



**28<sup>th</sup> May -1<sup>st</sup> June 2014**

**UCI international cat.2.1**



## **Technical Guide**



## Table of contents

<b>ORGANIZATION</b> .....	<b>1</b>
<i>Key staff</i> .....	1
<i>Other staff</i> .....	1
<b>COMMISSAIRES</b> .....	<b>3</b>
<b>ACCOMMODATION</b> .....	<b>3</b>
<b>HOSPITAL</b> .....	<b>5</b>
<b>UCI SPECIFIC REGULATIONS</b> .....	<b>6</b>
<i>Article 1. Organization</i> .....	6
<i>Article 2. Type of Event</i> .....	6
<i>Article 3. Participation</i> .....	6
<i>Article 4. Race Headquarter/Permanence/Program</i> .....	6
<i>Article 5. Not applicable</i> .....	7
<i>Article 6. Radio-Tour</i> .....	7
<i>Article 7. Neutral Technical Support</i> .....	7
<i>Article 8. Team cars</i> .....	7
<i>Article 9. Feeding</i> .....	7
<i>Article 10. Bonuses</i> .....	8
<i>Article 11. Finishing time limits</i> .....	8
<i>Article 12. Classifications</i> .....	8
<i>Article 13. Prizes</i> .....	9
<i>Article 14. Anti-Doping</i> .....	9
<i>Article 15. Awards Ceremony</i> .....	9
<i>Article 16. Penalties</i> .....	9
<i>Article 17. Cycling and the environment</i> .....	9
<b>SPECIAL INSTRUCTIONS</b> .....	<b>10</b>
<i>Results</i> .....	10
<i>Communication equipment</i> .....	10
<i>Dangerous spots</i> .....	10
<i>Responsible driving</i> .....	10
<b>THE STAGES OF TOUR DES FJORDS 2014</b> .....	<b>11</b>
STAGE 1: BERGEN – ULVIK 161,0 KM.....	12
STAGE 2: EIDFJORD – HAUGESUND 203,2 KM .....	17
STAGE 3: HJELMELAND – FORSAND 163,0 KM .....	22
STAGE 4: 2020PARK – STAVANGER 179,0 KM .....	28
STAGE 5: RISAVIKA – STAVANGER 171,2 KM .....	39
<b>JERSEY AND THE PRICE MONEY</b> .....	<b>49</b>

## Organization

TOUR des FJORDS AS  
Valberget 11, 4006 STAVANGER

### Key staff

<b>Race event director</b>	Roy Hegreberg, phone 996 03 143
<b>Technical director</b>	Torjus Larsen, phone 907 47 472
<b>Ass. Technical director</b>	Jan Inge Hegreberg, phone 995 66 509
<b>Safety manager</b>	Rolf Bergseth, phone 905 977 82
<b>Race doctor</b>	Stein Ørn, phone 452 19 653
<b>Accommodation manager</b>	Eirik Helgesen, phone 92606097

### Other staff

<b>Route manager long route</b>	Thor Inge Bollestad
<b>Technical race manager Stavanger</b>	Bjarte Eikås
<b>Technical race manager Ryfylke</b>	Kjetil Nybø
<b>Security manager long route</b>	Kjetil Stokkeland
<b>Security manager Stavanger</b>	Harald Blikra
<b>Route manager Stavanger</b>	Bjarte Eikås
<b>Caravan manager</b>	Frode Friestad
<b>Arena producer</b>	Erik Marthinsen
<b>Speaker</b>	Kjell Erik Kristiansen, Elisabeth Haver, Hege Regina Berre and
<b>Head Quarters/Permanence</b>	Gunn Maren Jacobsen
<b>Head Quarters Classic</b>	Kjetil Alsvik, Aina Andreassen
<b>Result service/Photo finish</b>	Votre Course
<b>Press</b>	Christian Foder
<b>Sponsor managers</b>	Roy Hegreberg, Arnstein Raunehaug

<b>Sponsor Crew</b>	Jørn Holzmann, Inge Rake
<b>Radio Tour</b>	Skjalge Kraglund
<b>Communication managers</b>	Øyvind Øya
<b>Producer TV</b>	Jens C. Knutsen Tv2
<b>MC TV</b>	Geir Jonassen
<b>MC Manager</b>	Olav Flaten
<b>MC Info Board</b>	Gaute Sandanger
<b>MC Info Board</b>	Kenneth Sandanger
<b>Material manager</b>	Årstein Orstad
<b>Ceremonie manager</b>	Ole Martin Ølmheim
<b>Antidoping manager</b>	Turid Lindheim Nilsen
<b>Adm. Stavanger sentrum</b>	Helmer Berre.
<b>Arena manager</b>	Torfinn Håland
<b>Arena manager Stavanger</b>	Kjell Husebø
<b>Arena manager Hjelmeland</b>	Jostein Viga
<b>Arena manager Forsand</b>	Steinar Haaland
<b>Arena manager Bergen</b>	Jan David Riise
<b>Arena manager Ulvik</b>	Johan Børsheim
<b>Arena manager Eidfjord</b>	Jan David Riise
<b>Arena manager Haugesund</b>	Tor Olav Gregersen
<b>Arena manager 2020park (Forus)</b>	Johnny Galta
<b>Arena manager Risavika</b>	Johnny Galta
<b>Arena manager Feeding (stage 4 &amp; 5)</b>	Ingvar Haugland
<b>Security manager Haugesund (stage 2)</b>	Leif Erik Bystrøm
<b>Security manager Ryfylke (stage 3)</b>	Torbjørn Tungland
<b>Route manager Ryfylke (stage 3)</b>	Tormod Nag
<b>Web master</b>	Karstein Vabø
<b>Moto Info</b>	Ingo Linke Germany

## Commissaires

President of the commissaires' Panel	Andreas Gensheimer, Germany
Member of the commissaires' Panel	Martin Bruin, Nederland
Member of the commissaires' Panel	Per Gunnar Hansen, Norway
Finish Judge	Erwin Kistemaker, Nederland
Time keeper	Rune Torkildsen, Norway
Doping control officer	Colin Leslie Clews, Great Britain
Moto commissaire 1:	Jacob Knutsen Denmark
Moto commissaire 1 Pilot	Rune Bertelsen
Assistant commissaire	Heidi Stenbock-Haakestad, Norway
Assistant commissaire	Asbjørn Halvorsen, Norway
Assistant commissaire	Morten Bjordal, Norway

## Accommodation

### 27<sup>th</sup> May

Thon Hotel Bergen Airport      GPS adress: 60°17`24. N, 5°15`38. E      Phone: 55 92 00 00

### 28<sup>th</sup> May

Rica Brakanes Hotel      GPS adress: 60°33`59. N , 6°54`48. E      Phone: 56 52 61 05

Team Katusha  
Cannondale  
Topsport Vlaanderen-Baloise  
Wanty - Groupe Gobert  
Caja Rural - Seguros RGA  
MTN Qhubeka p.b. Samsung  
Team Oster Hus – Ridley  
Team Sparebanken Sør  
Team Trefor-Blue Wate

Quality Hotel &Resort Vøringfoss      GPS adress: 60°28`03. N , 7°04`02. E      Phone: 53 67 41 00

Tinkoff Saxo

UnitedHealthcare Pro Cycling Team  
CULT Energy Vital Water  
Team Ringeriks-Kraft  
Firefighters Upsala CK  
Madison Genesis  
Rabobank Development Team  
Team FixIT.no  
Team Joker  
Activejet Team

## 29<sup>th</sup> May

Clarion Collection Hotel Amanda      GPS adress: 59°24`47. N , 5°16`00. E      Phone: 52 80 82 00

Rabobank Development Team  
Team Joker  
Firefighters Upsala CK  
Madison Genesis  
Team Ringeriks-Kraft

Team Oster Hus – Ridley

Team Sparebanken Sør  
Team FixIT.no  
Activejet Team

### Clarion Collection Amanda

Smedasundet 93 NO-5501  
HAUGESUND

[www.choice.no/collection/Amanda](http://www.choice.no/collection/Amanda)

Spa-hotell Velvære

GPS adress: 59.23558° N 6.17916° E

Team Katusha  
Cannondale  
Tinkoff Saxo  
Topsport Vlaanderen-Baloise  
Wanty - Groupe Gobert  
Caja Rural - Seguros RGA  
MTN Qhubeka p.b. Samsung  
UnitedHealthcare Pro Cycling  
Team

CULT Energy Vital Water  
Team Trefor-Blue Water

### **30<sup>th</sup> May and 1<sup>st</sup> June**

Quality Airport Hotel Stavanger      GPS adress: 58°53`33. N, 5°37`43 E      Phone: 51 94 20 00

Team Katusha  
Cannondale  
Tinkoff Saxo  
Topsport Vlaanderen-Baloise  
Wanty - Groupe Gobert  
Caja Rural - Seguros RGA  
MTN Qhubeka p.b. Samsung  
UnitedHealthcare Pro Cycling  
Team  
CULT Energy Vital Water  
Team Trefor-Blue Water  
Team Oster Hus – Ridley  
Team Sparebanken Sør  
Team FixIT.no  
Activejet Team  
Rabobank Development Team  
Team Joker  
Firefighters Upsala CK  
Madison Genesis  
Team Ringeriks-Kraft

### **Hospital**

***Emergency Number: 113***

***Race doctor: 45 21 96 53***

#### **Stage 1**

Haukeland      Jonas Liesvei, 5093 BERGEN      Phone: 05300  
Universitetssjukehus

Fylkessjukehuset på Voss      Sjukehusvegen 16, 5704 VOSS      Phone: 56 53 35 00

#### **Stage 2**

Odda sjukehus      *Sjukehusvegen 10, 5750 ODDA*      Phone: 53 65 10 00

Haugesund Sjukehus

Karmsundgata 120, 5528  
HAUGESUND

Phone: 52 73 20 00

### Stage 3, 4 and 5

Stavanger  
Universitetssjukehus

Armauer Hansens vei 20, 4011  
STAVANGER

Phone: 05151

## UCI Specific regulations

### Article 1. Organization

The 7<sup>th</sup> edition of Tour des Fjords, previous named Rogaland Grand Prix is organized by Tour des Fjords AS, Valberget 11, 4006 STAVANGER, Norway, under the regulations of the International Cycling Union. Is to be held from 28<sup>th</sup> May to 1<sup>st</sup> of June 2014.

### Article 2. Type of Event

The event is open to athletes of the Men Elite and Under 23 categories. The event is entered on the UCI Europe Tour calendar. The event is registered as a class 1 event. In conformity with the UCI rules, points are awarded as follows for the UCI Men Elite and Under 23 ranking:

Individual Classification by time: 80, 56, 32, 24, 20, 16, 12, 8, 7, 6, 5, 3 points

Stage winner (first 6): 16, 11, 6, 5, 4, 2 points

Wearing the race leader`s (yellow) jersey: 8 points per stage

### Article 3. Participation

As per article 2.1.005 of the UCI regulations the event is open to the following teams:  
UCI ProTeam, UCI Professional Continental team, Continental team and National team.  
6 riders on each team.

### Article 4. Race Headquarter/Permanence/Program

Day	Where	Opening hours
Tuesday May 27 <sup>th</sup>	Thon Hotel Bergen Airport, Kokstad	1700- 2000
Wednesday May 28 <sup>th</sup>	Thon Hotel Bergen Airport, Kokstad	0800- 1130
Wednesday May 28 <sup>th</sup>	<b>At the finish</b> - Ulvik, Kommunehus / Brakanes hotel	1700 - 2000
Thursday May 29 <sup>th</sup>	<b>At the start</b> - Eidfjord, Quality hotel	1200 - 1300
Thursday May 29 <sup>th</sup>	<b>At the finish</b> - Haugesund, Amanda hotel	1700 - 2000
Friday May 30 <sup>th</sup>	<b>At the start</b> - Hjelmeland, Kommunehus	1200 - 1300



Friday May 30 <sup>th</sup>	<b>At the finish</b> kulturhus ForsandQuality Airport Hotel Sola	1730 - 1900 2000 - 2100
Saturday May 31 <sup>st</sup>	<b>At the start</b> - Forus, 2020park	1200 - 1300
Saturday May 31 <sup>st</sup>	<b>At the finish</b> - Stavanger, Rosenkildehuset	1700 - 2000
Sunday June 1 <sup>st</sup>	<b>At the start</b> - Risavika, Risavika havn	1200 - 1300
Sunday June 1 <sup>st</sup>	<b>At the finish</b> - Stavanger, Rosenkildehuset	1700 - 2000

### **Confirmation of starters**

Team representatives are requested to confirm their starters and collect their race numbers and transponders from 17.00 hrs to 20.00 hrs on May 27<sup>th</sup> at the race headquarter.

### **Team managers' meeting**

**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 09.00hrs – 10.00hrs on May 28<sup>th</sup> at Thon Hotel Bergen Airport, Kokstad.

### **Delivery of time transponders**

All teams are requested do deliver time transponders in the race headquarter after the last stage between 1700 – 2000hrs at location **Stavanger, Rosenkildehuset (Næringsforeningen)**

### **Article 5. Not applicable**

### **Article 6. Radio-Tour**

Race information will be broadcast on following frequency: 154.500 mhz. Broadcasted in English.

### **Article 7. Neutral Technical Support**

The neutral support service is handled by organization  
The neutral support is taken care of by means of 3 cars.

### **Article 8. Team cars**

For the first stage, the driving order of the team cars are determined by drawing lots. All the vehicles driving in the caravan are restricted to a maximum height of 1.66 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 vehicles but its driver must nevertheless be licensed as a member of the staff.

### **Article 9. 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 allowed 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 10. Bonuses

Time bonus is awarded as follows to the General Classification by time:

Intermediate sprints: 3" -2"-1"

Finish: 10" - 6" - 4"

The general individual classification by points (SPONSORNAVN green jersey) is decided by adding points awarded at each intermediate sprint and stage finish.

Intermediate sprints: 6 – 4 – 2

Finish: 20 – 16 – 14 – 12 – 10 – 8 – 6 – 4 – 2 – 1

King of the Mountains (polka dot jersey) is decided by adding points awarded at each of the KOM sprints.

KOM sprints: 5 -3 -2 -1 points

#### Article 11. Finishing time limits

Taking into account the characteristics of each stage, the finishing time limits have been set as follows:

1<sup>st</sup> stage 10%

2<sup>nd</sup> stage 5%

3<sup>rd</sup> stage 10%

4<sup>th</sup> stage 10%

5<sup>th</sup> stage 10%

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

#### Article 12. Classifications

##### 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

In the event that two or more competitors are equal on time their positions are decided by adding up their placings on each stage. As a final resort, their placings in the latest stage are considered.

The leader of the individual classification on time wears a leader`s jersey, yellow jersey.

The winner of Tour des Fjords is the rider who, after completed all 5 stages have the lowest accumulated time, including bonuses and penalties.

The young rider classification is open for riders born 1<sup>st</sup> of January 1989 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 classification shall wear the white jersey during the race.

##### INDIVIDUAL CLASSIFICATION BY POINTS:

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.

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

1. Numbers 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.

- Article 2.6.017

Leader's jersey(s) 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 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 front and back (UCI art.2.6.018).

### **Article 13. Prizes**

The prizes awarded are listed on page 45.  
A grand total of € 57429 will be awarded in prize money at the event.

### **Article 14. Anti-Doping**

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

Riders and team official must check and be aware whether they are required for any daily antidoping controls. The antidoping tests will take place close to the finish line, at the antidoping control post (signposted).

### **Article 15. Awards Ceremony**

In accordance with article 1.2.112 of the UCI rules, the following riders must attend the official awards ceremony:

- The winner of the stage.
- The leaders of the following secondary classifications:
  - Individual Classification by time (Yellow jersey)
  - Individual Classification by points (Green jersey)
  - King of the Mountains Classification (Polka- dot jersey)
  - Young Riders Classification (White jersey)

The riders will present themselves at the podium in a time limit of maximum 10 minutes after crossing the finish line.

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

- The first three of the event.
- The winners of the following secondary classifications:
  - Individual Classification by time (Yellow jersey)
  - Individual Classification by points (Green jersey)
  - King of the Mountains Classification (Polka- dot jersey)
  - Young Riders Classification (White jersey)
  - Team classification

### **Article 16. Penalties**

The UCI penalty scale is the only one applicable

### **Article 17. Cycling and the environment**

The Organizer would like to remind all parties involved in the race to be sensitive to environmental concerns. There will be strictly no littering at start/ finish venues, feed zones and throughout the Race Route. All refuse is to be disposed in a responsible and hygienic manner.

## Special instructions

### Results

Results will be distributed from the race HQ/Permanence as soon as possible after each stage, at all official hotels and on the organizers web site: [www.tourdesfjords.no](http://www.tourdesfjords.no) and to email address of each team.

### Communication equipment

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

Hand-held radios will be issued on Wednesday 28<sup>th</sup> at the HQ/Permanence 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.

### 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.

### 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, depends 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 phone use while driving is prohibited.

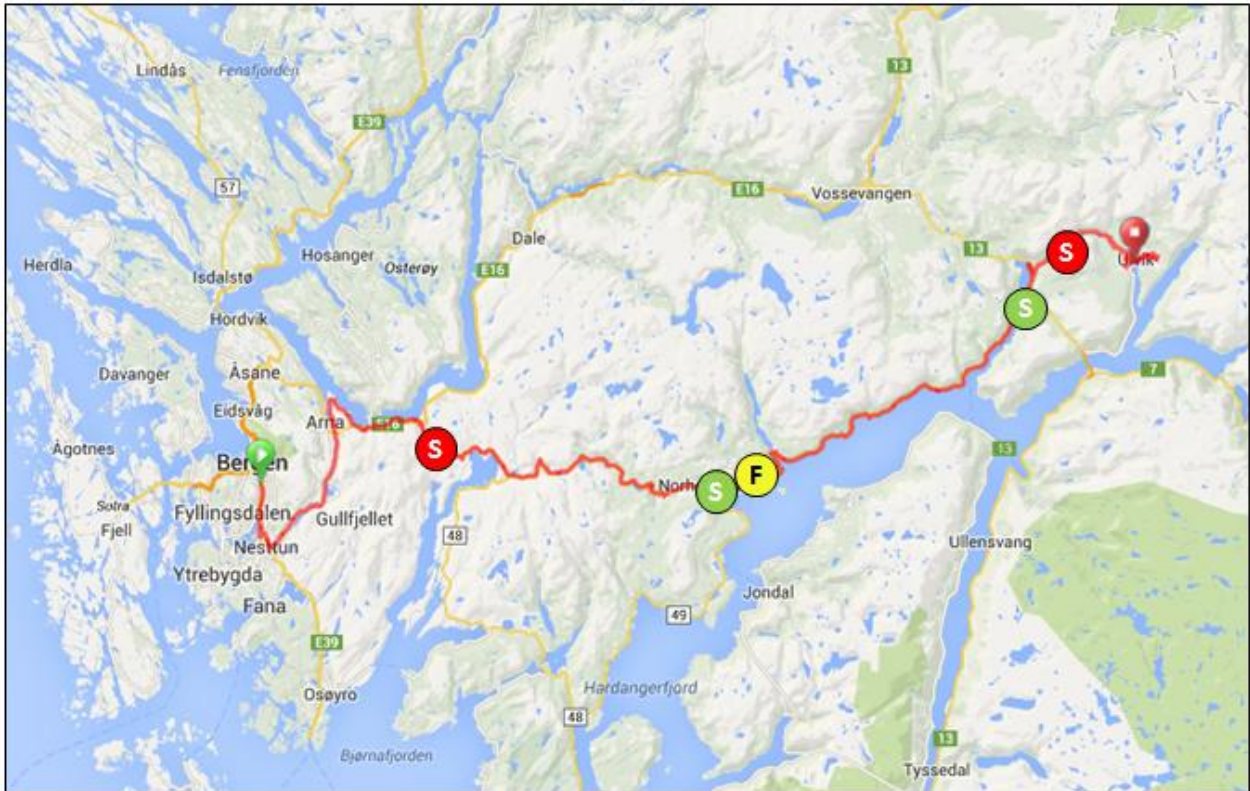
Driving in the wrong direction on the course is strictly prohibited, even if only for a short distance.

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

## The stages of Tour des Fjords 2014



## Stage 1: Bergen – Ulvik 161,0 km

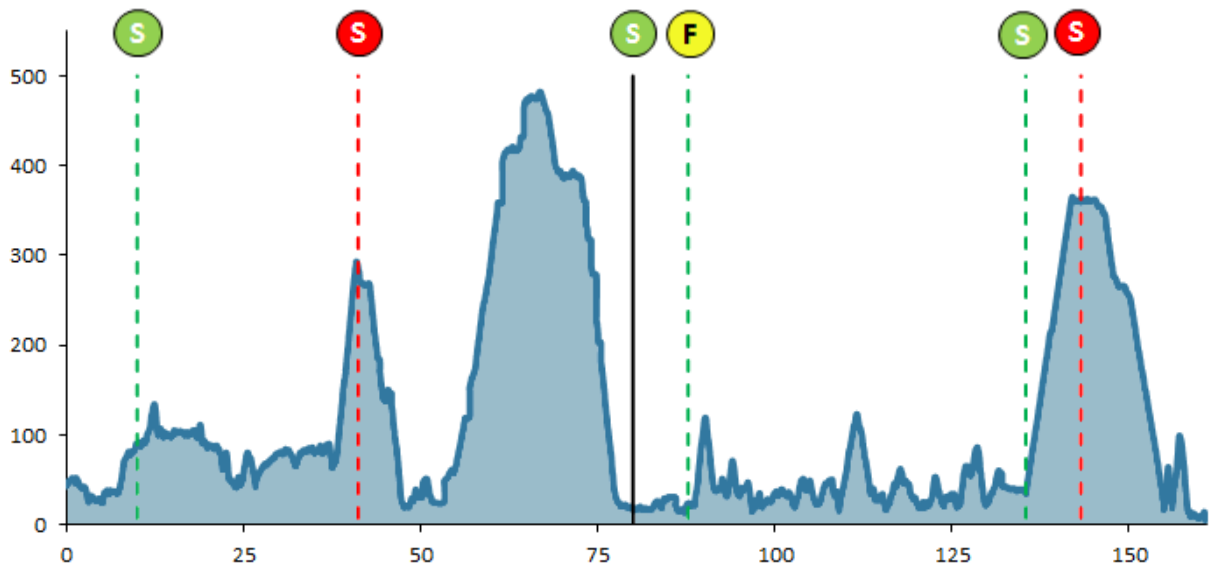


*“**Bergen** is worth exploring. Wander along the Fish Market and mingle with the masses as they go about their daily life. Stroll leisurely to the Aquarium to see the fish, the penguins, and the seals. Walk the length of Bryggen to the old fortress of Bergenhus. Get to the top of Mount Fløyen (town centre funicular), or Ulriken, or any of the seven mountains that ring the city.”*

Start area Bergen



**Profile**



**Summary**

Neutral zone


**3.2 km**

Litter zone

**82.5 – 84.5 km**

Feeding

**83.0 – 84.0 km**

	<b>S</b>	<b>S</b>	<b>S</b>	<b>S</b>	
	<b>41.2 km</b>	<b>81.9 km</b>	<b>130.9 km</b>	<b>143.3 km</b>	<b>163 km</b>

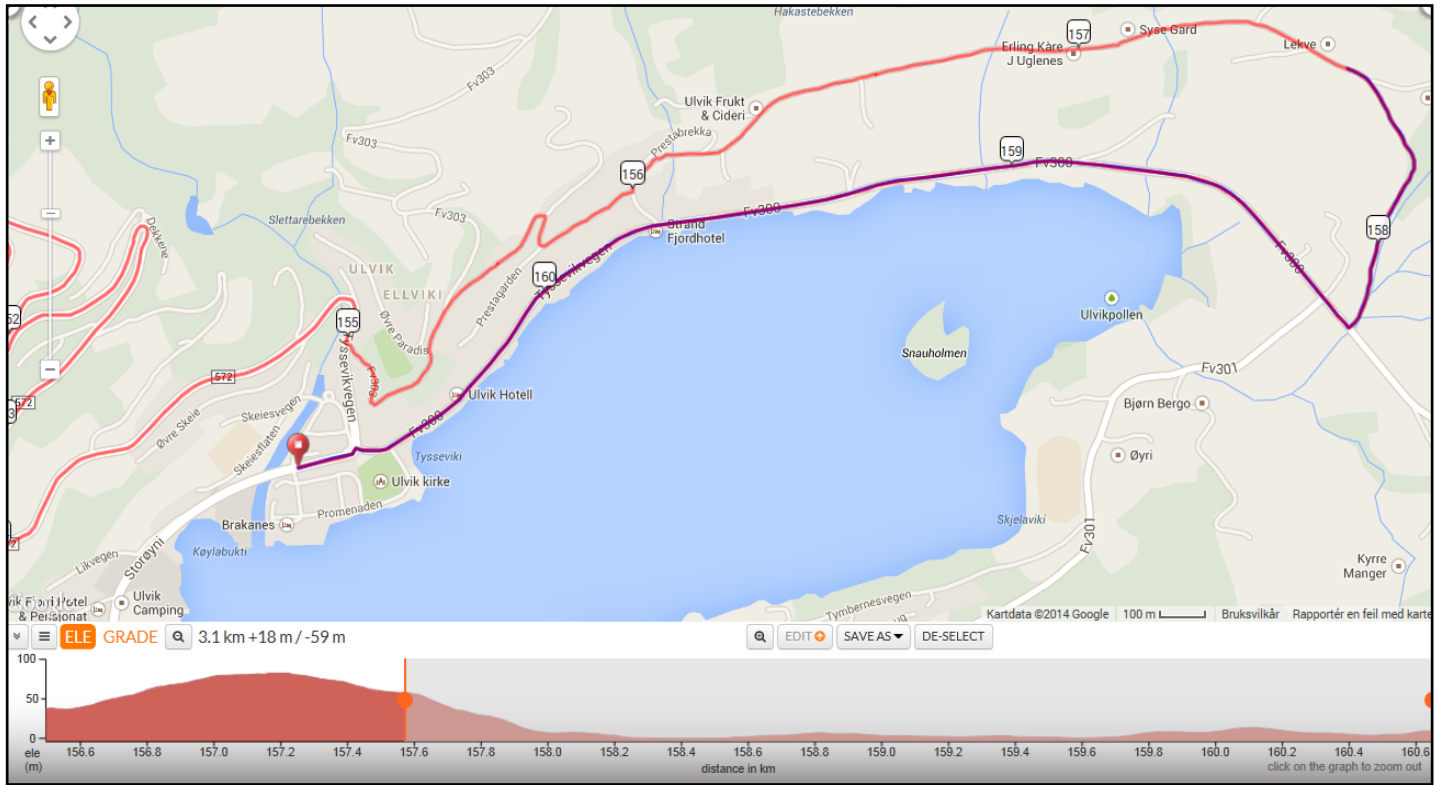


## Schedule

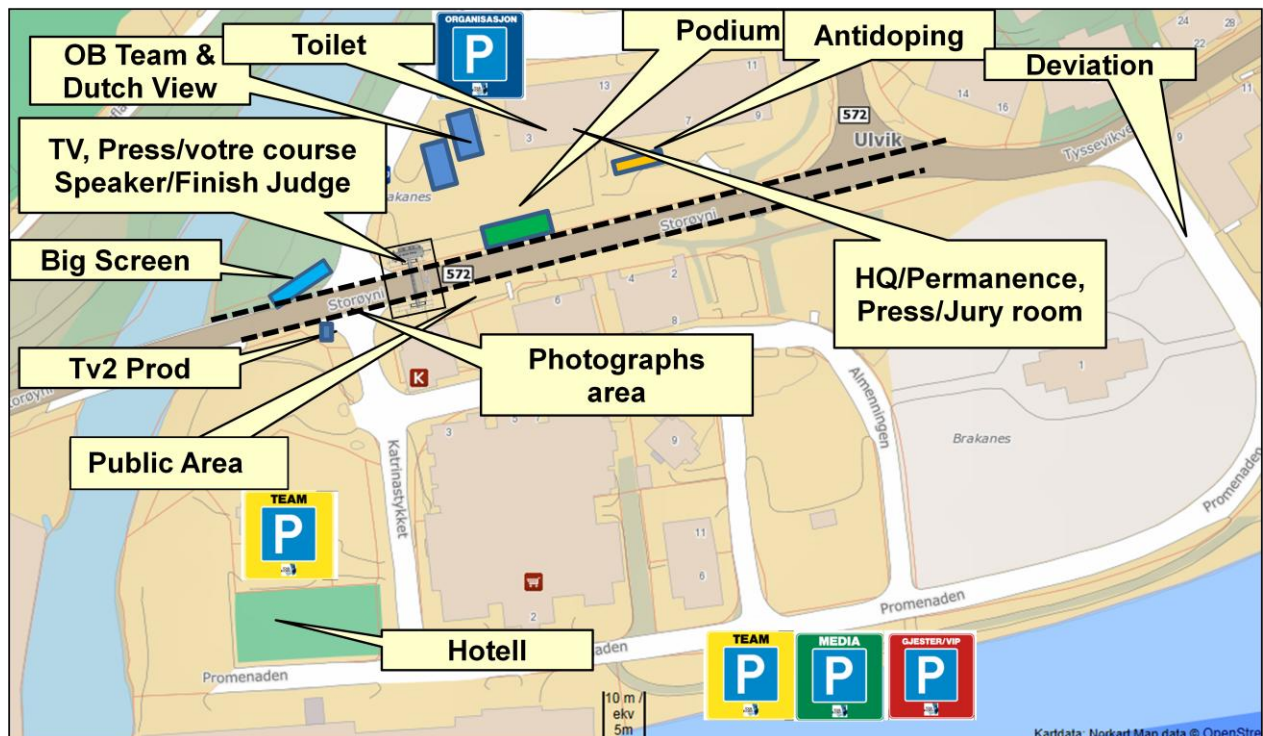
KM from start	KM to Finish	Route Description	Road	KM/h		
				40	42	45
		Bryggen - Official start		13:50	13:50	13:50
		Via Torget, Småstandsgt, Olav Kyrresgt, Nygårdsgt, Gamle Nygårdsbro, Danmarks plass, Fjøsangerveien				
		<b>Neutral zone 3,2 km</b>				
0	161	Start propper - rolling start Solheim Graveyard	E39/Rv582/	14:00	14:00	14:00
5,0	156,0	Keep Right onto ramp to E16/Stavanger/Indre Arna/Nestun	E16/Stvgr	14:07	14:07	14:07
5,3	155,7	Rounabout take 2nd excit to Troidhaugvegen/Rv 582	Troidhg/Rv582	14:07	14:07	14:07
6,1	154,9	Turn right onto Nesttunvegen/Rv582	Nesttunv/Rv582	14:09	14:08	14:08
7,8	153,2	Straight Roundeabout take2nd excit onto Nesttunvn/E39	Nesttunv/E39	14:11	14:11	14:10
7,9	153,1	Straight Roundeabout take1st excit onto Hardangerv	Rv580	14:11	14:11	14:10
20,0	141,0	Right slight onto Arnatveitvegen		14:30	14:28	14:26
23,9	137,1	Straight at Roundabout take1st excit onto Garnesvegen	Garnesvegen/	14:35	14:34	14:31
30,8	130,2	Straight continue on	Takkvamveien	14:46	14:44	14:41
30,8	130,2	<b>Care!</b> - Narrow and winding road 7,5 km	Takkvamveien	14:46	14:44	14:41
31,2	129,8	Straight continue on Herlandsvegen	Herlandsvegen	14:46	14:44	14:41
32,1	128,9	Turn Right slightly onto Romslovegen	Romslovegen	14:48	14:45	14:42
36	125,0	Turn left slightly onto Risnesvegen	Risnesvegen	14:54	14:51	14:48
36	125,0	<b>Care!</b> - Sharp bend Right and a little narrow bridge		14:54	14:51	14:48
38,4	122,6	Straight forward continue on Trengereidsvingene		14:57	14:54	14:51
39,4	121,6	Straight at Roundabout take2nd excit ontoHandangervn	Fv 7	14:59	14:56	14:52
41,2	119,8	<b>KOM Gullfjellet</b> <i>GPS adress.60.2441° N 5.3814° E</i>	Fv 7	15:01	14:58	14:54
49,8	111,2	<b>Haukanestunnel 1,6 km</b>	Fv 7	15:14	15:11	15:06
51,8	109,2	<b>Haugåstunnel 1,7</b>	Fv 7	15:17	15:14	15:09
55	106,0	<b>Care!</b> - Work at road Frøland bridge	Fv 7	15:22	15:18	15:13
56,4	104,6	<b>Liarostunnel 600 m</b>	Fv 7	15:24	15:20	15:15
61	100,0	<b>Fossebratttunnel 700 m</b>	Fv 7	15:31	15:27	15:21
64,3	96,7	<b>Care!</b> <b>Teigabergtunnel 300 m</b>		15:36	15:31	15:25
73,8	87,2	<b>Descent with 3 tunnels (73,8 - 75,4) Km</b>	Fv 7	15:50	15:45	15:38
82,1	78,9	Roundabout straight 2nd excit Hardangerfjordvn/Fv7	Fv 7	16:03	15:57	15:49
81,9	79,1	<b>Intermediate Sprint Norheimsund</b> <i>GPS adress. 60.2220° N 6.0911° E</i>	Fv 7	16:02	15:57	15:49
82,5	78,5	<b>Litter zone (82,5 - 84,5)km</b>	Fv 7	16:03	15:57	15:50
83	78	<b>Feeding zone (83 - 84)km</b> <i>GPS adress. 60.2153° N 6.0958° E</i>	Fv 7	16:04	15:58	15:50
95,4	65,6	Turn Right Fyksesund bridge	Fv 7	16:23	16:16	16:07
124	37,0	<b>Care!</b> Work at road at Folkedal.	Fv 7	17:06	16:57	16:45
130,9	30,1	<b>Intermediate Sprint Granvin barne og ungdomsskole</b> <i>GPS adress. 60.3138° N 6.4324° E</i>	Fv 7	17:16	17:07	16:54
136,6	24,4	Turn Right onto Rv 572	Fv 7	17:24	17:15	17:02
143,3	17,7	<b>KOM Espelandshøgda</b> <i>GPS addr . 60.3518° N 6.4716° E</i>	<b>Espelandshøgda</b>	17:34	17:24	17:11

KM from start	KM to Finish	Route Description	Road	KM/h		
				40	42	45
155,9	5,1	Turn Left onto Øvragsdvegen		17:53	17:42	17:27
159,1	1,9	Turn Left onto Prestabrekka against Fv 300		17:58	17:47	17:32
159,4	1,6	Turn Right onto Fv 300		17:59	17:47	17:32
161	0	Turn Right onto FV300 to Ulvik		18:01	17:50	17:34

### Last 3 Kilometres



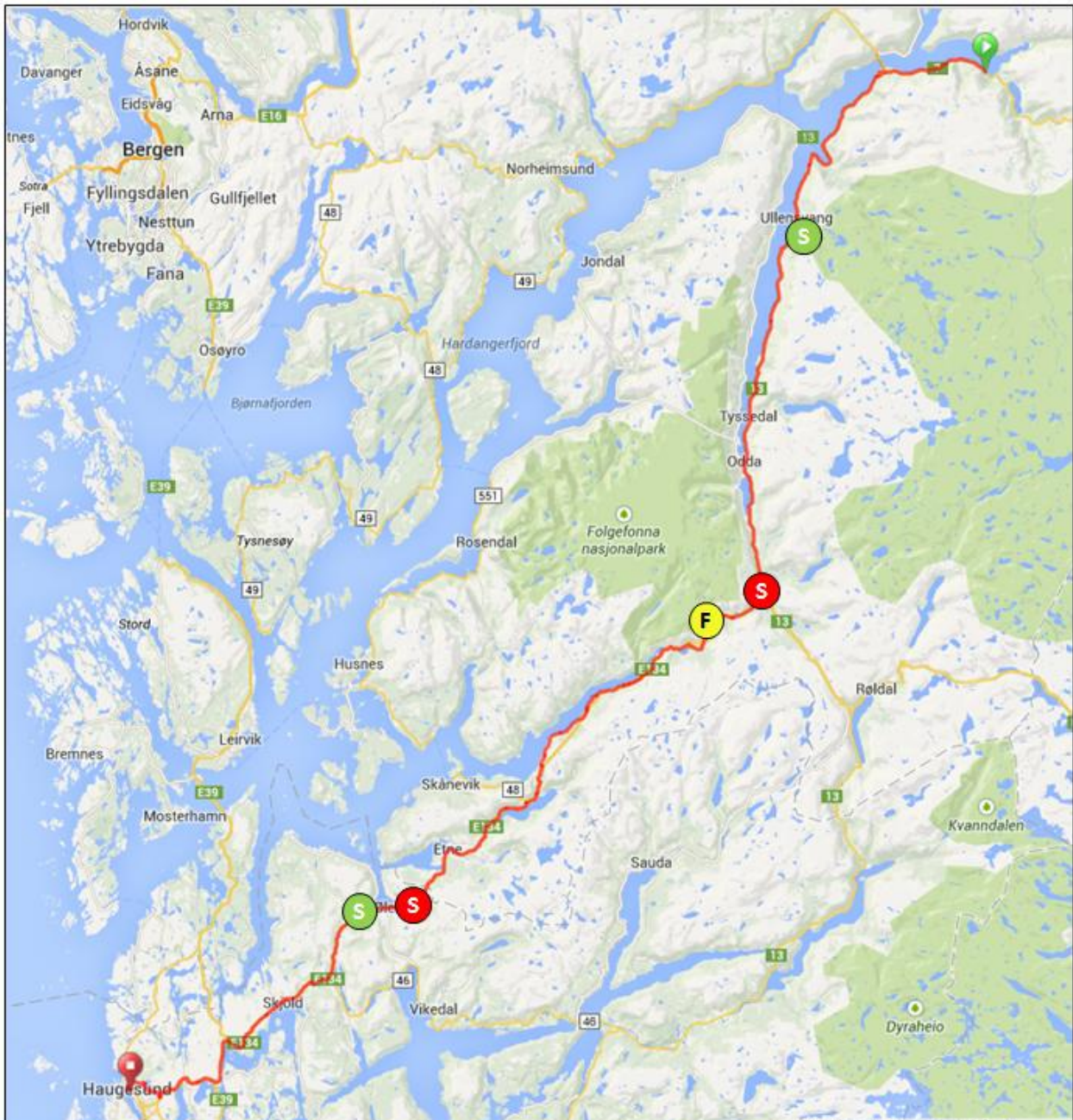
### Finish area in Ulvik



## Ulvik

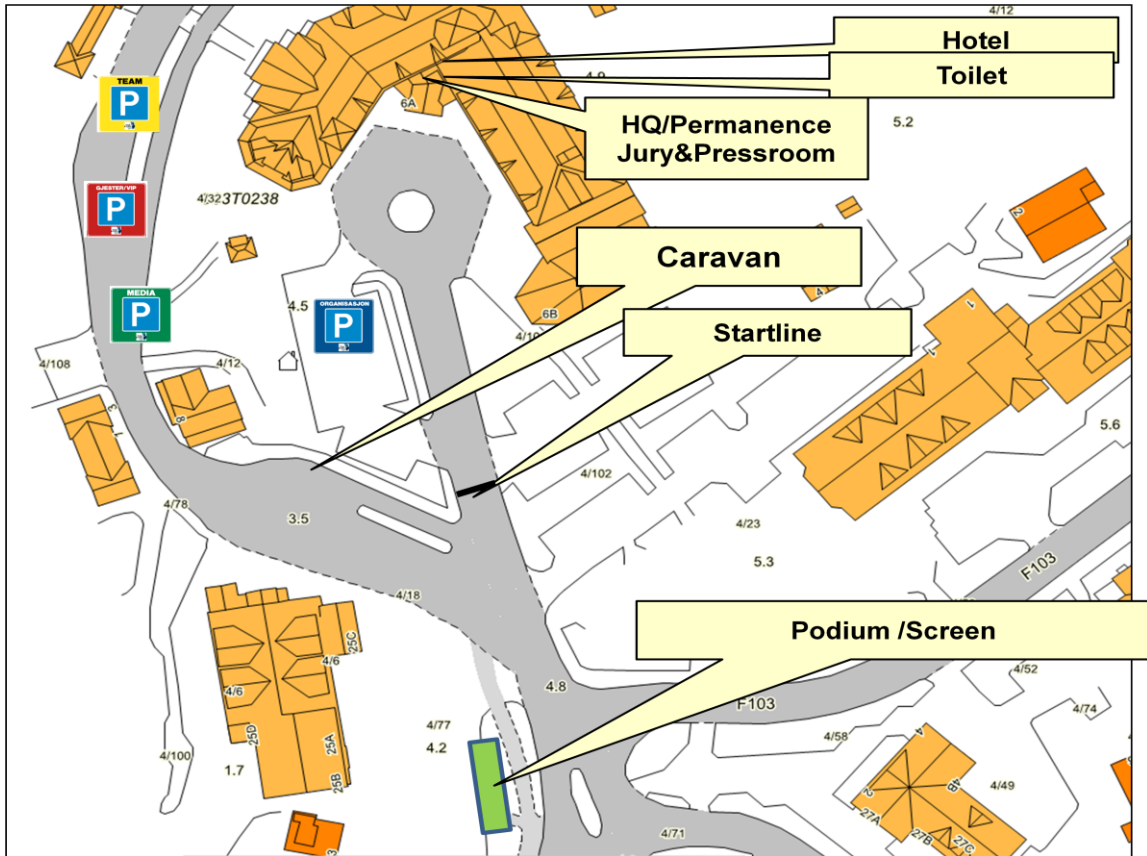
”The small village of Ulvik is situated at the end of the amazing Hardanger Fjord that attracts a large number of tourists every year. The landscape is characterized by the blue fjord, gentle foothills with unspoiled nature and tall mountains. Ulvik and its surrounding areas offer cultural sites, trails for hiking, farms with food market and cider tasting to visit, and activities in and around the fjord.”

### STAGE 2: Eidfjord – Haugesund 203,2 km

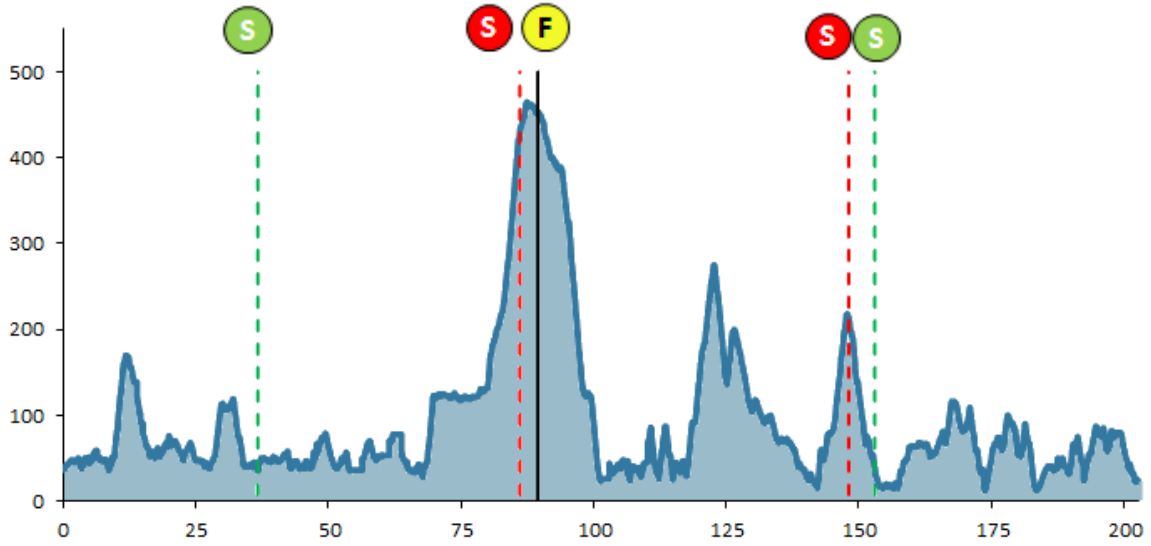


*“Eidfjord is located in the end of the beautiful fjord of Hardanger. The mountains and the fjords are just a short hike away. Around 900 people are enjoying the good life in Eidfjord.”*

## Start area Eidfjord



## Profile



Neutral zone

1.6 km

Litter zone

89.0– 91.0 km

Feeding

89.5 – 90.5 km

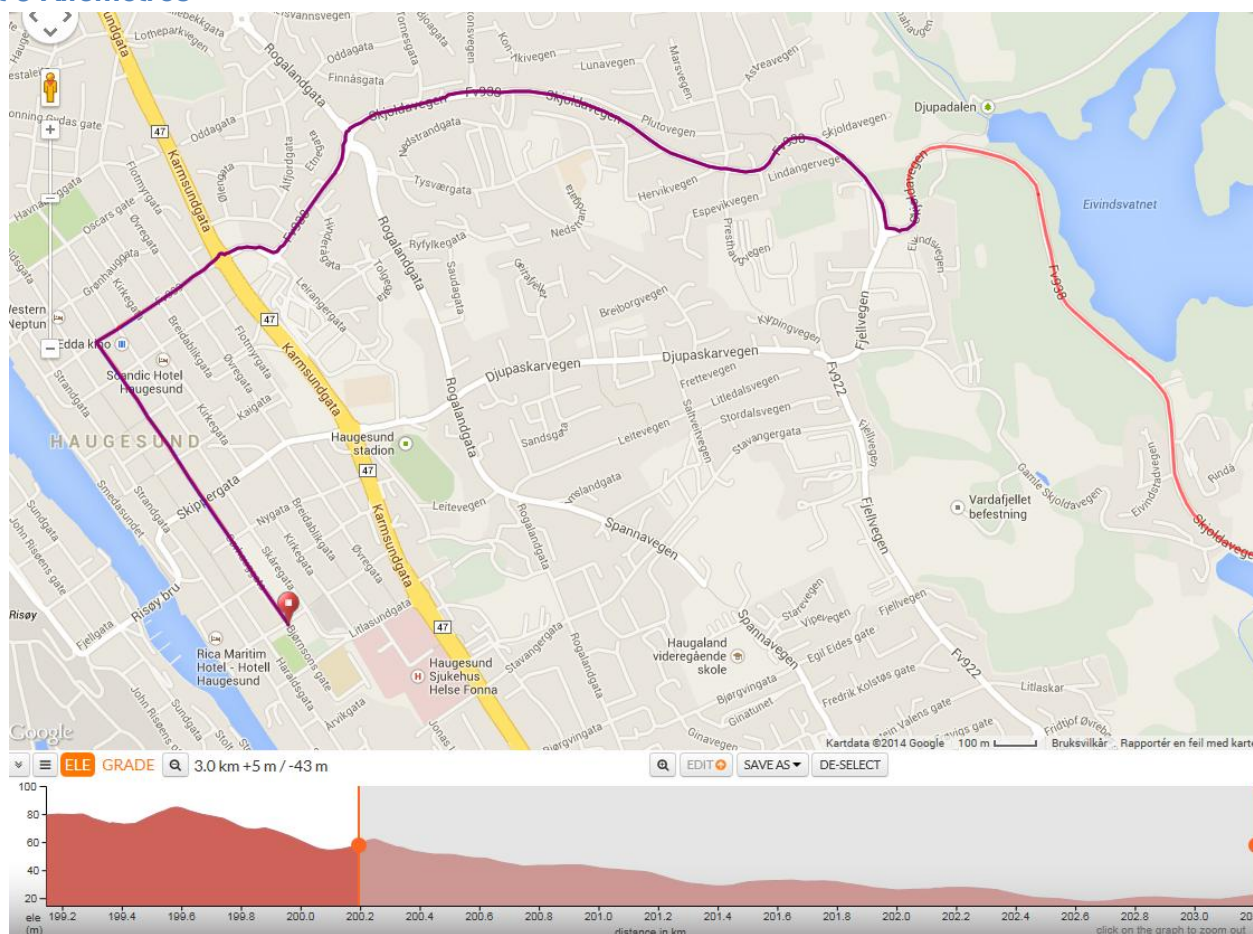
36.7 km	86.1 km	148.1 km	157.7 km	203.2 km

## Schedule

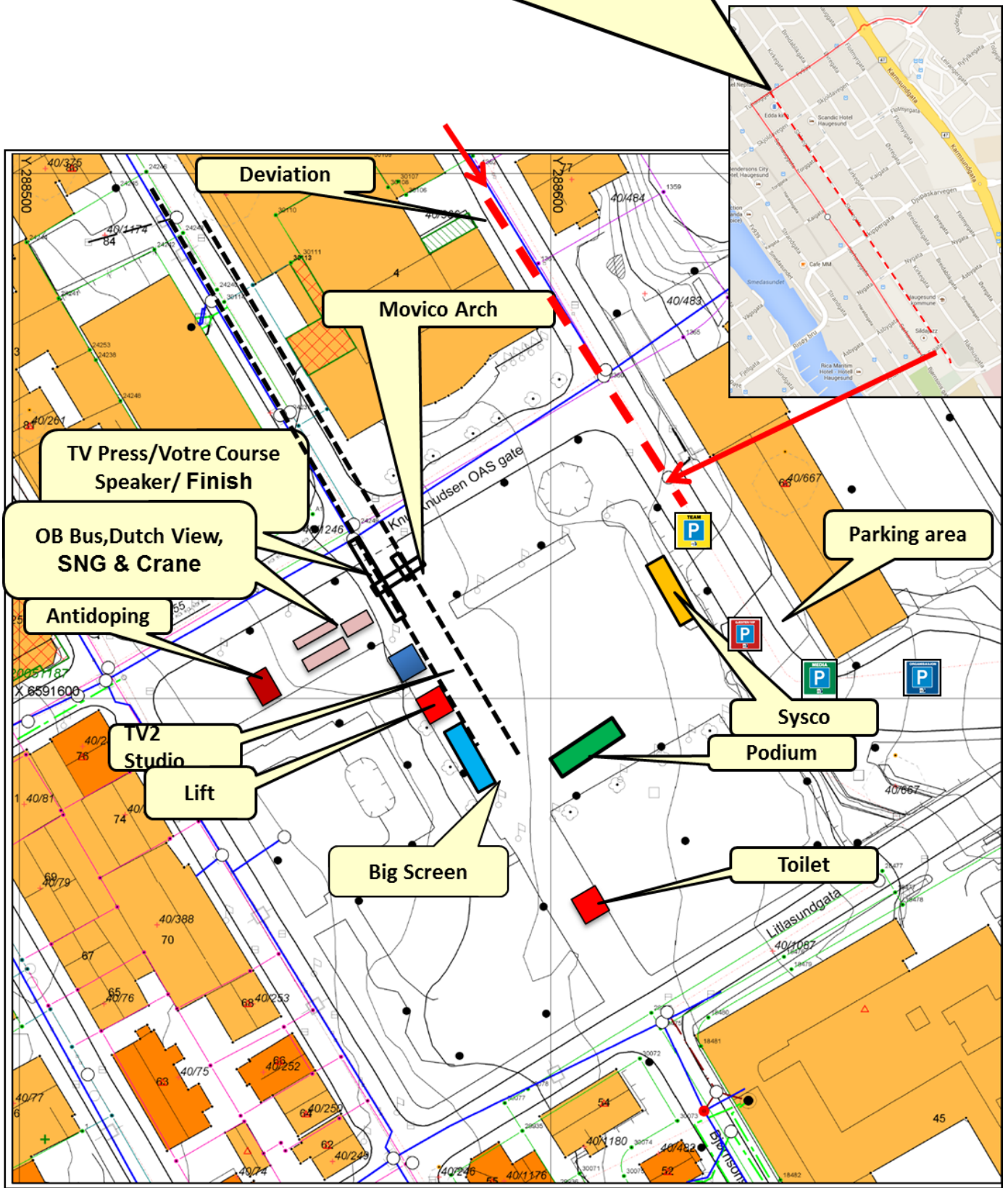
KM from start	KM to Finish	Route Description	Road	KM/h		
				40	42	45
0		<b>Eidfjord Hotel</b>		12:55	12:55	12:55
		Turn right onto	Rv 13			
		<b>Neutral zone 1,6 km</b>				
0	203,2	Official start on <b>Kysskredo</b> Rv 13	Rv 13	13:00	13:00	13:00
13,3	189,9	<b>Butunnel 700 m</b>	Rv 13	13:19	13:19	13:17
13,6	189,6	Roundabout Take 1st exit on Rv 13	Rv 13	13:20	13:19	13:18
14,8	188,4	<b>Blakhammertunnel 300 m</b>	Rv 14	13:22	13:21	13:19
27,2	176	<b>Kinsarvik Sentrum</b>	Rv 13	13:40	13:38	13:36
36,7	166,5	Intermediate Sprint <b>Ullensvang Hotel</b> GPS adress. 60.1928° N 6.3930 E	Rv 13	13:55	13:52	13:48
54,3	148,9	<b>Freskviktunnel 2,1 km</b>	Rv 13	14:21	14:17	14:12
59,6	143,6	<b>Stanatunnel 700 m</b>	Rv 13	14:29	14:25	14:19
60,4	142,8	<b>Okslatunnel 1,2 km</b>	Rv 13	14:30	14:26	14:20
62,3	140,9	<b>Tyssedaltunnel 1,8 km</b>	Rv 13	14:33	14:29	14:23
64,5	138,7	<b>Kviturtunnel 500 m</b>	Rv 14	14:36	14:32	14:26
68,1	135,1	Turn Left onto <b>Kremarvegen/Rv 13</b>	Rv 13	14:42	14:37	14:30
72,2	131	<b>Lausasteintunnel 600 m</b>	Rv 13	14:48	14:43	14:36
82,8	120,4	<b>Låtefoss</b>	Rv 13	15:04	14:58	14:50
84,2	119	<b>Skare bru</b>	Rv 13	15:06	15:00	14:52
86,1	117,1	<b>KOM</b> GPS adress. 59.5532° N 6.3427° E	Rv 13	15:09	15:03	14:54
86,2	117	Turn Right onto E 134	Rv 13	15:09	15:03	14:54
89	114,2	<b>Litter zone (89 - 91) km</b>	Rv 14	15:13	15:07	14:58
89,5	113,7	Feeding zone( 89,5 - 90,5)km GPS adress. 59.5430° N 6.3159° E	Rv 15	15:14	15:07	14:59
93,2	110	Turn Right against <b>Rullestadgjuvet</b>	Rv 13	15:19	15:13	15:04
96	107,2	Care! - Descent Sharp bends 180°	Rv 13	15:24	15:17	15:08
98,9	104,3	Turn Left onto E134	E 134	15:28	15:21	15:11
101,7	101,5	<b>Fjæretunnel 1,6 km</b>	E 134	15:32	15:25	15:15
106	97,2	<b>Langfosstunnel 700 m</b>	E 134	15:39	15:31	15:21
109,8	93,4	<b>Glymjatunnel 800 m</b>	E 134	15:44	15:36	15:26
111,5	91,7	Turn Right against <b>Markhus</b>	E 134	15:47	15:39	15:28
114,7	88,5	Turn Right onto E 134	E 134	15:52	15:43	15:32
115	88,2	Turn Right against Knudsjvtunnel		15:52	15:44	15:33
116,2	87	<b>Knutstjuvtunnel 20 m</b>		15:54	15:46	15:34
117,1	86,1	<b>Trettebergstunnel 100 m</b>		15:55	15:47	15:36
117,7	85,5	<b>Rafdaltunnel I 100 m</b>		15:56	15:48	15:36
117,8	85,4	<b>Rafdaltunnel II 100 m</b>		15:56	15:48	15:37
119,1	84,1	<b>Trolljuvtunnel I 100 m</b>		15:58	15:50	15:38
119,2	84	<b>Trolljuvtunnel II 200 m</b>		15:58	15:50	15:38
120,5	82,7	<b>Røslandstunnel 100m</b>		16:00	15:52	15:40
125,4	77,8	Turn Left against E 134	E134	16:08	15:59	15:47
126,1	77,1	Turn Right onto E134 <b>Kryping</b>	E134	16:09	16:00	15:48
132	71,2	Work at road Stordalvatne	E134	16:18	16:08	15:56

142,5	60,7	<b>Etne Sentrum</b>	E134	16:33	16:23	16:10	
148,1	55,1	<b>KOM Rogaland/Hordaland sign</b> <i>adress. 59.3733° N 5.5918° E</i>	GPS	E134	16:42	16:31	16:17
153,8	49,4	<b>Ølen Sentrum</b>	E134	16:50	16:39	16:25	
157,7	45,5	<b>Intermediate Sprint Ølensvåg</b> <i>GPS adress. 59.3548° N 5.4434° E</i>			16:56	16:45	16:30
173	30,2	<b>Crare!</b> Work at the road Skjold (172-173)km	E134	17:19	17:07	16:50	
182,9	20,3	Junction E 39and E 134	E134	17:34	17:21	17:03	
187,2	16	Roundabout <b>Grinde</b> 515 / E134/E39	E134/E 39	17:40	17:27	17:09	
188,8	14,4	Roundabout <b>Aksdal</b> E 134/ E 39	E134/E 39	17:43	17:29	17:11	
188,8	14,4	Roundabout <b>Aksdal</b> E 134	E 134	17:43	17:29	17:11	
191,4	11,8	Roundabout <b>Frakkagjerd</b> E 134	E 134	17:47	17:33	17:15	
192,5	10,7	<b>Førretunnel 300 m</b>	E 134	17:48	17:35	17:16	
196,9	6,3	Turn Right against <b>Skåredalen/Eike</b>	Fv 938	17:55	17:41	17:22	
197,2	6	Roundabout turn Left straight forward	Fv 938	17:55	17:41	17:22	
197,8	5,4	Roundabout straight forward <b>Skjoldavegen/Fv 938</b>	Fv 938	17:56	17:42	17:23	
198,1	5,1	Roundabout Left on <b>Skjoldavegen</b>	Fv 938	17:57	17:43	17:24	
200,2	3	Turn Right <b>Skjoldavegen</b>	Fv 922	18:00	17:46	17:26	
200,2	3	<b>Care !</b> - Traffic Island		18:00	17:46	17:26	
202	1,2	Rounabout keep Right <b>Skjoldavegen</b>	Skjoldavegen	18:03	17:48	17:29	
202,1	1,1	Roundabout Crossing Staight forward <b>Tuhaggt</b>	Tuhaggt	18:03	17:48	17:29	
202,5	0,7	Turn Left onto <b>Sørhauggt</b>	Sørhauggt	18:03	17:49	17:30	
203,2	0	<b>FINISH</b> Rådhusplassen		18:04	17:50	17:30	

### Last 3 Kilometres



Deviation from Route 700 m from finish



## Haugesund

The history of Haugesund dates back to the Viking times, and the Viking, Harald Hårfagre, united Norway as a kingdom here. Today, Haugesund is one of Norway's most popular congress and festival towns. First-class hotels and restaurants combine with a town centre where several hundred shops and a diverse cultural life cater for the most demanding tastes."

### Stage 3: Hjelmeland – Forsand 163,0 km



*"From the south you meet the fjords in Ryfylke. The Lysefjord with the Pulpit Rock, Kjerag and a range of other walking destinations awaits you. You will also find the National tourist route Ryfylke along the*

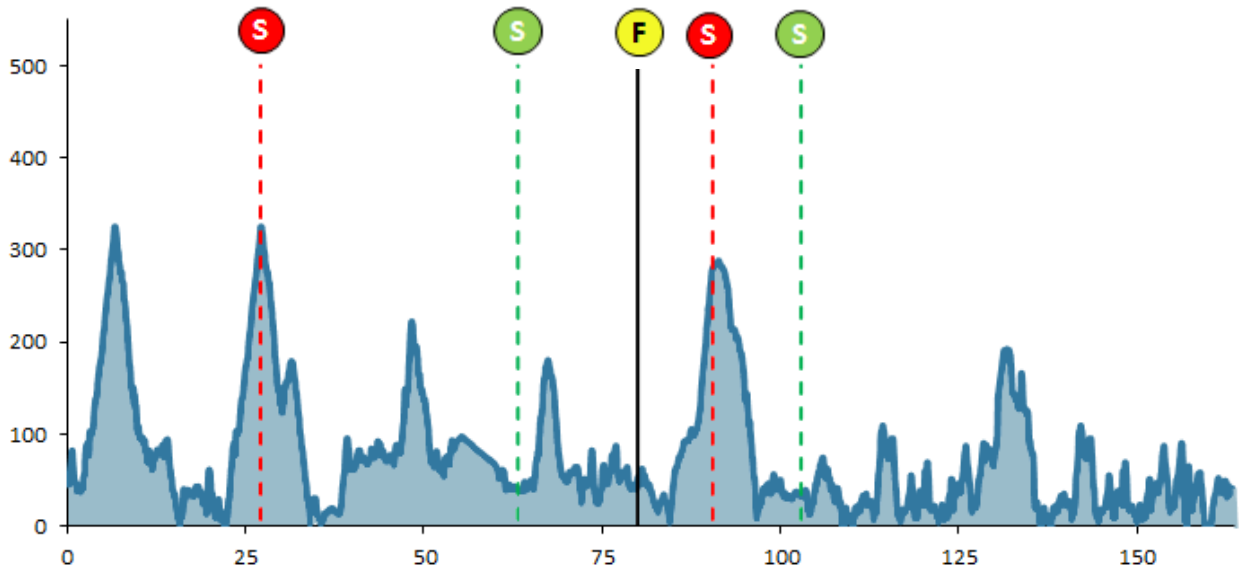


*Rv 13 and Fv 520. With a car you will quickly get to great areas for hiking and other experiences, usually with a beautiful view of the fjords.”*

**Start area Hjelmeland**



**Profile**



**Summary**

Neutral zone  
1.8 km

Litter zone  
79.5 – 81.5 km

Feeding  
80.2 – 81.0 km

<b>27.1 km</b>	<b>63.2 km</b>	<b>90.5 km</b>	<b>102.9 km</b>	<b>163 km</b>

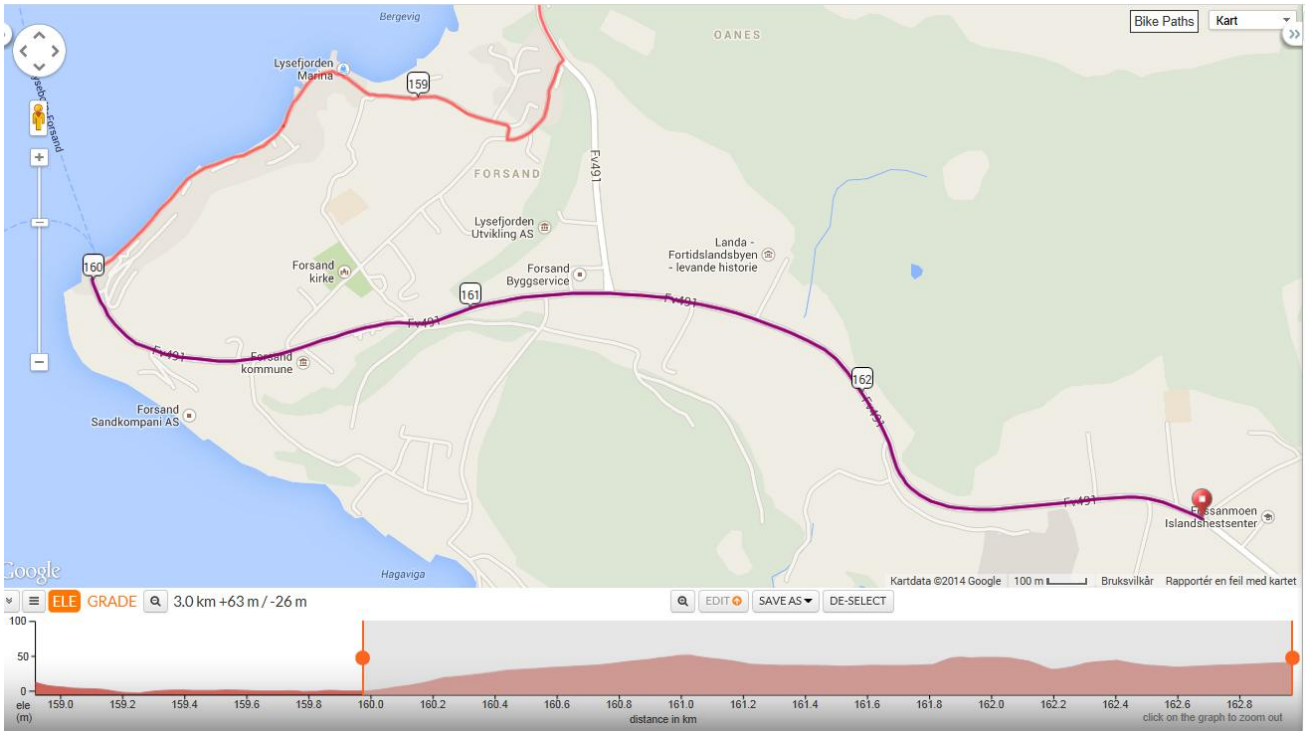
## Schedule

### STAGE 3. Hjelmeland-Forsand 163,0 km

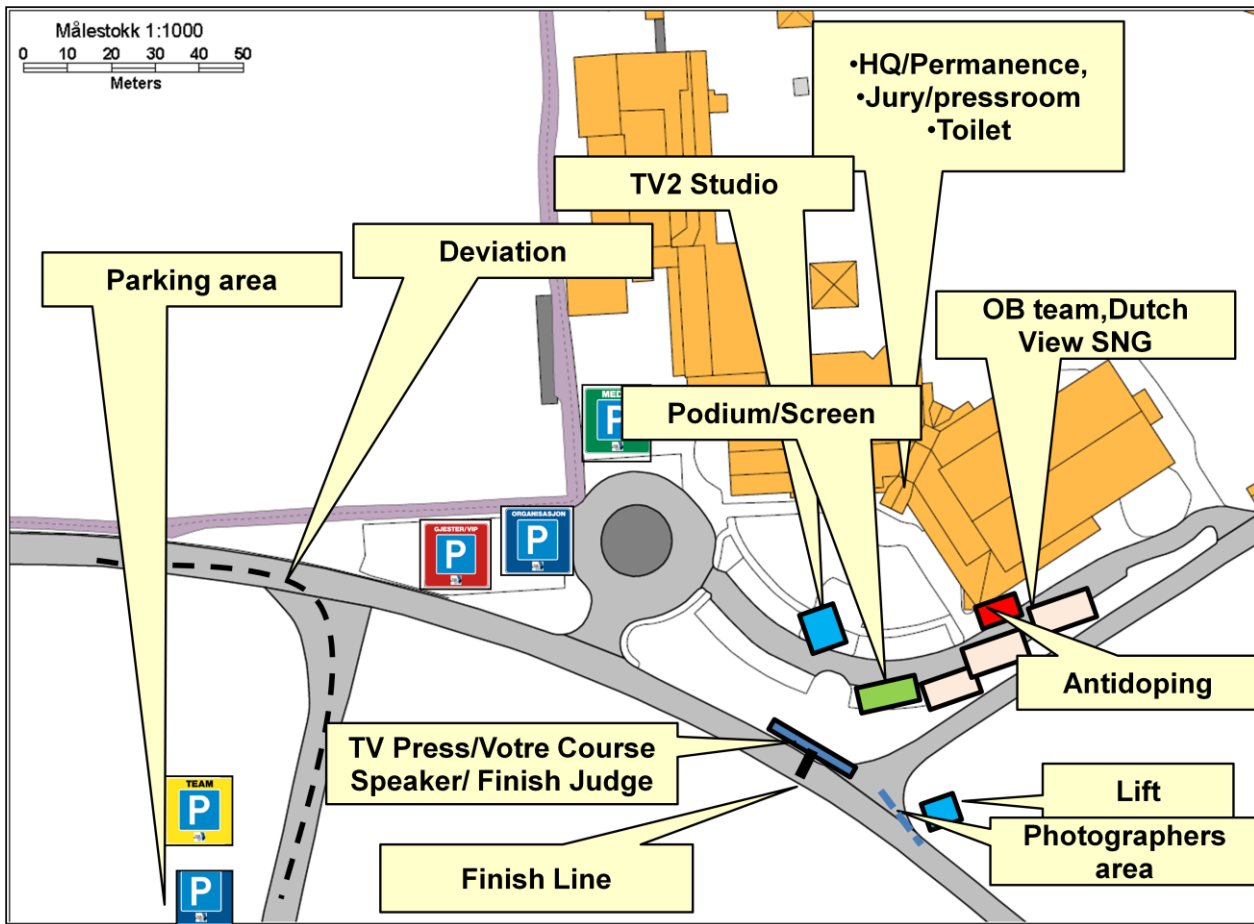
Km from start	Km to Finish	Route Description	Road	Km/h		
				38	40	42
		<b>Hjelmelandvågen - Neutral start</b>	Fv660	13:45	13:45	13:45
		Turn right onto Fv 660	Fv660			
		Roundabout	Fv660			
		Turn right onto Fv660	Fv660			
		Roundabout	Fv660			
		<b>Neutral Zone 1,8 km</b>				
0	163	<b>Official start on Rv 13 UnoX</b>	Rv13	13:50	13:50	13:50
1,1	161,9	Junction Fv631	Rv13	13:51	13:51	13:51
7,2	155,8	<b>Care !</b> - Sharp bend 180°	Rv13	14:01	14:00	14:00
9,5	153,5	<b>Care !</b> - Sharp bend 180° Turn Right to Fv 634 <b>Fister</b>	Fv634	14:05	14:04	14:03
15,4	147,6	Junction Fister continue on Fv 631	Fv631	14:14	14:13	14:12
21	142	Junction <b>Randøy</b>	Fv631	14:23	14:21	14:20
21,5	141,5	<b>Care!</b> - Narrow bridge!	Fv631	14:23	14:22	14:20
22,5	140,5	Turn Right	Fv631	14:25	14:23	14:22
22,8	140,2	Turn Left	Fv631	14:26	14:24	14:22
23,1	139,9	Turn Left against <b>Rv 13</b>	Fv631	14:26	14:24	14:23
23,3	139,7	Turn Right onto <b>Rv 13</b>	Rv 13	14:26	14:24	14:23
27,1	135,9	<b>KOM Ingvaldstad</b> GPS adress. 59.18633° N 6.14694° E	Rv 13	14:32	14:30	14:28
27,7	135,3	<b>Care!</b> - Sharp bend 180°	Rv 13	14:33	14:31	14:29
28,4	134,6	<b>Care!</b> - Sharp bend 180°	Rv 13	14:34	14:32	14:30
33,1	129,9	<b>Care!</b> - Sharp bend 180°	Rv 13	14:42	14:39	14:37
35,1	127,9	Turn Left	Rv 13	14:45	14:42	14:40
36,4	126,6	Turn Left onto Fv 633	Fv 633	14:47	14:44	14:42
37,9	125,1	Turn Right continue on Fv 633	Fv 633	14:49	14:46	14:44
39,5	123,5	Turn Left continue on FV 633	Fv 633	14:52	14:49	14:46
42,7	120,3	<b>Care!</b> Turn Right - Narrow bridge (Kaltveit bru)		14:57	14:54	14:51
44	119	Turn Right	Fv638/661	14:59	14:56	14:52
45,5	117,5	<b>Care!</b> - Narrow bridge	Fv638/661	15:01	14:58	14:55
46,9	116,1	Turn Left onto Rv 13	Rv 13	15:04	15:00	14:57
55,4	107,6	Turn Left away from Rv 13 (tunnel)	Rv 13	15:17	15:13	15:09
61,5	101,5	Turn Right onto Rv 13	Rv 13	15:27	15:22	15:17
63,2	99,8	<b>Intermediate sprint Bjørheimsbygd</b> GPS adress. 59.07164° N 6.01948° E	Rv 13	15:29	15:24	15:20
65,5	97,5	Turn sharp onto Heggheimvegen	Hegghimvn	15:33	15:28	15:23
66,9	96,1	Sharp bend	Hegghimvn	15:35	15:30	15:25
68,7	94,3	Turn Right onto Vosterveien	Vosterveien	15:38	15:33	15:28
71,9	91,1	Turn Left Fiskåveien	Fiskåveien	15:43	15:37	15:32
79,5	83,5	Litter zone ( 79,5 - 81,5) km	Fiskåveien	15:55	15:49	15:43
80,2	82,8	Feeding zone (80,2 - 81) km GPS adress. 59.07920° N 5.91187° E	Fiskåveien	15:56	15:50	15:44

82	81	Roundabout straight ahead Jørpeland	Rv 13	15:59	15:53	15:47
84,2	78,8	Turn left onto Kyrkjebakken Fv521	Fv 521	16:02	15:56	15:50
85,2	77,8	Turn right onto Fv520	Fv 520	16:04	15:57	15:51
87,7	75,3	Turn right onto Hellandsheivegen	Hellandsheivn	16:08	16:01	15:55
90,5	72,5	<b>KOM Hellandsheivegen</b> GPS adress. 59.04703° N 6.00198° E		16:12	16:05	15:59
92,9	70,1	<b>Care!</b> - Sharp bend Right Heia staight ahead	Heia	16:16	16:09	16:02
94	69	<b>Care!</b> - Sharp bend Right Heia staight ahead	Fv 524	16:18	16:11	16:04
94,3	68,7	<b>Care!</b> - Descend & Sharp bend 180° Left Heibakkane	Heibakkane	16:18	16:11	16:04
94,7	68,3	<b>Care!</b> - Descend & Sharp bend 180° Right Heibakkane	Heibakkane	16:19	16:12	16:05
95,4	67,6	<b>Care!</b> - Descend & Sharp bend 180° Left Heibakkane	Heibakkane	16:20	16:13	16:06
96,1	66,9	<b>Care!</b> - Descend - Bend to Right	Heibakkane	16:21	16:14	16:07
96,3	66,7	Turn left onto Ryfylkevegen/ Rv13	Rv 13	16:22	16:14	16:07
102	61	<b>Care!</b> - Speedbump Ryfylkeveien Jørpeland	Rv 13	16:31	16:23	16:15
102,6	60,4	Roundabout Ryfylkeveien Jørpeland Centrumt	Rv 13	16:32	16:23	16:16
102,9	60,1	<b>Intermediate sprint Jørpeland</b> GPS adress 59.02216° N 6.04430° E	Rv 13	16:32	16:24	16:17
103,5	59,5	Ryfylkeveien Brigde Straight Ahead	Rv 13	16:33	16:25	16:17
106,7	56,3	Preikestolen sign Straight Ahead	Rv 13	16:38	16:30	16:22
108,2	54,8	Turn right onto Kvalvågveien - Narrow road	Kvalvågveien	16:40	16:32	16:24
116,2	46,8	<b>Care!</b> - Sharp Bends distanse of 500 m	Kvalvågveien	16:53	16:44	16:36
119,8	43,2	<b>Care!</b> - Left Sharp bend 180°	Kvalvågveien	16:59	16:49	16:41
120,3	42,7	<b>Care!</b> - Right Sharp bend 180°	Kvalvågveien	16:59	16:50	16:41
122,5	40,5	Bridge Skeivik Straight Ahead	Kvalvågveien	17:03	16:53	16:45
126,5	36,5	<b>Care!</b> - Turn Left & Sharp bend 180° onto RV13	Rv 13	17:09	16:59	16:50
130,2	32,8	<b>Høllesli tunnel 800 m</b>	Rv 13	17:15	17:05	16:56
133,5	29,5	Tunnel 200 m	Rv 13	17:20	17:10	17:00
135,9	27,1	<b>Care!</b> - Turn Left - Sharp & narrow bend 180°	Kvalvågveien	17:24	17:13	17:04
143,9	19,1	<b>Care!</b> - Sharp Bends in a distanse of 500 m	Kvalvågveien	17:37	17:25	17:15
147,5	15,5	<b>Care!</b> - Left & Sharp bend 180°	Kvalvågveien	17:42	17:31	17:20
148	15	<b>Care!</b> - Right & Sharp bend 180°	Kvalvågveien	17:43	17:32	17:21
150,2	12,8	Bridge Skeivik Straight Ahead	Kvalvågveien	17:47	17:35	17:24
154,2	8,8	<b>Care!</b> Turn Left & Sharp bend 180° onto RV13	Rv 13	17:53	17:41	17:30
156	7	Turn Right Lysefjord bridge/Fv 491	Fv 491	17:57	17:44	17:33
156,6	6,4	<b>Liarhammar tunnel 300 m</b>	Fv 491	18:00	17:47	17:36
158,5	4,5	Turn Right onto road direction Lysefjorden Marina		18:00	17:48	17:36
158,7	4,3	<b>Care!</b> - Sharp bend and road with slope to pavement		18:01	17:48	17:37
159,2	3,8	<b>Care!</b> - Narrow Road passing Lysefjorden Marina		13:50	13:50	13:50
	163	<b>Care!</b> Be aware of slope to pavement				
160	3	Turn to Left continue on Fv 497	Fv 491	18:02	17:50	17:38
163	0	<b>FINISH Kulturhuset Forsand</b>	Fv 491	18:07	17:54	17:42

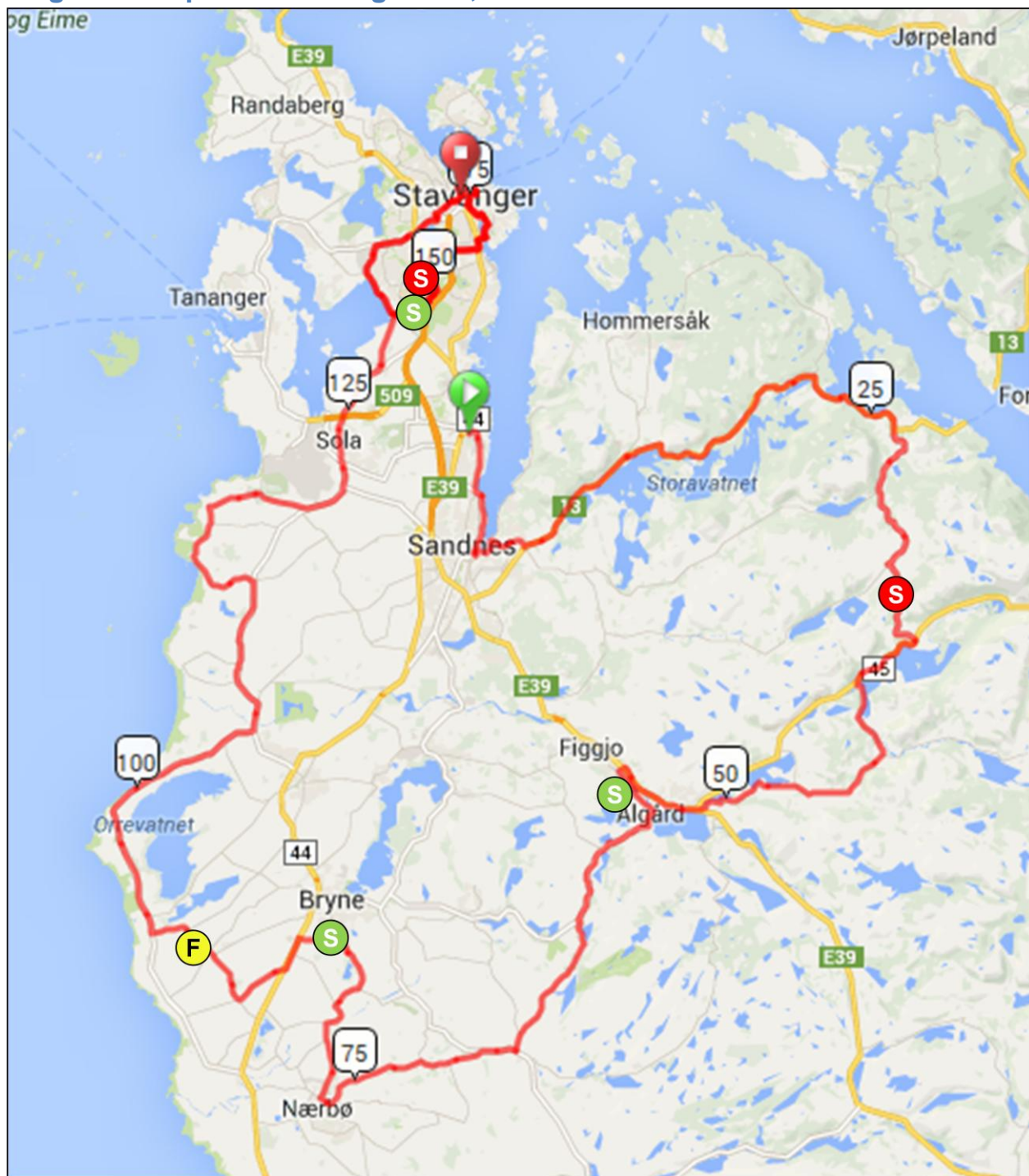
## Last 3 km Forsand



## Finish area Forsand

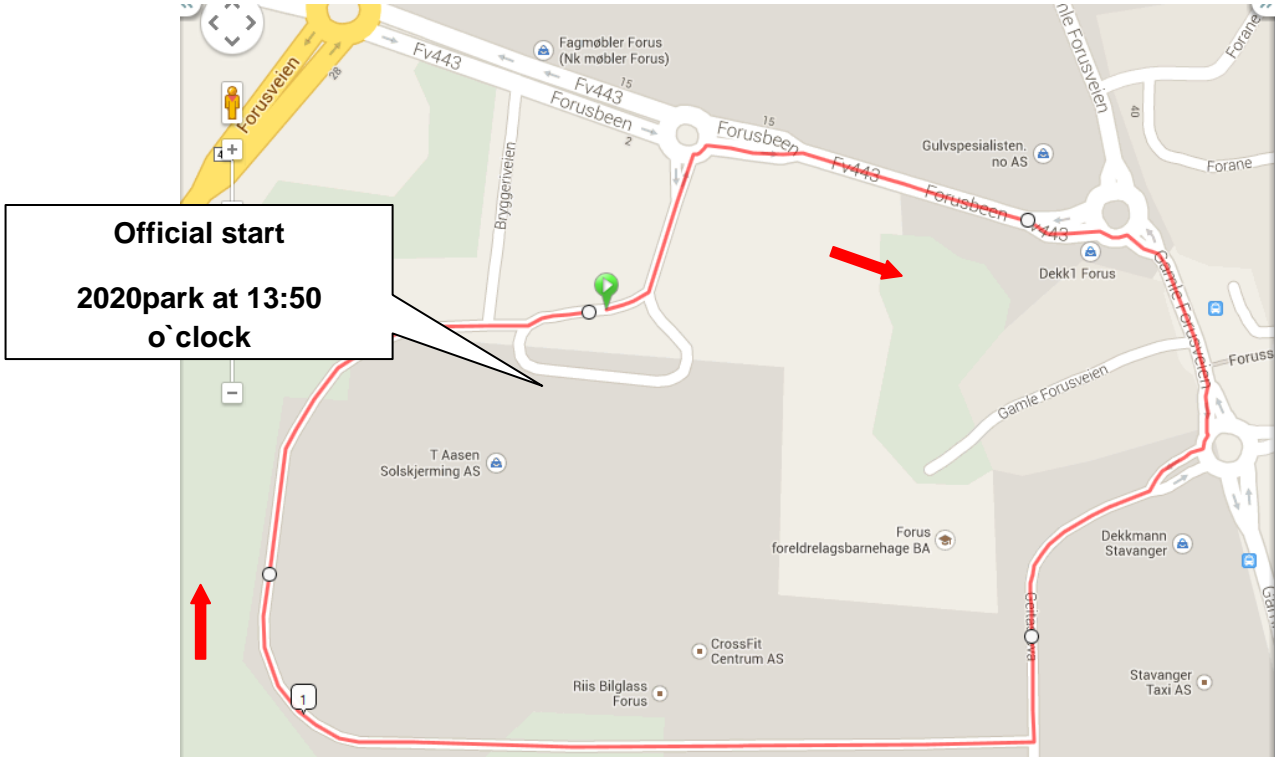


#### Stage 4: 2020park – Stavanger 176,6 km

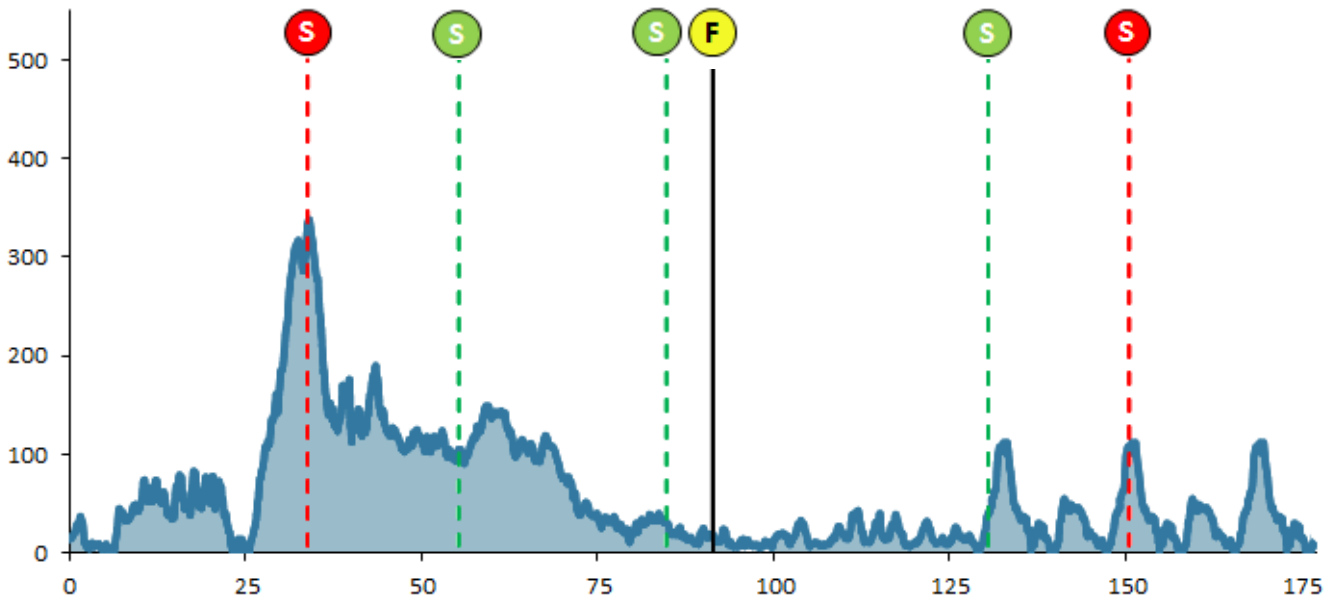


*“2020park will be the finest office park in the Stavanger region. Sustainable and innovative solutions will make ensure that 2020park’s users will experience well-being and efficiency. Functional and environmentally-friendly buildings will lead to satisfied users. Our philosophy means that a sound indoor climate, tailor-made areas, facilities for cyclists, joggers and walkers will be success factors that will have a major influence on work satisfaction and productivity.”*

### Neutralstart



### Profile



Neutral zone

1.3 km

Litter zone

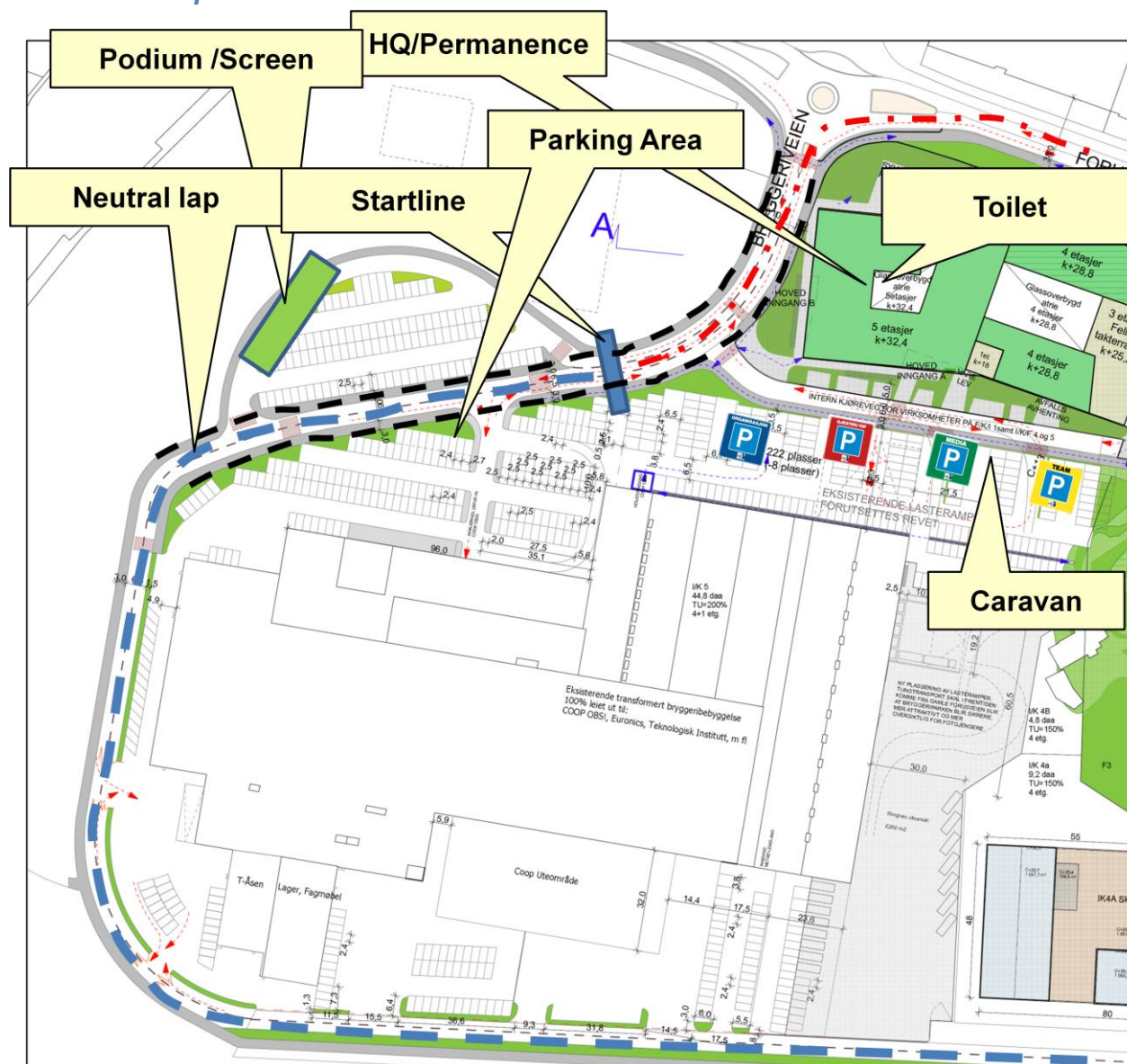
93.6 – 95.2 km

Feeding

93.9– 94,9 km

33.8 km	55.3 km	85.7 km	133.0 km	152.6 km	179,0 km

## Start area 2020park



## Shedule

KM from start	KM to finish	Route Description	Road	KM/H		
				40	42	45
		Neutral zone 1,3 km		13:40	13:40	13:40
0	179	Official start on <b>2020park</b>	Forusbeen	13:45	13:45	13:45
0,1	178,9	Turn Right onto Forusbeen	Forusbeen	13:45	13:45	13:45
0,3	178,7	Turn Right at roundabout on Gamleveien	Gamleveien	13:45	13:45	13:45
2,6	176,4	At the roundabout, take the 2nd exit onto Stavangerveien	Stvgrvn	13:48	13:48	13:48
2,8	176,2	Stavangerveien turns slightly right and becomes Strandgata	Strandgt	13:49	13:49	13:48
4,3	174,7	Continue onto Elvegata	Elvegaten	13:51	13:51	13:50
4,9	174,1	At the roundabout, continue straight onto Elvegata/Rv44	Elvegaten	13:52	13:52	13:51
5,1	173,9	At the roundabout, take the 2nd exit onto Ole Bulls gate	Ole Bull gt	13:52	13:52	13:51
5,3	173,7	Turn left onto Holbergs gate	Holbergs gt	13:52	13:52	13:52
5,4	173,6	Turn right onto Havnegata	Havnegt	13:53	13:52	13:52
5,8	173,2	At the roundabout, take the 2nd exit onto Gravarsveien	Gravarsvei	13:53	13:53	13:52
6,2	172,8	Continue onto Hanaveien	Hanavei	13:54	13:53	13:53



6,3	172,7	At the roundabout, take the 1st exit onto Skippergata	Skippergt	13:54	13:54	13:53
7,9	171,1	At the roundabout, take the 3rd exit onto Lutsiveien/Rv13	Lutsiveien	13:56	13:56	13:55
13,2	165,8	Turn right onto Ryfylkeveien/Rv13	Rv 13	14:04	14:03	14:02
19,7	159,3	<b>Care!</b> - Narrow road	Rv 14	14:14	14:13	14:11
20,6	158,4	<b>Care!</b> Sharp bend	Rv 15	14:15	14:14	14:12
22,3	156,7	Junction	Rv 16	14:18	14:16	14:14
23,3	155,7	<b>Care!</b> - Narrow road	Rv 17	14:19	14:18	14:16
26,0	153	Turn Right onto Høleveien/Rv13	Rv 18	14:24	14:22	14:19
26,6	152,4	Turn Right onto Høleveien/Rv508	Høleveien	14:24	14:23	14:20
29,3	149,7	Turn Left onto Høleveien/Rv508	Høleveien	14:28	14:26	14:24
32,9	146,1	Turn Left Rv 508	Seldalsveien	14:34	14:32	14:28
33,8	145,2	<b>142,8 KOM Seldal</b> <i>GPS adress 58.84035° N 6.01545° E</i>	Seldalsveien	14:35	14:33	14:30
34,9	144,1	<b>Care!</b> - Descent	Seldalsveien	14:37	14:34	14:31
36,7	142,3	Turn Right onto Rv45	Rv 45	14:40	14:37	14:33
39,7	139,3	Turn Left onto Fv287	Fv 287	14:44	14:41	14:37
42,2	136,8	<b>Care!</b> - Cattlegrid ("Ferist")	Fv 287	14:48	14:45	14:41
43,0	136	Continue straight onto Fv286	Fv 286	14:49	14:46	14:42
43,4	135,6	<b>Care!</b> - Cattlegrid ("Ferist")	Fv 286	14:50	14:47	14:42
47,7	131,3	<b>Care!</b> - Cattlegrid ("Ferist")	Fv 286	14:56	14:53	14:48
48,9	130,1	<b>Care!</b> - Cattlegrid ("Ferist")	Fv 286	14:58	14:54	14:50
51,1	127,9	Turn Right onto E39	E 39	15:01	14:58	14:53
51,3	127,7	Junction	E 39	15:01	14:58	14:53
52,6	126,4	Roundabout straight forward	E 39	15:03	15:00	14:55
53	126	Roundabout straight forward	E 39	15:04	15:00	14:55
53,6	125,4	Roundabout straight forward	E 39	15:05	15:01	14:56
54,5	124,5	Turn Right direction Kongeparken	E 39	15:06	15:02	14:57
54,7	124,3	Roundabout Turn Left over the bridge	E 39	15:07	15:03	14:57
55	124	Roundabout Turn Left straight forward	Figgjoveien	15:07	15:03	14:58
55,3	123,7	<b>Intermediate sprint Ålgård</b> <i>GPS adress 58.77580° N 5.83585° E</i>	Figgjoveien	15:07	15:04	14:58
56,1	122,9	Roundabout straight forward continue onto Ole Nilsensgt	Figgjoveien	15:09	15:05	14:59
56,1	122,9	<b>Care!</b> - 6 Speed bumps	O.Nilsensgt	15:09	15:05	14:59
57	122	Turn Right into Edlandsgeilen	Edlandsgeilen	15:10	15:06	15:01
57,6	121,4	Turn Right into Timeveien	Timeveien	15:11	15:07	15:01
59,7	119,3	Junction	Timeveien	15:14	15:10	15:04
62,7	116,3	Turn left onto Fv205 Direction Unheim	Fv 205	15:19	15:14	15:08
68,5	110,5	Turn Right onto Rv 505	Rv 505	15:27	15:22	15:16
69,8	109,2	Turn Left onto Risavegen straight forward	Risavegen	15:29	15:24	15:18
72,3	106,7	Turn left onto Gudmestadvegen/ Fv181	Gudmestadvn	15:33	15:28	15:21
76,4	102,6	Turn right onto Bernervegen/Fv181	Bernersvn	15:39	15:34	15:26
76,9	102,1	Roundabout straight forward	Bernersvn	15:40	15:34	15:27
76,8	102,2	At the roundabout, take the 1st exit onto Torlandsvegen	Totlandsvn	15:40	15:34	15:27
80,4	98,6	Keep Left	Totlandsvn	15:45	15:39	15:32
80,9	98,1	Turn Right straight forward over the bridge over railway	Totlandsvn	15:46	15:40	15:32

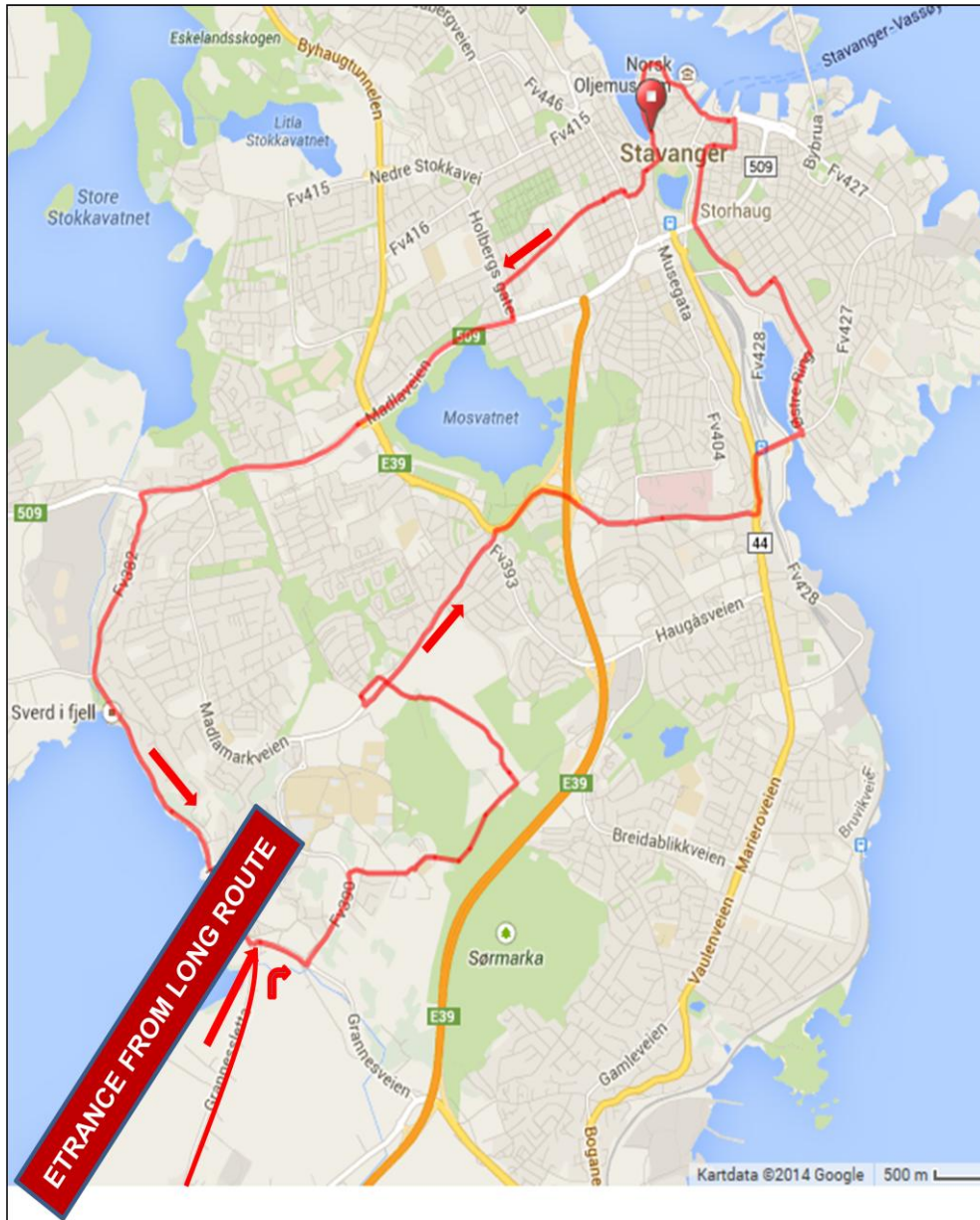
81,9	97,1	Junction		15:47	15:42	15:34
83,9	95,1	At the roundabout, straight forward Hognestadveien	Hognestadvn	15:50	15:44	15:36
84,8	94,2	At the roundabout, straight forward Hognestadveien	Hognestadvn	15:52	15:46	15:38
85,4	93,6	At the roundabout, straight forward Jernbaneveien	Jernbaneveien	15:53	15:47	15:38
85,7	93,3	<b>Intermediate sprint Bryne</b> <i>GPS adress 58.7340° N 5.64856° E</i>	Jernbaneveien	15:53	15:47	15:39
85,8	93,2	Turn Left at roundabout Meirigata	Meirigata	15:53	15:47	15:39
86,2	92,8	Turn Left Reevegen	Reevegen	15:54	15:48	15:39
86,4	92,6	Turn right Jupithervegen	Jupithervegen	15:54	15:48	15:40
86,5	92,5	At the roundabout, straight forward Jupitherveien	Jupithervegen	15:54	15:48	15:40
85,6	93,4	Turn Left at roundabout Jærvegen/Rv44	Jærvegen	15:53	15:47	15:39
88,2	90,8	At the roundabout, straight forward Jærvegen/Rv44	Jærvegen	15:57	15:51	15:42
89,5	89,5	Turn Right onto Saltevegen	Saltevegen	15:59	15:52	15:44
91,6	89,1	Turn Right at roundabout, Pollestadvegen	Pollestadveg	16:02	15:55	15:47
93,6	85,4	<b>Litter zone (93,6 - 95,2)km</b>	Pollestadveg	16:05	15:58	15:49
93,8	85,2	<b>Roundabout straight forward</b>	Pollestadveg	16:05	15:59	15:50
93,9	85,1	<b>Feeding (93,9 -94,9)km GPS adress 58.71806° N 5.56827° E</b>	Pollestadveg	16:05	15:59	15:50
94,1	84,9	Turn right onto Ergavegen	Ergavegen	16:06	15:59	15:50
96,4	82,6	Turn Right onto Nordsjøvegen/Rv507 straight forward	Norsjøvegen	16:09	16:02	15:53
106	73	Junction	Norsjøvegen	16:24	16:16	16:06
107,5	71,5	<b>Care!</b> - Traffic Island - Turn Left onto Solavegen/Rv510	Solavegen	16:26	16:18	16:08
108,6	70,4	Turn to left at Shell gas station continue on Solaveien	Solavegen	16:27	16:20	16:09
113,7	65,3	Roundabout turn Left onto Vigdelveien	Vigdelveien	16:35	16:27	16:16
118,1	60,9	Sving til venstre og inn på Ølberg Havneveg	Ølberghavnv	16:42	16:33	16:22
118,8	60,2	Turn Right onto Ølbergveien	Ølbergvn	16:43	16:34	16:23
120,9	58,1	Turn Right onto Nordsjøveien	Nordsjøveien	16:46	16:37	16:26
122,7	56,3	Turn Left onto Kleppvegen/Rv510	Kleppvegen	16:49	16:40	16:28
125,2	53,8	Turn Left at roundabout Forusbeen	Forusbeen	16:52	16:43	16:31
125,6	53,4	Turn Right at roundabout	Forusbeen	16:53	16:44	16:32
125,7	53,3	Roundabout straight forward	Forusbeen	16:53	16:44	16:32
125,7	53,3	Straight forward Sandesletta		16:53	16:44	16:32
125,8	53,2	Roundabout straight forward Sandesletta	Sandesletta	16:53	16:44	16:32
126,4	52,6	<b>Care!</b> - Narrow road	Sandesletta	16:54	16:45	16:33
127	52	Junction	Sandesletta	16:55	16:46	16:34
127,1	51,9	<b>Care!</b> - Narrow road	Sandesletta	16:55	16:46	16:34
127,3	51,7	Turn Left onto Nesbuveien	Nesbuveien	16:55	16:46	16:34
129,6	49,4	Turn left onto Grannessletta	Grannessletta	16:59	16:50	16:37
129,7	49,3	<b>Care!</b> - 4 Speed bumps	Grannessletta	16:59	16:50	16:37
131,7	47,3	Turn Right at roundabout Madlaveien	Madlavei	17:02	16:53	16:40
132,1	46,9	Turn Left at roundabout Kristine Bonnevis vei	Kr.Bonneviev	17:03	16:53	16:41
132,7	46,3	Turn Right Professor Hanssens vei	Prof.Hanssensv	17:04	16:54	16:41
133	46	<b>Intermediate sprint OD</b> <i>GPS adress 58.93384° N 5.70373° E</i>	Prof.Hanssensv	17:04	16:55	16:42
133,3	45,7	Continue on cycling path rekreational area		17:04	16:55	16:42
133,4	45,6	Turn Left		17:05	16:55	16:42
134,4	44,6	Turn Left onto Sørmarkbakken	Sørmarkbk	17:06	16:57	16:44

135,3	43,7	Turn left onto Folkevisveien	Folkevisv	17:07	16:58	16:45
135,3	43,7	Turn Left at roundabout Ullandhaugveien	Ullandhaugv	17:07	16:58	16:45
136,2	42,8	<b>Care!</b> - Traffic Island	Ullandhaugv	17:09	16:59	16:46
136,4	42,6	<b>Care!</b> - Descent	Ullandhaugv	17:09	16:59	16:46
136,6	42,4	Roundabout straight forward	Ullandhaugv	17:09	17:00	16:47
136,7	42,3	Turn Right at roundabout Ullandhaugveien/E 39	Ullandhaugv	17:10	17:00	16:47
137,1	41,9	Roundabout straight forward	Ullandhaugv	17:10	17:00	16:47
137,3	41,7	Bridge over E 39	Ullandhaugv	17:10	17:01	16:48
137,7	41,3	Roundabout straight forwardUllandhaugveien	Ullandhaugv	17:11	17:01	16:48
137,9	41,1	Roundabout straight forward	Ullandhaugv	17:11	17:02	16:48
138	41	Straight forward into Hillevåg tunnel	Ullandhaugv	17:12	17:02	16:49
138,5	40,5	Turn left at Roundabout Hillevågsveien	Hillevågsv	17:12	17:02	16:49
138,8	40,2	Turn Right at Roundabout onto Strømsbrua	Strømsbrua	17:13	17:03	16:50
139,1	39,9	Turn Left at Roundabout Traffic island onto Østre Ring	Østre Ring	17:13	17:03	16:50
139,6	39,4	Turn Left at Roundabout onto Hjelmelandsgaten	Hjelmelandsgt	17:14	17:04	16:51
140,1	38,9	Turn Left at Roundabout onto Avaldsnesgaten	Avaldsnesgaten	17:15	17:05	16:51
140,2	38,8	Turn Right onto Lyder Sagensgt	Lyder Sagensgt	17:15	17:05	16:51
140,4	38,6	continuet onto Birkelandsgate	Birkelandsgate	17:15	17:05	16:52
140,8	38,2	continue on Bergelandsgate	Bergelandsgt	17:16	17:06	16:52
141,3	37,7	Turn left onto Pedersgata	Pedersgt	17:16	17:06	16:53
141,4	37,6	Turn Left onto Langgata	Langgt	17:17	17:07	16:53
141,7	37,3	Turn Left at Roundabout Verksgata	Verksgt	17:17	17:07	16:53
141,9	37,1	Continue on Havneringen	Havnering	17:17	17:07	16:54
142,2	36,8	Slightly left onto Skansegata	Skansegt	17:18	17:08	16:54
142,8	36,2	<b>FINISH LINE 1st time - START LAP 1</b>	Kongsgårdbk	17:19	17:09	16:55
142,8	36,2	Turne Right onto Haakon VII's gate	HåkonVIIsgt	17:19	17:09	16:55
142,9	36,1	Straight forward Nye Olavskleiv	Nye Olavskleiv	17:19	17:09	16:55
143,1	35,9	Turn Right Løkkeveien	Løkkeveien	17:19	17:09	16:55
143,1	35,9	Turn Left Eiganesveien	Eganessveien	17:19	17:09	16:55
143,7	35,3	<b>Care!</b> - 7 speed bump ! - Narrow road	Eganessveien	17:20	17:10	16:56
144,1	34,9	Turn Left Holbergsgate	Holbergsgt	17:21	17:10	16:57
144,3	34,7	Turn left Madla veien	Madlaveien	17:21	17:11	16:57
145,4	33,6	Roundabout straight forward	Madlaveien	17:23	17:12	16:58
145,6	33,4	Traffic light and Island	Madlaveien	17:23	17:13	16:59
145,7	33,3	Trafficlight and Island	Madlaveien	17:23	17:13	16:59
146,5	32,5	Roundabout straight forward	Revheimsveien	17:24	17:14	17:00
146,9	32,1	Turn Left straight onto Madlaveien	Madlaveien	17:25	17:14	17:00
147,1	31,9	Roundabout straight forward	Madlaveien	17:25	17:15	17:01
148,1	30,9	Roundabout straight forward	Madlaveien	17:27	17:16	17:02
148,2	30,8	<b>Care!</b> - 4 Speed bumps	Madlaveien	17:27	17:16	17:02
149,4	29,6	Keep Left at roundabout continue on Madlaveien	Madlaveien	17:29	17:18	17:04
149,8	29,2	Turn Left at roundabout Kristine Bonnevis vei	Kr.Bonnevie	17:29	17:19	17:04
150,8	28,2	Turn Right Professor Hanssens vei	Prof.Hanssensv	17:31	17:20	17:06
151,4	27,6	Continue on cycling path rekreational area		17:32	17:21	17:06
151,5	27,5	Turn Left on cycling path		17:32	17:21	17:07
152,2	26,8	Turn Left onto Sørmarkbakken	Sørmarkbk	17:33	17:22	17:07

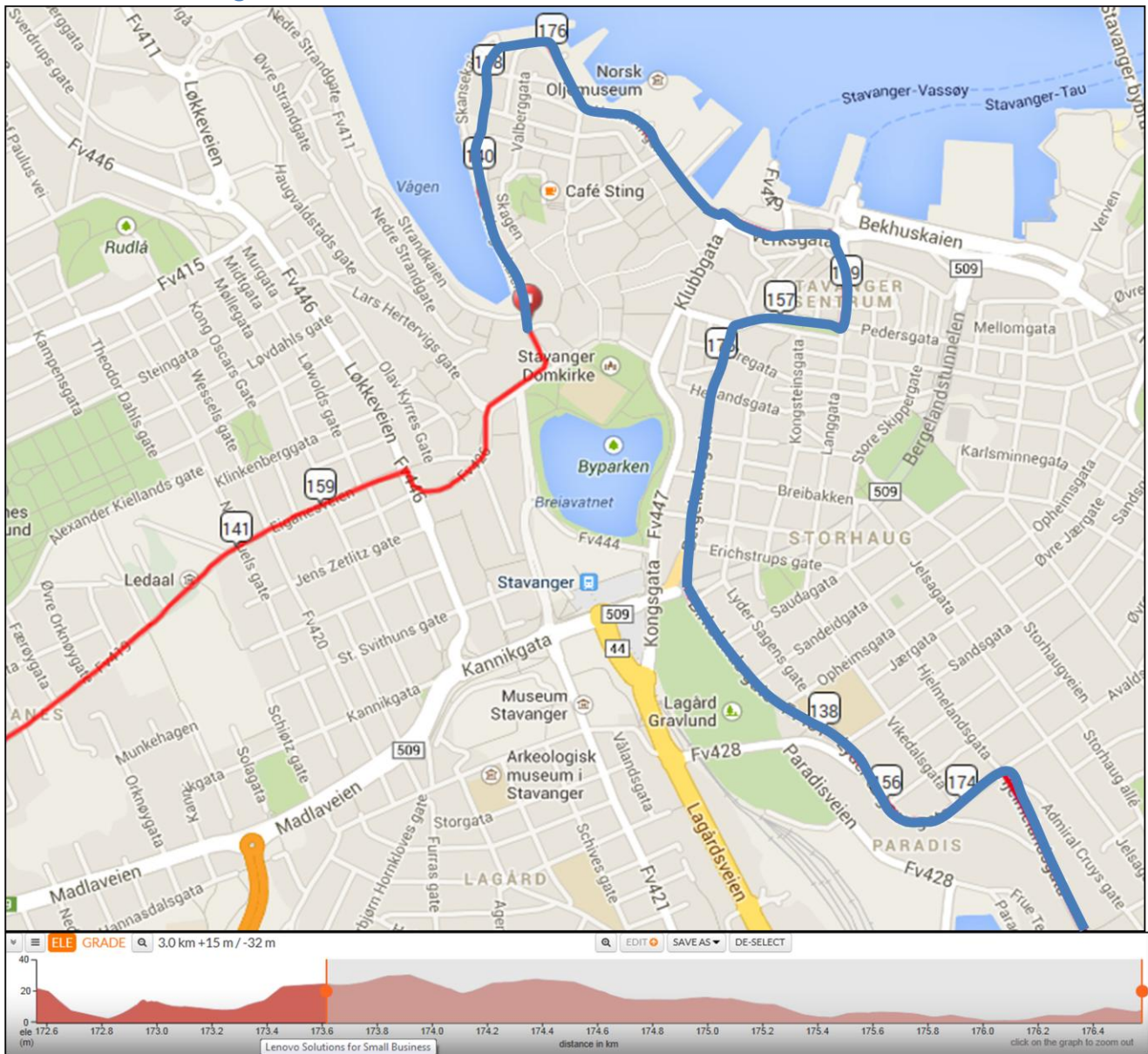
152,6	26,4	<b>KOM Ullandhaugleitet</b> GPS adress 58.94128° N 5.71026° E	Sørmarkbk	17:33	17:23	17:08
153,4	25,6	Turn left onto Folkevisveien	Folkevisvev	17:35	17:24	17:09
153,5	25,5	Turn Left at roundabout Ullandhaugveien	Ullandhaugv	17:35	17:24	17:09
153,7	25,3	<b>Care!</b> - Descent	Ullandhaugv	17:35	17:24	17:09
154,7	24,3	Roundabout straight forward	Ullandhaugv	17:37	17:26	17:11
154,8	24,2	Turn Right at roundabout Ullandhaugveien/E 39	Ullandhaugv	17:37	17:26	17:11
152,6	26,4	Bridge over E 39	Ullandhaugv	17:33	17:23	17:08
152,8	26,2	Roundabout straight forward Ullandhaugveien	Ullandhaugv	17:34	17:23	17:08
155,5	23,5	Roundabout straight forward Ullandhaugveien	Ullandhaugv	17:38	17:27	17:12
155,7	23,3	Roundabout straight forward	Ullandhaugv	17:38	17:27	17:12
155,8	23,2	Straight forward into Hillevåg tunnel	Ullandhaugv	17:38	17:27	17:12
156,6	22,4	Turn left at Roundabout Hillevågsveien	Hillevågsv	17:39	17:28	17:13
156,9	22,1	Turn Right at Roundabout onto Strømsbrua	Strømsbrua	17:40	17:29	17:14
157,2	21,8	Turn Left at Roundabout onto Østre Ring	Østre Ring	17:40	17:29	17:14
157,8	21,2	Turn Left at Roundabout onto Hjelmelandsgaten	Hjelmelandsgt	17:41	17:30	17:15
158,2	20,8	Turn Left onto Avaldsnesgaten	Avaldsnesgt	17:42	17:31	17:15
158,4	20,6	Contiue onto Lyder Sagensgt	Lyder Sagensgt	17:42	17:31	17:16
158,6	20,4	Turn Right onto Birkelandsgate Straight forward	Birkelandsgt	17:42	17:31	17:16
158,9	20,1	Continue on Bergelandsgate	Bergelandsgt	17:43	17:32	17:16
159,4	19,6	Turn left onto Pedersgata	Pedersgt	17:44	17:32	17:17
159,6	19,4	Turn Left onto Langgata	Langgt	17:44	17:33	17:17
159,9	19,1	Turn Left at Roundabout Verksgata	Verksgt	17:44	17:33	17:18
160,1	18,9	Roundabout -Traffic island straight forward on Østervåg kai	Østervåg kai	17:45	17:33	17:18
160,1	18,9	Continue on Havneringen	Havnering	17:45	17:33	17:18
160,3	18,7	Slightly left onto Skansegata	Skansegt	17:45	17:34	17:18
161	18	<b>FINISH LINE 2nd time - START FINISH LAP</b>		17:46	17:35	17:19
161	18	Turne Right onto Haakon VII's gate		17:46	17:35	17:19
161,1	17,9	Straight forward Nye Olavskleiv	Nye Olavskleiv	17:46	17:35	17:19
161,3	17,7	Turn Right Løkkeveien	Løkkeveien	17:46	17:35	17:20
161,3	17,7	Turn Left onto Eiganesveien	Eganessveien	17:46	17:35	17:20
162	17	<b>Care!</b> - 7 speed bump ! - Narrow road		17:48	17:36	17:21
162,3	16,7	Turn Left onto Holbergsgate	Holbergsgt	17:48	17:36	17:21
162,5	16,5	Turn left Madla veien	Madlaveien	17:48	17:37	17:21
163,5	15,5	Roundabout straight forward	Madlaveien	17:50	17:38	17:23
163,7	15,3	Trafficlight and Island	Madlaveien	17:50	17:38	17:23
163,8	15,2	Trafficlight and Island	Madlaveien	17:50	17:39	17:23
164,6	14,4	Roundabout straight forward	Revheimsveien	17:51	17:40	17:24
165,1	13,9	Turn Left straight onto Madlaveien	Madlaveien	17:52	17:40	17:25
165,2	13,8	Roundabout straight forward	Madlaveien	17:52	17:41	17:25
166,3	12,7	Roundabout straight forward	Madlaveien	17:54	17:42	17:26
166,4	12,6	<b>Care!</b> - 4 Speed bumps	Madlaveien	17:54	17:42	17:26
167,5	11,5	Keep Left at roundabout continue on Madlaveien	Madlaveien	17:56	17:44	17:28
168,4	10,6	Turn Left at roundabout Kristine Bonnevis vei	Kr.Bonneviev	17:57	17:45	17:29
169	10	Turn Right Professor Hanssens vei	Prof.Hanssensv	17:58	17:46	17:30
169,6	9,4	Continue on cycling path rekreational area	Sørmarka	17:59	17:47	17:31
169,7	9,3	Turn Left on cycling path	Sørmarka	17:59	17:47	17:31

170,3	8,7	Turn Left onto Sørmarkbakken	Sørmarkbk	18:00	17:48	17:32
170,7	8,3	Ullandhaugleitet	Sørmarkbk	18:01	17:48	17:32
171,6	7,4	Turn left onto Folkevisveien	Folkevisev	18:02	17:50	17:33
171,6	7,4	Turn Left at roundabout Ullandhaugveien	Ullandhaugv	18:02	17:50	17:33
172	7	<b>Care !</b> - Descent	Ullandhaugv	18:03	17:50	17:34
172,8	6,2	Roundabout straight forward	Ullandhaugv	18:04	17:51	17:35
172,9	6,1	Turn Right at roundabout Ullandhaugveien/E 39	Ullandhaugv	18:04	17:52	17:35
173,5	5,5	Bridge over E 39	Ullandhaugv	18:05	17:52	17:36
173,6	5,4	Roundabout straight forward Ullandhaugveien	Ullandhaugv	18:05	17:53	17:36
173,7	5,3	Roundabout straight forward Ullandhaugveien	Ullandhaugv	18:05	17:53	17:36
174	5	Roundabout straight forward	Ullandhaugv	18:06	17:53	17:37
174,1	4,9	Roundabout straight forward into Hillevåg tunnel	Ullandhaugv	18:06	17:53	17:37
174,7	4,3	Turn left at Roundabout Hillevågsveien	Hillevågsv	18:07	17:54	17:37
175,1	3,9	Turn Right at Roundabout onto Strømsbrua	Strømsbrua	18:07	17:55	17:38
175,4	3,6	Turn Left at Roundabout onto Østre Ring	Østre Ring	18:08	17:55	17:38
175,9	3,1	Turn Left at Roundabout onto Hjelmelandsgaten	Hjelmelandsgt	18:08	17:56	17:39
176,4	2,6	Turn Left onto Avaldsnesgaten	Avaldsnesgt	18:09	17:57	17:40
176,5	2,5	Continue onto Lyder Sagensgt	Lyder Sagensgt	18:09	17:57	17:40
176,7	2,3	Turn Right onto Birkelandsgt Straight forward	Birkelandsgtsgt	18:10	17:57	17:40
177,1	1,9	Continue on Bergelandsgate	Bergelandsgt	18:10	17:58	17:41
177,5	1,5	Turn left onto Pedersgata	Pedersgt	18:11	17:58	17:41
177,7	1,3	Turn Left onto Langgata	Langgt	18:11	17:58	17:41
177,8	1,2	Turn Left at Roundabout Verksgata	Verksgt	18:11	17:59	17:42
178	1	Roundabout straight forward on Østervåg kai	Østervåg kai	18:12	17:59	17:42
178,1	0,9	Continue on Havneringen	Havnering	18:12	17:59	17:42
178,5	0,5	Slightly left onto Skansegata	Skansegt	18:12	18:00	17:43
178,7	0,3	Skagenkaien		18:13	18:00	17:43
179	0	<b>FINAL FINISH</b>		18:13	18:00	17:43

Entrance from long route



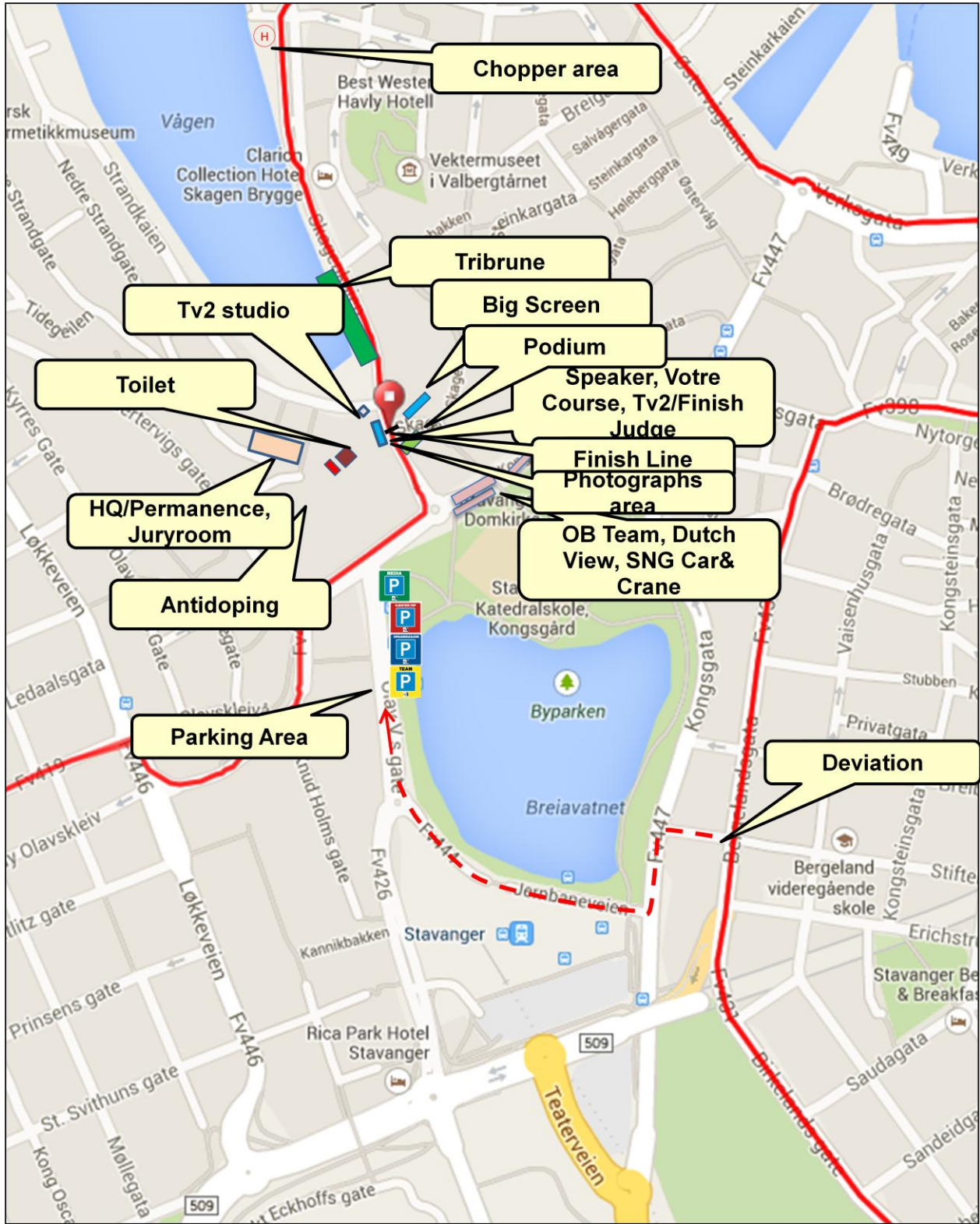
## Last 3 km – Stavanger



## Stavanger

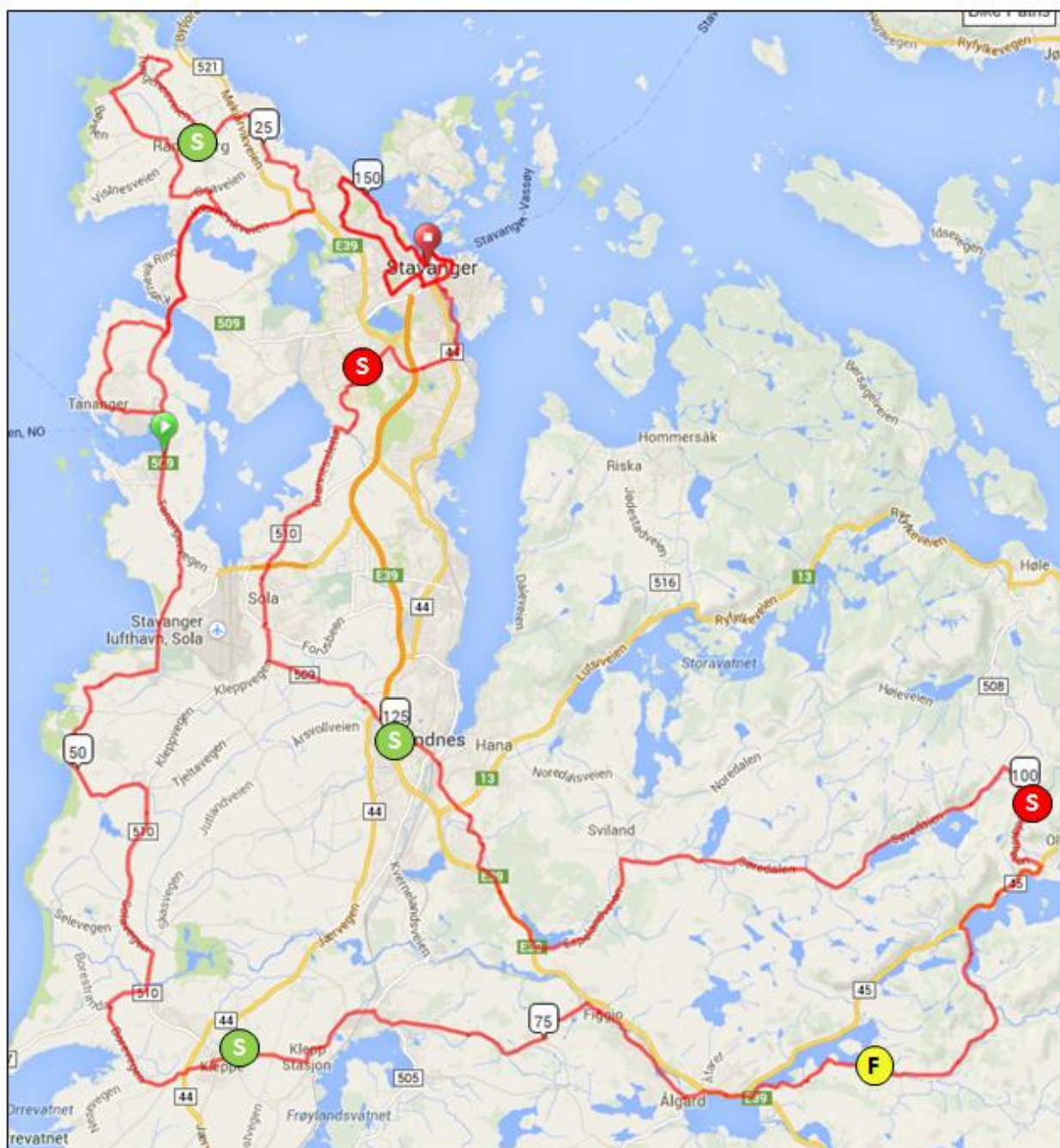
The city of Stavanger is the fourth largest in Norway with more than 125,000 inhabitants. Today the region is Europe's oil and energy capital, and at the same time Stavanger is a great starting point for exploring the magnificent and diverse nature. The landscape stretches from the flat Jæren area by the sea, to the mountains in the east. Fjords and islands give a dramatic presentation.”

Finish area in Stavanger



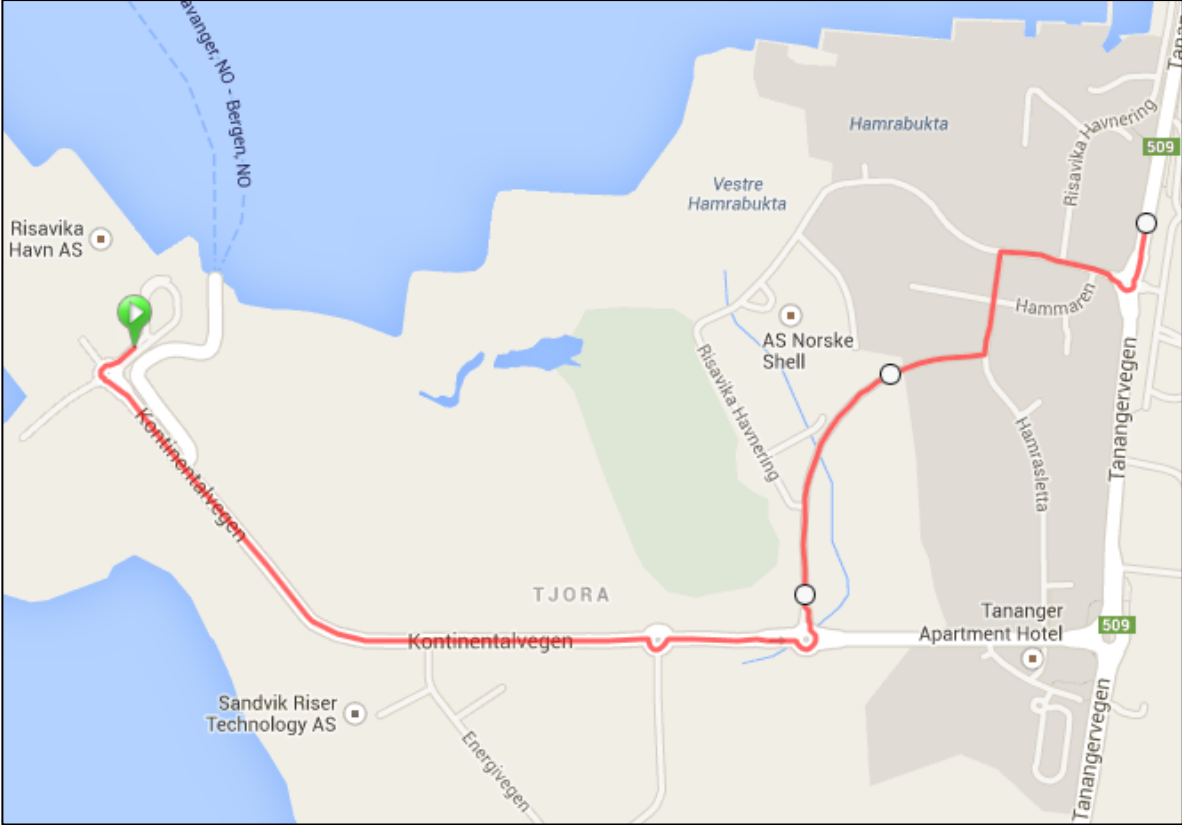


## ttStage 5: Risavika – Stavanger 171,2 km

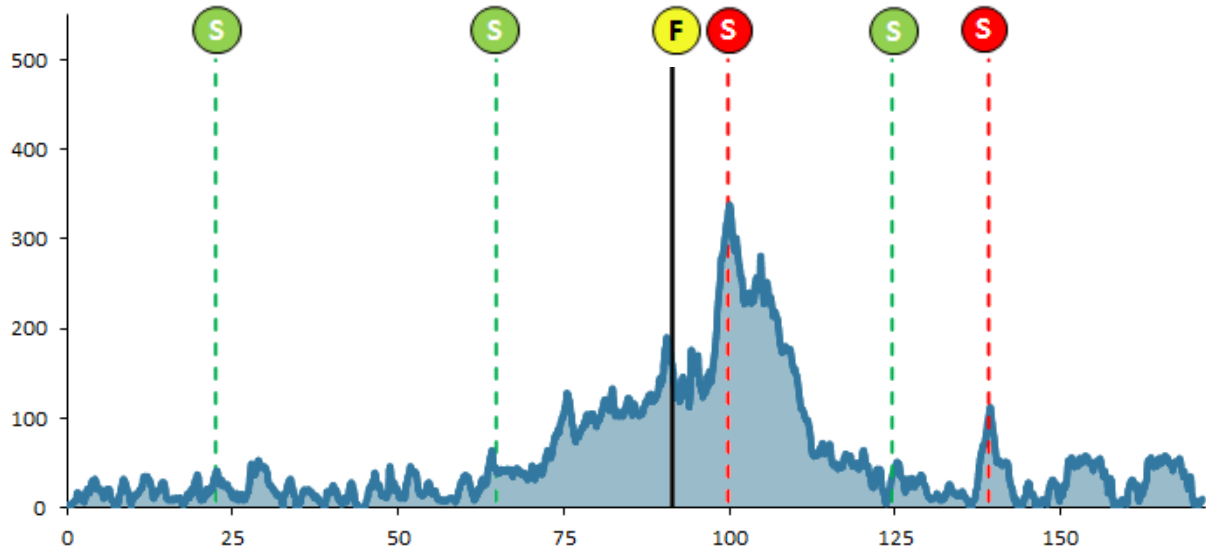


*“Risavika Harbour is a modern and future-oriented harbour offering a comprehensive and attractive range of harbour services for regional, national and international players. The harbour enjoys a solid position with arrivals and departures from and to international harbours, and as a hub for cargos being transported to other locations in Norway.”*

Start area Neutral zone Risavika



**Profile**



Neutral zone







Litter zone

Feeding

**1.2 km**

**86.3 – 88.5 km**

**86.5 – 87.0 km**

					
<b>22.4 km</b>	<b>64.8 km</b>	<b>99.8 km</b>	<b>124.6 km</b>	<b>139.2 km</b>	<b>171.2 km</b>

## Schedule

Km from start	Km to Finish	Route Description	Road	Km/h		
				40	42	45
		<b>Risavika - Neutral start</b>	Fv660	13:50	14:50	15:50
		Turn right onto Fv 660	Fv660			
		Roundabout	Fv660			
		Turn right onto Fv660	Fv660			
		Roundabout	Fv660			
		<b>Neutral Zone 2,2km</b>				
0	171,2	Official start on Risavika Havnering	Risavikahv	13:55	13:55	13:55
1,1	170,1	Turn left continue on Risavika Havnering	Rv13	13:56	13:56	13:56
2,2	169	Turn Left continue on Risavika Havnering	Tanager ring	13:58	13:58	13:57
3,9	167,3	Turn left traffic light	bus road	14:00	14:00	14:00
5,6	165,6	Turn Right against Jåsundveien	bus road	14:03	14:03	14:02
6,1	165,1	Slightly Left onto Jåsundveien	Jåsundveien	14:04	14:03	14:03
6,2	165	Turn Right keep on Jåsundveien	Jåsundveien	14:04	14:03	14:03
6,9	164,3	Slightly Left onto Revheimsveien Tanangerveien	Rv 509	14:05	14:04	14:04
8,1	163,1	Turn Left Kvernevikveien	Kvernevikvei	14:07	14:06	14:05
11,3	159,9	Turn Left onto Kyrkjeveien	Kyrkjevei	14:11	14:11	14:10
12	159,2	Turn left onto Goaveien	Goaveien	14:13	14:12	14:11
13,2	158	Turn Right onto Visteveien	Visteveien	14:14	14:13	14:12
14,4	156,8	Roundabout straight forward	Visteveien	14:16	14:15	14:14
14,9	156,3	Turn Left Roundabout straight forward	Visteveien	14:17	14:16	14:14
17,1	154,1	Turn Right onto Sandeveien	Sandeveien	14:20	14:19	14:17
18,1	153,1	Turn Left onto Tungenesvei	Tungenesvei	14:22	14:20	14:19
18,5	152,7	Turn Right onto Randabergeilen	Randabergeilen	14:22	14:21	14:19
19,9	151,3	Turn Left onto Tungenesvei	Tungenesvei	14:24	14:23	14:21
22,1	149,1	Turn Left onto Torvmyrveien	Torvmyrveien	14:28	14:26	14:24
22,2	149	<b>Care!</b> 3 speedbumps!- (22,2 - 22,5) km	Torvmyrveien	14:28	14:26	14:24
22,4	148,8	<b>Intermediate Sprint Randaberg</b> GP adress 59.00046° N 5.62223° E	Torvmyrveien	14:28	14:27	14:24
23,9	147,3	Roundabout straight forward	Torvmyrveien	14:30	14:29	14:26
24	147,2	Turn Right onto Grødemveien	Grødemveien	14:31	14:29	14:27
24,8	146,4	Roundabout straight forward	Grødemveien	14:32	14:30	14:28
25,1	146,1	<b>Care!</b> - 3 speedbumps small Narrow Road (25,1 - 25,3) km	Grødemveien	14:32	14:30	14:28
25,4	145,8	Turn Right Tangen	Tangen	14:33	14:31	14:28
25,5	145,7	Turn Left onto Finnestadgeilen	Finnestadgl	14:33	14:31	14:29
26,2	145	Turn Left onto Finnestaveien	Finnestaveien	14:34	14:32	14:29
26,3	144,9	Turn Right onto Tastamyrveien	Tastamyrveien	14:34	14:32	14:30
27,3	143,9	Continue straight forward on Eskelandsveien	Eskelandsvn	14:35	14:34	14:31
27,9	143,3	Turn Right roundabout onto Randabergsveien	Randabergsvn	14:36	14:34	14:32
28,3	142,9	Turn Left onto Kvernevikveien	Kvernevikveien	14:37	14:35	14:32
28,5	142,7	<b>Care!</b> - Traffic Island	Kvernevikveien	14:37	14:35	14:33
34	137,2	Turn Right onto Tanangerveien	Tanangerveien	14:46	14:43	14:40
34,1	137,1	Roundabout straight forward Tanager brua	Tanager brua	14:46	14:43	14:40
34,5	136,7	Roundabout straight forward	Tanangerveien	14:46	14:44	14:41
36,4	134,8	Roundabout straight forward	Tanangerveien	14:49	14:47	14:43
37,5	133,7	Roundabout straight forward Hagakrossen	Hagakrossen	14:51	14:48	14:45

37,6	133,6	Roundabout straight forward Tanagerveien	Tanagerveien	14:51	14:48	14:45
39,2	132	Roundabout straight forward Tanagerveien	Tanagerveien	14:53	14:51	14:47
39,7	131,5	Roundabout straight forward Tanagerveien	Tanagerveien	14:54	14:51	14:47
40,2	131	Junction Raffinerivegen straight forward	Tanagerveien	14:55	14:52	14:48
41,8	129,4	Turn Right onto Kolnesvegen	Kolnesvegen	14:57	14:54	14:50
41,8	129,4	Turn left onto Erling veg	Erling veg	14:57	14:54	14:50
41,8	129,4	<b>Care!</b> - 2 Speed bumps	Erling veg	14:57	14:54	14:50
42,8	128,4	Turn Left onto Nordsjøveien	Norsjøveien	14:59	14:56	14:52
43,8	127,4	Turn Left onto Nordsjøveien	Norsjøveien	15:00	14:57	14:53
43,8	127,4	Turn Right continue on Nordsjøveien	Norsjøveien	15:00	14:57	14:53
45,3	125,9	Turn Right onto Ølbergvegen	Ølbergvegen	15:02	14:59	14:55
47,3	123,9	Turn Left Ølberg Havnvegen	Ølberg Havnvn	15:05	15:02	14:58
48	123,2	Turn Right onto Vigdelveien	Vigdelveien	15:07	15:03	14:59
52,5	118,7	Turn Right at Roundabout Rv 510	Rv 510	15:13	15:10	15:05
58,6	112,6	Turn Right onto Norsjøveien/Rv 507	Norsjøvn/Rv507	15:22	15:18	15:13
59,8	111,4	Turn Left onto Borevegen	Borevegen	15:24	15:20	15:14
62,1	109,1	Junction Neseveien straight forward	Neseveien	15:28	15:23	15:17
62,9	108,3	Turn Right and Left Orreveien straight forward	Orreveien	15:29	15:24	15:18
64	107,2	Turn Right onto Prestevegen	Prestevegen	15:31	15:26	15:20
64,4	106,8	Turn Left onto Jærvegen	Jærvegen	15:31	15:27	15:20
64,6	106,6	Turn Right at Roundabout onto Stasjonsveien	Stasjonsveien	15:31	15:27	15:21
64,8	106,4	<b>Intermediate Sprint Klepp</b> <i>GPS adress 58.77492° N 5.63621° E</i>	Stasjonsveien	15:32	15:27	15:21
67,2	104	Turn Left at Roundabout onto Engelsvollvegen	Engelsvollvn	15:35	15:31	15:24
69,5	101,7	Narrow bridge railway sign <b>Kverneland</b>	Engelsvollvn	15:39	15:34	15:27
69,8	101,4	Turn Right onto Orstadvegen	Orstadvegen	15:39	15:34	15:28
70,5	100,7	Turn left onto O.G Kvernelandsveg	O.G Kvernlvg	15:40	15:35	15:29
71,2	100	<b>Care!</b> - 2 Speed bumps	O.G Kvernlvg	15:41	15:36	15:29
71,4	99,8	Junction	O.G Kvernlvg	15:42	15:37	15:30
75,1	96,1	Turn Left continue on O.G. Kvernelandsveg	O.G Kvernlvg	15:47	15:42	15:35
76,1	95,1	Descending Åslandsbaken	Fv 220	15:49	15:43	15:36
76,8	94,4	Turn Right onto Figgjenveien	Figgjenveien	15:50	15:44	15:37
77	94,2	<b>Care!</b> - 2 Speed bumps	Figgjenveien	15:50	15:45	15:37
78,2	93	Turn Right over the bridge onto Figgjoveien	Figgjoveien	15:52	15:46	15:39
78,8	92,4		Figgjoveien	15:53	15:47	15:40
79,9	91,3	Roundabout straight forward	Figgjoveien	15:54	15:49	15:41
80	91,2	<b>Care!</b> - 6 Speed bumps	Figgjoveien	15:55	15:49	15:41
80,8	90,4	Turn Left onto Rettedalen	Rettedalen	15:56	15:50	15:42
80,8	90,4	<b>Care!</b> - 4 Speed bumps	Rettedalen	15:56	15:50	15:42
81,4	89,8	Rounabout Turn Right straight forward E 39	E 39	15:57	15:51	15:43
82,7	88,5	Vaula bru	E 39	15:59	15:53	15:45
82,8	88,4	Turn Left Fv 286 Madland	Fv 286	15:59	15:53	15:45
85	86,2	<b>Care!</b> - Cattlegrid ("Ferist")	Fv 286	16:02	15:56	15:48
86,2	85	<b>Care!</b> - Cattlegrid ("Ferist")	Fv 286	16:04	15:58	15:49
86,3	84,9	Litter zone (86,3- 88,5)km	Fv 286	16:04	15:58	15:50
86,5	84,7	Feeding zone (86,5 -87,0)km	Fv 286	16:04	15:58	15:50
87	84,2	<b>Church 58.77336° N 5.94595° E</b>	Fv 286	16:05	15:59	15:51

90,5	80,7	<b>Care!</b> - Cattlegrid ("Ferist")	Fv 286	16:10	16:04	15:55
91,7	79,5	<b>Care!</b> - Cattlegrid ("Ferist")	Fv 287	16:12	16:06	15:57
94,1	77,1	Turn Right onto Rv 45	Rv 45	16:16	16:09	16:00
97,2	74	Turn Left onto Seldalsveien	Seldalsveien	16:20	16:13	16:04
99,8	71,4	<b>KOM Seldal GPS adress 58.84058° N 6.01561° E</b>	Seldalsveien	16:24	16:17	16:08
100,9	70,3	Turn Left onto Soredalen	Soredalen	16:26	16:19	16:09
107	64,2	Close farmyard	Soredalen	16:35	16:27	16:17
113,1	58,1	Turn Left onto Espelandveien	Espelandvn	16:44	16:36	16:25
117,2	54	turn Right onto E39	E39	16:50	16:42	16:31
119,9	51,3	Turn Right onto Håbafjell/Bogafjell	Bogafjell	16:54	16:46	16:34
120,5	50,7	Turn Left at Roundabout onto Ålgårdveien	Ålgårdveien	16:55	16:47	16:35
121,3	49,9	Turn Right onto Kyrkjeveien	Kyrkjeveien	16:56	16:48	16:36
121,4	49,8	Narrow /small bridge	Kyrkjeveien	16:57	16:48	16:36
121,6	49,6	Turn Left onto Prestegårdsveien	Prestegårdsvn	16:57	16:48	16:37
121,6	49,6	<b>Care!</b> - 4 Speed bumps	Prestegårdsvn	16:57	16:48	16:37
122,5	48,7	Turn Left onto Ålgårdveien	Ålgårdveien	16:58	16:50	16:38
122,8	48,4	Junction		16:59	16:50	16:38
123,5	47,7	Roundabout straight forward onto Høylandsgata	Høylandsgata	17:00	16:51	16:39
123,7	47,5	Roundabout straight forward onto Høylandsgata	Oalsgt	17:00	16:51	16:39
124,7	46,5	Junction Trafficlight straight forward onto Oalsgt	Oalsgt	17:02	16:53	16:41
123,8	47,4	Junction Trafficlight straight forward onto Oalsgt	Oalsgt	17:00	16:51	16:40
124	47,2	Junction Trafficlight straight forward onto Oalsgt	Oalsgt	17:01	16:52	16:40
124,2	47	Junction Trafficlight straight forward onto Oalsgt	Oalsgt	17:01	16:52	16:40
124,4	46,8	Junction Trafficlight straight forward onto Oalsgt	Oalsgt	17:01	16:52	16:40
124,6	46,6	<b>Intermediate Sprint Sandnes</b> <i>GPS adress 58.85519° N 5.71561° E</i>	Oalsgt	17:01	16:53	16:41
125,5	45,7	Roundabout straight forward Sandenesveien	Sandenesvn	17:03	16:54	16:42
125,8	45,4	Junction	Sandenesvn	17:03	16:54	16:42
126,3	44,9	Junction	Sandenesvn	17:04	16:55	16:43
127,1	44,1	Junction	Sandenesvn	17:05	16:56	16:44
128,4	42,8	<b>Care!</b> -Trafikk Islands	Sandenesvn	17:07	16:58	16:46
129,2	42	Turn right onto Kleppvegen	Kleppvegen	17:08	16:59	16:47
130	41,2	Turn Left at roundabout Forusbeen	Forusbeen	17:10	17:00	16:48
130,3	40,9	Turn Right at roundabout	Forusbeen	17:10	17:01	16:48
130,4	40,8	Roundabout straight forward	Forusbeen	17:10	17:01	16:48
130,5	40,7	Straight forward Sandesletta	Sandesletta	17:10	17:01	16:49
131,1	40,1	Roundabout straight forward Sandesletta	Sandesletta	17:11	17:02	16:49
131,2	40	<b>Care!</b> - Narrow road	Sandesletta	17:11	17:02	16:49
131,8	39,4	Junction		17:12	17:03	16:50
131,9	39,3	<b>Care!</b> - Narrow road	Sandesletta	17:12	17:03	16:50
132,1	39,1	Turn Left onto Nesbuveien	Nesbuveien	17:13	17:03	16:51
133,8	37,4	<b>Care!</b> Speed bumps	Nesbuveien	17:15	17:06	16:53
134,4	36,8	Roundabout Turn left onto Grannessletta	Grannessletta	17:16	17:07	16:54
135,3	35,9	<b>Care!</b> 4 Speed bumps	Grannessletta	17:17	17:08	16:55
136,5	34,7	Turn Right at roundabout Madlaveien	Madlaveien	17:19	17:10	16:57
136,9	34,3	Turn Left at roundabout Kristine Bonnevis vei	K.Bonnevisvn	17:20	17:10	16:57
137,5	33,7	Junction Traffic Island straight forward	K.Bonnevisvn	17:21	17:11	16:58

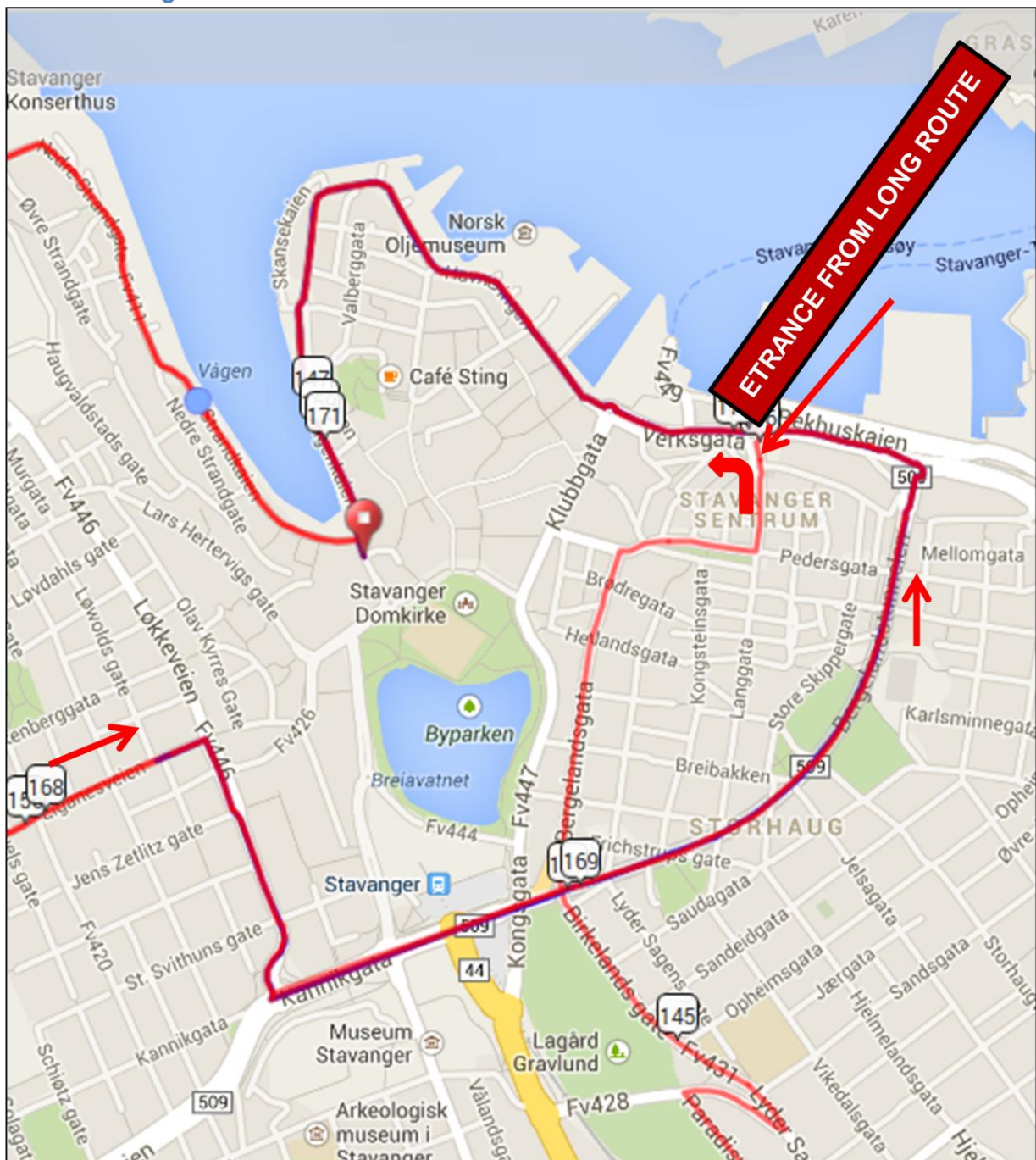
137,9	33,3	Traffic Island straight forward		17:21	17:12	16:58
138,5	32,7	Turn Left Roundabout	K.Bonneviesvn	17:22	17:12	16:59
138,6	32,6	Turn Right Ullandhaugveien	Ullandhaugvn	17:22	17:13	16:59
138,9	32,3	Traffic Island straight forward		17:23	17:13	17:00
139,1	32,1	Roundabout straight forward	Ullandhaugvn	17:23	17:13	17:00
139,2	32	<b>KOM Ullandhaug</b> <i>GPS adress 58.94338° N 5.70203° E</i>	Ullandhaugvn	17:23	17:13	17:00
139,6	31,6	Juction Traffic Island	Ullandhaugvn	17:24	17:14	17:01
140,3	30,9	Roundabout Turn Right onto Auglendsveien/Fv 393	Auglendsvn	17:25	17:15	17:02
140,3	30,9	Speed Bumps 10 small each 100 m	Auglendsvn	17:25	17:15	17:02
141,4	29,8	Junction		17:27	17:17	17:03
141,6	29,6	Roundabout and traffic Island straight forward	Haukåsveien	17:27	17:17	17:03
141,7	29,5	<b>Care!</b> - 3 Speed Bumps Big! Haukåsveien	Haukåsveien	17:27	17:17	17:03
142	29,2	Junction Traffic light	Haukåsveien	17:28	17:17	17:04
142,3	28,9	Roundabout Straight forward	Haukåsveien	17:28	17:18	17:04
142,4	28,8	Roundabout Turn Left onto Hillevågsveien/44	Hillevågsveien	17:28	17:18	17:04
143,4	27,8	Roundabout Turn Right onto Hamneveien	Hamneveien	17:30	17:19	17:06
142,8	28,4	<b>Care!</b> - Narrow passage	Hamneveien	17:29	17:19	17:05
142,8	28,4	Turn Left onto Consul Sigval Bergesensvei/Fv 428	C.S. Bergesensv	17:29	17:19	17:05
144,3	26,9	Turn Left onto Paradisveien	Paradisveien	17:31	17:21	17:07
144,7	26,5	Turn Right onto Paradissvingen	Paradissving	17:32	17:21	17:07
144,8	26,4	Turn Left onto Birkelandsgate/Fv 431	Birkelands	17:32	17:21	17:08
145,2	26	Continue on Fv431 Bergelandsgaten	Bergelandsgt	17:32	17:22	17:08
145,7	25,5	Turn left onto Pedersgata	Pedersgata	17:33	17:23	17:09
145,8	25,4	Turn Left onto Langgata	Langgata	17:33	17:23	17:09
145,9	25,3	Turn Left at Roundabout onto Verksgata	Verksgata	17:33	17:23	17:09
147,1	24,1	Roundabout straight forward on Østervågkai	Østervågkai	17:35	17:25	17:11
146,4	24,8	Continue on Havneringen	Havneringen	17:34	17:24	17:10
146,6	24,6	Slightly left onto Skansegata	Skansegata	17:34	17:24	17:10
147,2	24	<b>FINISH LINE 1st time - START LAP 1</b>	Skagenkaien	17:35	17:25	17:11
147,2	24	Turn Right onto Strandkaien	Strandkaien	17:35	17:25	17:11
147,9	23,3	Turn Left onto Uelandsgt	Uelandsgt	17:36	17:26	17:12
148	23,2	Roundabout straight forward	Uelandsgt	17:37	17:26	17:12
148	23,2	Roundabout straight forward B.M Mithonsgt	Uelandsgt	17:37	17:26	17:12
148,1	23,1	Roundabout Turn Left onto B.M Middelthonsgt	B.M Mithonsgt	17:37	17:26	17:12
148,5	22,7	Continue on Tastagaten	Tastagaten	17:37	17:27	17:13
148,9	22,3	Continue on Dusavikveien/Fv 411	Dusavikveien	17:38	17:27	17:13
150,8	20,4	Turn Left onto Gabroveien/Fv 412	Gabroveien	17:41	17:30	17:16
151	20,2	Continue on Gjerdeveien	Gjerdeveien	17:41	17:30	17:16
151,3	19,9	Roundabout straight forward	Gjerdeveien	17:41	17:31	17:16
151,6	19,6	Roundabout straight forward	Gjerdeveien	17:42	17:31	17:17
152,1	19,1	Roundabout Turn Left onto Randabergsveien	Randabergsvn	17:43	17:32	17:17
152,3	18,9	Roundabout Turn Left continue on Randabergsvn	Randabergsvn	17:43	17:32	17:18
153,8	17,4	Roundabout Turn Right onto Misjonsvn/Fv 414	Misjonsveien	17:45	17:34	17:20
153,8	17,4	<b>Care!</b> - Traffic Islands	Misjonsveien	17:45	17:34	17:20
154,2	17	Traffic light junction - Straight Misjonsveien	Misjonsveien	17:46	17:35	17:20
154,3	16,9	Turn right onto road Stokkaveien/Fv 415	Stokkaveien	17:46	17:35	17:20
154,3	16,9	<b>Care!</b> - Traffic Islands	Stokkaveien	17:46	17:35	17:20

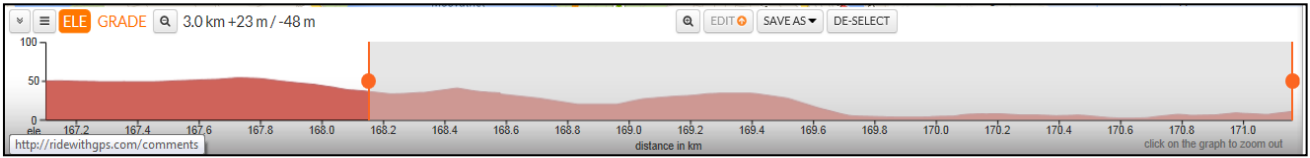
154,4	16,8	<b>Care!</b> - Narrow road and speed bump	Stokkaveien	17:46	17:35	17:20
154,4	16,8	<b>Care!</b> - Speed bump	Stokkaveien	17:46	17:35	17:20
154,6	16,6	Roundabout - Left onto road Øvre Stokkaveien	Øvre Stokkavn	17:46	17:35	17:21
154,6	16,6	<b>Care!</b> - Traffic Islands and speed bump	Øvre Stokkavn	17:46	17:35	17:21
154,8	16,4	Turn left onto road Holbergs gate/Fv418	Holbergsgt	17:47	17:36	17:21
154,9	16,3	<b>Care!</b> - Speed bump	Holbergsgt	17:47	17:36	17:21
155,3	15,9	Left onto Eiganesveien	Eiganesveien	17:47	17:36	17:22
155,4	15,8	<b>Care!</b> - 7 speed bump ! - Narrow road	Eiganesveien	17:48	17:37	17:22
156,3	14,9	Turn right onto road Løkkeveien	Løkkeveien	17:49	17:38	17:23
156,6	14,6	Turn Left onto Kannik (Left roadfile)	Kannik	17:49	17:38	17:23
156,7	14,5	Roundabout Straight forward		17:50	17:38	17:23
156,8	14,4	Roundabout Straight forward		17:50	17:39	17:24
157	14,2	<b>Straight forward Bergelandstunnel</b>	Bergelandst	17:50	17:39	17:24
157,7	13,5	Turn Left at Roundabout Verksalmmeningen	Verksalmengen	17:51	17:40	17:25
158	13,2	Roundabout straight forward	Verksgt	17:52	17:40	17:25
158,2	13	Roundabout straight forward on Østervåg kai	Østervåg kai	17:52	17:41	17:25
158,4	12,8	Continue on Havneringen	Havneringen	17:52	17:41	17:26
158,6	12,6	Slightly left onto Skansegata	Skansegata	17:52	17:41	17:26
158,8	12,4	Skagenkaien	Skagenkaien	17:53	17:41	17:26
159,2	12	<b>FINISH LINE 2nd time - START FINISH LAP</b>	Skagenkaien	17:53	17:42	17:27
159,2	12	Turn Right onto Strandkaien	Strandkaien	17:53	17:42	17:27
159,9	11,3	Turn Left onto Uelandsgt	Uelandsgt	17:54	17:43	17:28
160	11,2	Roundabout and traffic islands straight forward	Uelandsgt	17:55	17:43	17:28
160,1	11,1	Roundabout and traffic islands straight forward	Uelandsgt	17:55	17:43	17:28
160,7	10,5	Continue on Tastagaten	Tastagaten	17:56	17:44	17:29
161	10,2	Continue on Dusavikveien/Fv 411	Dusavikveien	17:56	17:45	17:29
162,9	8,3	Turn Left onto Gabroveien/Fv 412	Gabroveien	17:59	17:47	17:32
163	8,2	Continue on Gjerdeveien	Gjerdeveien	17:59	17:47	17:32
163,3	7,9	Roundabout straight forward	Gjerdeveien	17:59	17:48	17:32
163,8	7,4	Roundabout straight forward	Gjerdeveien	18:00	17:49	17:33
164,1	7,1	Roundabout Turn Left into Randabergsveien	Randabergsvn	18:01	17:49	17:33
164,4	6,8	Roundabout Turn Left continue on Randabergsvn	Randabergsvn	18:01	17:49	17:34
165,8	5,4	Roundabout Turn Right onto Misjonsvn/Fv 414	Misjonsveien	18:03	17:51	17:36
165,8	5,4	<b>Care!</b> - Traffic Islands	Misjonsveien	18:03	17:51	17:36
166,2	5	Traffic light junction - Straight ahead on Misjonsv	Misjonsveien	18:04	17:52	17:36
166,4	4,8	Turn right onto road Stokkaveien/Fv 415	Stokkaveien	18:04	17:52	17:36
166,4	4,8	<b>Care!</b> - Traffic Islands	Stokkaveien	18:04	17:52	17:36
166,5	4,7	<b>Care!</b> - Narrow road and speed bump	Stokkaveien	18:04	17:52	17:37
166,6	4,6	Roundabout - Left onto road Øvre Stokkaveien	Øvre Stokkavn	18:04	17:53	17:37
166,6	4,6	<b>Care!</b> - Traffic Islands and speed bump	Øvre Stokkavn	18:04	17:53	17:37
166,8	4,4	Turn left onto road Holbergs gate/Fv418	Holbergsgt	18:05	17:53	17:37
166,9	4,3	<b>Care!</b> - Speed bump	Holbergsgt	18:05	17:53	17:37
167,3	3,9	Left onto Eiganesveien	Eiganesveien	18:05	17:54	17:38
167,4	3,8	<b>Care!</b> - 7 speed bump - Narrow road	Eiganesveien	18:06	17:54	17:38
168,3	2,9	Turn right onto road 446 Løkkeveien	Løkkeveien	18:07	17:55	17:39
168,6	2,6	Turn Left onto Kannik (Left file)	Kannik	18:07	17:55	17:39
168,7	2,5	Roundabout straight forward	Kannik	18:08	17:56	17:39



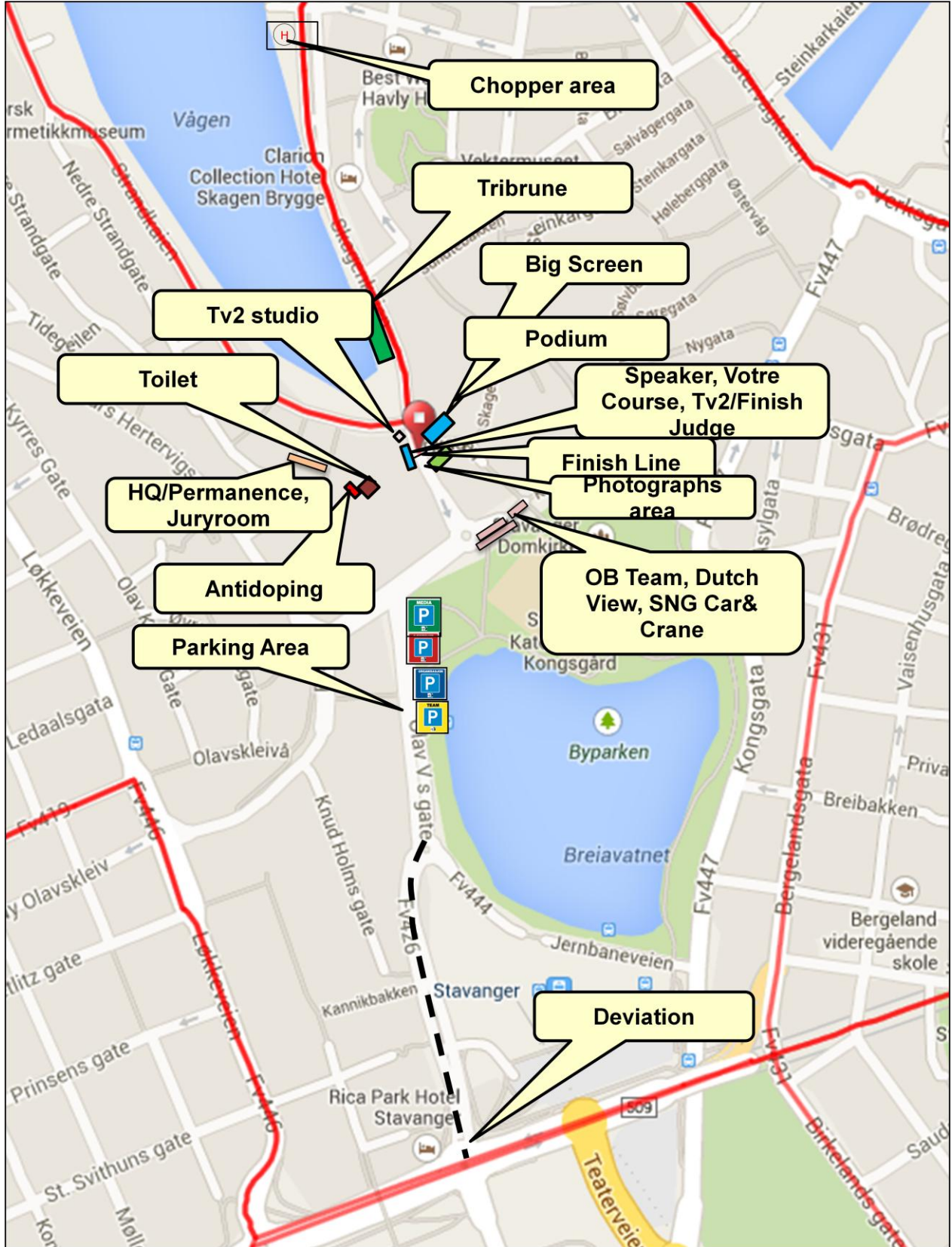
168,8	2,4	Roundabout straight forward Bergelandbru	Bergelandbru	18:08	17:56	17:40
169	2,2	<b>Straight forward Bergelandstunnel</b>	Bergelandstunne	18:08	17:56	17:40
169,7	1,5	Turn Left at Roundabout Verksalmmeningen	Verksalmengen	18:09	17:57	17:41
170	1,2	Roundabout straight forward	Verksgt	18:10	17:57	17:41
170,2	1	Roundabout straight forward on Østervåg kai	Østervåg kai	18:10	17:58	17:41
170,3	0,9	Continue on Havneringen	Havneringen	18:10	17:58	17:42
170,7	0,5	Slightly left onto Skansegata	Skansegata	18:11	17:58	17:42
170,9	0,3	Staight forward continue on Skagenkaien	Skagenkaien	18:11	17:59	17:42
171,2	0	<b>FINAL FINISH</b>	Kongsgårdbak	18:11	17:59	17:43

### Last 3 km – Stavanger





### Finish area in Stavanger



## Jersey and the Price money



Rank	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Ind.gen.
1	3060	3060	3060	3060	3060	7650
2	1548	1548	1548	1548	1548	3870
3	760	760	760	760	760	1900
4	385	385	385	385	385	963
5	314	314	314	314	314	785
6	225	225	225	225	225	563
7	225	225	225	225	225	563
8	152	152	152	152	152	380
9	152	152	152	152	152	380
10	76	76	76	76	76	190
11	76	76	76	76	76	190
12	76	76	76	76	76	190
13	76	76	76	76	76	190
14	76	76	76	76	76	190
15	76	76	76	76	76	190
16	76	76	76	76	76	190
17	76	76	76	76	76	190
18	76	76	76	76	76	190
19	76	76	76	76	76	190
20	76	76	76	76	76	190

Rank	Points classification	King of Mountain classification	Young rider's classification	Team classification
1	1870	1870	1100	3400
2	930	930	540	-
3	600	600	360	-