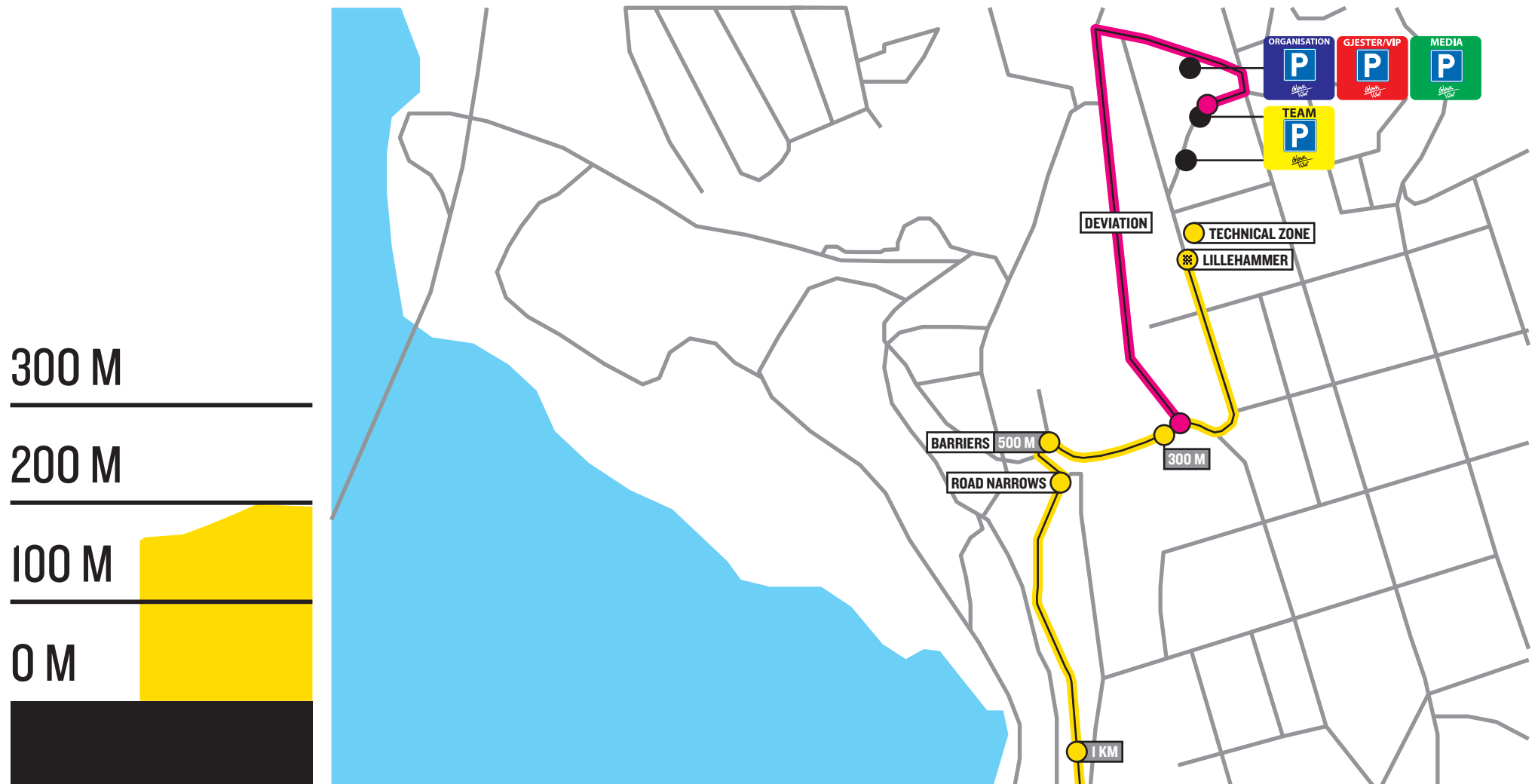
STAGE 4: LAST 3 KILOMETRES



STAGE 4: LAST KILOMETRE


Finish straight 250 meters, slightly uphill. Width: 6 meters.



Race deviation point: N 61.11349 E 10.46349, Stortorget 2, Lillehammer (Press, guests, organization and teams). Bus access to team parking: Through race deviation point. From E6, take first exit to Lillehammer. Follow signs towards Sjusjøen.




STAGE 4: ROUTE DESCRIPTION

GLAVA TOUR 2013	Km from start	Km to end	KMH	KMH	KMH	DIRECTION	DESCRIPTION
STAGE 4			40	42	45		
Start Brumunddal			13:10	13:10	13:10		Neutral zone 3 km
Roundabout						2 exit	
Junction						Left	
Official start Bjørgedalsvegen	0	195	13:15	13:15	13:15		Official start
Junction	1.5	193.5	13:17	13:17	13:17	Right	
Junction	3.7	191.3	13:20	13:20	13:19	Right	
Brumunddal sign	7.7	187.3	13:26	13:26	13:25		
Attention	7.7	187.3	13:26	13:26	13:25		Fast descent
Central reservation	8.6	186.4	13:27	13:27	13:26	Straight ahead	
Roundabout	9.1	185.9	13:28	13:28	13:27	2 Exit	
Attention	9.3	185.7	13:28	13:28	13:27	Speed bumps	
Brumunddal - sentrum	9.5	185.5	13:29	13:28	13:27	Straight ahead	
Attention	9.5	185.5	13:29	13:28	13:27		Passing through start area
Attention	9.5	185.5	13:29	13:28	13:27	Bridge/speed bump	
Roundabout	9.6	185.4	13:29	13:28	13:27	2 exit	
Roundabout	9.7	185.3	13:29	13:28	13:27	2 exit	
Roundabout	9.6	185.4	13:29	13:28	13:27	2 Exit	
Roundabout	9.7	185.3	13:29	13:28	13:27	2 Exit	
Central reservation	11.2	183.8	13:31	13:31	13:29	Straight ahead	
Junction	11.3	183.7	13:31	13:31	13:30	Left	Direction Nes
Junction	11.8	183.2	13:32	13:31	13:30	Straight ahead	
Junction	13.6	181.4	13:35	13:34	13:33	Straight ahead	
Nes	19.1	175.9	13:43	13:42	13:40	Left	Direction Nes
Junction	21.5	173.5	13:47	13:45	13:43	Straight ahead	
Tingnes (sign)	27.5	167.5	13:56	13:54	13:51	Straight ahead	
Gas station	28.3	166.7	13:57	13:55	13:52	Straight ahead	
Central reservation	28.5	166.5	13:57	13:55	13:53	Straight ahead	
Junction	28.6	166.4	13:57	13:55	13:53	Straight ahead	
Junction	34.2	160.8	14:06	14:03	14:00	Straight ahead	

Stavsjø	35.4	159.6	14:08	14:05	14:02	Sign	
Junction	36.4	158.6	14:09	14:07	14:03	Left	Direction Jølstad 213
Jølstad (sign)	41.1	153.9	14:16	14:13	14:09	Straight ahead	
Gaupen (sign)	44.8	150.2	14:22	14:19	14:14	Straight ahead	
Attention	45.5	149.5	14:23	14:20	14:15	Speed bump	
Attention	45.8	149.2	14:23	14:20	14:16	Speed bump	
Junction	46.2	148.8	14:24	14:21	14:16	Left	Direction Moelv 23
Ringsaker church	50.7	144.3	14:31	14:27	14:22	Straigh ahead	
Moelv. Roundabout	53.2	141.8	14:34	14:31	14:25	1 exit	Direction Sjusjøen 213
Junction	53.5	141.5	14:35	14:31	14:26	Straight ahead	
Central reservation	54.3	140.7	14:36	14:32	14:27	Straight ahead	
Junction	54.4	140.6	14:36	14:32	14:27	Straight ahead	
Moelv sentrum - Roundabout	54.5	140.5	14:36	14:32	14:27	2 exit	
Super sprint - Moelv 	54.7	140.3	14:37	14:33	14:27		
Brøttum church	69.8	125.2	14:59	14:54	14:48	Straight ahead	
Oppland Fylke (sign)	76.3	118.7	15:09	15:04	14:56	Straight ahead	
Hamarvejen	79.5	115.5	15:14	15:08	15:01	Straight ahead	
Attention	80	115	15:15	15:09	15:01	Speed bump	
Attention	80.6	114.4	15:15	15:10	15:02	Speed bumps 80,6 - 81,9	
Juntion	81.5	113.5	15:17	15:11	15:03	Straight ahead	
Lillehammer	82.4	112.6	15:18	15:12	15:04	Right/left	
Crossing finish line	82.6	112.4	15:18	15:13	15:05		
Junction	83	112	15:19	15:13	15:05	Right	Fv 213
Junction	83.1	111.9	15:19	15:13	15:05	Straight on	
Junction	83.7	111.3	15:20	15:14	15:06	Straight on	
Roundabout	84	111	15:21	15:15	15:07	3 exit	
Junction	84.1	110.9	15:21	15:15	15:07	Straight on	
Roundabout	84.4	110.6	15:21	15:15	15:07	2 exit	
Central reservation	84.5	110.5	15:21	15:15	15:07	Straight ahead	
Roundabout	84.6	110.4	15:21	15:15	15:07	1 exit	
Junction	85	110	15:22	15:16	15:08	Straight ahead	

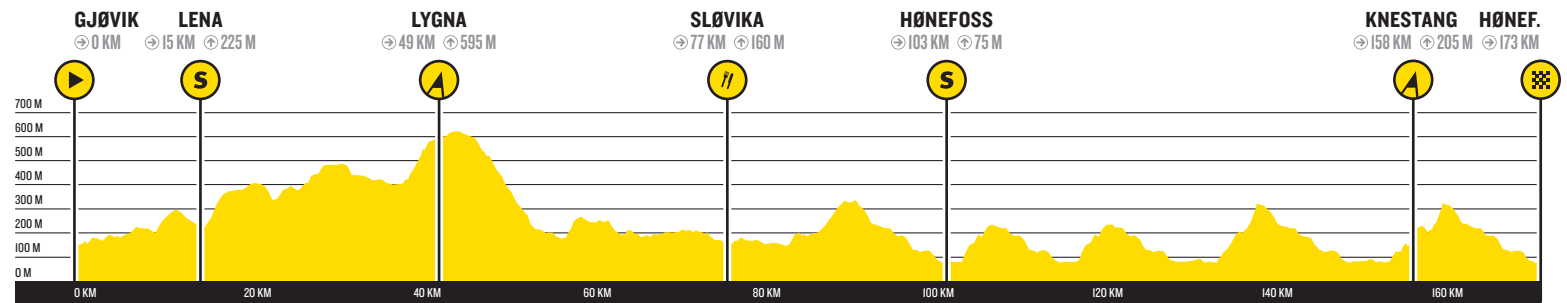
Junction	85.5	109.5	15:23	15:17	15:09	Straight ahead	
Central reservation	87	108	15:25	15:19	15:11	Straight ahead	
Roundabout	87.2	107.8	15:25	15:19	15:11	1 exit	
Junction	89.3	105.7	15:28	15:22	15:14	Left	Direction Fåberg
Attention	89.6	105.4	15:29	15:23	15:14	Speed bumps 89,6 - 89,9	
Attention	90	105	15:30	15:23	15:15	Narrow Bridge	
Junction	90.5	104.5	15:30	15:24	15:15	Right	Direction Hunderfossen
K.o.M climb start	90.7	104.3	15:31	15:24	15:15		
Junction	91.8	103.2	15:32	15:26	15:17	Left	Direction Segelstad Bru
Junction	92.9	102.1	15:34	15:27	15:18	Straight ahead	
K.O.M. - Jørstadhøgda 	95.8	99.2	15:38	15:31	15:22	Top of the climb	
Follebu	104.3	90.7	15:51	15:44	15:34	Straight ahead	
Junction	105	90	15:52	15:45	15:35	Straight ahead	
Junction	107.2	87.8	15:55	15:48	15:37	Left	Direction Lillehammer (255)
Segelstad Bru	107.3	87.7	15:55	15:48	15:38	Straight ahead	
Junction	107.5	87.5	15:56	15:48	15:38	Straight ahead	
Aulestad	108	87	15:57	15:49	15:39	Straight ahead	
Follebu (sign)	109.8	85.2	15:59	15:51	15:41	Sign	
Attention	110.5	84.5	16:00	15:52	15:42	Speed bumps	
Junction	111.1	83.9	16:01	15:53	15:43	Straight ahead	Direction Lillehammer
Attention	111.5	83.5	16:02	15:54	15:43	Speed bumps	
Lillehammer kommune (sign)	112.9	82.1	16:04	15:56	15:45	Straight ahead	
FEEDING 	113	82	16:04	15:56	15:45		
Roundabout	120.5	74.5	16:15	16:07	15:55	3 exit	Direction Fåberg
Attention	120.8	74.2	16:16	16:07	15:56	Narrow Bridge	
Fåberg (sign)	121.4	73.6	16:17	16:08	15:56	Straight ahead	
Attention	121.8	73.2	16:17	16:09	15:57	Narrow Bridge	
Junction	122.6	72.4	16:18	16:10	15:58	Right	Direction Lillehammer
Roundabout	124.8	70.2	16:22	16:13	16:01	2 exit	
Junction	126.3	68.7	16:24	16:15	16:03	Straight ahead	
Roundabout	127.3	67.7	16:25	16:16	16:04	2 exit	

Roundabout	127.5	67.5	16:26	16:17	16:05	2 exit	
Central reservation	127.7	67.3	16:26	16:17	16:05	Straight ahead	
Roundabout	127.9	67.1	16:26	16:17	16:05	2 exit	
Junction	128.2	66.8	16:27	16:18	16:05	Straight ahead	
Junction	128.8	66.2	16:28	16:19	16:06	Straight ahead	
Central reservation	128.9	66.1	16:28	16:19	16:06	Straight ahead	
Junction	129	66	16:28	16:19	16:07	Left	
Crossing finish line	129.4	65.6	16:29	16:19	16:07		
Junction	129.6	65.4	16:29	16:20	16:07	Right	
Junction	129.7	65.3	16:29	16:20	16:07	Left	
Central reservation	129.8	65.2	16:29	16:20	16:08		
Junction	129.8	65.2	16:29	16:20	16:08	Left	
Junction	130.3	64.7	16:30	16:21	16:08	Right	Dir Rv4
Vingnes	131.4	63.6	16:32	16:22	16:10	Straight ahead	
Junction	131.5	63.5	16:32	16:22	16:10	Left, then right	
K.o.M climb start	131.5	63.5	16:32	16:22	16:10		
Junction	132.7	62.3	16:34	16:24	16:11	Right	
Junction	133.1	61.9	16:34	16:25	16:12	Left	
Cattle grid	135.2	59.8	16:37	16:28	16:15	Straight ahead	
K.O.M. - Kinnshaugen 📍	136.7	58.3	16:40	16:30	16:17	Top of the climb	
Cattle grid	139.1	55.9	16:43	16:33	16:20	Straight ahead	
Saksumdal	140.7	54.3	16:46	16:36	16:22	Left	Direction Vingerom
Cattle grid	142.8	52.2	16:49	16:39	16:25	Straight ahead	
Vingerom	151.5	43.5	17:02	16:51	16:37	Left	Direction Lillehammer
Attention	156.1	38.9	17:09	16:58	16:43	Speed bumps + 156,8 - 157,5	
Vingnes	157.8	37.2	17:11	17:00	16:45	Right	Direction Lillehammer
Lillehammer	159	36	17:13	17:02	16:47	Left	Direction Sentrum
Junction	159.5	35.5	17:14	17:02	16:47	Right	
Junction	159.6	35.4	17:14	17:03	16:47	Straight ahead	
Junction	159.7	35.3	17:14	17:03	16:47	Right	
Junction	159.8	35.2	17:14	17:03	16:48	Left/left	

Crossing finish line	160	35	17:15	17:03	16:48		
Super sprint- finish line 	160	35	17:15	17:03	16:48		
Junction	160.3	34.7	17:15	17:04	16:48	Right	Direction E6N
Junction	160.4	34.6	17:15	17:04	16:48	Left	
Junction	160.5	34.5	17:15	17:04	16:49	Straight ahead	
Junction	160.6	34.4	17:15	17:04	16:49	Straight ahead	
Junction	160.7	34.3	17:16	17:04	16:49	Straight ahead	
Junction	161.1	33.9	17:16	17:05	16:49	Straight ahead	
Roundabout	161.3	33.7	17:16	17:05	16:50	3 exit	
Junction	161.5	33.5	17:17	17:05	16:50	Straight ahead	
Roundabout	161.8	33.2	17:17	17:06	16:50	2 exit	
Roundabout	162	33	17:18	17:06	16:51	2 exit	Direction E6
Central reservation	162.7	32.3	17:19	17:07	16:51	Straight ahead	
Roundabout	162.8	32.2	17:19	17:07	16:52	2 exit	Direction Oslo
E6	163.1	31.9	17:19	17:08	16:52	Right	Entering E6
Tunnel	164.4	30.6	17:21	17:09	16:54	Straight ahead	
Junction	165.1	29.9	17:22	17:10	16:55	Straight ahead	
Vingnes	166.1	28.9	17:24	17:12	16:56	Right	
Junction	166.4	28.6	17:24	17:12	16:56	Left	
Junction	166.5	28.5	17:24	17:12	16:57	Right/right	
Junction	167	28	17:25	17:13	16:57	Right	
Junction	168.1	26.9	17:27	17:15	16:59	Left	
Cattle grid	170.2	24.8	17:30	17:18	17:01	Straight ahead	
Top of the climb	171.7	23.3	17:32	17:20	17:03	Straight ahead	
Cattle grid	174.1	20.9	17:36	17:23	17:07	Straight ahead	
Saksumdal	175.7	19.3	17:38	17:26	17:09	Left	Direction Vingerom
Cattle grid	177.8	17.2	17:41	17:29	17:12	Straight ahead	
Vingerom	186.5	8.5	17:54	17:41	17:23	Left	Direction Lillehammer
Vingnes	192.8	2.2	18:04	17:50	17:32	Right	Direction Lillehammer
Lillehammer	194	1	18:06	17:52	17:33	Left	Direction Sentrum
Junction	194.5	0.5	18:06	17:52	17:34	Right	

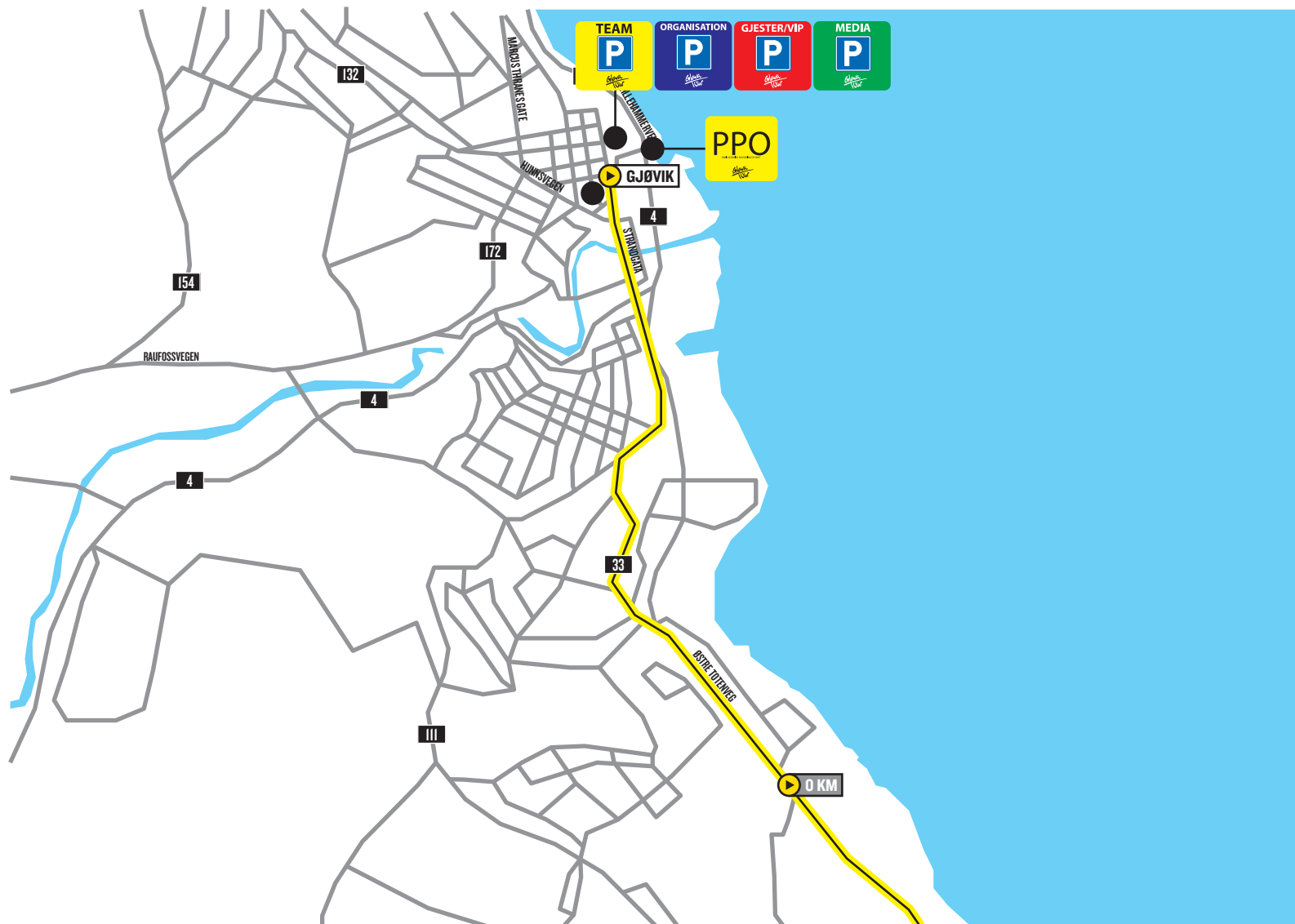
Junction	194.6	0.4	18:06	17:53	17:34	Straight ahead	
Junction	194.7	0.3	18:07	17:53	17:34	Right and left	
FINISH LILLEHAMMER	195	0	18:07	17:53	17:35		

STAGE 5: STAGE PROFILE



STAGE 5: START AREA

PPO Adress: N 60.79849 E 10.69527, Jernbanesvingen 6, Gjøvik

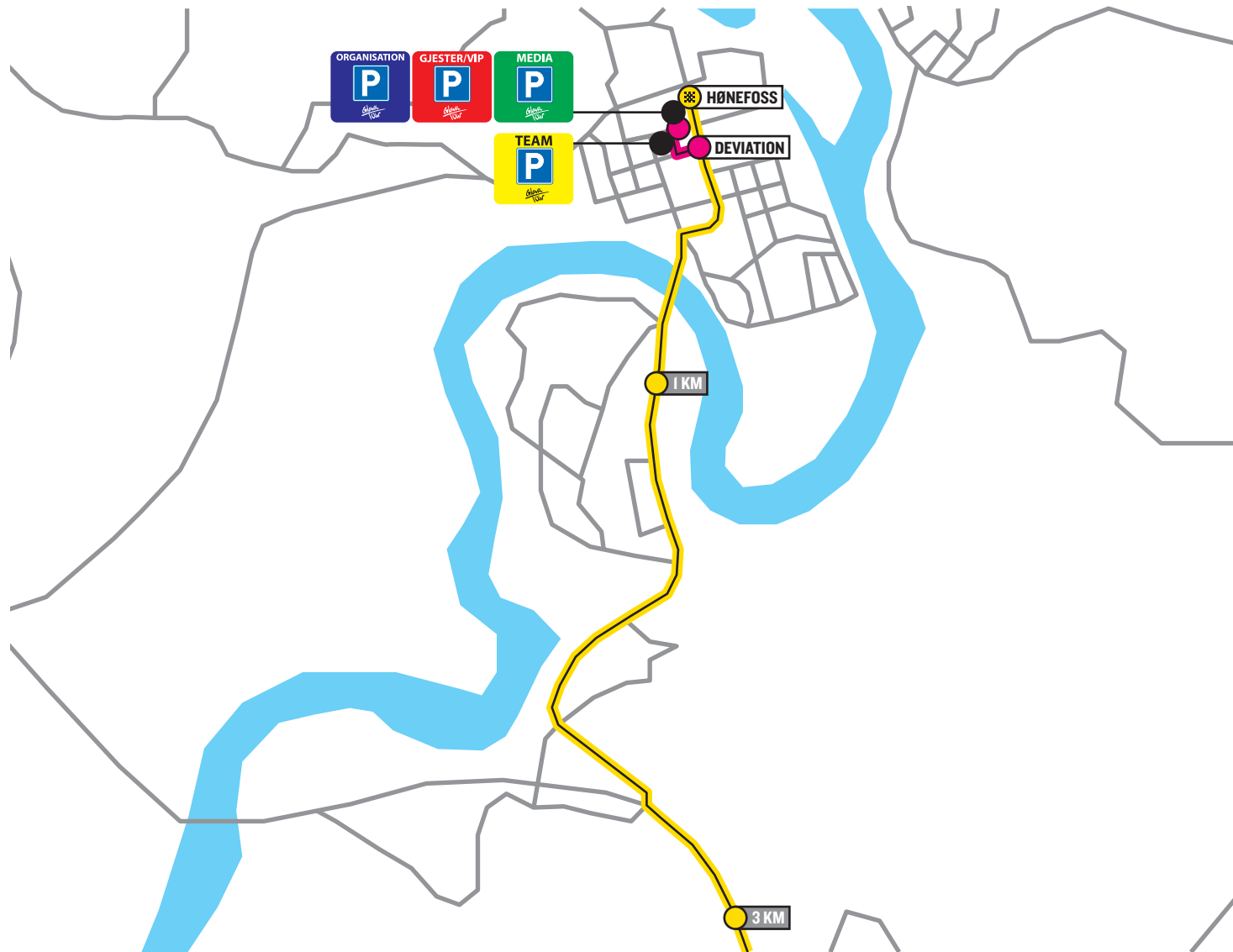


STAGE 5: RACE ROUTE

GPS Adress, feeding zone: N 60.28203 E 10.41272, Sløvika, Jevnaker



STAGE 5: LAST 3 KILOMETRES






STAGE 5: LAST KILOMETRE


Finish straight 400 meters, flat. Width: 7 meters.

Race deviation point: N 60.16455 E 10.25911, Kongens gate 18, Hønefoss (Press, guests, organization and teams). Bus access to team parking: Through race deviation point. Address showers: Ringerike videregående skole. Stangs gate 9, 3510 Hønefoss.



STAGE 5: ROUTE DESCRIPTION

GLAVA TOUR 2013	Km in final laps	Km from start	Km to end	KMH	KMH	KMH	DIRECTION	DESCRIPTION
Stage 5				40	42	45		
START GJØVIK				11:50	11:50	11:50		Neutral zone 2,9 km
Roundabout							1 exit	Vestre Totenveg RV33
Roundabout							2 exit	Minnesundvegen RV33
Roundabout							3 exit	Minnesundvegen RV33
Rv33		0	172.9	11:55	11:55	11:55	Straight ahead	Official start
Østre Toten Kommune (sign)		1.9	171	11:57	11:57	11:57	Straight ahead	
Roundabout		13.7	159.2	12:15	12:14	12:13	1 exit	Direction Lena 246
Lena (sign)		14	158.9	12:16	12:15	12:13	Straight ahead	
Roundabout		14.3	158.6	12:16	12:15	12:14	2 exit	Direction Mjørlund 244
Attention		14.5	158.4	12:16	12:15	12:14		Speed bumps
Super sprint - Lena 		15	157.9	12:17	12:16	12:15	Straight ahead	
Junction		16	156.9	12:19	12:17	12:16	Right	Direction Mjørlund 244
Junction		17.5	155.4	12:21	12:20	12:18		
Junction		26.6	146.3	12:34	12:33	12:30	Left	Direction Mjørlund 244
Vestre Toten Kom. (sign)		31.3	141.6	12:41	12:39	12:36	Straight ahead	
Junction		33	139.9	12:44	12:42	12:39	Left	Direction Oslo Rv4
K.o.M climb start		41.3	131.6	12:56	12:54	12:50		
Gran Kommune (sign)		38.6	134.3	12:52	12:50	12:46	Straight ahead	
K.O.M. - Lygna 		45	127.9	13:02	12:59	12:55		
Junction		54.2	118.7	13:16	13:12	13:07	Right	Direction Fagernes Rv34
Roundabout		54.4	118.5	13:16	13:12	13:07	2 exit	Direction Fagernes Rv34
Junction		55.3	117.6	13:17	13:14	13:08	Straight ahead	
Brandbu (sign)		57.6	115.3	13:21	13:17	13:11	Right	Direction Jevnaker 240
Junction		57.7	115.2	13:21	13:17	13:11	Right	Direction Jevnaker 240
Grymyr (sign)		69.3	103.6	13:38	13:34	13:27	Straight ahead	
Jevnaker Kommune (sign)		72.7	100.2	13:44	13:38	13:31	Straight ahead	
Sløvika (sign)		77	95.9	13:50	13:45	13:37	Straight ahead	
FEEDING 		77.5	95.4	13:51	13:45	13:38	Straight ahead	

Narrow underpass		81.7	91.2	13:57	13:51	13:43		
Junction		81.8	91.1	13:57	13:51	13:44	Right	Direction Hønefoss Rv35
Jevnaker (sign)		82.9	90	13:59	13:53	13:45	Straight ahead	
Junction		93.2	79.7	14:14	14:08	13:59	Straight ahead	
Junction		84.3	88.6	14:01	13:55	13:47	Left	Direction Oslo Rv241
Ringerike Kommune (sign)		87.1	85.8	14:05	13:59	13:51	Straight ahead	
Klækken		94.4	78.5	14:16	14:09	14:00	Straight ahead	
Entering final laps		94.4	78.5	14:16	14:09	14:00		
Hønen		99	73.9	14:23	14:16	14:07	Right	Direction Hønefoss E16
Junction		100.6	72.3	14:25	14:18	14:09	Straight ahead	
Junction		100.7	72.2	14:26	14:18	14:09	Right	Direction Hønefoss
Junction		101	71.9	14:26	14:19	14:09	Straight ahead	
Roundabout		101.1	71.8	14:26	14:19	14:09	2 Exit	Direction Hønefoss
Junction		101.7	71.2	14:27	14:20	14:10	Straight ahead	
Junction		102.3	70.6	14:28	14:21	14:11	Straight ahead	
Junction		102.8	70.1	14:29	14:21	14:12	Right	
Crossing finish line		103.3	69.6	14:29	14:22	14:12		Passing first time
Super sprint - finish line 		103.3	69.6	14:29	14:22	14:12		
4 final laps								
2 first laps in the same circuit								
Junction	0.1	103.4	69.5	14:30	14:22	14:12	Straight ahead	
Junction	0.3	103.6	69.3	14:30	14:23	14:13	Right	
Junction	0.6	103.9	69	14:30	14:23	14:13	Right	
Junction	0.8	104.1	68.8	14:31	14:23	14:13	Right	Direction Klekken
Vesternbakken - top	2.3	105.6	67.3	14:33	14:25	14:15		
Klækken	4.8	108.1	64.8	14:37	14:29	14:19	Right	Direction Norderhov 241
Hønen	9.4	112.7	60.2	14:44	14:36	14:25	Right	Direction Hønefoss E16
Junction	11	114.3	58.6	14:46	14:38	14:27	Straight ahead	
Junction	11.1	114.4	58.5	14:46	14:38	14:27	Right	Direction Hønefoss
Junction	11.4	114.7	58.2	14:47	14:38	14:27	Straight ahead	
Roundabout	11.5	114.8	58.1	14:47	14:39	14:28	2 Exit	Direction Hønefoss

Junction	12.1	115.4	57.5	14:48	14:39	14:28	Straight ahead	
Junction	12.7	116	56.9	14:49	14:40	14:29	Straight ahead	
Junction	13.2	116.5	56.4	14:49	14:41	14:30	Right	
Finish line lap 1	13.7	117	55.9	14:50	14:42	14:31		Pasing
Klækken		121.3	51.6	14:56	14:48	14:36	Right	Direction Norderhov 241
Hønen		125.9	47	15:03	14:54	14:42	Right	Direction Hønefoss E16
Finish line lap 2		130.7	42.2	15:11	15:01	14:49		
Extended circuit with longer climb								
Junction	0.1	130.8	42.1	15:11	15:01	14:49	Straight ahead	
Junction	0.3	131	41.9	15:11	15:02	14:49	Right	
Junction	0.6	131.3	41.6	15:11	15:02	14:50	Right	
Junction	0.8	131.5	41.4	15:12	15:02	14:50	Straight ahead	
Junction	2.2	132.9	40	15:14	15:04	14:52	Right	Direction Jevnaker E16
Junction	3.4	132.1	40.8	15:13	15:03	14:51	Right	Direction Hvalsmoen
Attention	4.5	133	39.9	15:14	15:05	14:52		Narrow railway underpass
Junction	5.3	136	36.9	15:19	15:09	14:56	Right	Direction Klækken
Junction	7.5	138.2	34.7	15:22	15:12	14:59	Left	Harehaugveien
Junction	9.6	140.3	32.6	15:25	15:15	15:02	Right	Direction Klækken
Klækken	11.4	142.1	30.8	15:28	15:18	15:04	Straight ahead	
Hønen	16.1	146.8	26.1	15:35	15:24	15:10		
Finish line lap 3	20.3	151	21.9	15:41	15:30	15:16		
Another circuit extension with Knestang climb								
Junction	0.1	151.1	21.8	15:41	15:30	15:16	Straight ahead	
Junction	0.3	151.3	21.6	15:41	15:31	15:16	Right	
Junction	0.6	151.6	21.3	15:42	15:31	15:17	Right	
Junction	0.8	151.8	21.1	15:42	15:31	15:17	Straight ahead	
Junction	2.2	153.2	19.7	15:44	15:33	15:19	Right	Direction Jevnaker E16
Junction	3.4	154.4	18.5	15:46	15:35	15:20	Right	Direction Hvalsmoen
Attention	4.5	155.3	17.6	15:47	15:36	15:22		Narrow railway underpass
Junction	5.3	156.3	16.6	15:49	15:38	15:23	Straight ahead	Direction Viul
Junction	6.3	157.3	15.6	15:50	15:39	15:24	Right	Direction Knestang

K.o.M climb start	6.3	158.3	14.6	15:52	15:41	15:26		
K.o.M - Knestang ④	7.3	158.3	14.6	15:52	15:41	15:26		
Junction	8.7	159.7	13.2	15:54	15:43	15:27	Left	Direction Klækken
Junction	9.1	160.1	12.8	15:55	15:43	15:28	Left	Harehaugveien
Junction	11.2	162.2	10.7	15:58	15:46	15:31	Right	Direction Klækken
Klækken	13	164	8.9	16:01	15:49	15:33	Straight ahead	
Hønen	17.7	168.7	4.2	16:08	15:56	15:39		
Finish Hønefoss	21.9	172.9		16:14	16:02	15:45		



CYCLING EVENT NORWAY AS

Cycling Event Norway AS, Fjordveien 3, 1363 Høvik, www.glavatour.no.