

Tour of
Norway

RACE MANUAL



TOUR OF NORWAY UCI CAT. 2HC
21th to 25th of May 2014



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ORGANIZER: Cycling Event Norway A/S, Fjordveien 3, 1363 Høvik.

Key contacts:

| | | |
|--------------------------------|----------------------|----------------------|
| Race Director: | Birger Hungerholdt | Phone: + 47 99007004 |
| Technical director: | Anders Eia Linnestad | Phone: + 47 90068423 |
| Administration manager: | Lasse Martinsen | Phone: + 47 90018034 |
| Medical manager: | Runar Granstad | Phone: +47 90013000 |
| Race doctor: | Knut Rønning | Phone: +47 48007463 |
| Safety director: | Bjørn Erik Tuv | Phone: +47 41900400 |

ORGANIZATION:

| | |
|--------------------------------------|------------------------------------|
| Race director: | Birger Hungerholdt |
| Technical director: | Anders Eia Linnestad |
| Administration manager: | Lasse Martinsen |
| Safety director: | Bjørn Erik Tuv |
| Safety director assistant: | Per Bjørnæs |
| Route manager: | Vidar Vatningen |
| Race safety coordinator: | Runar Johansen |
| Race safety coordinator: | Torgeir Stensrud |
| Transport manager: | Hans Petter Trondsen |
| Medical manager: | Runar Granstad |
| Chief of press: | Morten Olsen |
| Accommodation manager: | Anette Johansen |
| Race Headquarters/permanence: | Hanne Hatlelid |
| Timekeeping and photo finish: | Cedric Fonteneau (Votrecourse.com) |
| Communication manager: | Arne Leo Bertoia |
| Arena manager: | Øyvind Lillehagen |
| Arena coordinator, finish | Cato André Granseth |
| Arena coordinator, start | Eric Bryhn |
| Arena announcer: | Kjell Erik Kristiansen |
| Radio Tour: | Skjalge Kraglund |
| Arena producer: | Erik Marthinsen |
| Route announcer: | Eirik Thorgersen |
| Chief of Marshalls: | Rune Olsen |
| Head of Police: | Henning Skau |

COLLEGE OF COMMISSAIRES:

| | |
|---|----------------------------|
| President of the commissaires panel: | Milan Dvorscik (SVK) |
| Member of the jury: | Michael Anderson (SWE) |
| Member of the jury: | Sven Calus (BEL) |
| Moto commissaire 1: | Patrick De Pessimier (BEL) |
| Moto commissaire 2: | Sven Calus (BEL) |
| Finish judge: | Jempi Jooren (BEL) |
| Timekeeper: | Tor Arne Oltedal (NOR) |
| Assistant commissaire: | Freddy Martinsen (NOR) |
| Assistant commissaire: | Gunnar Elvsveen (NOR) |
| Assistant commissaire: | Øivind Erikstad (NOR) |
| Doping control officer: | Ulf Näslund (SWE) |
| Moto commissaire 1 pilot: | Vincent Van Impe (BEL) |
| Moto commissaire 2 pilot: | Willy Van Renterghem(BEL) |

Headquarters (HQ) hotels:

May 20: Quality hotel Grand Farris, Larvik
Address: Storgata 38, 3251 Larvik

May 21: Quality hotel Grand Farris, Larvik
Address: Storgata 38, 3251 Larvik

May 22: Quality hotel & resort Sarpsborg
Address: Bjørnstadveien 20, 1713 Grålum

May 23: Rica Elgstua hotel, Elverum
Address: Trondheimsvegen 9, 2406 Elverum

May 24: Radisson Blu Lillehammer hotel, Lillehammer
Address: Turisthotellveien 6, 2609 Lillehammer

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

Hospitals:

Stage 1:

Sykehuset i Vestfold (**main**): Halfdan Wilhelmsens allé 17, Tønsberg.
Phone: +47 33342000

Sykehuset Telemark: Ulefossveien 55, Skien. Phone: +4735003827.

Stage 2, first part:

Ahus: Sykehusveien 25, Lørenskog. Phone: +4791502900

Stage 2, last part:

Sykehuset Østfold: Cicignongata 19, Fredrikstad. Phone: +47 91508600

Stage 3, first part:

Ahus: Sykehusveien 25, Lørenskog. Phone: +4791502900

Stage 3, last part:

Sykehuset Innlandet, Skolegata 32, Hamar. Phone: +47 06200

Stage 4, first part:

Sykehuset Innlandet, Skolegata 32, Hamar. Phone: +47 06200

Stage 4, last part:

Sykehuset Innlandet, Anders Sandvigsgate 17, Lillehammer. Phone: +47 06200

Stage 5, first part:

Sykehuset Innlandet, Kyrre Greppsgate 11, Gjøvik. Phone: +47 06200

Stage 5, last part:

Ringerike sykehus: Arnold Dybsjords vei 1, Hønefoss. Phone: +47 32 11 60 00

TEAM HOTELS

19 - 20 May:

Quality Hotel Grand Farris, Larvik

Storgata 38, 3251 Larvik

www.nordicchoicehotels.no/quality/quality-hotel-grand-farris

- Team Katusha

20 - 21 May:

Quality Hotel Grand Farris, Larvik

Storgata 38, 3251 Larvik

www.nordicchoicehotels.no/quality/quality-hotel-grand-farris

- Tinkoff Saxo
- Belkin pro cycling team
- Team Katusha
- Team Joker

20 - 21 May:

Rica Park Hotel Sandefjord

Strandpromenaden 9, 3212 Sandefjord

www.rica.no/hoteller/sandefjord/rica-hotel-sandefjord

- Topsport Vlaanderen-Baloise
- Wanty - Groupe Gobert
- Caja Rural - Seguros RGA
- MTN Qhubeka p.b. Samsung
- UnitedHealthcare Pro Cycling Team
- CCC Polsat Polkowice
- IAM

20 - 21 May:

Rica Park Hotel Drammen

Gamle Kirkeplass 3, 3019 Drammen

www.rica.no/hoteller/drammen/rica-park-hotel-drammen

- Rusvelo
- Sparebanken Sør
- Øster hus - Ridley

20 - 21 May:

Politi høyskolen i Stavern

Helgeroveien 9, 3291 Stavern

www.phs.no

- Motiv 3
- Team Fixit
- Ringeriks Kraft
- Frøy Bianchi

21 - 22 May:

Grand Hotel Larvik

Storgata 38, 3251 Larvik

www.nordicchoicehotels.no/quality/quality-hotel-grand-farris

- Tinkoff Saxo
- Belkin pro cycling team
- Team Katusha
- Team Joker

21 - 22 May:**Rica Park Hotel Sandefjord**

Strandpromenaden 9, 3212 Sandefjord

www.rica.no/hoteller/sandefjord/rica-hotel-sandefjord

- Topsport Vlaanderen-Baloise
- Wanty - Groupe Gobert
- Caja Rural - Seguros RGA
- MTN Qhubeka p.b. Samsung
- UnitedHealthcare Pro Cycling Team
- CCC Polsat Polkowice
- IAM

21 - 22 May:**Rica Park Hotel Drammen**

Gamle Kirkeplass 3, 3019 Drammen

www.rica.no/hoteller/drammen/rica-park-hotel-drammen

- Rusvelo
- Sparebanken Sør
- Øster hus - Ridley

21 - 22 May:**Trudvang Gjestegaard**

Gårdsbakken 43, 3256 Larvik

www.trudvang.no

- Motiv 3
- Team Fixit
- Ringeriks Kraft
- Frøy Bianchi

22 - 23 May:**Quality Hotel Sarpsborg**

Bjørnstadveien 20, 1713 Sarpsborg

www.nordicchoicehotel.no/quality-resort/quality-hotel-resort-sarpsborg

- Tinkoff Saxo
- Belkin pro Cycling Team
- Team Katusha
- Team Joker
- Topsport Vlaanderen-Baloise
- Wanty - Groupe Gobert
- Østerhus Ridley
- Team Fixit
- Ringeriks Kraft

22 - 23 May:**Rica Hotel Helsfyr**

Strømsveien 108, 0663 Oslo

www.rica.no/hoteller/oslo/rica-helsfyr-hotel

- Caja Rural - Seguros RGA
- MTN Qhubeka p.b. Samsung
- UnitedHealthcare Pro Cycling Team
- CCC Polsat Polkowice
- IAM
- Rusvelo
- Sparebanken Sør
- Motiv 3
- Frøy Bianchi

23 - 24 May:**Rica Hotel Elgstua, Elverum**

Trondheimsvegen 9, 2406 Elverum

www.rica.no/hoteller/elverum/elgstua

- Belkin pro cycling team
- Team Katusha
- Team Joker

23 - 24 May:**Rica Hotel Hamar**

Kårtorpveien1, 2320 Furnes

www.rica.no/hoteller/hamar

- Tinkoff Saxo
- Topsport Vlaanderen-Baloise
- Wanty - Groupe Gobert
- Caja Rural - Seguros RGA
- MTN Qhubeka p.b. Samsung
- UnitedHealthcare Pro Cycling Team
- CCC Polsat Polkowice
- IAM

23 - 24 May:**Budor Gjestegård**

2340 Løten (finish area)

www.budor.no

- Rusvelo
- Sparebanken Sør
- Øster hus - Ridley
- Motiv 3
- Team Fixit
- Ringeriks Kraft
- Frøy Bianchi

24 - 25 May:**Rica Victoria Lillehammer**

Storgata 84b, 2609 Lillehammer

www.rica.no/hoteller/lillehammer/rica-victoria-hotell-lillehammer

- Belkin pro cycling team
- Topsport Vlaanderen-Baloise

24 - 25 May:**Radisson Blu Hotel Lillehammer**

Turisthotellveien 6, 2609 Lillehammer

www.radissonblu.no/hotell-lillehammer

- Tinkoff Saxo
- Team Katusha
- Team Joker
- Wanty - Groupe Gobert
- Caja Rural - Seguros RGA
- MTN Qhubeka p.b. Samsung

24 - 25 May:**Quality Hotel Strand, Gjøvik**

Strandgata 15, inngang Elvegata 2 - 4, 2815 Gjøvik

www.nordicchoicehotel.no/quality/quality-hotel-strand

- UnitedHealthcare Pro Cycling Team
- CCC Polsat Polkowice
- IAM
- Rusvelo

24 - 25 May:**Birkebeineren hotel, Lillehammer**

Birkebeinervegen 24, 2618 Lillehammer

www.birkebeineren.no

- Sparebanken Sør
- Øster hus - Ridley
- Motiv 3
- Team Fixit
- Ringeriks Kraft
- Frøy Bianchi

25 - 26 May:**Rica Hotel Gardemoen**

Jessheimvege 467, 2060 Gardermoen

www.rica.no/hoteller/gardemoen/rica-hotel-gardermoen

25 - 26 May:**Rica Sandefjord**

Strandpromenaden 9, 3212 Sandefjord

www.rica.no/hoteller/sandefjord/rica-hotel-sandefjord

Distances to start from the hotels:

Stage 1:

- Rica Park hotel, Drammen to start: 95 km.
- Rica Park hotel, Sandefjord to start: 19 km.
- Quality Grand Farris to start: 200 m.
- Politihøyskolen to start: 7 km

Stage 2:

- Rica Park hotel, Drammen to start: 42 km
- Rica Park hotel, Sandefjord to start: 124 km
- Quality Grand Farris to start: 136 km
- Trudvang gjestegård to start: 136 km

Stage 3:

- Quality hotel Sarpborg to start: 137 km
- Rica Helsefyr hotel to start: 51 km

Stage 4:

- Rica Elgstua hotel to start: 41 km
- Rica hotel Hamar to start: 12 km
- Budor gjestegård to start: 41 km

Stage 5:

- Radisson Blu hotel, Lillehammer to start: 46 km
- Rica Victoria hotel, Lillehammer to start: 45 km
- Birkebeineren hotel, Lillehammer to start: 46 km
- Quality strand hotel, Gjøvik to start: 100 m

Distances from finish to the hotels:

Stage 1:

- Rica Park hotel, Drammen from finish: 94 km.
- Rica Park hotel, Sandefjord from finish: 18 km.
- Quality Grand Farris from finish: 400 m.
- Trudvang gjestegård from finish: 400 m.

Stage 2:

- Quality hotel Sarpborg from finish: 3,5 km
- Rica Helsefyr hotel from finish: 90,4 km

Stage 3:

- Rica Elgstua hotel from finish: 24 km
- Rica hotel Hamar from finish: 30 km
- Budor gjestegård from finish: 0 km

Stage 4:

- Radisson Blu hotel, Lillehammer from finish: 500 m
- Rica Victoria hotel, Lillehammer from finish: 100 m
- Birkebeineren hotel, Lillehammer from finish: 500 m
- Quality strand hotel, Gjøvik from finish: 45 km

Stage 5:

- Rica Gardermoen from finish: 70,4 km.

HEADQUARTERS/PERMANENCE OPENING HOURS:

| | | |
|----------|---------------|------------------------------------|
| May 20th | 14:00 - 19:00 | Quality hotel Grand Farris, Larvik |
| May 21st | 12:00 - 13:30 | Start area, Larvik |
| May 21st | 17:00 - 19:00 | Finish area, Larvik |
| May 22nd | 11:00 - 13:00 | Start area, Drøbak |
| May 22nd | 16:00 - 19:00 | Finish area, Sarpsborg |
| May 23rd | 12:30 - 13:30 | Start area, Årnes |
| May 23rd | 17:00 - 19:00 | Finish area, Budor |
| May 24th | 11:30 - 13:00 | Start area, Brumunddal |
| May 24th | 15:00 - 19:00 | Finish area, Lillehammer |
| May 25th | 10:00 - 11:30 | Start area, Gjøvik |
| May 25th | 14:30 - 17:30 | Finish area, Eggemoen |

PROGRAM:

| Date | Time | | |
|-------------|---------------|---|------------------------------------|
| May 20th | 13:00 | Commissaries meeting | Quality hotel Grand Farris, Larvik |
| May 20th | 15:30 - 16:30 | Confirmation of starters and distribution of identification numbers. Licence check. | Quality hotel Grand Farris, Larvik |
| May 20th | 17:00 | Team managers' meeting | Quality hotel Grand Farris, Larvik |
| May 25th | 15:30 | Return of the time transponders | Hønefoss, finish area. |

PRICES IN EUROS

| Place | Stage 1 | Stage 2 | Stage 3 | Stage 4 | Stage 5 | Ind. gen. cl |
|-------|---------|---------|---------|---------|---------|--------------|
| 1 | € 3615 | € 3615 | € 3615 | € 3615 | € 3615 | € 9037,50 |
| 2 | € 1805 | € 1805 | € 1805 | € 1805 | € 1805 | € 4512,5 |
| 3 | € 905 | € 905 | € 905 | € 905 | € 905 | € 2262,5 |
| 4 | € 455 | € 455 | € 455 | € 455 | € 455 | € 1137,5 |
| 5 | € 365 | € 365 | € 365 | € 365 | € 365 | € 912,5 |
| 6 | € 269 | € 269 | € 269 | € 269 | € 269 | € 672,5 |
| 7 | € 269 | € 269 | € 269 | € 269 | € 269 | € 672,5 |
| 8 | € 180 | € 180 | € 180 | € 180 | € 180 | € 450 |
| 9 | € 180 | € 180 | € 180 | € 180 | € 180 | € 450 |
| 10 | € 92 | € 92 | € 92 | € 92 | € 92 | € 230 |
| 11 | € 92 | € 92 | € 92 | € 92 | € 92 | € 230 |
| 12 | € 92 | € 92 | € 92 | € 92 | € 92 | € 230 |
| 13 | € 92 | € 92 | € 92 | € 92 | € 92 | € 230 |
| 14 | € 92 | € 92 | € 92 | € 92 | € 92 | € 230 |
| 15 | € 92 | € 92 | € 92 | € 92 | € 92 | € 230 |
| 16 | € 92 | € 92 | € 92 | € 92 | € 92 | € 230 |
| 17 | € 92 | € 92 | € 92 | € 92 | € 92 | € 230 |
| 18 | € 92 | € 92 | € 92 | € 92 | € 92 | € 230 |
| 19 | € 92 | € 92 | € 92 | € 92 | € 92 | € 230 |
| 20 | € 92 | € 92 | € 92 | € 92 | € 92 | € 230 |

NORDIALOG SUPER SPRINT:

1. 1870 €
 2. 930 €
 3. 600 €

INFOTJENESTER K.o.M:

1. 1870 €
 2. 930 €
 3. 600 €

SKODA YOUNG RIDER'S CLASSIFICATION

1. 1100 €
 2. 540 €
 3. 360 €

TEAM CLASSIFICATION

1. 3400

JERSEYS



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.tourofnorway.com

COMMUNICATIONS EQUIPMENT

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

Hand-held radios will be issued on Tuesday 20 May at the HQ Hotel for teams without radios. 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 20 May.

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.

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.

RACE MAP



MAP SYMBOLS



Media parking



VIP/guest parking



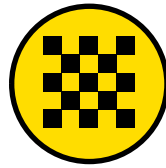
Organisation parking



Technical zone



Team parking



Finish line



Intermediate sprint



Obligatory passing point



K.o.M cat 1



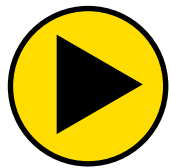
K.o.M cat 2



K.o.M cat 3



Last km



Start line



Km 0

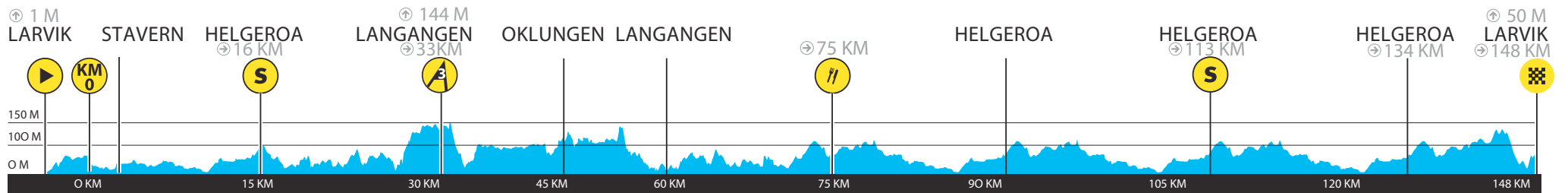


Feeding zone



Media centre

STAGE 1 STAGE PROFILE



STAGE 1 START AREA**Start address:**

Sanden 2, Larvik

PPO:

N:59.05115 E:10.022171



STAGE 1 RACE ROUTE

Feeding Zone:

Brunlanesveien 778, Larvik

GPS Coordinates:

N:59.016615 E:9.910805

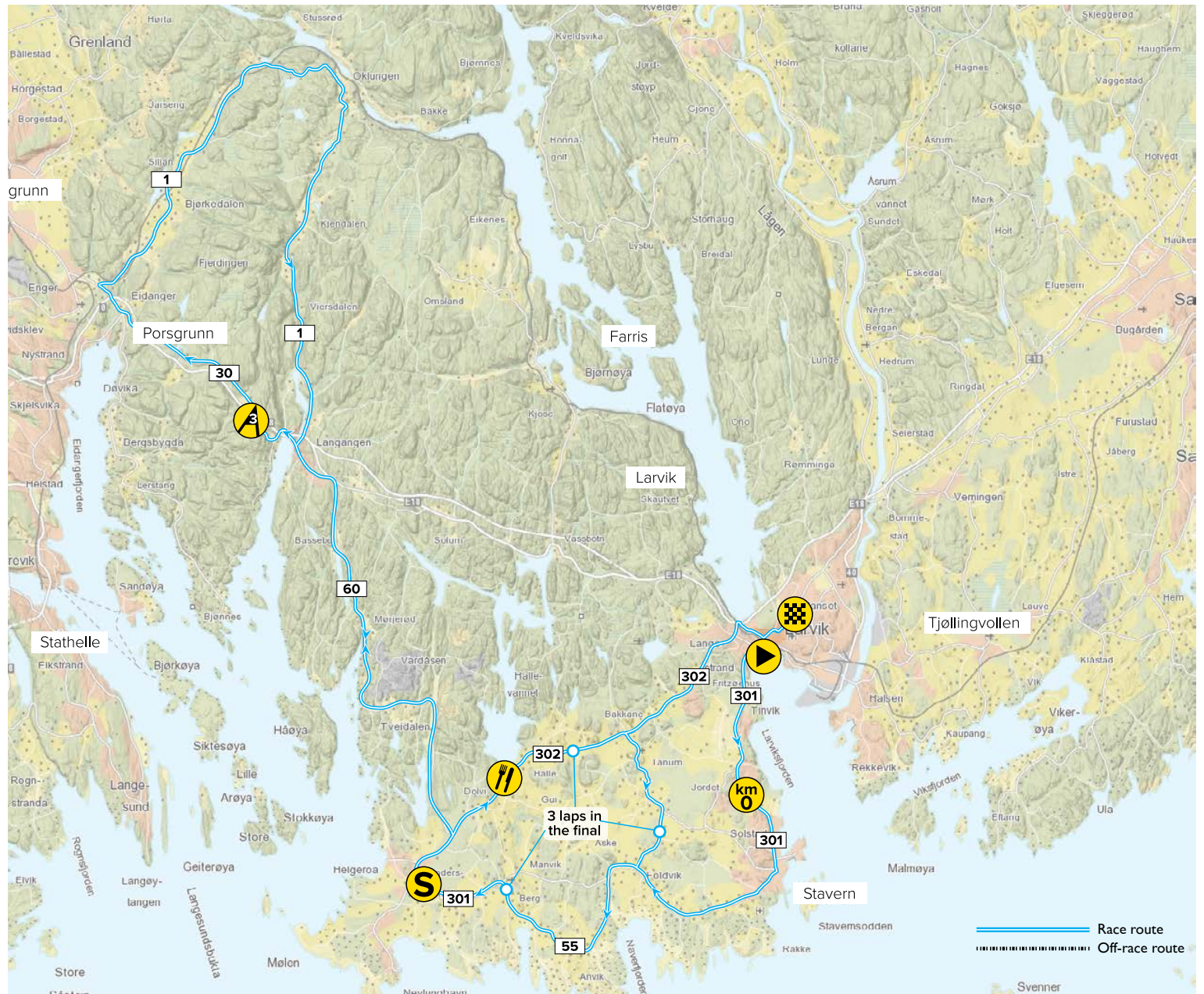
Off-race route distance:

1 km

Media centre address:

Larvik bibliotek.

Nansetgata 29, Larvik



STAGE 1 LAST 3 KILOMETRES



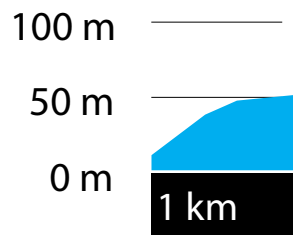
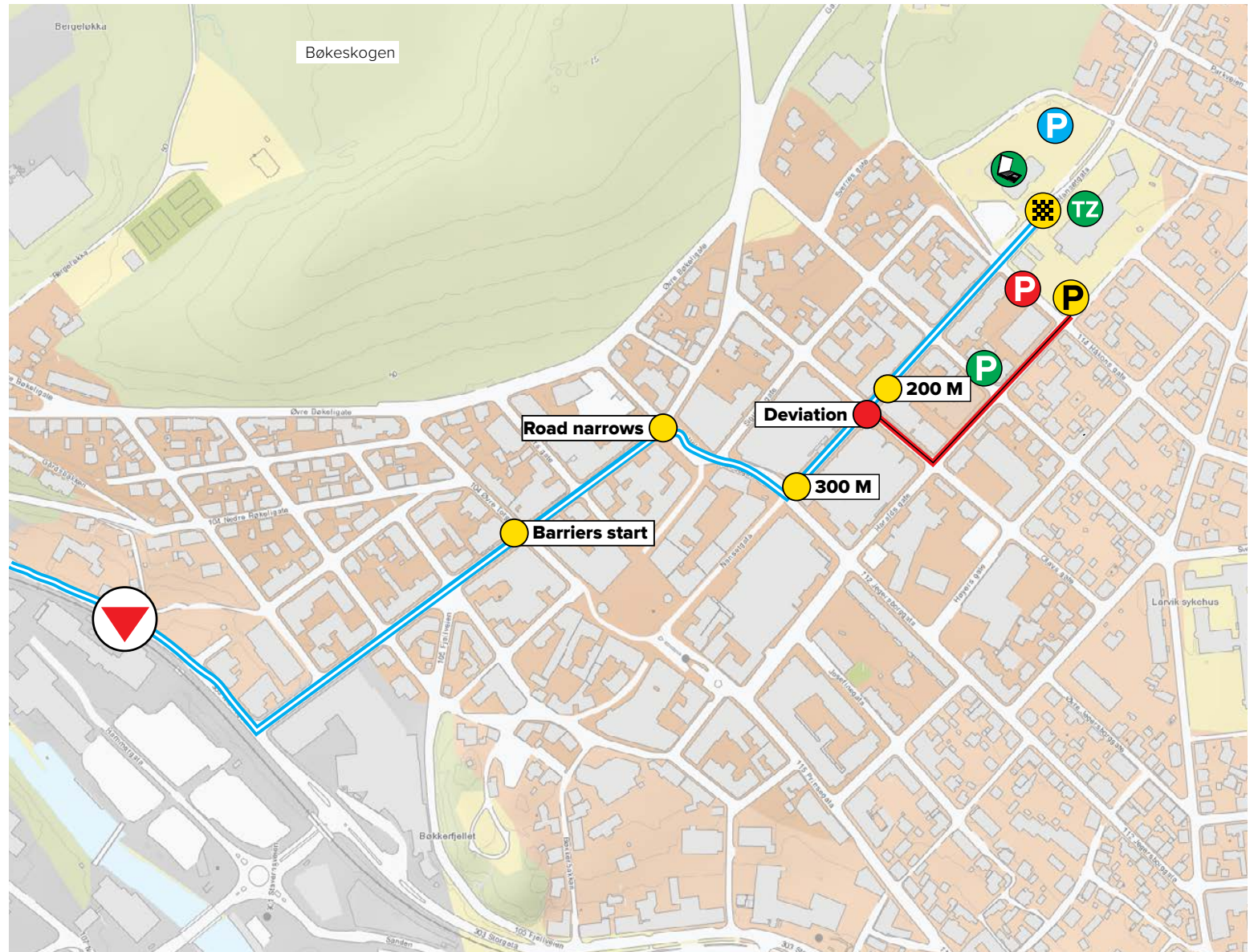
STAGE 1 LAST KILOMETRE

Finish straight 300 meters slight uphill.



Width: 6 meters.

Address finish line:



Nansetgata 29, Larvik



STAGE 1 ROUTE DESCRIPTION

| TOUR OF NORWAY 2014 | Km from start | Km to end | KMH | KMH | KMH | DIRECTION | DESCRIPTION |
|---|---------------|--------------|--------------|--------------|--------------|-----------------------|------------------------|
| STAGE 1 | | | 40 | 42 | 45 | | |
| START LARVIK HARBOUR | | | 14:30 | 14:30 | 14:30 | | Neutral zone 4,5 km |
| Roundabout | | | | | | 2 exit | |
| Roundabout | | | | | | 2 exit | |
| Roundabout | | | | | | 2 exit | |
| Official start | 0 | 147,7 | 14:40 | 14:40 | 14:40 | | Offisiell start |
| Stavern | 1,7 | 146 | 14:42 | 14:42 | 14:42 | Straight ahead | |
| Junction Stavern | 2,3 | 145,4 | 14:43 | 14:43 | 14:43 | Right | Direction Helgeroa |
| Østre Foldvik | 6,9 | 140,8 | 14:50 | 14:49 | 14:49 | Straight ahead | Direction Helgeroa |
| Hummerbakkvn. - FV55 | 7,8 | 139,9 | 14:51 | 14:51 | 14:50 | Left | Direction Nevlunghavn |
| Berg | 13,1 | 134,6 | 14:59 | 14:58 | 14:57 | Left | Direction Helgeroa |
| Helgeroa - Super sprint  | 15,6 | 132,1 | 15:03 | 15:02 | 15:00 | Straight ahead | |
| Brunlanesveien/Helgeroa | 15,8 | 131,9 | 15:03 | 15:02 | 15:01 | Right | Direction Larvik |
| Tveidalsveien - FV60 | 17,6 | 130,1 | 15:06 | 15:05 | 15:03 | Left | |
| Telemark fylke - sign | 25,4 | 122,3 | 15:18 | 15:16 | 15:13 | | |
| Langangsvegen - FV30 | 29,6 | 118,1 | 15:24 | 15:22 | 15:19 | Left | Direction Langangen |
| Roundabout | 29,7 | 118 | 15:24 | 15:22 | 15:19 | 2. exit | Direction Langangen |
| Langangen | 31 | 116,7 | 15:26 | 15:24 | 15:21 | Straight ahead | Direction Porsgunn |
| Kjøyavegen | 31,5 | 116,2 | 15:27 | 15:25 | 15:22 | Left | Direction Sagbakken |
| Attention | 32,5 | 115,2 | 15:28 | 15:26 | 15:23 | | Very narrow road |
| K.o.M climb start | 32,5 | 115,2 | 15:28 | 15:26 | 15:23 | | |
| Sagbakken kirke | 31,8 | 115,9 | 15:27 | 15:25 | 15:22 | Right | |
| Langangsvegen | 31,9 | 115,8 | 15:27 | 15:25 | 15:22 | Left | |
| K.o.M Cat. 3 - Langangen  | 32,9 | 114,8 | 15:29 | 15:27 | 15:23 | Straight ahead | |
| Junction Lillegårdskrysset | 37,9 | 109,8 | 15:36 | 15:34 | 15:30 | Right | Direction Porsgunn |
| Junction Movegen | 38,7 | 109 | 15:38 | 15:35 | 15:31 | Right | Direction Skien |
| Junction Bjørkedalsvegen | 39 | 108,7 | 15:38 | 15:35 | 15:32 | Right | Direction Oklungen |
| Attention | 39,4 | 108,3 | 15:39 | 15:36 | 15:32 | | Narrow bridge |
| Attention | 40,4 | 107,3 | 15:40 | 15:37 | 15:33 | | Narrow bridge |
| Attention | 42,4 | 105,3 | 15:43 | 15:40 | 15:36 | | Narrow bridge |

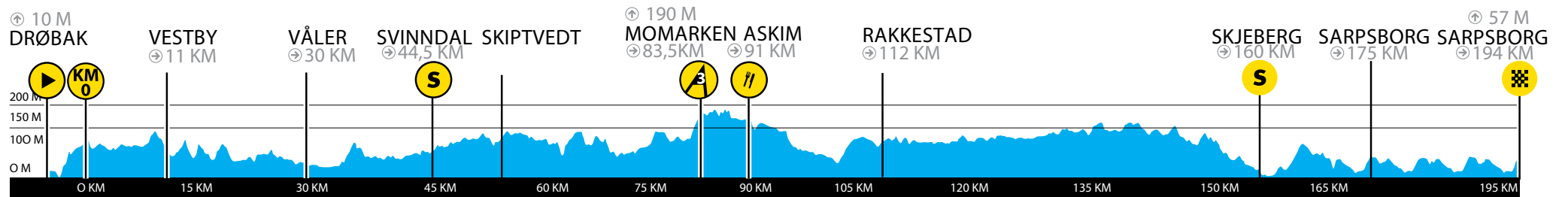
STAGE 1 ROUTE DESCRIPTION

| | Km from start | Km to end | KMH | KMH | KMH | DIRECTION | DESCRIPTION |
|--|---------------|-------------|--------------|--------------|--------------|-----------------------|---------------------------------|
| Attention | 43,8 | 103,9 | 15:45 | 15:42 | 15:38 | | Narrow bridge |
| Attention | 47,1 | 100,6 | 15:50 | 15:47 | 15:42 | | Narrow underpass |
| Oklungen railwaystation | 49,4 | 98,3 | 15:54 | 15:50 | 15:45 | Right | Direction Langangen |
| Attention | 57,2 | 90,5 | 16:05 | 16:01 | 15:56 | | Bad surface - construction area |
| Junction Langangen | 60 | 87,7 | 16:10 | 16:05 | 16:00 | Left | Direction Larvik |
| Roundabout | 61,2 | 86,5 | 16:11 | 16:07 | 16:01 | 1. exit | Direction Kjose |
| Junction Tveidsveien | 61,4 | 86,3 | 16:12 | 16:07 | 16:01 | Right | Direction Helgeroa |
| Vestfold fylke sign | 65,6 | 82,1 | 16:18 | 16:13 | 16:07 | | |
| Junction Brunlanesveien - FV 302 | 73,4 | 74,3 | 16:30 | 16:24 | 16:17 | Left | Direction Larvik |
| Entering circuit of 3 laps | 74,4 | 73,3 | 16:31 | 16:26 | 16:19 | | |
| Feeding zone  | 75 | 72,7 | 16:32 | 16:27 | 16:20 | | Feeding |
| Junction Tanumveien - FV45 | 79,2 | 68,5 | 16:38 | 16:33 | 16:25 | Right | Direction Stavern |
| Tanum church | 79,7 | 68 | 16:39 | 16:33 | 16:26 | Right | Direction Stavern |
| Junction Tanumveien/Manvikveien | 80 | 67,7 | 16:40 | 16:34 | 16:26 | Left | Direction Stavern |
| Junction Foldvikveien - FV58 | 81,7 | 66 | 16:42 | 16:36 | 16:28 | Right | Direction Foldvik |
| Junction Østre Foldvik | 83,6 | 64,1 | 16:45 | 16:39 | 16:31 | Right | Direction Helgeroa |
| Junction Hummerbakkvn. - FV55 | 84,5 | 63,2 | 16:46 | 16:40 | 16:32 | Left | Direction Nevlunghavn |
| Berg | 89,8 | 57,9 | 16:54 | 16:48 | 16:39 | Left | Direction Helgeroa |
| Helgeroa | 92,2 | 55,5 | 16:58 | 16:51 | 16:42 | Straight ahead | |
| Junction Brunlanesveien/Helgeroa | 92,4 | 55,3 | 16:58 | 16:52 | 16:43 | Right | Direction Larvik |
| Junction Tanumveien - FV45 | 100 | 47,7 | 17:10 | 17:02 | 16:53 | Right | Direction Stavern |
| Tanum church | 100,5 | 47,2 | 17:10 | 17:03 | 16:54 | Right | Direction Stavern |
| Junction Tanumveien/Manvikveien | 100,8 | 46,9 | 17:11 | 17:04 | 16:54 | Left | Direction Stavern |
| Junction Foldvikveien - FV58 | 102,5 | 45,2 | 17:13 | 17:06 | 16:56 | Right | Direction Foldvik |
| Junction Østre Foldvik | 104,4 | 43,3 | 17:16 | 17:09 | 16:59 | Right | Direction Helgeroa |
| Junction Hummerbakkvn. - FV55 | 105,3 | 42,4 | 17:17 | 17:10 | 17:00 | Left | Direction Nevlunghavn |
| Berg | 110,6 | 37,1 | 17:25 | 17:18 | 17:07 | Left | Direction Helgeroa |
| Helgeroa - Super sprint  | 113 | 34,7 | 17:29 | 17:21 | 17:10 | Straight ahead | |
| Junction Brunlanesveien/Helgeroa | 113,2 | 34,5 | 17:29 | 17:21 | 17:10 | Right | Direction Larvik |
| Junction Tanumveien - FV45 | 120,8 | 26,9 | 17:41 | 17:32 | 17:21 | Right | Direction Stavern |

STAGE 1 ROUTE DESCRIPTION

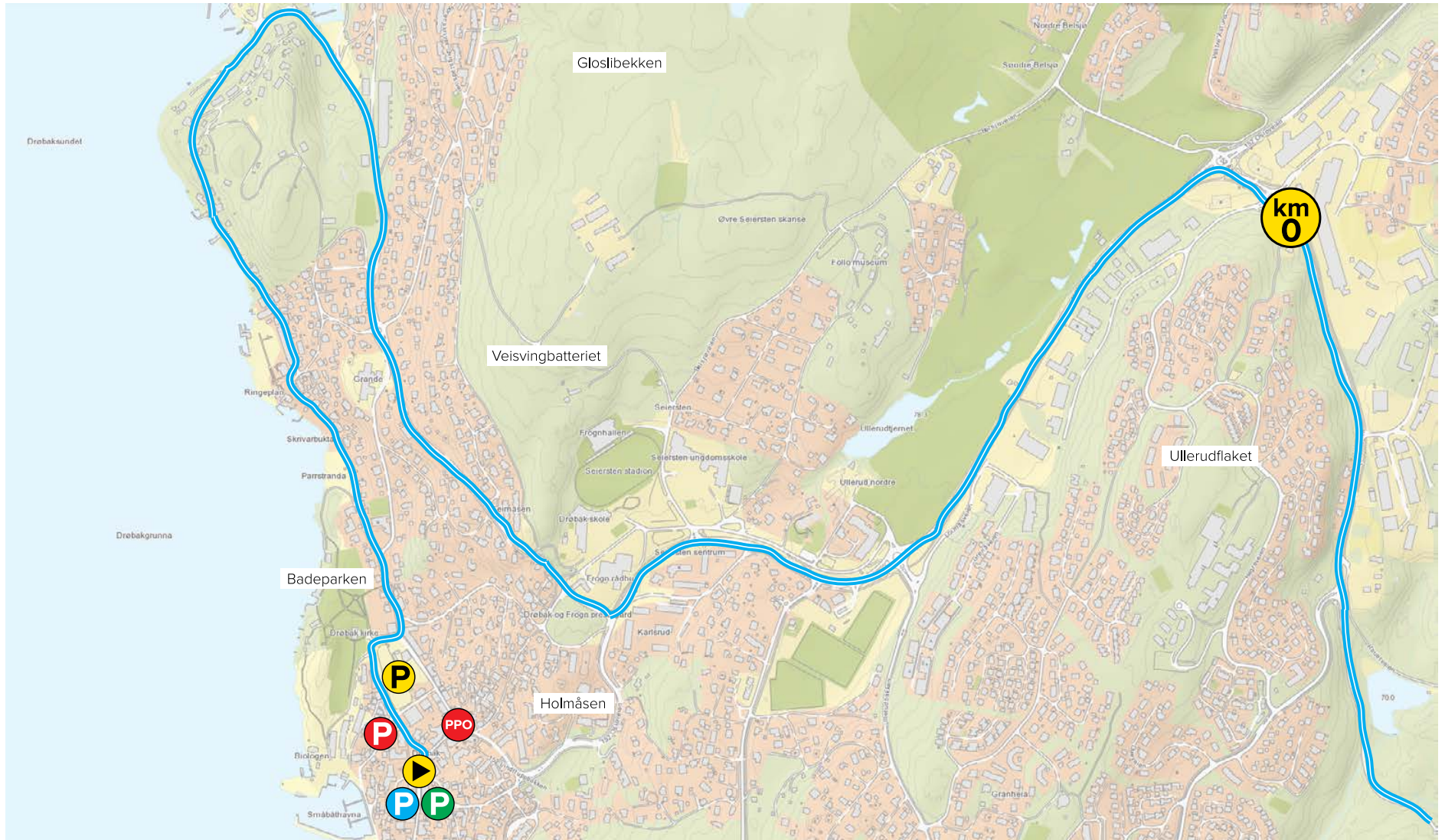
| | Km from start | Km to end | KMH | KMH | KMH | DIRECTION | DESCRIPTION |
|----------------------------------|----------------------|------------------|--------------|--------------|--------------|------------------|-----------------------|
| Tanum church | 121,3 | 26,4 | 17:41 | 17:33 | 17:21 | Right | Direction Stavern |
| Junction Tanumveien/Manvikveien | 121,6 | 26,1 | 17:42 | 17:33 | 17:22 | Left | Direction Stavern |
| Junction Foldvikveien - FV58 | 123,3 | 24,4 | 17:44 | 17:36 | 17:24 | Right | Direction Foldvik |
| Junction Østre Foldvik | 125,2 | 22,5 | 17:47 | 17:38 | 17:26 | Right | Direction Helgeroa |
| Junction Hummerbakkvn. - FV55 | 126,1 | 21,6 | 17:49 | 17:40 | 17:28 | Left | Direction Nevlunghavn |
| Berg | 131,4 | 16,3 | 17:57 | 17:47 | 17:35 | Left | Direction Helgeroa |
| Helgeroa | 133,8 | 13,9 | 18:00 | 17:51 | 17:38 | Straight ahead | |
| Junction Brunlanesveien/Helgeroa | 134 | 13,7 | 18:01 | 17:51 | 17:38 | Right | Direction Larvik |
| Leaving circuit | 141,6 | 6,1 | 18:12 | 18:02 | 17:48 | | |
| Junction Tanumveien - FV45 | 141,6 | 6,1 | 18:12 | 18:02 | 17:48 | Straight ahead | Direction Larvik |
| Attention | 145 | 2,7 | 18:17 | 18:07 | 17:53 | | Fast decent |
| Attention | 145,5 | 2,2 | 18:18 | 18:07 | 17:54 | Straight ahead | Central reservation |
| Junction Uno-X - Farriseidet | 146 | 1,7 | 18:19 | 18:08 | 17:54 | Right | Direction Larvik |
| Junction Skiensveien - Farris | 146,1 | 1,6 | 18:19 | 18:08 | 17:54 | Right | Direction Larvik |
| Nedre Bøkeligate/FV 104 | 146,4 | 1,3 | 18:19 | 18:09 | 17:55 | Straight ahead | Direction Larvik |
| Junction Kongegata/FV 106 | 146,8 | 0,9 | 18:20 | 18:09 | 17:55 | Left | Inn i Kongegata |
| Junction Lilleorget | 147,3 | 0,4 | 18:20 | 18:10 | 17:56 | Right | |
| Junction Nansetgata/FV 104 | 147,4 | 0,3 | 18:21 | 18:10 | 17:56 | Left | |
| Finish Nansetgata | 147,7 | 0 | 18:21 | 18:11 | 17:56 | | |

STAGE 2 STAGE PROFILE



STAGE 2 START AREA

Start address: Torget 1, Drøbak PPO: N: 59.663785 E:10.630828



STAGE 2 RACE ROUTE**Feeding Zone:**

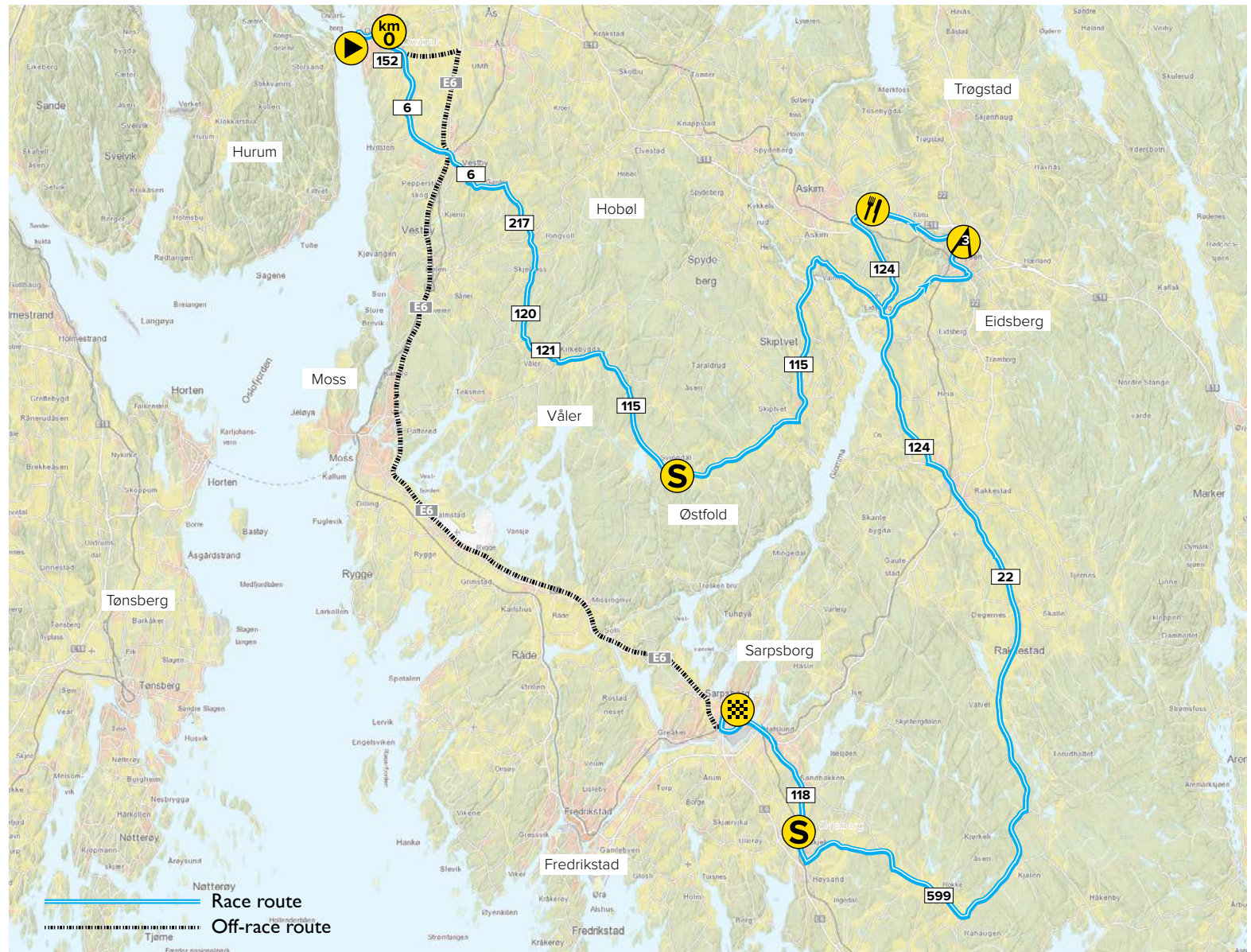
Eidsbergveien, Askim

GPS Coordinates:

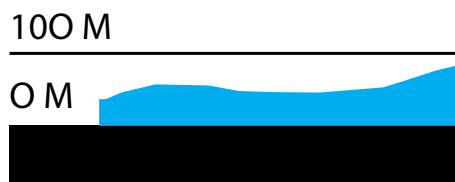
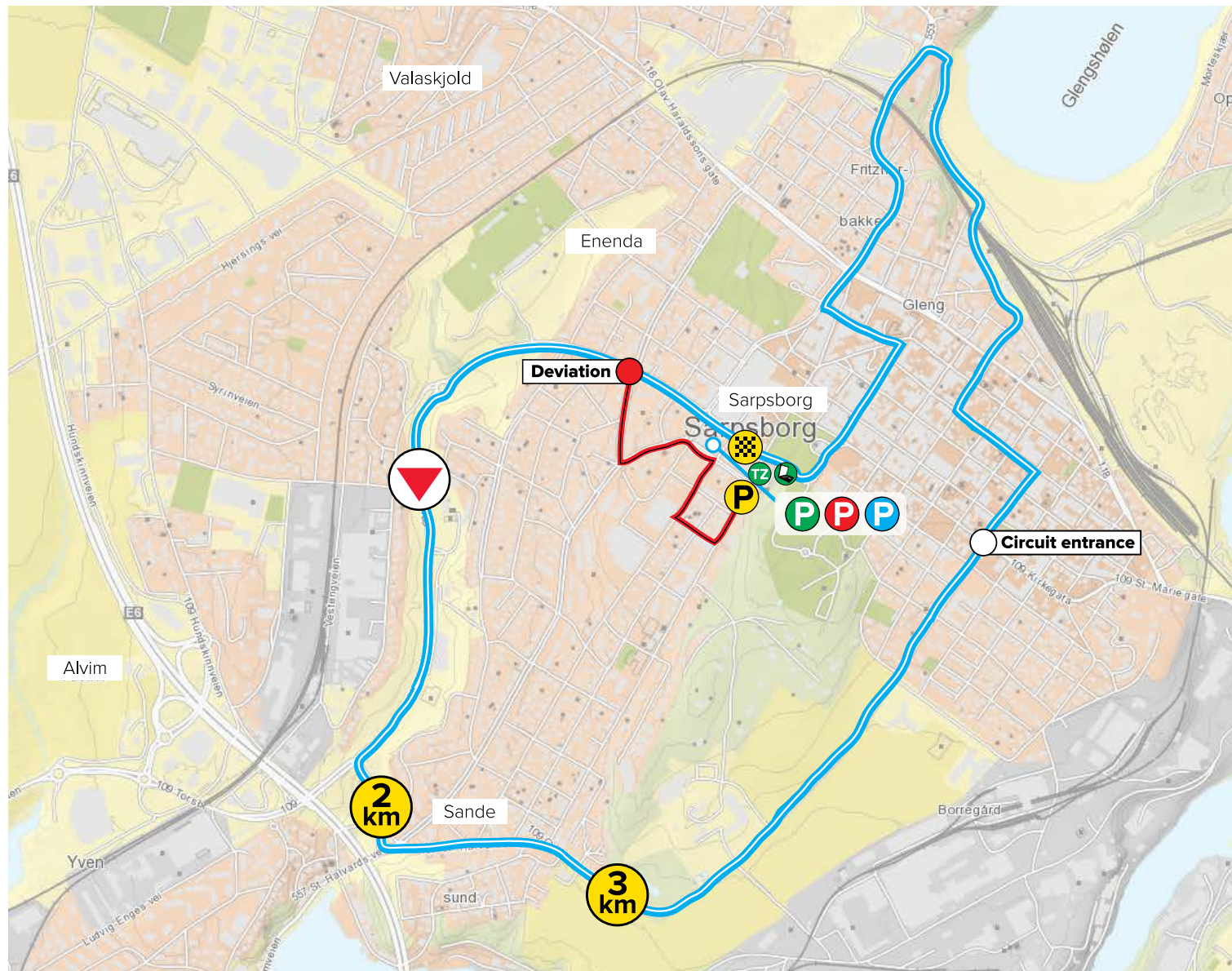
N:59.579981 E:11.218586

Off-race route distance:

68,5 km

Media centre address:Festiviteten,
Sandesundsveien 2, Sarpsborg

STAGE 2 FINISHING CIRCUIT



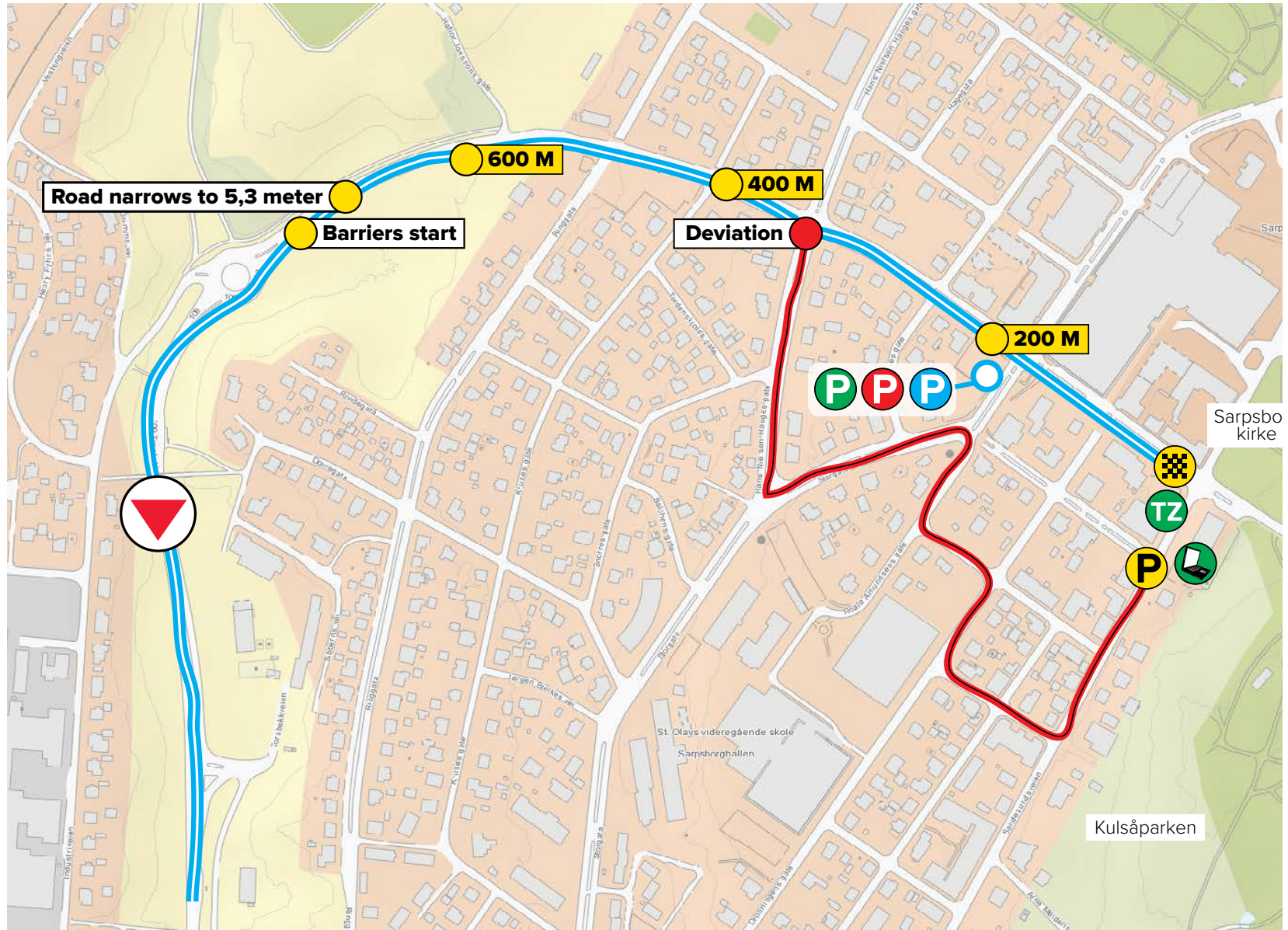
STAGE 2 LAST KILOMETRE

Finish straight 400 meters slight uphill.

Width: 5,3 meters.

Address finish line:
Sandesundsveien 2,
Sarpsborg.



Bus access to team parking:
Go through the following
route:
Sandesundsveien 83 to
Sandesundsveien 13.





STAGE 2 ROUTE DESCRIPTION

| TOUR OF NORWAY 2014 | Km from start | Km to end | KMH | KMH | KMH | DIRECTION | DESCRIPTION |
|---|---------------|--------------|--------------|--------------|--------------|----------------|----------------------------|
| STAGE 2 | | | 40 | 42 | 45 | | |
| Start Drøbak | | | 13:20 | 13:20 | 13:20 | | Neutral zone 4,8 km |
| Kirkegata | | | | | | Right | |
| Niels Carlsensgate | | | | | | Left | |
| Sorenskriver Ellefsensvei | | | | | | Left | |
| Hagenbakken | | | | | | Left | |
| Husvikholmen x 2 | | | | | | Right | |
| Roundabout | | | | | | 3. exit | |
| Osloveien | | | | | | Left | |
| Roundabout | | | | | | 2. exit | |
| Roundabout | | | | | | 1. exit | |
| Roundabout | | | | | | 2. exit | |
| Official start - Uno-X Drøbak City | 0 | 193,9 | 13:30 | 13:30 | 13:30 | | Official start |
| Ås kommune - sign | 2,3 | 191,6 | 13:33 | 13:33 | 13:33 | | |
| Junction Klommsteinvegen-Åsvegen | 2,7 | 191,2 | 13:34 | 13:33 | 13:33 | Right | |
| Attention | 6,1 | 187,8 | 13:39 | 13:38 | 13:38 | | Speed bumps |
| Junction Hvitstenveien | 8,4 | 185,5 | 13:42 | 13:42 | 13:41 | Left | Direction Vestby |
| Junction Vestby church | 11 | 182,9 | 13:46 | 13:45 | 13:44 | Left | Direction Vestby stasjon |
| Roundabout | 11,2 | 182,7 | 13:46 | 13:46 | 13:44 | 2. exit | Direction Oslo |
| Roundabout | 11,5 | 182,4 | 13:47 | 13:46 | 13:45 | 1. exit | Direction Hølen |
| Junction | 12 | 181,9 | 13:48 | 13:47 | 13:46 | Left | Direction Vestby |
| Junction FV6 - Garderveien | 12,1 | 181,8 | 13:48 | 13:47 | 13:46 | Right | Direction Garder |
| Junction Garderveien - FV1 | 17,4 | 176,5 | 13:56 | 13:54 | 13:53 | Right | Direction Nummestad |
| Garder | 18,1 | 175,8 | 13:57 | 13:55 | 13:54 | | |
| Junction Nummestad | 20,6 | 173,3 | 14:00 | 13:59 | 13:57 | Left | Direction Rinvoll |
| Junctio FV217 | 21,1 | 172,8 | 14:01 | 14:00 | 13:58 | Right | Direction Rinvoll |
| Ringvoll | 21,9 | 172 | 14:02 | 14:01 | 13:59 | Right | |
| Våler kommune - sign | 25 | 168,9 | 14:07 | 14:05 | 14:03 | Straight ahead | |
| Junction FV120-FV121 | 28,9 | 165 | 14:13 | 14:11 | 14:08 | Left | Direction Våler |
| Våler | 30 | 163,9 | 14:15 | 14:12 | 14:10 | | |

STAGE 2 ROUTE DESCRIPTION

| | Km from start | Km to end | KMH | KMH | KMH | DIRECTION | DESCRIPTION |
|---|---------------|--------------|--------------|--------------|--------------|----------------|---------------------------|
| Junction FV121-FV243 | 31,4 | 162,5 | 14:17 | 14:14 | 14:11 | Right | |
| Junction FV121-FV115 | 32,3 | 161,6 | 14:18 | 14:16 | 14:13 | Left | Direction Skiptvedt |
| Junction FV115-FV281 | 36,9 | 157 | 14:25 | 14:22 | 14:19 | Straight ahead | Direction Skiptvedt |
| Svinndal | 43,5 | 150,4 | 14:35 | 14:32 | 14:28 | | |
| Junction FV115-FV282 | 43,9 | 150 | 14:35 | 14:32 | 14:28 | Straight ahead | |
| Svinndal - Super sprint  | 44,4 | 149,5 | 14:36 | 14:33 | 14:29 | | |
| Attention | 44,5 | 149,4 | 14:36 | 14:33 | 14:29 | Straight ahead | Speed bumps |
| Svinndal church | 44,8 | 149,1 | 14:37 | 14:34 | 14:29 | Left | |
| Nordby | 49,8 | 144,1 | 14:44 | 14:41 | 14:36 | | |
| Skiptvedt kommune -sign | 51,6 | 142,3 | 14:47 | 14:43 | 14:38 | | |
| Meeribybyen | 56,4 | 137,5 | 14:54 | 14:50 | 14:45 | | |
| Attention | 57,1 | 136,8 | 14:55 | 14:51 | 14:46 | Straight ahead | Central reservation |
| Junction FV115 - Askimveien | 63,2 | 130,7 | 15:04 | 15:00 | 14:54 | Right | |
| Junction FV115 - Vammaveien | 65,9 | 128 | 15:08 | 15:04 | 14:57 | Right | Direction Eidsberg |
| Junction FV115/Vammaveien - FV689 | 67 | 126,9 | 15:10 | 15:05 | 14:59 | Right | Direction Eidsberg |
| Junction FV689 - Svenskebyveien | 67,6 | 126,3 | 15:11 | 15:06 | 15:00 | Left | |
| Rud | 70 | 123,9 | 15:15 | 15:10 | 15:03 | | |
| Junction Vamma - FV124/Rakkestadveien | 73 | 120,9 | 15:19 | 15:14 | 15:07 | Right | |
| Eidsberg church | 73,7 | 120,2 | 15:20 | 15:15 | 15:08 | Left | Direction Mysen |
| Attention | 77,4 | 116,5 | 15:26 | 15:20 | 15:13 | | Speed bumps |
| Junction FV698 - Flatenveien | 78,2 | 115,7 | 15:27 | 15:21 | 15:14 | Right | |
| Junction FV698 - RV22/Trømborgveien | 80,1 | 113,8 | 15:30 | 15:24 | 15:16 | Left | Direction Mysen |
| Junction RV22/Smedgaten - FV123 | 80,3 | 113,6 | 15:30 | 15:24 | 15:17 | Left | Direction Mysen |
| Roundabout | 81 | 112,9 | 15:31 | 15:25 | 15:18 | 2. exit | |
| Roundabout | 81,9 | 112 | 15:32 | 15:27 | 15:19 | 1. exit | |
| K.o.M climb start | 82,1 | 111,8 | 15:33 | 15:27 | 15:19 | | |
| K.o.M Cat. 3 - Momarken race track  | 83,6 | 110,3 | 15:35 | 15:29 | 15:21 | | |
| Roundabout | 83,8 | 110,1 | 15:35 | 15:29 | 15:21 | 3. exit | |
| Roundabout | 86,8 | 107,1 | 15:40 | 15:34 | 15:25 | 1. exit | |
| Roundabout | 87 | 106,9 | 15:40 | 15:34 | 15:26 | 3. exit | Kjøre på Left side/sperre |

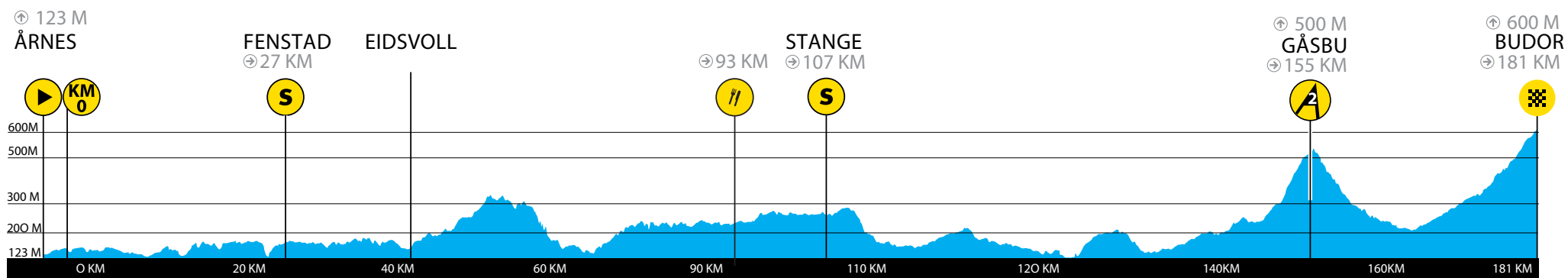
STAGE 2 ROUTE DESCRIPTION

| | Km from start | Km to end | KMH | KMH | KMH | DIRECTION | DESCRIPTION |
|--|---------------|-------------|--------------|--------------|--------------|----------------|---------------------|
| Slitu | 88,3 | 105,6 | 15:42 | 15:36 | 15:27 | | |
| Attention | 89,3 | 104,6 | 15:43 | 15:37 | 15:29 | | Central reservation |
| Askim kommune - sign | 89,6 | 104,3 | 15:44 | 15:38 | 15:29 | Straight ahead | |
| Feeding zone  | 90,9 | 103 | 15:46 | 15:39 | 15:31 | | Feeding |
| Roundabout | 91,4 | 102,5 | 15:47 | 15:40 | 15:31 | 2. exit | Direction Rakkestad |
| Roundabout | 91,8 | 102,1 | 15:47 | 15:41 | 15:32 | 2. exit | Direction Rakkestad |
| Roundabout | 91,9 | 102 | 15:47 | 15:41 | 15:32 | 2. exit | Direction Rakkestad |
| Roundabout | 92,1 | 101,8 | 15:48 | 15:41 | 15:32 | 2. exit | Direction Rakkestad |
| Eidsberg kommune - sign | 92,4 | 101,5 | 15:48 | 15:42 | 15:33 | | |
| Eidsberg church | 99,6 | 94,3 | 15:59 | 15:52 | 15:42 | Right | Direction Rakkestad |
| Rakkestad kommune - sign | 105,8 | 88,1 | 16:08 | 16:01 | 15:51 | | Direction Rakkestad |
| Attention | 110 | 83,9 | 16:15 | 16:07 | 15:56 | | Central reservation |
| Rakkestad | 110,7 | 83,2 | 16:16 | 16:08 | 15:57 | | Direction Rakkestad |
| Attention | 112,1 | 81,8 | 16:18 | 16:10 | 15:59 | | Railway crossing |
| Roundabout | 112,2 | 81,7 | 16:18 | 16:10 | 15:59 | 2. exit | |
| Roundabout | 113,2 | 80,7 | 16:19 | 16:11 | 16:00 | 2. exit | |
| Attention | 113,3 | 80,6 | 16:19 | 16:11 | 16:01 | | Central reservation |
| Junction Bergenhuskrysset - RV22/RV111 | 113,6 | 80,3 | 16:20 | 16:12 | 16:01 | Right | |
| Junction RV22 - Haldenveien | 113,65 | 80,25 | 16:20 | 16:12 | 16:01 | Left | Direction Halden |
| Halden - sign | 135,6 | 58,3 | 16:53 | 16:43 | 16:30 | | |
| Junction RV22 - FV599/Rokkeveien | 145,2 | 48,7 | 17:07 | 16:57 | 16:43 | Right | Direction Sarpsborg |
| Junction FV599 - FV596/Rognemyrveien | 152,5 | 41,4 | 17:18 | 17:07 | 16:53 | Left | Direction Sørli |
| Junction FV596 - FV598/Rønneldveien | 156 | 37,9 | 17:24 | 17:12 | 16:58 | Left | Direction Løkke |
| Løkke | 157,8 | 36,1 | 17:26 | 17:15 | 17:00 | Right | |
| Junction FV598 - FV118/Stasjonsveien | 158,6 | 35,3 | 17:27 | 17:16 | 17:01 | Right | Direction Skjeberg |
| Skjeberg - Super sprint  | 159,8 | 34,1 | 17:29 | 17:18 | 17:03 | | |
| Attention | 160,1 | 33,8 | 17:30 | 17:18 | 17:03 | | Central reservation |
| Borgenhaugen | 166,8 | 27,1 | 17:40 | 17:28 | 17:12 | Straight ahead | |
| Roundabout | 167,5 | 26,4 | 17:41 | 17:29 | 17:13 | 2. exit | |
| Roundabout | 168,1 | 25,8 | 17:42 | 17:30 | 17:14 | 2. exit | |

STAGE 2 ROUTE DESCRIPTION

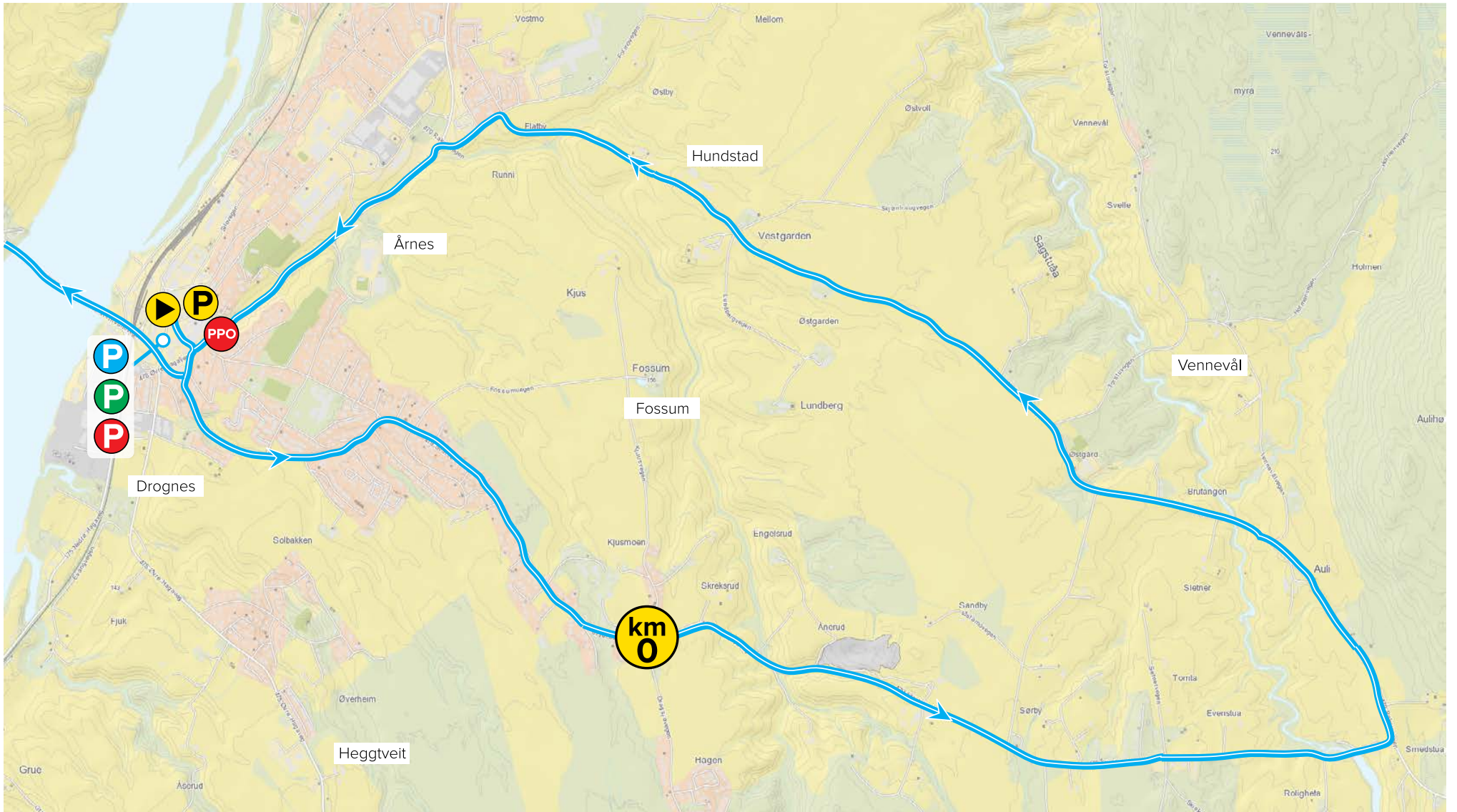
| | Km from start | Km to end | KMH | KMH | KMH | DIRECTION | DESCRIPTION |
|---|---------------|-------------|--------------|--------------|--------------|----------------|----------------------|
| Junction RV111 - FV583/Haugeveien | 168,2 | 25,7 | 17:42 | 17:30 | 17:14 | Straight ahead | |
| Roundabout | 168,7 | 25,2 | 17:43 | 17:31 | 17:14 | 1. exit | |
| Attention | 169,4 | 24,5 | 17:44 | 17:32 | 17:15 | | Central reservation |
| Junction FV118/Borregårdsveien | 169,5 | 24,4 | 17:44 | 17:32 | 17:16 | Left | |
| Trafic lights | 169,5 | 24,4 | 17:44 | 17:32 | 17:16 | Left | Direction Marie gate |
| Junction Kirke gt | 169,6 | 24,3 | 17:44 | 17:32 | 17:16 | Left | Direction Kirkegata |
| Entering final circiut | 170 | 23,9 | 17:45 | 17:32 | 17:16 | | |
| Junction Sandesund | 171,8 | 22,1 | 17:47 | 17:35 | 17:19 | Left | |
| Junction Sandesund | 171,9 | 22 | 17:47 | 17:35 | 17:19 | Right | |
| Junction Torsbekkveien | 172,1 | 21,8 | 17:48 | 17:35 | 17:19 | Right | |
| Attention | 172,6 | 21,3 | 17:48 | 17:36 | 17:20 | | Central reservation |
| Roundabout | 173 | 20,9 | 17:49 | 17:37 | 17:20 | First exit | |
| Passing finish line - 3 laps to go | 173,8 | 20,1 | 17:50 | 17:38 | 17:21 | | |
| Junction Kirkegata | 174,1 | 19,8 | 17:51 | 17:38 | 17:22 | Straight ahead | |
| Junction Sigvat Skalds gt | 174,3 | 19,6 | 17:51 | 17:39 | 17:22 | Left | |
| Junction Roald Amundssens gt | 174,5 | 19,4 | 17:51 | 17:39 | 17:22 | Right | |
| Junction Olav Haraldssons gt | 174,6 | 19,3 | 17:51 | 17:39 | 17:22 | Straight ahead | |
| Junction Opsundsveien | 175,2 | 18,7 | 17:52 | 17:40 | 17:23 | Right | |
| Junction St. Nicolas gt | 175,7 | 18,2 | 17:53 | 17:41 | 17:24 | Right | |
| Junction Rosenkrantz gt | 176 | 17,9 | 17:54 | 17:41 | 17:24 | Right | |
| Junction Oskars gt | 176,2 | 17,7 | 17:54 | 17:41 | 17:24 | Left | |
| Junction Oscar Pedersens vei | 176,5 | 17,4 | 17:54 | 17:42 | 17:25 | Right | |
| Junction Kirke gt (Circuit entrance) | 176,7 | 17,2 | 17:55 | 17:42 | 17:25 | | |
| Finish line - 2 laps to go | 180,5 | 13,4 | 18:00 | 17:47 | 17:30 | | |
| Super sprint finish line | 180,5 | 13,4 | 18:00 | 17:47 | 17:30 | | |
| Finish line - 1 lap to go | 187,2 | 6,7 | 18:10 | 17:57 | 17:39 | | |
| FINISH - SARPSBORG | 193,9 | 0 | 18:20 | 18:07 | 17:48 | | |

STAGE 3 STAGE PROFILE



STAGE 3 START AREA

Start Address: Skolegata 6, Årnes PPO: N:60.122318 E:11.470199



STAGE 3 RACE ROUTE**Feeding Zone:**

Odalsvegen, Stange

GPS Coordinates:

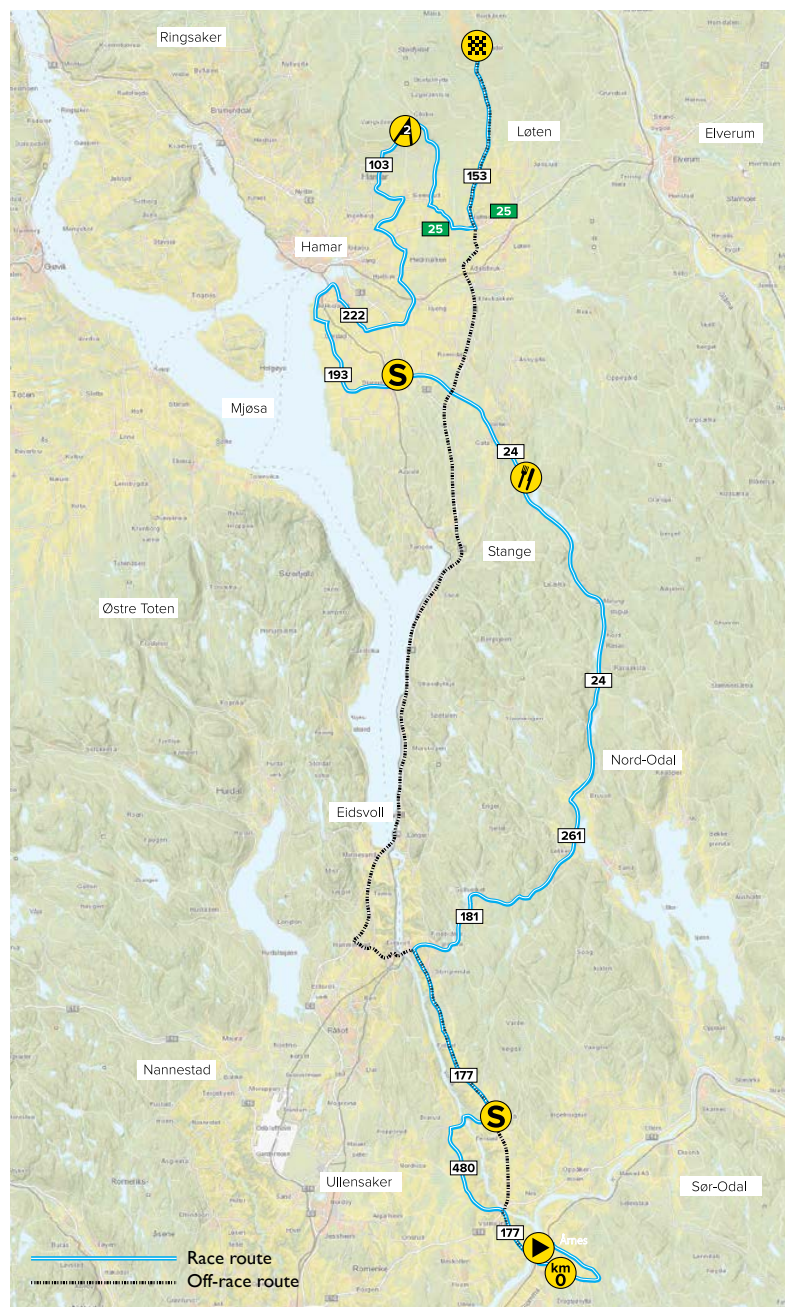
N:60.655023 E:11.391878

Off-race route distance:

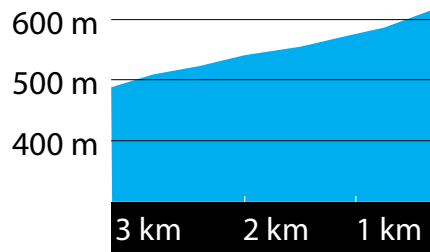
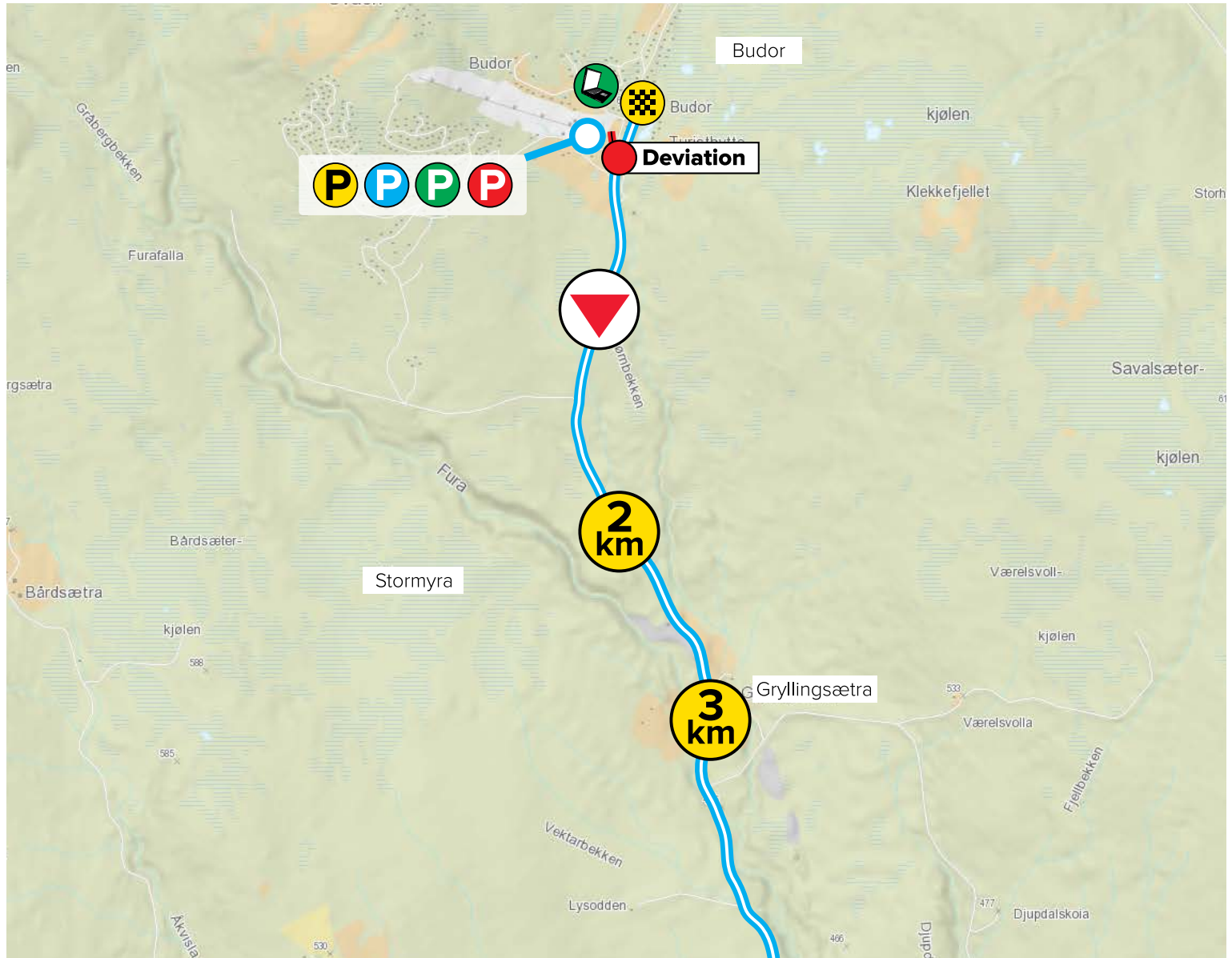
106 km

Media centre address:

Budor gjestegård, Budor



STAGE 3 LAST 3 KILOMETRES

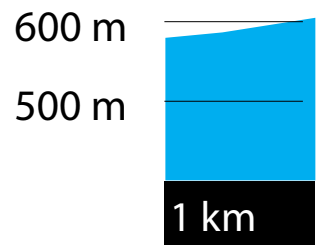
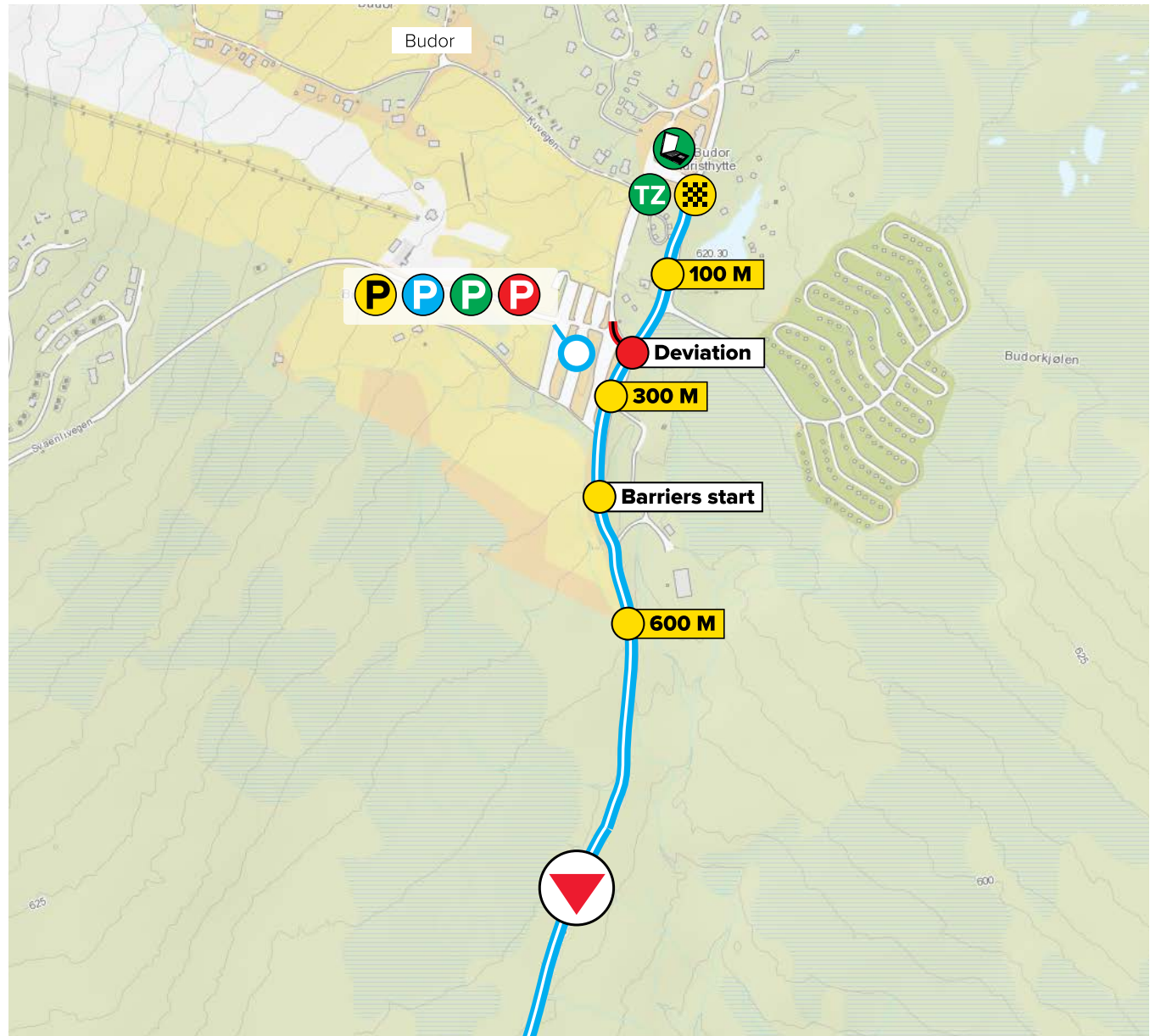


STAGE 3 LAST KILOMETRE


Finish straight 250 meters uphill.

Width: 6 meters.



Address finish line: Budor, Løten



STAGE 3 ROUTE DESCRIPTION

| TOUR OF NORWAY 2014 | Km from start | Km to end | KMH | KMH | KMH | DIRECTION | DESCRIPTION |
|---|---------------|--------------|--------------|--------------|--------------|-----------------------|----------------------------|
| STAGE 3 | | | 40 | 42 | 45 | | |
| Start Årnes - Skolegata | | | 13:35 | 13:35 | 13:35 | | 2,8 km neutral zone |
| Skolegata | | | | | | Right | 0,1 km |
| Roundabout | | | | | | 3.exit | 0,2 km |
| Hagaskogvegen | | | | | | Straight ahead | 0,3 km |
| Svarverud Barneshage | | | | | | Right | 1,3 km |
| Kjusvegen-Dragsjøvegen | | | | | | Straight ahead | 2,7 km |
| Official start | 0 | 177,7 | 13:40 | 13:40 | 13:40 | Straight ahead | Official start |
| FV479 | 3 | 174,7 | 13:44 | 13:44 | 13:44 | Left | Direction Årnes |
| Østgård skole | 4,8 | 172,9 | 13:47 | 13:46 | 13:46 | Straight ahead | |
| FV175 | 7,5 | 170,2 | 13:51 | 13:50 | 13:50 | Left | |
| Seterstøavegen - Midtdeler | 7,8 | 169,9 | 13:51 | 13:51 | 13:50 | Left | |
| Seterstøavegen | 8,2 | 169,5 | 13:52 | 13:51 | 13:50 | Straight ahead | |
| Seterstøavegen | 9 | 168,7 | 13:53 | 13:52 | 13:52 | 2. exit | Direction Årnes |
| Passing Årnes | 9,1 | 168,6 | 13:53 | 13:53 | 13:52 | | |
| Roundabout | 9,2 | 168,5 | 13:53 | 13:53 | 13:52 | 1. exit | |
| Junction Øvre Hagaveg | 9,25 | 168,45 | 13:53 | 13:53 | 13:52 | Straight ahead | Direction Vormsund |
| Railway underpass | 9,4 | 168,3 | 13:54 | 13:53 | 13:52 | | |
| Roundabout | 9,4 | 168,3 | 13:54 | 13:53 | 13:52 | 2. exit | |
| Junction Hvamsvegen | 10,4 | 167,3 | 13:55 | 13:54 | 13:53 | Straight ahead | |
| Vormsund | 10,4 | 167,3 | 13:55 | 13:54 | 13:53 | | |
| Roundabout | 14 | 163,7 | 14:01 | 14:00 | 13:58 | 2. exit | Roundabout |
| Brårud | 22,9 | 154,8 | 14:14 | 14:12 | 14:10 | Right | Direction Heimvad |
| Fenstad - Super sprint  | 27,1 | 150,6 | 14:20 | 14:18 | 14:16 | | |
| Junction Fenstad | 27,2 | 150,5 | 14:20 | 14:18 | 14:16 | Left | |
| Roundabout | 41,6 | 136,1 | 14:42 | 14:39 | 14:35 | 1. exit | Direction Nord Odal |
| Junction Østsidavegen | 42,6 | 135,1 | 14:43 | 14:40 | 14:36 | Straight ahead | Direction Nord Odal |
| Gullverket - sign | 45,2 | 132,5 | 14:47 | 14:44 | 14:40 | | |
| Hedmark fylke - sign | 54 | 123,7 | 15:01 | 14:57 | 14:52 | Straight ahead | |
| Attention | 58,3 | 119,4 | 15:07 | 15:03 | 14:57 | | Cattle grid |

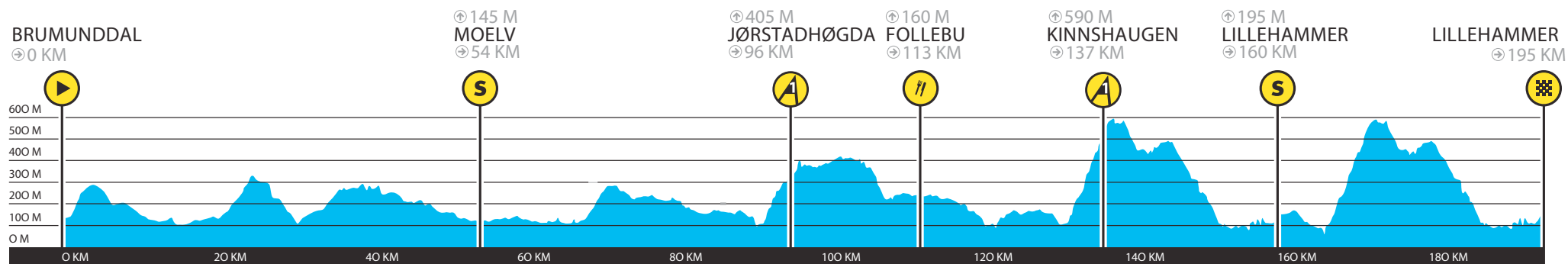
STAGE 3 ROUTE DESCRIPTION

| | Km from start | Km to end | KMH | KMH | KMH | DIRECTION | DESCRIPTION |
|---|---------------|-------------|--------------|--------------|--------------|----------------|--------------------|
| Junction Løkker | 60 | 117,7 | 15:10 | 15:05 | 15:00 | Left | Direction Hamar |
| Junction Åbråten - FV24 | 65,5 | 112,2 | 15:18 | 15:13 | 15:07 | Left | Direction Hamar |
| Attention | 66,4 | 111,3 | 15:19 | 15:14 | 15:08 | | Cattle grid |
| Stange kommune - sign | 74 | 103,7 | 15:31 | 15:25 | 15:18 | Straight ahead | |
| Attention | 77,4 | 100,3 | 15:36 | 15:30 | 15:23 | | Cattle grid |
| FV24 - Odalsvegen | 92,4 | 85,3 | 15:58 | 15:52 | 15:43 | Right | |
| Attention | 92,6 | 85,1 | 15:58 | 15:52 | 15:43 | | Narrow bridge |
| Odalsvegen | 92,7 | 85 | 15:59 | 15:52 | 15:43 | Left | Direction Hamar |
| Feeding zone  | 92,8 | 84,9 | 15:59 | 15:52 | 15:43 | | Feeding |
| Junction Øgardshøgda | 95,1 | 82,6 | 16:02 | 15:55 | 15:46 | Left | FV24 |
| Gata | 96,8 | 80,9 | 16:05 | 15:58 | 15:49 | Straight ahead | |
| Vallset | 97,2 | 80,5 | 16:05 | 15:58 | 15:49 | Straight ahead | |
| Karlsveen | 102 | 75,7 | 16:13 | 16:05 | 15:56 | Straight ahead | |
| Stange- Super sprint  | 107,1 | 70,6 | 16:20 | 16:13 | 16:02 | | |
| Roundabout | 107,4 | 70,3 | 16:21 | 16:13 | 16:03 | 3. exit | |
| Storgata - Railway station | 107,8 | 69,9 | 16:21 | 16:14 | 16:03 | Straight ahead | |
| Junction Heggedalsvegen | 107,9 | 69,8 | 16:21 | 16:14 | 16:03 | Right | |
| Junction Storgata | 108,1 | 69,6 | 16:22 | 16:14 | 16:04 | Right | |
| Junction Kirkevegen | 108,2 | 69,5 | 16:22 | 16:14 | 16:04 | Left | |
| Stange church | 111,3 | 66,4 | 16:26 | 16:19 | 16:08 | Right | Direction Hamar |
| Gubberud | 117,2 | 60,5 | 16:35 | 16:27 | 16:16 | Left | Direction Sandvika |
| Atlungstad Golf course | 118,3 | 59,4 | 16:37 | 16:29 | 16:17 | Right | |
| Roundabout | 121,5 | 56,2 | 16:42 | 16:33 | 16:22 | 1. exit | |
| Roundabout | 122 | 55,7 | 16:43 | 16:34 | 16:22 | 1. exit | |
| Attention | 122,9 | 54,8 | 16:44 | 16:35 | 16:23 | | Attention |
| Traffic lights | 123 | 54,7 | 16:44 | 16:35 | 16:24 | Straight ahead | |
| Attention | 123,5 | 54,2 | 16:45 | 16:36 | 16:24 | | Attention |
| Ottestad church | 125,6 | 52,1 | 16:48 | 16:39 | 16:27 | | |
| Junction Arnebergvegen | 126,5 | 51,2 | 16:49 | 16:40 | 16:28 | Left | |
| Junction Jønsbergvegen - FV235 | 129,7 | 48 | 16:54 | 16:45 | 16:32 | Left | Direction Ilseng |

STAGE 3 ROUTE DESCRIPTION

| | Km from start | Km to end | KMH | KMH | KMH | DIRECTION | DESCRIPTION |
|---|---------------|-------------|--------------|--------------|--------------|----------------|--------------------------------|
| Ilseeng sign | 131,1 | 46,6 | 16:56 | 16:47 | 16:34 | | |
| Ilseeng | 131,4 | 46,3 | 16:57 | 16:47 | 16:35 | Left | Direction Hamar |
| Junction Dalfarmen | 133,4 | 44,3 | 17:00 | 16:50 | 16:37 | Right | Direction Ålsted/FV119 |
| Junction FV119/FV116 | 134,4 | 43,3 | 17:01 | 16:52 | 16:39 | Straight ahead | Direction FV119 |
| Junction Fremstad | 135,8 | 41,9 | 17:03 | 16:54 | 16:41 | Left | Direction FV111 |
| Junction RV25/FV111 | 137,4 | 40,3 | 17:06 | 16:56 | 16:43 | Straight ahead | |
| Junction Skråstad | 138,9 | 38,8 | 17:08 | 16:58 | 16:45 | Right | Direction FV104 |
| K.o.M climb start | 138,9 | 38,8 | 17:08 | 16:58 | 16:45 | | |
| Junction FV104/FV60 | 142,2 | 35,5 | 17:13 | 17:03 | 16:49 | Left | Direction Bjørge |
| Junction FV60/FV103 | 144,5 | 33,2 | 17:16 | 17:06 | 16:52 | 1. exit | Direction Gåsbu |
| K.o.M Cat. 2 - Gåsbu  | 150 | 27,7 | 17:25 | 17:14 | 17:00 | | |
| Gåsbu | 151,2 | 26,5 | 17:26 | 17:16 | 17:01 | Right | Direction Øvre Vang |
| Junction FV104-Øståsvegen/FV122 | 153,1 | 24,6 | 17:29 | 17:18 | 17:04 | Left | Direction FV60 |
| Roundabout | 158,5 | 19,2 | 17:37 | 17:26 | 17:11 | 3. exit | Direction Jevnakar |
| Junction Vangsvegen - RV25 | 161,1 | 16,6 | 17:41 | 17:30 | 17:14 | Left | Direction Elverum |
| Brenneriroa - sign | 162,5 | 15,2 | 17:43 | 17:32 | 17:16 | | |
| Brenneriroa | 163 | 14,7 | 17:44 | 17:32 | 17:17 | Left | Direction Budor |
| K.o.M climb start | 163 | 14,7 | 17:44 | 17:32 | 17:17 | | |
| Attention | 172 | 5,7 | 17:58 | 17:45 | 17:29 | | Cattle grid and narrow section |
| Budor ski stadium | 174,7 | 3 | 18:02 | 17:49 | 17:32 | | |
| K.o.M Cat. 1 - finish line  | 177,7 | 0 | 18:06 | 17:53 | 17:36 | | |
| Finish Budor | 177,7 | 0 | 18:06 | 17:53 | 17:36 | | |

STAGE 4 STAGE PROFILE



STAGE 4 START AREA**Start address:**

Gammelgata 29, Brumunddal

PPO:

N:60.88354 E:10.939454



STAGE 4 RACE ROUTE**Feeding Zone:**

Gausdalveien 951, Follebu

GPS Coordinates:

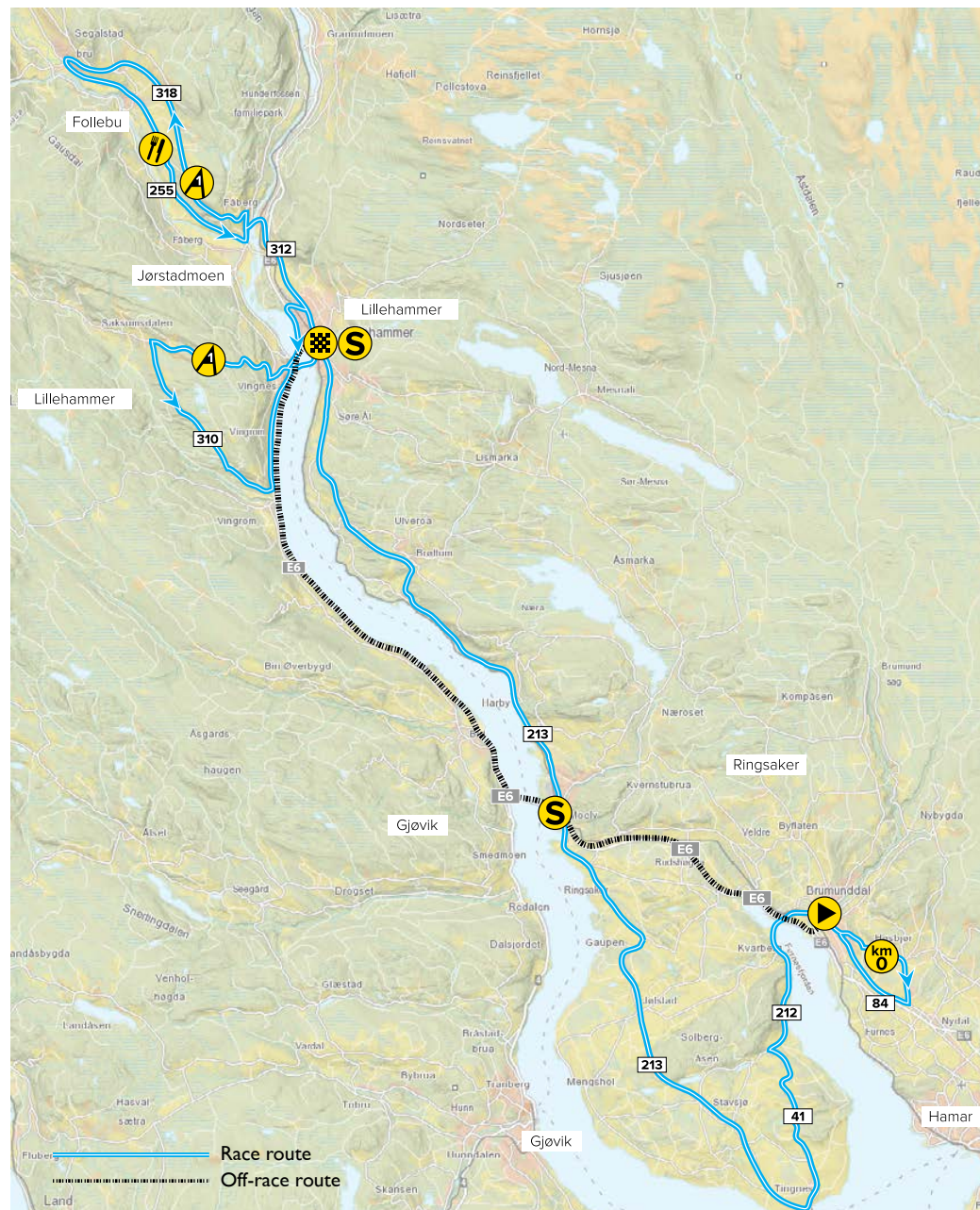
N:61.20202 E:10.30400

Off-race route distance:

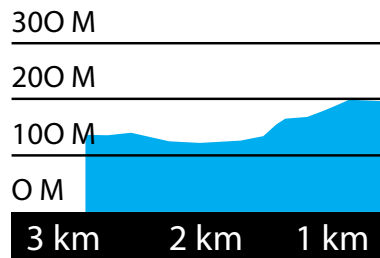
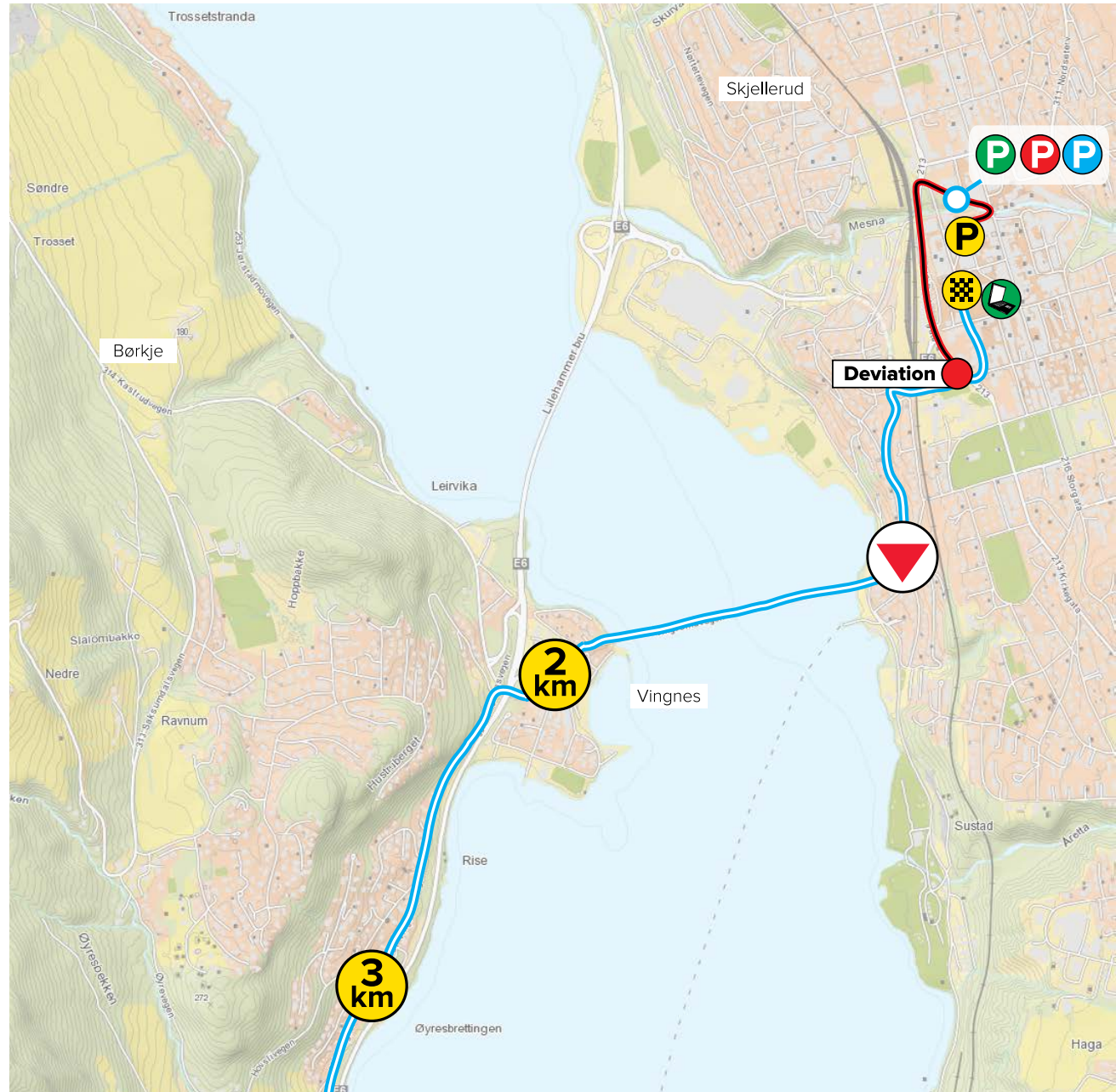
46 km

Media centre address:

Lillehammer kunstmuseum
Stortorget 2, Lillehammer



STAGE 4 LAST 3 KILOMETRES



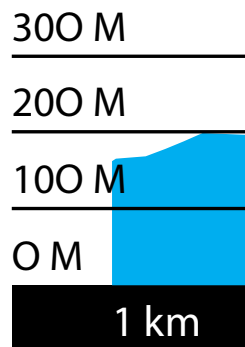
STAGE 4 LAST KILOMETRE

Finish straight 250 meters slight uphill.

Width: 6 meters.

Address finish line:


Stortorget 2, Lillehammer.





STAGE 4 ROUTE DESCRIPTION

| TOUR OF NORWAY 2014 | Km from start | Km to end | KMH | KMH | KMH | DIRECTION | DESCRIPTION |
|---------------------------------------|---------------|--------------|--------------|--------------|--------------|-----------------------|--------------------------|
| STAGE 4 | | | 39 | 42 | 45 | | |
| Start Brumunddal | | | 13:05 | 13:05 | 13:05 | | Neutral zone 3 km |
| Roundabout | | | | | | 2 exit | |
| Junction | | | | | | Left | |
| Official start Bjørgedalsvegen | 0 | 195 | 13:10 | 13:10 | 13:10 | | Official start |
| Junction | 1,5 | 193,5 | 13:12 | 13:12 | 13:12 | Right | |
| Junction | 3,7 | 191,3 | 13:15 | 13:15 | 13:14 | Right | |
| Brumunddal sign | 7,7 | 187,3 | 13:21 | 13:21 | 13:20 | | |
| Attention | 7,7 | 187,3 | 13:21 | 13:21 | 13:20 | | Fast descent |
| Central reservation | 8,6 | 186,4 | 13:23 | 13:22 | 13:21 | | |
| Roundabout | 9,1 | 185,9 | 13:24 | 13:23 | 13:22 | 2 Exit | |
| Attention | 9,3 | 185,7 | 13:24 | 13:23 | 13:22 | | Speed bumps |
| Passing Brumunddal | 9,5 | 185,5 | 13:24 | 13:23 | 13:22 | Straight ahead | |
| Attention | 9,5 | 185,5 | 13:24 | 13:23 | 13:22 | | Bridge/speed bump |
| Roundabout | 9,6 | 185,4 | 13:24 | 13:23 | 13:22 | 2 exit | |
| Roundabout | 9,7 | 185,3 | 13:24 | 13:23 | 13:22 | 2 exit | |
| Roundabout | 9,6 | 185,4 | 13:24 | 13:23 | 13:22 | 2 exit | |
| Roundabout | 9,7 | 185,3 | 13:24 | 13:23 | 13:22 | 2 exit | |
| Central reservation | 11,2 | 183,8 | 13:27 | 13:26 | 13:24 | Straight ahead | |
| Junction | 11,3 | 183,7 | 13:27 | 13:26 | 13:25 | Left | Direction Nes |
| Junction | 11,8 | 183,2 | 13:28 | 13:26 | 13:25 | Straight ahead | |
| Junction | 13,6 | 181,4 | 13:30 | 13:29 | 13:28 | Straight ahead | |
| Nes | 19,1 | 175,9 | 13:39 | 13:37 | 13:35 | Left | Direction Nes |
| Junction | 21,5 | 173,5 | 13:43 | 13:40 | 13:38 | Straight ahead | |
| Tingnes (sign) | 27,5 | 167,5 | 13:52 | 13:49 | 13:46 | Straight ahead | |
| Attention | 28,5 | 166,5 | 13:53 | 13:50 | 13:48 | | Central reservation |
| Junction | 28,6 | 166,4 | 13:54 | 13:50 | 13:48 | Straight ahead | |
| Junction | 34,2 | 160,8 | 14:02 | 13:58 | 13:55 | Straight ahead | |
| Stavsjø | 35,4 | 159,6 | 14:04 | 14:00 | 13:57 | | |
| Junction | 36,4 | 158,6 | 14:06 | 14:02 | 13:58 | Left | Direction Jølstad 213 |


STAGE 4 ROUTE DESCRIPTION

| | Km from start | Km to end | KMH | KMH | KMH | DIRECTION | DESCRIPTION |
|---|---------------|--------------|--------------|--------------|--------------|----------------|-------------------------|
| Gaupen (sign) | 44,8 | 150,2 | 14:18 | 14:14 | 14:09 | Straight ahead | |
| Attention | 45,5 | 149,5 | 14:20 | 14:15 | 14:10 | | Speed bumps |
| Attention | 45,8 | 149,2 | 14:20 | 14:15 | 14:11 | | Speed bumps |
| Junction | 46,2 | 148,8 | 14:21 | 14:16 | 14:11 | Left | Direction Moelv 23 |
| Ringsaker church | 50,7 | 144,3 | 14:28 | 14:22 | 14:17 | Straigh ahead | |
| Roundabout | 53,2 | 141,8 | 14:31 | 14:26 | 14:20 | 1 exit | Direction Sjusjøen 213 |
| Junction | 53,5 | 141,5 | 14:32 | 14:26 | 14:21 | Straight ahead | |
| Attention | 54,3 | 140,7 | 14:33 | 14:27 | 14:22 | | Central reservation |
| Junction | 54,4 | 140,6 | 14:33 | 14:27 | 14:22 | Straight ahead | |
| Roundabout | 54,5 | 140,5 | 14:33 | 14:27 | 14:22 | 2 exit | |
| Moelv - Super sprint  | 54,7 | 140,3 | 14:34 | 14:28 | 14:22 | | |
| Brøttum church | 69,8 | 125,2 | 14:57 | 14:49 | 14:43 | | |
| Oppland Fylke (sign) | 76,3 | 118,7 | 15:07 | 14:59 | 14:51 | | |
| Hamarveien | 79,5 | 115,5 | 15:12 | 15:03 | 14:56 | Straight ahead | |
| Attention | 80 | 115 | 15:13 | 15:04 | 14:56 | | Speed bump |
| Attention | 80,6 | 114,4 | 15:14 | 15:05 | 14:57 | | Speed bumps 80,6 - 81,9 |
| Juntion | 81,5 | 113,5 | 15:15 | 15:06 | 14:58 | Straight ahead | |
| Lillehammer | 82,4 | 112,6 | 15:16 | 15:07 | 14:59 | Right/left | |
| Crossing finish line | 82,6 | 112,4 | 15:17 | 15:08 | 15:00 | | |
| Junction | 83 | 112 | 15:17 | 15:08 | 15:00 | Right | Fv 213 |
| Junction | 83,1 | 111,9 | 15:17 | 15:08 | 15:00 | Straight ahead | |
| Junction | 83,7 | 111,3 | 15:18 | 15:09 | 15:01 | Straight ahead | |
| Roundabout | 84 | 111 | 15:19 | 15:10 | 15:02 | 3 exit | |
| Junction | 84,1 | 110,9 | 15:19 | 15:10 | 15:02 | Straight ahead | |
| Roundabout | 84,4 | 110,6 | 15:19 | 15:10 | 15:02 | 2 exit | |
| Central reservation | 84,5 | 110,5 | 15:20 | 15:10 | 15:02 | Straight ahead | |
| Roundabout | 84,6 | 110,4 | 15:20 | 15:10 | 15:02 | 1 exit | |
| Junction | 85 | 110 | 15:20 | 15:11 | 15:03 | Straight ahead | |
| Junction | 85,5 | 109,5 | 15:21 | 15:12 | 15:04 | Straight ahead | |
| Central reservation | 87 | 108 | 15:23 | 15:14 | 15:06 | Straight ahead | |


STAGE 4 ROUTE DESCRIPTION

| | Km from start | Km to end | KMH | KMH | KMH | DIRECTION | DESCRIPTION |
|--|---------------|-------------|--------------|--------------|--------------|----------------|-----------------------------|
| Roundabout | 87,2 | 107,8 | 15:24 | 15:14 | 15:06 | 1 exit | |
| Junction | 89,3 | 105,7 | 15:27 | 15:17 | 15:09 | Left | Direction Fåberg |
| Attention | 89,6 | 105,4 | 15:27 | 15:18 | 15:09 | | Speed bumps 89,6 - 89,9 |
| Attention | 90 | 105 | 15:28 | 15:18 | 15:10 | | Narrow Bridge |
| Junction | 90,5 | 104,5 | 15:29 | 15:19 | 15:10 | Right | Direction Hunderfossen |
| K.o.M climb start | 90,7 | 104,3 | 15:29 | 15:19 | 15:10 | | |
| Junction | 91,8 | 103,2 | 15:31 | 15:21 | 15:12 | Left | Direction Segelstad Bru |
| Junction | 92,9 | 102,1 | 15:32 | 15:22 | 15:13 | Straight ahead | |
| K.O.M. - Jørstadhøgda  | 95,8 | 99,2 | 15:37 | 15:26 | 15:17 | | Top of the climb |
| Follebu | 104,3 | 90,7 | 15:50 | 15:39 | 15:29 | Straight ahead | |
| Junction | 105 | 90 | 15:51 | 15:40 | 15:30 | Straight ahead | |
| Junction | 107,2 | 87,8 | 15:54 | 15:43 | 15:32 | Left | Direction Lillehammer (255) |
| Segelstad Bru | 107,3 | 87,7 | 15:55 | 15:43 | 15:33 | Straight ahead | |
| Junction | 107,5 | 87,5 | 15:55 | 15:43 | 15:33 | Straight ahead | |
| Aulestad | 108 | 87 | 15:56 | 15:44 | 15:34 | Straight ahead | |
| Follebu (sign) | 109,8 | 85,2 | 15:58 | 15:46 | 15:36 | | |
| Attention | 110,5 | 84,5 | 16:00 | 15:47 | 15:37 | | Speed bumps |
| Junction | 111,1 | 83,9 | 16:00 | 15:48 | 15:38 | Straight ahead | Direction Lillehammer |
| Attention | 111,5 | 83,5 | 16:01 | 15:49 | 15:38 | | Speed bumps |
| Lillehammer kommune (sign) | 112,9 | 82,1 | 16:03 | 15:51 | 15:40 | Straight ahead | |
| Feeding zone  | 113 | 82 | 16:03 | 15:51 | 15:40 | | |
| Roundabout | 120,5 | 74,5 | 16:15 | 16:02 | 15:50 | 3 exit | Direction Fåberg |
| Attention | 120,8 | 74,2 | 16:15 | 16:02 | 15:51 | | Narrow Bridge |
| Fåberg (sign) | 121,4 | 73,6 | 16:16 | 16:03 | 15:51 | Straight ahead | |
| Attention | 121,8 | 73,2 | 16:17 | 16:04 | 15:52 | | Narrow Bridge |
| Junction | 122,6 | 72,4 | 16:18 | 16:05 | 15:53 | Right | Direction Lillehammer |
| Roundabout | 124,8 | 70,2 | 16:22 | 16:08 | 15:56 | 2 exit | |
| Junction | 126,3 | 68,7 | 16:24 | 16:10 | 15:58 | Straight ahead | |
| Roundabout | 127,3 | 67,7 | 16:25 | 16:11 | 15:59 | 2 exit | |
| Roundabout | 127,5 | 67,5 | 16:26 | 16:12 | 16:00 | 2 exit | |

STAGE 4 ROUTE DESCRIPTION

| | Km from start | Km to end | KMH | KMH | KMH | DIRECTION | DESCRIPTION |
|---|---------------|-------------|--------------|--------------|--------------|------------------|-----------------------------|
| Central reservation | 127,7 | 67,3 | 16:26 | 16:12 | 16:00 | Straight ahead | |
| Roundabout | 127,9 | 67,1 | 16:26 | 16:12 | 16:00 | 2 exit | |
| Junction | 128,2 | 66,8 | 16:27 | 16:13 | 16:00 | Straight ahead | |
| Junction | 128,8 | 66,2 | 16:28 | 16:14 | 16:01 | Straight ahead | |
| Central reservation | 128,9 | 66,1 | 16:28 | 16:14 | 16:01 | Straight ahead | |
| Junction | 129 | 66 | 16:28 | 16:14 | 16:02 | Left | |
| Crossing finish line | 129,4 | 65,6 | 16:29 | 16:14 | 16:02 | | |
| Junction | 129,6 | 65,4 | 16:29 | 16:15 | 16:02 | Right | |
| Junction | 129,7 | 65,3 | 16:29 | 16:15 | 16:02 | Left | |
| Central reservation | 129,8 | 65,2 | 16:29 | 16:15 | 16:03 | | |
| Junction | 129,8 | 65,2 | 16:29 | 16:15 | 16:03 | Left | |
| Junction | 130,3 | 64,7 | 16:30 | 16:16 | 16:03 | Right | Dir Rv4 |
| Vingnes | 131,4 | 63,6 | 16:32 | 16:17 | 16:05 | Straight ahead | |
| Junction | 131,5 | 63,5 | 16:32 | 16:17 | 16:05 | Left, then right | |
| K.o.M climb start | 131,5 | 63,5 | 16:32 | 16:17 | 16:05 | | |
| Junction | 132,7 | 62,3 | 16:34 | 16:19 | 16:06 | Right | |
| Junction | 133,1 | 61,9 | 16:34 | 16:20 | 16:07 | Left | |
| Cattle grid | 135,2 | 59,8 | 16:38 | 16:23 | 16:10 | Straight ahead | |
| K.O.M. - Kinnshaugen  | 136,7 | 58,3 | 16:40 | 16:25 | 16:12 | | Top of the climb |
| Cattle grid | 139,1 | 55,9 | 16:44 | 16:28 | 16:15 | Straight ahead | |
| Saksumdal | 140,7 | 54,3 | 16:46 | 16:31 | 16:17 | Left | Direction Vingerom |
| Cattle grid | 142,8 | 52,2 | 16:49 | 16:34 | 16:20 | Straight ahead | |
| Vingerom | 151,5 | 43,5 | 17:03 | 16:46 | 16:32 | Left | Direction Lillehammer |
| Attention | 156,1 | 38,9 | 17:10 | 16:53 | 16:38 | | Speed bumps + 156,8 - 157,5 |
| Vingnes | 157,8 | 37,2 | 17:12 | 16:55 | 16:40 | Right | Direction Lillehammer |
| Lillehammer | 159 | 36 | 17:14 | 16:57 | 16:42 | Left | Direction Sentrum |
| Junction | 159,5 | 35,5 | 17:15 | 16:57 | 16:42 | Right | |
| Junction | 159,6 | 35,4 | 17:15 | 16:58 | 16:42 | Straight ahead | |
| Junction | 159,7 | 35,3 | 17:15 | 16:58 | 16:42 | Right | |
| Junction | 159,8 | 35,2 | 17:15 | 16:58 | 16:43 | Left/left | |

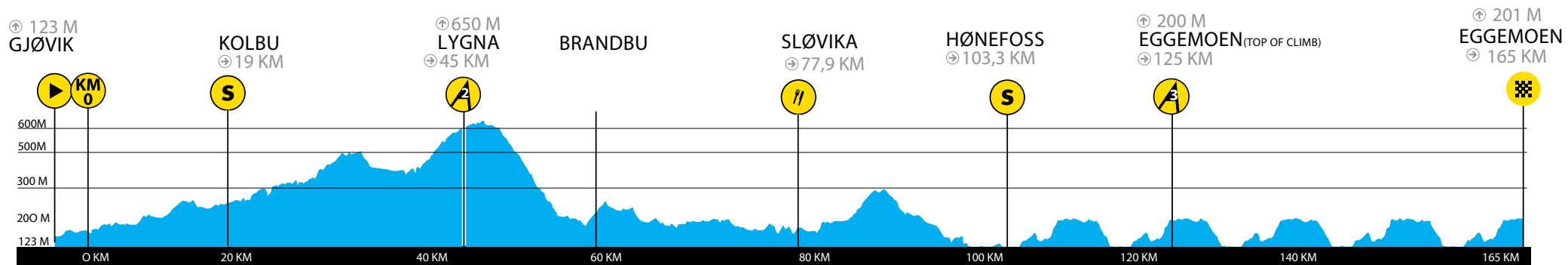
STAGE 4 ROUTE DESCRIPTION

| | Km from start | Km to end | KMH | KMH | KMH | DIRECTION | DESCRIPTION |
|--|---------------|-----------|--------------|--------------|--------------|----------------|-----------------------|
| Crossing finish line | 160 | 35 | 17:16 | 16:58 | 16:43 | | |
| Super sprint- finish line  | 160 | 35 | 17:16 | 16:58 | 16:43 | | |
| Junction | 160,3 | 34,7 | 17:16 | 16:59 | 16:43 | Right | Direction E6N |
| Junction | 160,4 | 34,6 | 17:16 | 16:59 | 16:43 | Left | |
| Junction | 160,5 | 34,5 | 17:16 | 16:59 | 16:44 | Straight ahead | |
| Junction | 160,6 | 34,4 | 17:17 | 16:59 | 16:44 | Straight ahead | |
| Junction | 160,7 | 34,3 | 17:17 | 16:59 | 16:44 | Straight ahead | |
| Junction | 161,1 | 33,9 | 17:17 | 17:00 | 16:44 | Straight ahead | |
| Roundabout | 161,3 | 33,7 | 17:18 | 17:00 | 16:45 | 3 exit | |
| Junction | 161,5 | 33,5 | 17:18 | 17:00 | 16:45 | Straight ahead | |
| Roundabout | 161,8 | 33,2 | 17:18 | 17:01 | 16:45 | 2 exit | |
| Roundabout | 162 | 33 | 17:19 | 17:01 | 16:46 | 2 exit | Direction E6 |
| Central reservation | 162,7 | 32,3 | 17:20 | 17:02 | 16:46 | Straight ahead | |
| Roundabout | 162,8 | 32,2 | 17:20 | 17:02 | 16:47 | 2 exit | Direction Oslo |
| E6 | 163,1 | 31,9 | 17:20 | 17:03 | 16:47 | Right | Entering E6 |
| Attention | 164,4 | 30,6 | 17:22 | 17:04 | 16:49 | | Tunnell |
| Junction | 165,1 | 29,9 | 17:24 | 17:05 | 16:50 | Straight ahead | |
| Vingnes | 166,1 | 28,9 | 17:25 | 17:07 | 16:51 | Right | |
| Junction | 166,4 | 28,6 | 17:26 | 17:07 | 16:51 | Left | |
| Junction | 166,5 | 28,5 | 17:26 | 17:07 | 16:52 | Right/right | |
| Junction | 167 | 28 | 17:26 | 17:08 | 16:52 | Right | |
| Junction | 168,1 | 26,9 | 17:28 | 17:10 | 16:54 | Left | |
| Attention | 170,2 | 24,8 | 17:31 | 17:13 | 16:56 | | Cattle grid |
| Top of the climb | 171,7 | 23,3 | 17:34 | 17:15 | 16:58 | Straight ahead | |
| Attention | 174,1 | 20,9 | 17:37 | 17:18 | 17:02 | | Cattle grid |
| Saksumdal | 175,7 | 19,3 | 17:40 | 17:21 | 17:04 | Left | Direction Vingerom |
| Attention | 177,8 | 17,2 | 17:43 | 17:24 | 17:07 | | Cattle grid |
| Vingerom | 186,5 | 8,5 | 17:56 | 17:36 | 17:18 | Left | Direction Lillehammer |
| Vingnes | 192,8 | 2,2 | 18:06 | 17:45 | 17:27 | Right | Direction Lillehammer |
| Lillehammer | 194 | 1 | 18:08 | 17:47 | 17:28 | Left | Direction Sentrum |

STAGE 4 ROUTE DESCRIPTION

| | Km from start | Km to end | KMH | KMH | KMH | DIRECTION | DESCRIPTION |
|---------------------------|----------------------|------------------|--------------|--------------|--------------|------------------|--------------------|
| Junction | 194,5 | 0,5 | 18:09 | 17:47 | 17:29 | Right | |
| Junction | 194,6 | 0,4 | 18:09 | 17:48 | 17:29 | Straight ahead | |
| Junction | 194,7 | 0,3 | 18:09 | 17:48 | 17:29 | Right and left | |
| FINISH LILLEHAMMER | 195 | 0 | 18:10 | 17:48 | 17:30 | | |

STAGE 5 STAGE PROFILE

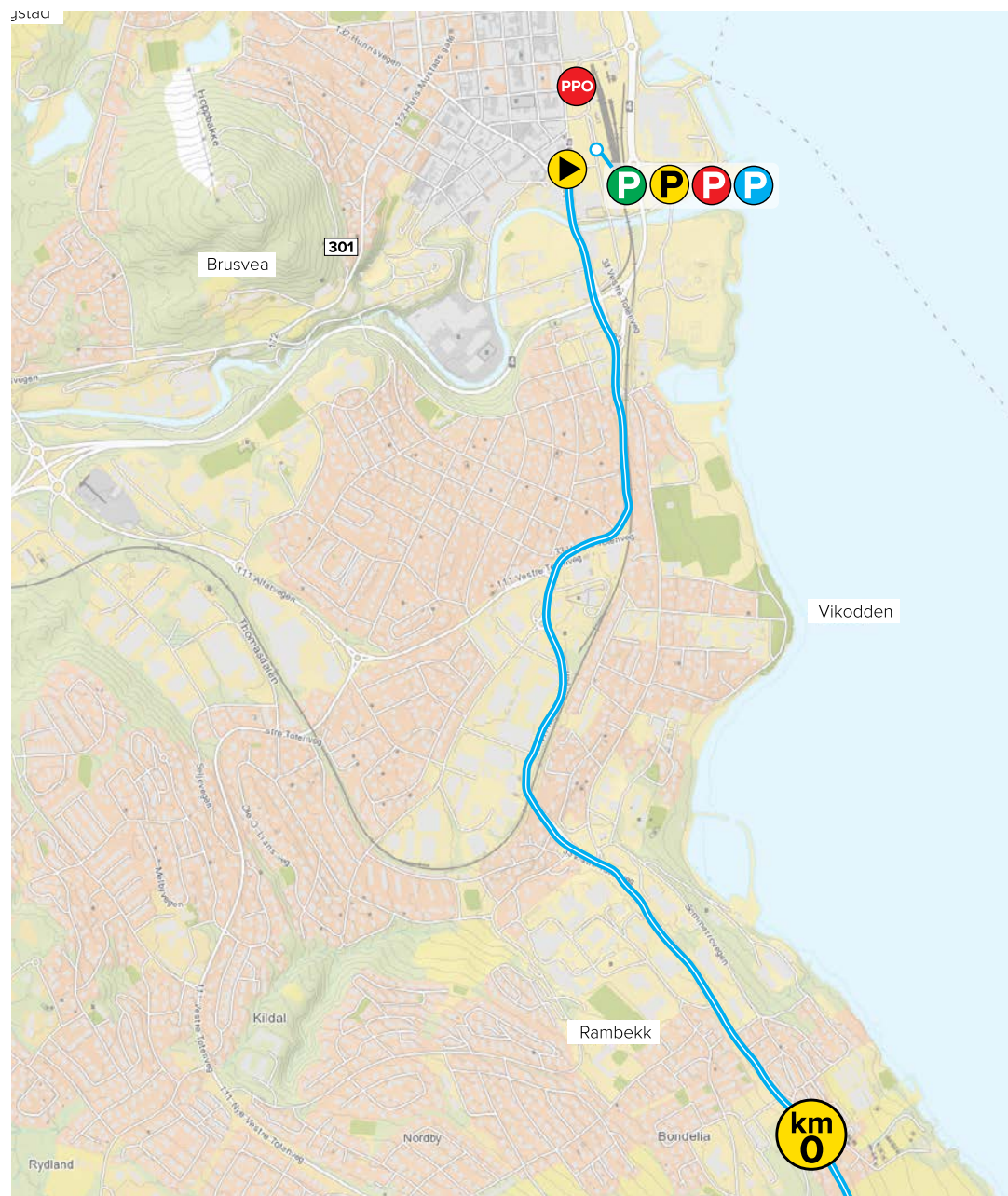


STAGE 5 START AREA**Start address:**

Strandgata 15, Gjøvik

PPO:

N:60.797562 E:10.693367



STAGE 5 RACE ROUTE**Feeding Zone:**

Sløvika, Jevnaker.

GPS Coordinates:

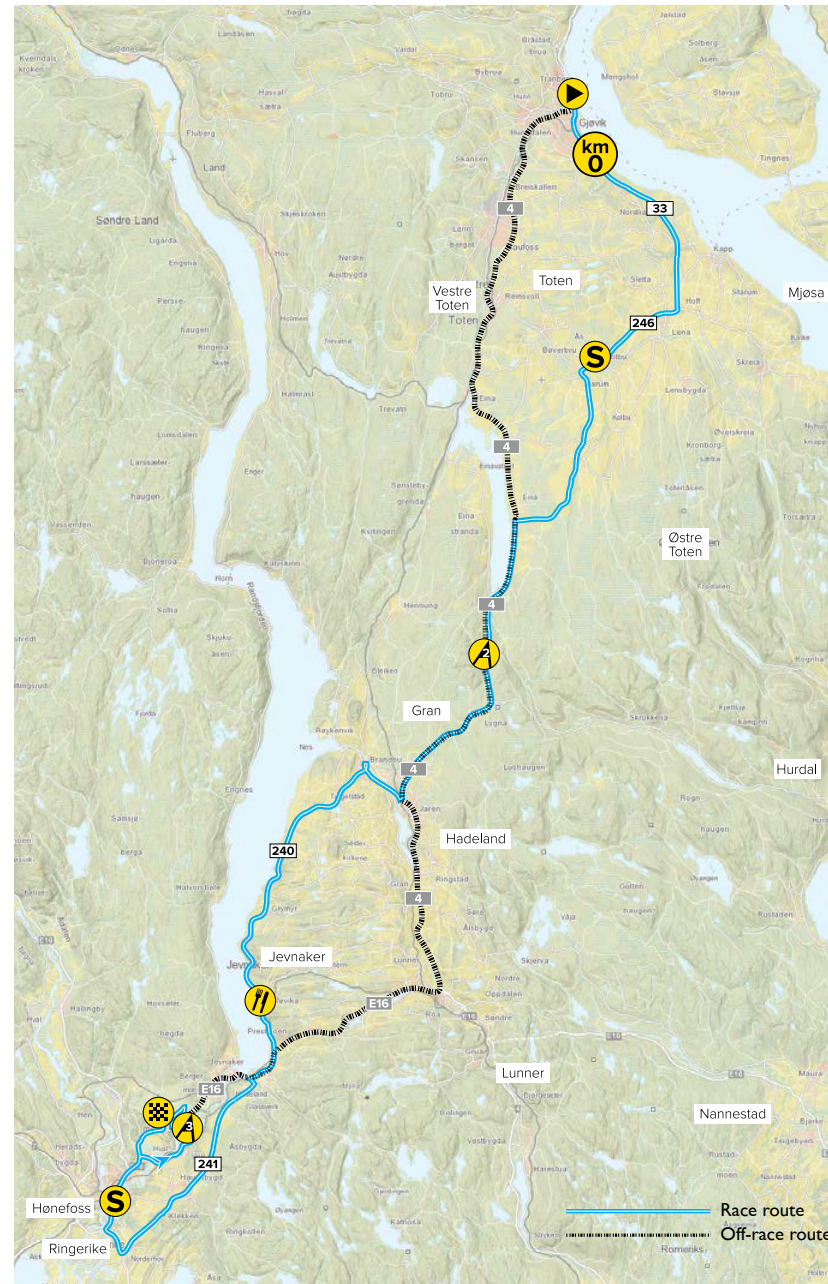
N:60.284664 E:10.413451

Off-race route distance:

88,5 km

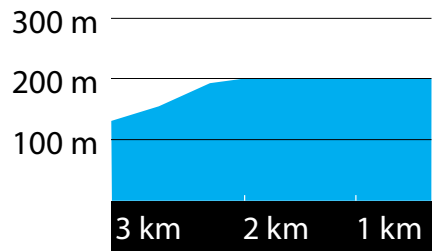
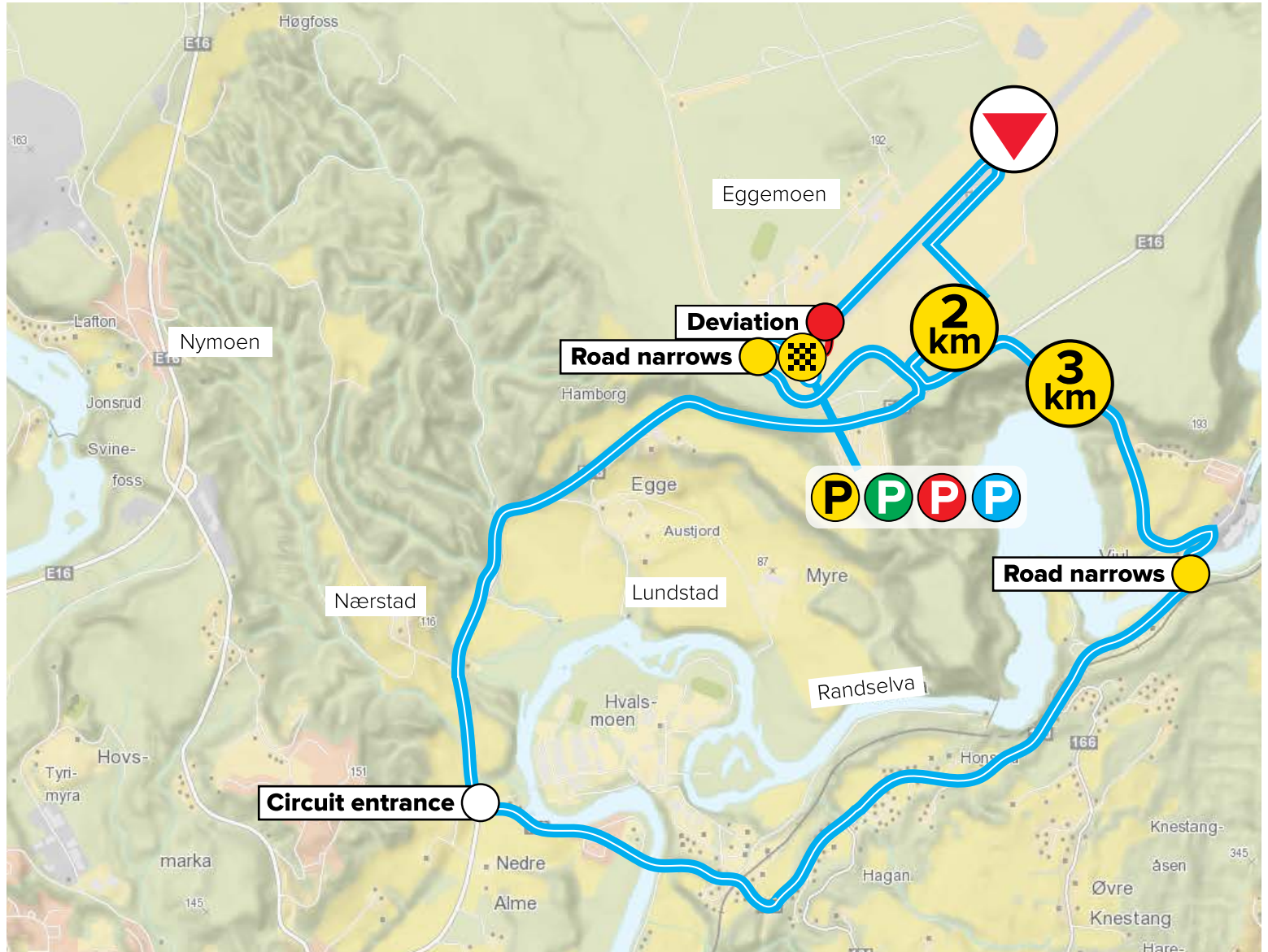
Media centre address:

Eggemoen (west of the runway)



STAGE 5 FINISHING CIRCUIT

Feeding Zone:
Sløvika, Jevnaker.



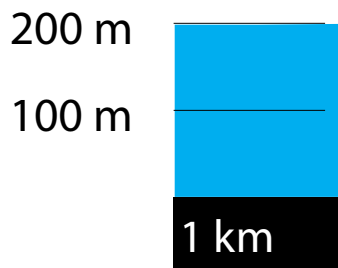
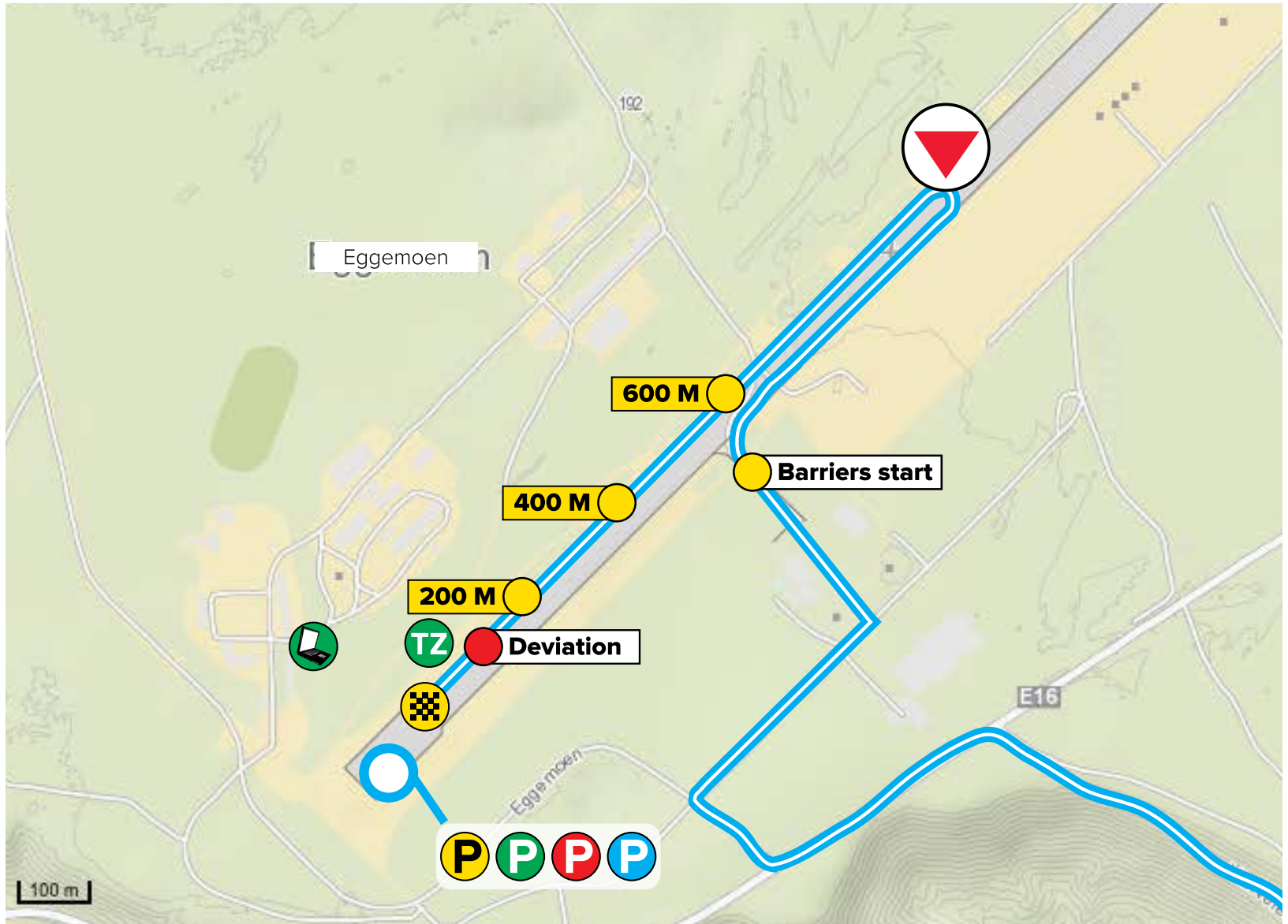
STAGE 5 LAST KILOMETRE

Finish straight 1000 meters flat.



Width: 6 meters.

Address finish line:



Flyplassveien 22, Hønefoss




STAGE 5 ROUTE DESCRIPTION

| TOUR OF NORWAY 2014 | Km from start | Km to end | KMH | KMH | KMH | DIRECTION | DESCRIPTION |
|---|---------------|--------------|--------------|--------------|--------------|-----------------------|-------------------------|
| STAGE 5 | | | 40 | 42 | 45 | | |
| Start Gjøvik | | | 11:30 | 11:30 | 11:30 | | 2,9 km neutral zone |
| Roundabout | | | | | | 1 exit | Vestre Totenveg RV33 |
| Roundabout | | | | | | 2 exit | Minnesundvegen RV33 |
| Roundabout | | | | | | 3 exit | Minnesundvegen RV33 |
| Fritjof Nansens veg | | | | | | | |
| Østre Totenveg | | | | | | | |
| Official start - FV33 | 0 | 167 | 11:35 | 11:35 | 11:35 | Straight ahead | Offisiell start |
| Østre Toten Kommune - sign | 1,9 | 165,1 | 11:37 | 11:37 | 11:37 | Straight ahead | |
| Attention | 6,6 | 160,4 | 11:44 | 11:44 | 11:43 | | Central reservation |
| Attention | 11,8 | 155,2 | 11:52 | 11:51 | 11:50 | | Central reservation |
| Roundabout | 13,7 | 153,3 | 11:55 | 11:54 | 11:53 | 1 exit | Direction Lena |
| Lena - sign | 14 | 153 | 11:56 | 11:55 | 11:53 | Straight ahead | |
| Roundabout | 14,3 | 152,7 | 11:56 | 11:55 | 11:54 | 1 exit | Direction Kolbu |
| Kolbu - sign | 19,2 | 147,8 | 12:03 | 12:02 | 12:00 | Straight ahead | |
| Kolbu - Super sprint  | 19,3 | 147,7 | 12:03 | 12:02 | 12:00 | | |
| Narum | 20,9 | 146,1 | 12:06 | 12:04 | 12:02 | Left | Direction Ensrud |
| Attention | 26 | 141 | 12:14 | 12:12 | 12:09 | | Narrow bridge |
| Vestre Toten kommune - sign | 31,6 | 135,4 | 12:22 | 12:20 | 12:17 | | |
| Junction Mjølund - RV4 | 33,4 | 133,6 | 12:25 | 12:22 | 12:19 | Left | Direction Oslo |
| K.o.M climb start | 38,9 | 128,1 | 12:33 | 12:30 | 12:26 | | |
| Gran Kommune - sign | 39 | 128 | 12:33 | 12:30 | 12:27 | Straight ahead | |
| K.o.M Lygna  | 43,9 | 123,1 | 12:40 | 12:37 | 12:33 | Straight ahead | |
| Lygnasetter | 50,4 | 116,6 | 12:50 | 12:47 | 12:42 | Straight ahead | |
| Attention | 50,5 | 116,5 | 12:50 | 12:47 | 12:42 | | Fast decent |
| Junction Jaren | 54,6 | 112,4 | 12:56 | 12:53 | 12:47 | Right | Direction Fagernes Rv34 |
| Roundabout | 54,8 | 112,2 | 12:57 | 12:53 | 12:48 | 2 exit | Direction Fagernes Rv34 |
| Attention | 5,4 | 161,6 | 11:43 | 11:42 | 11:42 | | Central reservation |
| Junction Brandbu | 58 | 109 | 13:02 | 12:57 | 12:52 | Right | Direction Jevnaker 240 |
| Junction FV240 | 58,1 | 108,9 | 13:02 | 12:58 | 12:52 | Right | Direction Jevnaker 240 |

STAGE 5 ROUTE DESCRIPTION

| | Km from start | Km to end | KMH | KMH | KMH | DIRECTION | DESCRIPTION |
|--|---------------|-------------|--------------|--------------|--------------|----------------------|-------------------------|
| Grymyr | 70,1 | 96,9 | 13:20 | 13:15 | 13:08 | Straight ahead | |
| Jevnaker Kommune - sign | 73,1 | 93,9 | 13:24 | 13:19 | 13:12 | Straight ahead | |
| Sløvika | 77,4 | 89,6 | 13:31 | 13:25 | 13:18 | Straight ahead | |
| Feeding zone  | 77,9 | 89,1 | 13:31 | 13:26 | 13:18 | | Feeding |
| Attention | 82,1 | 84,9 | 13:38 | 13:32 | 13:24 | | Narrow underpass |
| Junction Vang Mølle | 82,2 | 84,8 | 13:38 | 13:32 | 13:24 | Right | Direction Hønefoss Rv35 |
| Jevnaker | 83,3 | 83,7 | 13:39 | 13:34 | 13:26 | | |
| Junction FV241 | 84,7 | 82,3 | 13:42 | 13:36 | 13:27 | Left | Direction Oslo |
| Ringerike Kommune - sign | 88,1 | 78,9 | 13:47 | 13:40 | 13:32 | | |
| Attention | 94,4 | 72,6 | 13:56 | 13:49 | 13:40 | | Central reservation |
| Klækken | 94,8 | 72,2 | 13:57 | 13:50 | 13:41 | Straight ahead | |
| Junction Hønen | 99,4 | 67,6 | 14:04 | 13:57 | 13:47 | Right | Direction Hønefoss Rv35 |
| Junction Hvervenkastet | 101 | 66 | 14:06 | 13:59 | 13:49 | Straight ahead/Right | Direction Hønefoss |
| Roundabout | 101,4 | 65,6 | 14:07 | 13:59 | 13:50 | Right | Direction Hønefoss |
| Attention | 102 | 65 | 14:08 | 14:00 | 13:51 | | Central reservation |
| Hønefoss - Super sprint  | 103,7 | 63,3 | 14:10 | 14:03 | 13:53 | | |
| Junction Hønefoss bru | 104 | 63 | 14:11 | 14:03 | 13:53 | Right | |
| Attention | 104,2 | 62,8 | 14:11 | 14:03 | 13:53 | | Central reservation |
| Trafic lights | 104,5 | 62,5 | 14:11 | 14:04 | 13:54 | Straight ahead | |
| Junction E16 | 105,8 | 61,2 | 14:13 | 14:06 | 13:56 | Right | Direction Jevnaker |
| Junction Alme | 107 | 60 | 14:15 | 14:07 | 13:57 | Right | Direction Viul |
| Entering final circuit | 107 | 60 | 14:15 | 14:07 | 13:57 | | |
| Junction Hval | 108,2 | 58,8 | 14:17 | 14:09 | 13:59 | Right | |
| Attention | 108,2 | 58,8 | 14:17 | 14:09 | 13:59 | | Narrow underpass |
| Attention | 108,7 | 58,3 | 14:18 | 14:10 | 13:59 | | Speed bumps |
| Hvalsveien | 108,9 | 58,1 | 14:18 | 14:10 | 14:00 | Straight ahead | Direction Viul |
| Knestangata | 110 | 57 | 14:20 | 14:12 | 14:01 | Straight ahead | Direction Viul |
| Attention | 110 | 57 | 14:20 | 14:12 | 14:01 | | Bad surface |
| Viul | 110,8 | 56,2 | 14:21 | 14:13 | 14:02 | Left | |
| Attention | 110,8 | 56,2 | 14:21 | 14:13 | 14:02 | | Narrow bridge |

STAGE 5 ROUTE DESCRIPTION

| | Km from start | Km to end | KMH | KMH | KMH | DIRECTION | DESCRIPTION |
|--|---------------|-----------|--------------|--------------|--------------|----------------|----------------------------|
| Junction Eggemoen - E16 | 112,6 | 54,4 | 14:23 | 14:15 | 14:05 | Left | E16 - Direction Hønefoss |
| Junction Eggemoen airfield | 112,9 | 54,1 | 14:24 | 14:16 | 14:05 | Right | |
| Entering airfield area | 113 | 54 | 14:24 | 14:16 | 14:05 | Right | |
| Eggemoen airfield | 113,5 | 53,5 | 14:25 | 14:17 | 14:06 | Left | Entering taxi runway |
| Runway | 113,7 | 53,3 | 14:25 | 14:17 | 14:06 | Right | Entering runway |
| Runway | 114 | 53 | 14:26 | 14:17 | 14:07 | Left | Turning towards finishline |
| Passing finishline | 115 | 52 | 14:27 | 14:19 | 14:08 | | |
| Runway | 115,6 | 51,4 | 14:28 | 14:20 | 14:09 | Right | End of runway |
| Attention | 115,7 | 51,3 | 14:28 | 14:20 | 14:09 | | Narrow section |
| Leaving airfield | 115,8 | 51,2 | 14:28 | 14:20 | 14:09 | Left | |
| Junction | 115,9 | 51,1 | 14:28 | 14:20 | 14:09 | Left | |
| Junction | 116 | 51 | 14:29 | 14:20 | 14:09 | Left | |
| Junction | 116,6 | 50,4 | 14:29 | 14:21 | 14:10 | Straight ahead | |
| Junction Eggemoen - E16 | 116,7 | 50,3 | 14:30 | 14:21 | 14:10 | Right | E16 - Direction Hønefoss |
| Junction Alme(circuit entrance) | 120 | 47 | 14:35 | 14:26 | 14:15 | Left | |
| Junction Hval | 121,2 | 45,8 | 14:36 | 14:28 | 14:16 | Right | |
| Attention | 121,2 | 45,8 | 14:36 | 14:28 | 14:16 | | Narrow underpass |
| Attention | 121,7 | 45,3 | 14:37 | 14:28 | 14:17 | | Speed bumps |
| Hvalsveien | 121,9 | 45,1 | 14:37 | 14:29 | 14:17 | Straight ahead | Direction Viul |
| Knestanggata | 123 | 44 | 14:39 | 14:30 | 14:19 | Straight ahead | Direction Viul |
| Attention | 123 | 44 | 14:39 | 14:30 | 14:19 | | Bad surface |
| Viul | 123,8 | 43,2 | 14:40 | 14:31 | 14:20 | Left | |
| Attention | 123,8 | 43,2 | 14:40 | 14:31 | 14:20 | | Narrow bridge |
| K.o.M climb start | 123,9 | 43,1 | 14:40 | 14:32 | 14:20 | | |
| K.o.M Eggemoen  | 125,3 | 41,7 | 14:42 | 14:34 | 14:22 | | |
| Junction Eggemoen - E16 | 125,4 | 41,6 | 14:43 | 14:34 | 14:22 | Left | |
| Junction Eggemoen airfield | 125,7 | 41,3 | 14:43 | 14:34 | 14:22 | Right | |
| Entering airfield area | 126 | 41 | 14:44 | 14:35 | 14:23 | Right | |
| Eggemoen airfield | 126,5 | 40,5 | 14:44 | 14:35 | 14:23 | Left | Entering taxi runway |
| Runway | 126,7 | 40,3 | 14:45 | 14:36 | 14:23 | Right | Entering runway |

STAGE 5 ROUTE DESCRIPTION

| | Km from start | Km to end | KMH | KMH | KMH | DIRECTION | DESCRIPTION |
|----------------------------|----------------------|------------------|--------------|--------------|--------------|------------------|----------------------------|
| Runway | 127 | 40 | 14:45 | 14:36 | 14:24 | Left | Turning towards finishline |
| Finish line - 3 laps to go | 128 | 39 | 14:47 | 14:37 | 14:25 | | |
| Finish line - 2 laps to go | 141 | 26 | 15:06 | 14:56 | 14:43 | | |
| Finish line - 1 laps to go | 154 | 13 | 15:26 | 15:15 | 15:00 | | |
| Finish Eggemoen | 167 | 0 | 15:45 | 15:33 | 15:17 | | |

RACE RULES & REGULATIONS

Article 1. Organisation

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

Article 2. Type of Event

Tour of Norway is an international stage race, organized according to UCI rules and classified as a UCI 2HC 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:

- 100, 70, 40, 30, 25, 20, 15, 10, 9, 8, 7, 6, 5, 4, 3 points to the first 15 finishers in the final General Classification by time
- 20, 14, 8, 7, 6, 5, 4 & 2 points to the first 8 finishers on each stage
- 10 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 teams (maximum 70%), UCI Professional Continental teams, continental teams of Norway, and national team of Norway, (according to the UCI article 2.1.005).

As per article 2.2.003 of the UCI regulations, teams must be formed of minimum 4 and maximum 6 riders.

Article 4. Race Headquarter

Before the race, the race headquarters will be open Tuesday 20th of May 2014 from 14.00 - 19.00 and located at the following address: Quality hotel Grand Farris, Storgata 38, 3251 Larvik. Team representatives are requested to confirm their start-

ers and collect their race numbers and time transponders at the race headquarter from 15:30 hrs to 16:30 on the 20th of May 2014.

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 20th of May 2014 at the following address: Quality hotel Grand Farris, Storgata 38, 3251 Larvik.

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.

- Stage 3 has a summit finish, and article 7 will not apply to this stage (According to UCI art. 2.6.027).

Article 8. Finishing Time Limits

A finishing time limit of 12% 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:

Uno-X general Individual Classification by Time

The winner of 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 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:

Category 1 climbing points: 10,9,8,7,6,5,4,3,2 & 1 point

Category 2 climbing points: 6,5,4,3,2 & 1 point

Category 3 climbing points: 4,3,2 & 1

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 in the Infotjenester King of the Mountains classification, the following criteria shall be applied in order until the riders are separated:

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

MARKING/SIGN:

The Infotjenester King of the mountains is marked with signs at the beginning of the climb, and at 1km and 500m.

Skoda young riders classification

Skoda young riders classification is open for riders born 1st 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 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 of the race manual)

A grand total of € 78522,5 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 general Individual classification by points

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 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 1.66 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 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. The environment

The organizer sets up collection areas, which are specifically designated to recover waste. These waste zones are placed before and after the feeding zones. Riders must only dispose of their waste, water bottles or any other object in these specially equipped areas.

Riders and followers must behave responsibly with regards to the environment in all circumstances and respect the legal provisions in force.

Article 20. 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 are listed at the route description and maps.

Article 21. Jerseys

The ranking of the Race Classification Jerseys are as follows:

- Individual General Classification (Uno-X yellow jersey)
- Nordialog 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 22. 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 20th of May when picking up the race numbers.

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

Tour of Norway



nordialog

joker
- helt i nærheten

telehuset



ŠKODA

Info
tjenester



CYCLING EVENT NORWAY AS

Cycling Event Norway AS, Fjordveien 3, 1363 Høvik

www.tourofnorway.no