



12-15 August

Road book

- Ladies Tour of Norway 2021 -

UCI 2.WWT

LADIES TOUR
OF NORWAY



UCI



WOMEN'S
WORLDTOUR

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ORGANIZATION

General Director	Roy Moberg	+47 906 49 339
Race Director	Anders Eia Linnestad	+47 900 68 423
Safety director	Bjørn Erik Tuv	+47 419 00 400
Route manager	Vidar Vatningen	+47 906 30 665
Arena manager	Marius Jørgensen	+47 959 94 909
Convoy manager	Tobias Haga	+47 975 66 596
Race Headquarters	Anne Lena Moum	+47 959 21 544
Media	Kjell-Erik Kristiansen	+47 465 42 820
Accommodation	Anette Johansen	+47 934 12 651
Race doctor	Harald Lystad	+47 970 58 824
Radio Tour	Skjalge Kraglund	+47 906 60 354
Timing/results Votrecourse		
Doping control officer	Andrés I. Carpinelli (GBR)	
Regulator	Mario de Wandel (BEL)	
Covid-19 coordinator/dr	Oskar Mathisen	

COLLEGE OF COMMISSAIRES

President of the commissaires panel:	Guy Dobbelaere (BEL)
Member of the jury:	Michael Anderson (SWE)
Member of the jury:	Martin Schwitzgold (SWE)
Member of the jury:	Patrick Demunter (BEL)
Moto commissaire 1:	Turid Foss (NOR)
Moto commissaire 2:	Morgan Grindalen (NOR)
Finish judge:	Amund Klem Rønning (NOR)
Timekeeper:	Rune Torkildsen (NOR)
Assistant commissaire:	Espen Gustavsen (NOR)

ANTI-DOPING CONTROLS

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

The riders on the list will also be notified in person by a chaperon after crossing the finish line.

TEAM HOTELS

11. - 12. AUGUST

THON HOTEL HALDEN

Langbrygga 1, 1767 Halden
+47 69 21 33 00
halden@thonhotels.no
<https://www.thonhotels.no/hoteller/norge/halden/thon-hotel-halden/>

The following teams/groups are accommodated at this hotel:

RACE DIRECTION
HITEC PRODUCTS
CANYON / SRAM RACING
FDJ NOUVLLE - AQUITAINE FUTUROSCOPE
MOVISTAR TEAM WOMEN
TEAM BIKE EXCHANGE
TEAM DSM
TEAM SD WORX
TREK - SEGAFREDO
LIV RACING

FREDRIKSTEN HOTELL

Generalveien 25, 1769 Halden
+47 69 02 10 10
post@fredrikstenhotell.no
<https://www.fredrikstenhotell.no/>

The following teams/groups are accommodated at this hotel:

ALE' BTC LJUBLJANA
VALCAR - TRAVEL & SERVICE
PARK HOTEL VALKENBURG
TEAM TIBCO SILICON VALLEY BANK
DROPS - LE COL SUPPORTED BY TEMPUR
JUMBO VISMA WOMEN TEAM
PLANTUR - PURA
BINGO CASINO - CHEVALMEIRE

CLARION COLLECTION PARK HOTEL HALDEN

Marcus Thranesgt. 30, 1776 Halden
+47 69 21 15 00
booking@parkhotelhalden.no
<https://www.nordicchoicehotels.no/hotell/norge/halden/clarion-collection-hotel-park/>

The following teams/groups are accommodated at this hotel:

COMMISSAIRES
DRIVERS
NATIONAL TEAM NORWAY

SCANDIC SARPSBORG

Sandesundsveien 1, 1706 Sarpsborg
+47 69 12 42 00
<https://www.scandichotels.no/hotell/norge/sarpsborg/scandic-sarpsborg>

The following teams/groups are accommodated at this hotel:

MOBILE VAKTER
POLITI

12. - 13. AUGUST

THON HOTEL HALDEN

Langbrygga 1, 1767 Halden
+47 69 21 33 00
halden@thonhotels.no
<https://www.thonhotels.no/hoteller/norge/halden/thon-hotel-halden/>

The following teams/groups are accommodated at this hotel:

HITEC PRODUCTS
CANYON / SRAM RACING
FDJ NOUVLLE - AQUITAINE FUTUROSCOPE
MOVISTAR TEAM WOMEN
TEAM BIKE EXCHANGE
TEAM DSM
TEAM SD WORX
TREK - SEGAFREDO
LIV RACING

CLARION COLLECTION PARK HOTEL HALDEN

Marcus Thranesgt. 30, 1776 Halden
+47 69 21 15 00
booking@parkhotelhalden.no
<https://www.nordicchoicehotels.no/hotell/norge/halden/clarion-collection-hotel-park/>

The following teams/groups are accommodated at this hotel:

COMMISSAIRES
DRIVERS
NATIONAL TEAM NORWAY

SCANDIC BRENNEMOEN

Brennemeien 20, 1850 Mysen
+47 64 87 90 00
brennemoen@scandichotels.com
<https://www.scandichotels.no/hotell/norge/mysen/scandic-brennemoen>

The following teams/groups are accommodated at this hotel:

ALE' BTC LJUBLJANA
VALCAR - TRAVEL & SERVICE
PARK HOTEL VALKENBURG
TEAM TIBCO SILICON VALLEY BANK
DROPS - LE COL SUPPORTED BY TEMPUR
JUMBO VISMA WOMEN TEAM
PLANTUR - PURA
BINGO CASINO - CHEVALMEIRE

SCANDIC SARPSBORG

Sandesundsveien 1, 1706 Sarpsborg
+47 69 12 42 00
<https://www.scandichotels.no/hotell/norge/sarpsborg/scandic-sarpsborg>

The following teams/groups are accommodated at this hotel:

MOBILE VAKTER
POLITI

TEAM HOTELS

13. - 14. AUGUST

SCANDIC BRENNEMOEN

Brennemeien 20, 1850 Mysen
+47 64 87 90 00
brennemoen@scandichotels.com
<https://www.scandichotels.no/hotell/norge/mysen/scandic-brennemoen>

The following teams/groups are accommodated at this hotel:

ALE' BTC LJUBLJANA
VALCAR - TRAVEL & SERVICE
PARK HOTEL VALKENBURG
TEAM TIBCO SILICON VALLEY BANK
DROPS - LE COL SUPPORTED BY TEMPUR
JUMBO VISMA WOMEN TEAM
PLANTUR - PURA
BINGO CASINO - CHEVALMEIRE

QUALITY HOTEL ENTRY

Lienga 11, 1414 Kolbotn
+47 66 99 78 00
q.entry@chioce.no
<https://www.nordicchoicehotels.no/hotell/norge/kolbotn/quality-hotel-entry/>

The following teams/groups are accommodated at this hotel:

HITEC PRODUCTS
CANYON / SRAM RACING
FDJ NOUVLLE - AQUITAINE FUTUROSCOPE
MOVISTAR TEAM WOMEN
TEAM BIKE EXCHANGE
TEAM DSM
TEAM SD WORX
TREK - SEGAFREDO
LIV RACING
NATIONAL TEAM NORWAY

CLARION COLLECTION HOTEL TOLLBODEN

Tollbugata 43, 3044 Drammen
+47 32 80 51 00
<https://www.nordicchoicehotels.no/hotell/norge/drammen/clarion-collection-hotel-tollboden/>

The following teams/groups are accommodated at this hotel:

RACE DIRECTION
POLITI
MOBILE VAKTER
DRIVERS

14. - 15. AUGUST

NOREFJELL SKI & SPA

Bøseter, 3543 Noresund
+47 32 14 82 00
<https://norefjellskiogspa.no/>

The following teams/groups are accommodated at this hotel:

ALE' BTC LJUBLJANA
CANYON / SRAM RACING
FDJ NOUVLLE - AQUITAINE FUTUROSCOPE
MOVISTAR TEAM WOMEN
TEAM BIKE EXCHANGE
TEAM DSM
TEAM SD WORX
TREK - SEGAFREDO
LIV RACING
VALCAR - TRAVEL & SERVICE
PARK HOTEL VALKENBURG
TEAM TIBCO SILICON VALLEY BANK
DROPS - LE COL SUPPORTED BY TEMPUR
HITEC PRODUCTS
JUMBO VISMA WOMEN TEAM
PLANTUR - PURA
BINGO CASINO - CHEVALMEIRE
NATIONAL TEAM NORWAY
MOBILE VAKTER
POLITI
RACE DIRECTION
DRIVERS

HOSPITALS

Hospital, stage 1:

Sykehuset Østfold
Kalnesveien 300, 1714 Grålum
Telephone: + 47 69 86 00 00
Emergency number: 113

Hospital, stage 2:

Sykehuset Østfold
Kalnesveien 300, 1714 Grålum
Telephone: + 47 69 86 00 00
Emergency number: 113

Hospitals stage 3:

First part:
Drammen sykehus
Dronninggata 28, 3004 Drammen
Telephone: +47 32 80 30 00
Emergency number: 113

Last part:

Ringerike sykehus
Arnold Dybsjords vei 1, 3511 Hønefoss
Telephone: +47 32 11 60 00
Emergency number: 113

Hospitals stage 4:

First part:
Ahus
Sykehusveien 25, Lørenskog
Telephone: +47 67 96 00 00
Emergency number: 113

Last part:

Sykehuset Østfold
Kalnesveien 300, 1714 Grålum
Telephone: + 47 69 86 00 00
Emergency number: 113



JOIN THE
**UCI WOMEN'S
WORLDTOUR
COMMUNITY**



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 www.uci.org

#UCIWWT

DISTANCES TO START FROM THE HOTELS IN HALDEN

Stage 1:

Hotel to start:

Thon Hotel Halden: 0 km
Clarion Collection Park Hotel: 2 km
Fredriksten hotell: 2 km

Stage 2:

Hotel to start:

Thon Hotel Halden: 63 km. Approximately 1 hour.
Clarion Collection Park Hotel: 63 km. Approximately 1 hour.
Scandic Brennemoen: 7 km.
Scandic Sarpsborg: 47 km. Approximately 45 minutes.

Stage 3:

Hotel to start:

Scandic Brennemoen: 86 km. Approximately 1h 19 min.
Quality hotel Entry: 53 km. Approximately 45 minutes.
Clarion Collection Hotel Tollboden: 2 km

Stage 4:

Hotel to start:

Norefjell ski & spa: 131 km. Approximately 2h 10 minutes.

DISTANCES FROM FINISH TO THE HOTELS IN HALDEN

Stage 1:

Finish to hotel:

Thon Hotel Halden: 32 km. Approximately 30 minutes.
Clarion Collection Park Hotel: 30 km. Approximately 25 minutes.
Scandic Brennemoen: 47 km. Approximately 45 minutes.
Scandic Sarpsborg: 0 km.

Stage 2:

Finish to hotel:

Scandic Brennemoen: 5,4 km.
Quality hotel Entry: 54 km. Approximately 40 minutes.
Clarion Collection Hotel Tollboden: 91 km. Approximately 1 h 22 minutes.

Stage 3:

Finish to hotel:

Norefjell ski & spa: 0 min



TEAMS



Ale' BTC Ljubljana



Team Bikeexchange



Bingoal Casino - Chevalmeire



Canyon//Sram Racing



Plantur-Pura



Team Coop-Hitec Products



Drops-Le Col Supported by Tempur



Team DSM



FDJ Nouvelle-Aquitaine Futuroscope



Jumbo-Visma Women Team



Liv Racing



Movistar Team Women



Parkhotel Valkenburg



Team SD Worx



Team Tibco - Silicon Valley Bank



Trek-Segafredo Women



Valcar - Travel & Service



The National Team of Norway

LEADER JERSEYS



Viken yellow jersey



Coop points jersey



Haldenkanalen QOM jersey



Eidsberg U23 jersey



Best Norwegian rider jersey (podium only)



SPECIFIC REGULATIONS

Article 1. Organization

Ladies Tour of Norway is organized by Ladies Tour of Norway AS, under the regulations of the UCI. It is to be held from 12th to 15th of August 2021

Ladies Tour of Norway AS
Svinesundsveien 332, 1788 Halden,
Phone: +47 906 49 339
Email: roy@lton.no

Article 2. Type of Event

Ladies Tour of Norway is categorized as a UCI Women's WorldTour Event, class 2.WWT

In conformity with UCI regulations articles 2.10.033 and 2.10.034, points are awarded as follows for the UCI Women's WorldTour ranking:

Final GC:

1. 400 points	10. 68 points
2. 320 points	11. 56 points
3. 260 points	12. 48 points
4. 220 points	13. 40 points
5. 180 points	14. 32 points
6. 140 points	15. 28 points
7. 120 points	16.-20. 24 points
8. 100 points	21.-30. 16 points
9. 80 points	31.-30. 8 points

Stages:

1. 50 points
2. 40 points
3. 30 points
4. 25 points
5. 20 points
6. 18 points
7. 15 points
8. 10 points
9. 8 points
10. 6 points

Wearing the leader's jersey per stage
8 points

Best young rider (U23, based at final GC):

1. 6 points
2. 4 points
3. 2 points

Article 3. Participation

The competing teams must be of the following kind: UCI Women's World teams (min 8), UCI Women's continental, UCI cyclo-cross professional teams and national team of Norway (agreement of the UCI) (according to the UCI article 2.1.005).

As per article 2.2.003 and 2.2.003 bis of the UCI regulations,

teams must be formed of minimum 4 and maximum 6 riders.

Article 4. Race Headquarters and Team Managers' Meeting

The race headquarters/permanence is located at Thon Hotel Halden, Langbrygga 1, 1767 Halden, and the opening hours are:

Wednesday 11th of August; 14:00 to 18:00

A mobile HQ-unit will be situated at all start (close to the signing-in podium).

The commissaries meeting is scheduled to take place at the Race Headquarters, from 14:30 to 15:00, the 11th of August.

Team representatives are requested to confirm their starters and collect their race numbers at the Race Headquarters from 15:30 to 16:30, the 11th of August.

The team managers' meeting is scheduled for 17:00, the 11th of August, at the Race Headquarters.

Article 5. Radio-Tour

Race information will be broadcasted in English on Radio-Tour, frequency 154.925 MHz.

Article 6. Neutral Technical Support

The neutral support is taken care of by two cars and one motorbike.

Article 7. Finishing time limits

Considering the characteristics of each stage, the finishing time limits have been set as follows: Stage 1, 2 and 4: 10 %. Stage 3: 20%.

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

Article 8. Classifications and time bonuses

The following classifications will be issued:

1. Individual Classification - yellow jersey
2. Individual Points Classification - green jersey
3. QOM Classification - polka dot jersey
4. Best Young Rider - white jersey
5. Best Norwegian Rider - flag jersey
6. Team classification

This order (a-e) is also the priority order of the jerseys.

Riders must wear their leader's jersey awarded by the organization,

except the Best Norwegian Rider jersey which not is mandatory.

After stage 1, the riders must wear the leaders' jerseys as mentioned in these regulations. If the same rider holds more than one jersey, she shall wear the most significant and the next rider in the competition must wear its respective leader's jersey etc.

Individual classification by time

The winner of Ladies Tour of Norway is the rider who, after completed all 4 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.

Individual classification by points

The Individual classification by points is drawn up after each stage by calculating the points won. On each stage except stage 3 which is a summit finish, the first six riders at the finish line will be awarded points according to the the following scale:

1st: 7p 2nd: 5p 3rd: 4p 4th: 3p 5th: 2p 6th: 1p

Furthermore, there will be points awarded for the point's classification in the intermediate sprints. There will be intermediate sprints on each stage. In each sprint 4, 3, 2 and 1 points will be awarded to the four first riders. If riders finish on equal points, the UCI regulation 2.6.017 shall apply by using the following criteria:

1. Number of stage wins
2. Number of wins in the intermediate sprints
3. General individual classification by time

The leader of the point's classification must wear the green jersey.

QOM Classification

The QOM classification will be rewarded for designated QOM summits during the race, and at the finish line of stage 3. At each QOM summit the first four riders will be given points: 4-3-2-1 points.

The overall winner will be the rider who scores most points. Should riders finish equal on points the UCI regulation 2.6.017 will be applied by the following criteria:

1. Number of QOM sprints won
2. General individual classification by time

The leading rider in this classification must wear the polka dot jersey.

Best young rider classification

Young rider classification is open for riders born on 1st of January 1999 or later. The regulations follow the same as the individual classification by time.

The leading rider in the best young rider classification must wear the white jersey.

Best Norwegian rider classification

Best Norwegian rider classification is open for riders who are Norwegian citizens. The regulations follow the same as the individual classification by time.

The leading rider in the best Norwegian classification rider classification will be awarded the flag jersey at the podium ceremony following the stage. This jersey is for podium only, not to be used in the race.

Team Classification

In accordance with article 2.6.016 of the UCI regulations, the team classification for the day shall be calculated based on the sum of the three best individual times from each team. In the event of a tie, the following criteria shall be applied:

1. The sum of the places acquired by their three best times on the stage
2. The placing of their best rider on the stage classification

The winner of the overall team classification will be determined by adding the team result of every stage. In the event of a tie, the following criteria shall be applied:

1. Number of first places in the daily team classifications
2. Number of second places in the daily team classifications, etc

Time bonuses

Stage finish: 10-6-4 seconds to the first three riders.

Stages finishing on a circuit

All stages but stage 3 finish on a circuit, and riders or groups of riders who are lapped must not join overtaking groups. Dropped riders must obey the instructions of the commissaries at the circuit entrance and may have to wait prior to entering the circuit!

Article 9. Race Incidents Occurring in the Last 3 Kilometers

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. Her or their placing shall be determined by the order in which she 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 she was riding at the time of the accident.

This article does not apply to stage 3 which has a summit finish.

SPECIFIC REGULATIONS

Article 10. Stages expected to finish in bunch sprints

The following stages have been identified as « expected to finish in bunch sprint » - Stage 2 and 4. During these stages, the protocol of calculation of time gaps for stages “expected to finish in bunch sprints” published on the UCI website in the Regulations section will be applied.

Article 11. Prizes

The following prizes are awarded: See page 16. A grand total of € 20364,- will be awarded in prize money at the event.

Article 12. Anti-Doping

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

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

Article 13. Awards ceremony

Ceremony will be held immediately after the results are approved.

The following riders must attend the official awards ceremony:

Riders placed number 1, 2 and 3 on the stage, and the leaders of the following secondary classifications::

1. Individual general classification
2. Individual points classification
3. QOM Classification
4. Best young rider classification
5. Best Norwegian rider classification

Moreover, at the conclusion of the event after the last stage, the following riders must also present themselves at the final awards ceremony:

1. The first three riders in the individual classification by time
2. The leader of the UCI Women’s Worldtour
3. The leader of the UCI Women’s Worldtour U23
4. The winner of the individual classification by points
5. The winner of the QOM classification
6. The winner of the best young rider’s classification
7. The winner of the best Norwegian rider’s classification
8. The winner of the team classification

Article 14. Penalties

The UCI scale of penalties is the only one applicable.

Article 15. In-race communications

A secure communications and information system (the «earpiece») is authorized and may be used for safety reasons and to assist riders (UCI art 2.2.024). The frequencies must be approved by the Norwegian Communications Authority.

Article 16. Environmental protection

The organizer organizes collection areas, which are specifically designated to recover waste. These waste zones are placed before and after the feeding zones. According to the UCI-regulations there will also be signposted waste zones at approximately each 40th km at the race route.

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.

According to the UCI-regulations there will also be signposted waste zones at approximately each 40th km at the race route:

Stage 1: After 39km, at the feeding zone, after 99,5 km and in the local circuit 1,8 km before the finish.

Stage 2: After 39 km, at the feeding zone, after 115 km and in the local circuit 7,5 km before the finish.

Stage 3: After 41,5 km, at the feeding zone, after 108 km and 134 km (bottom of last climb).

Stage 4: After 40 km, at the feeding zone, after 96,8 km and in the local circuit 2,6 km before the finish line.

Article 15. Race numbers and transponders

Each rider must 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 permanence on the 11th of August when picking up the race numbers.

The time transponders must be returned at the race HQ after finishing stage 4.

Article 18. Infection control measures

The Norwegian Covid 19 regulations and the UCI Covid-19 protocol is applicable for this event. A special protocol for the event will be issued.

Article 19. Special instructions

Responsible driving:

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 there will be a rolling closure of each stage. All drivers/pilots must in addition to their official driver’s license have an approved license from their respective national federation (including a UCI license number). Only vehicles with a yellow sticker (Official, team, media) are allowed between the first and last car of the race (red and green flag).

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

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

3. Check your speed: 30/50 kph max in built-up areas, depending 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 spectators.

4. Use of mobile phones is forbidden while driving, hands-free shall be used.

5. Zero alcohol limit: 0,0g/liter of blood. Alcohol and drug tests may be carried out during the event.

Team presentation and sign-on

It will be held a team presentation along with the sign-on before all stages, where each team is given a specific time of presentation. The time schedule will be handed out at the team managers meeting. We kindly ask the teams to respect the schedule and meet as a complete team to the presentation!



PRIZE MONEY SCALE

Ranking	Stage 1	Stage 2	Stage 3	Stage 4	GC
1st	€ 735	€ 735	€ 735	€ 735	€ 588
2nd	€ 440	€ 440	€ 440	€ 440	€ 352
3rd	€ 310	€ 310	€ 310	€ 310	€ 248
4th	€ 280	€ 280	€ 280	€ 280	€ 224
5th	€ 265	€ 265	€ 265	€ 265	€ 212
6th	€ 240	€ 240	€ 240	€ 240	€ 192
7th	€ 200	€ 200	€ 200	€ 200	€ 160
8th	€ 170	€ 170	€ 170	€ 170	€ 136
9th	€ 170	€ 170	€ 170	€ 170	€ 136
10th	€ 170	€ 170	€ 170	€ 170	€ 136
11th	€ 110	€ 110	€ 110	€ 110	€ 88
12th	€ 110	€ 110	€ 110	€ 110	€ 88
13th	€ 110	€ 110	€ 110	€ 110	€ 88
14th	€ 110	€ 110	€ 110	€ 110	€ 88
15th	€ 110	€ 110	€ 110	€ 110	€ 88
16th	€ 80	€ 80	€ 80	€ 80	€ 64
17th	€ 80	€ 80	€ 80	€ 80	€ 64
18th	€ 80	€ 80	€ 80	€ 80	€ 64
19th	€ 80	€ 80	€ 80	€ 80	€ 64
20th	€ 80	€ 80	€ 80	€ 80	€ 64
Total:	€ 3 930	€ 3 930	€ 3 930	€ 3 930	€ 3 144

Points classification
Winner final GC
€ 300

QOM classification
Winner final GC
€ 300

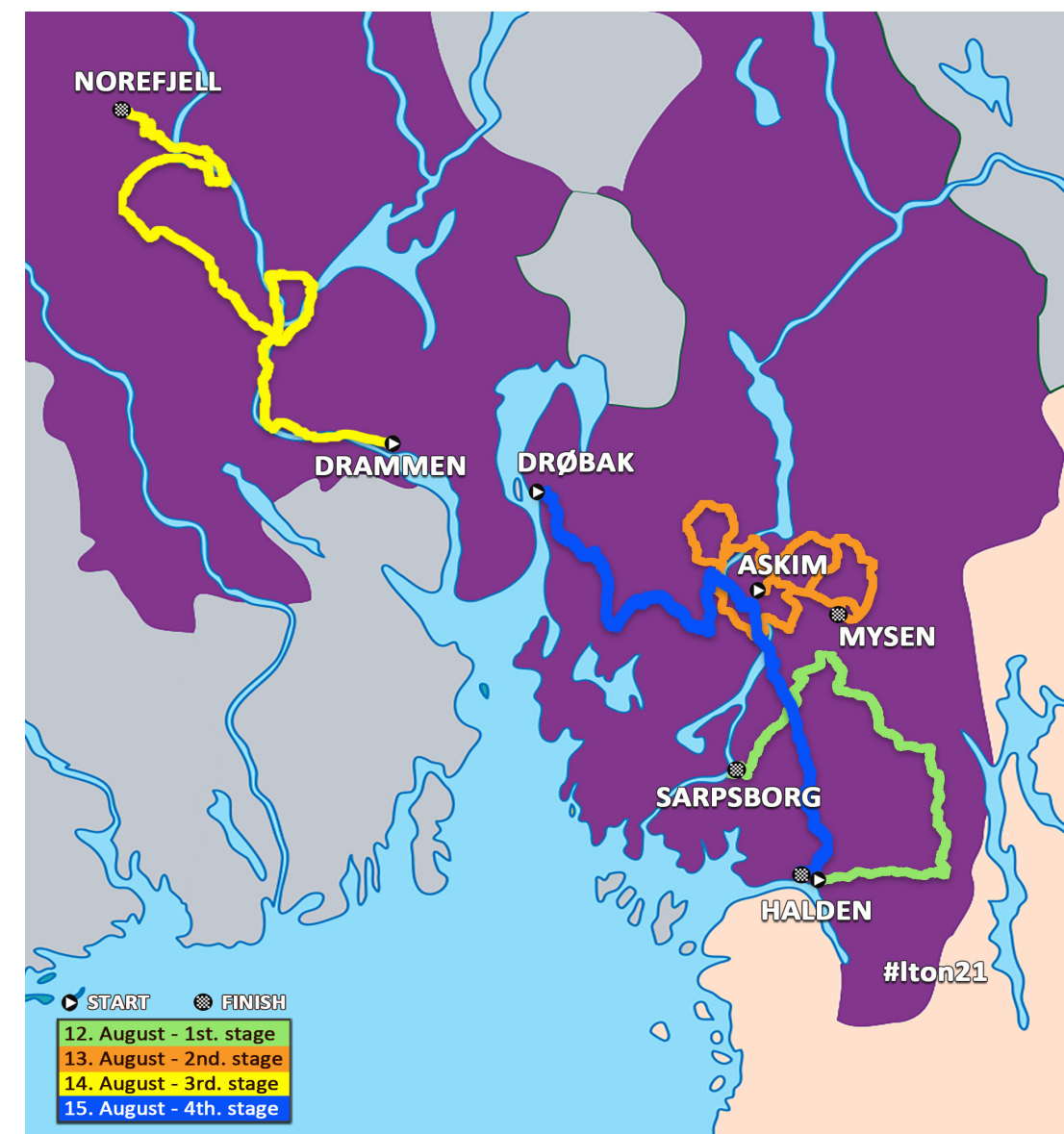
Best young rider
Winner final GC
€ 300








Best Norwegian rider
Winner final GC
€ 300









Best team Classification
Winner final GC
€ 300

Other prizes: Selection of different customized prizes created by Scandinavian artists will be given to all riders who will be awarded on the podium each stages and GC.

RACE MAP

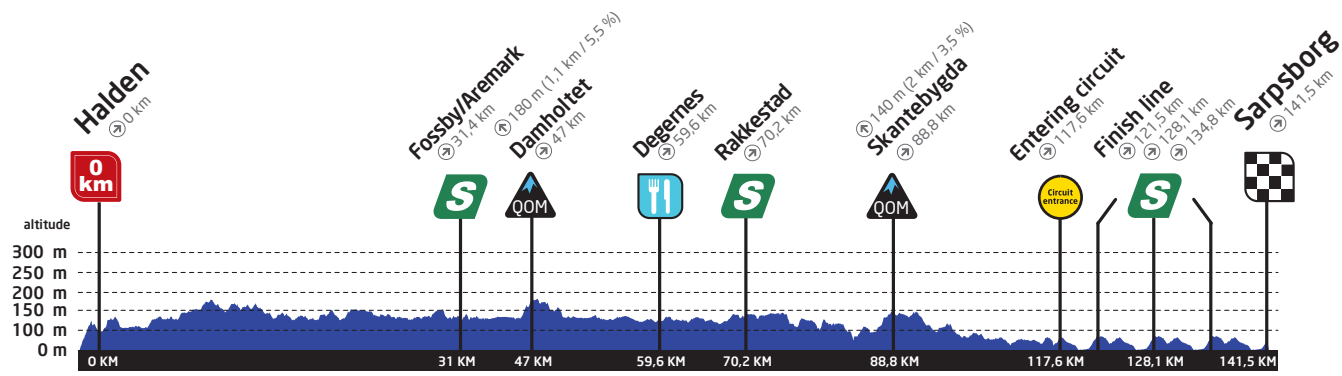


-  Start
-  Intermediate sprint
-  Official start
-  QOM summit
-  Finish
-  Feeding zone
-  Parking front vehicles

-  Mandatory passing point
-  Media centre
-  1 km to the finish
-  Parking team
-  Technical zone
-  Parking VIP/guest
-  Parking media
-  Parking organization

STAGE 1: HALDEN - SARPSBORG | 141,5 KM

Stage profile



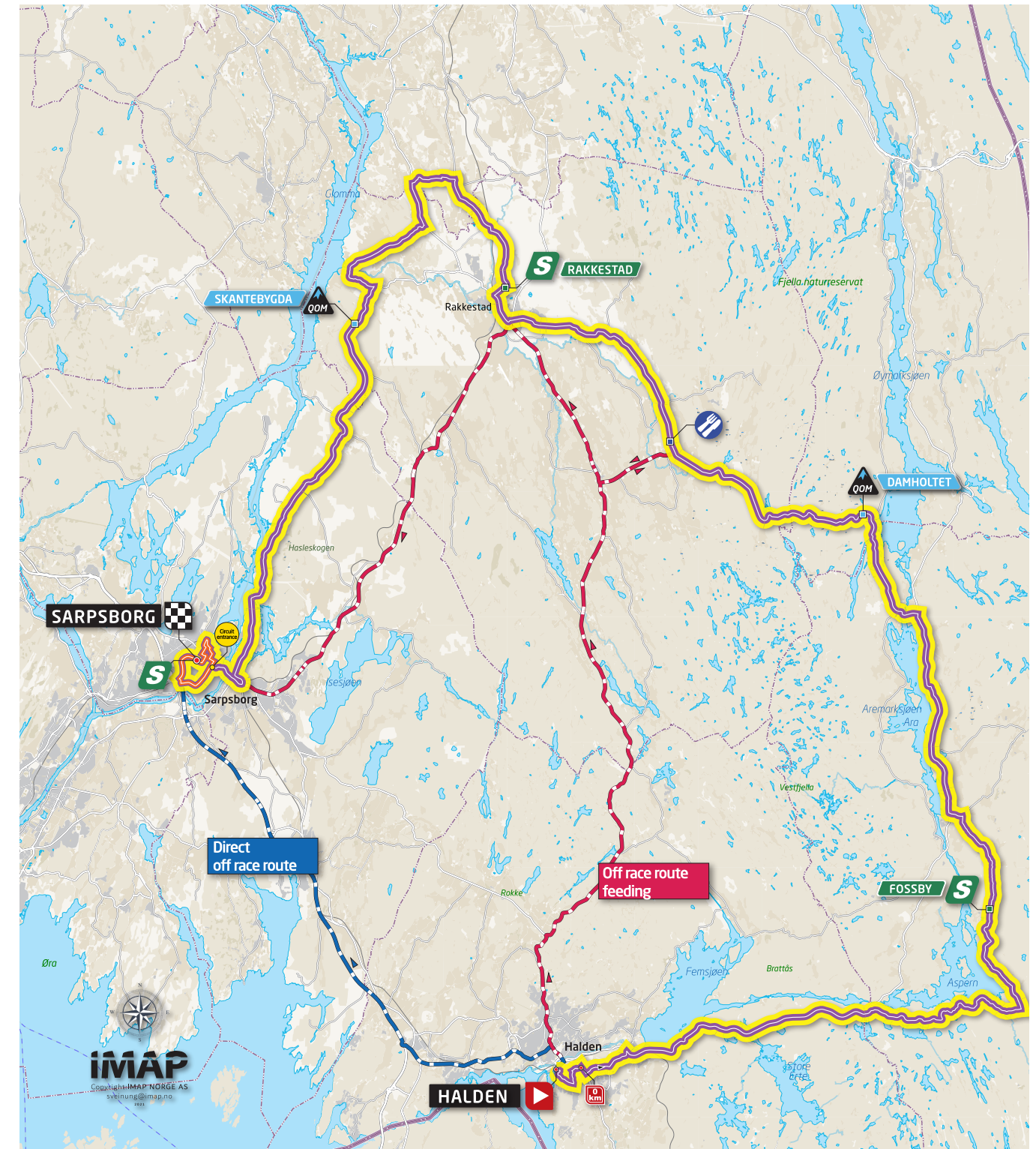
Start area

PPO | GPS Coordinates: Lat.: 59.118538 Long.: 11.381267



STAGE 1: HALDEN - SARPSBORG | 141,5 KM

Race route



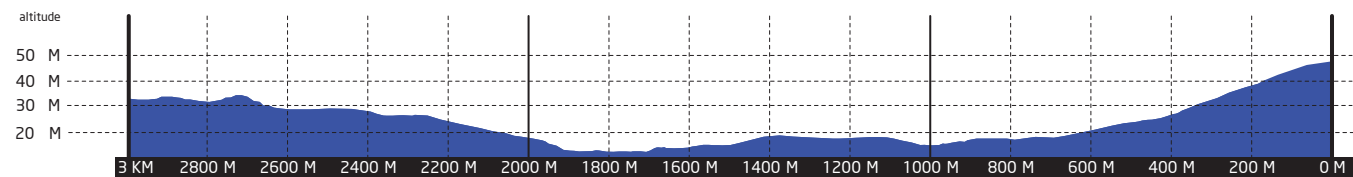
Off Race Route Direct: Follow RV204 direction E6. Then follow E6 direction Oslo. At E6, take exit 6 direction Sarpsborg. Enter the race route at Sandesund. Follow the race route until the deviation point at the finish line. Bus access to team parking: Go through the following route in Sarpsborg: Sandesundsveien 83 to Sandesundsveien 13.

Off Race Route Feeding: Follow FV220 towards Rakkestad. Then FV1222 direction Bjørnstad. Then enter FV124 (race route) for 2,5 km. GPS Coordinates: Lat.: 59.385605 Long.: 11.470748

Final circuit



Last 3 kilometer

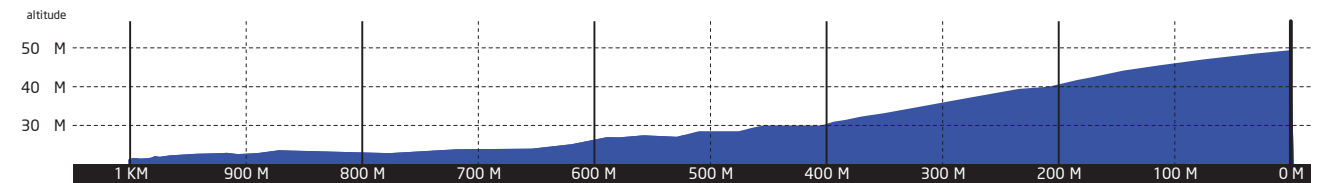


Finish area

Final circuit: 3 laps of 6,7 km.
Finish straight: Finish straight 400 meters slight uphill. Width: 6 meters.
Address finish line: Korsgata 4, Sarpsborg. GPS: Lat.: 59.281790 Long.: 11.108403



Last kilometer



Other stage info:
 Online maps and GPX: ladiestour.no

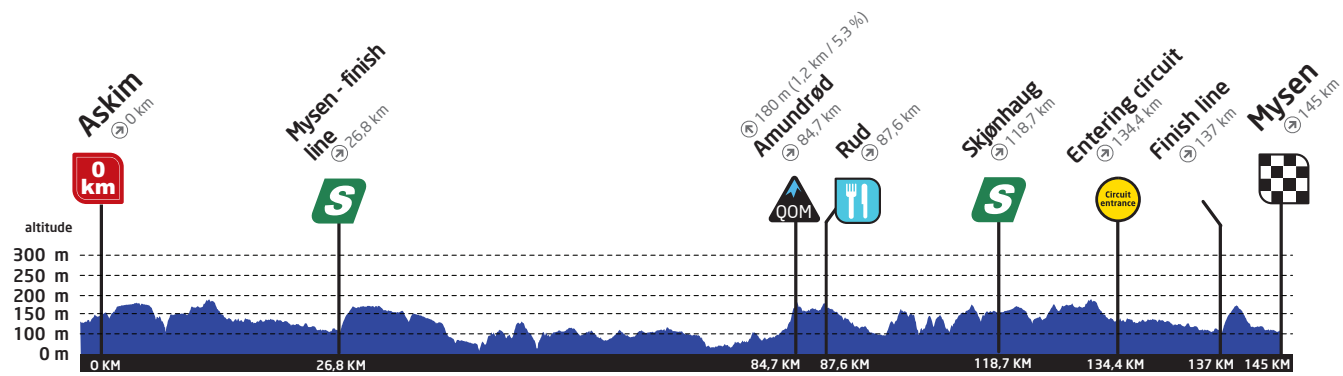
Route description

	From zero	To finish	KM/H	KM/H	KM/H
			40	38	36
5,7 km neutral zone					
Start - Halden	-5.7		14:10	14:10	14:10
Junction Festningsgata/Knardalsbakken	-5.4				
Junction Hovsveien/Generalveien	-4.5				
Junction Generalveien/Iddeveien	-3.2				
Junction Iddeveien/Harekasveien	-2.8				
Junction Harekasveien/Øbergveien	-1.7				
Junction Georg Feydts gate/Aremarkveien	-0.6				
Official start - Tistedal	0.0	141.5	14:20	14:20	14:20
Fjell bru	11.4	130.1	14:37	14:38	14:39
Junction FV21/FV106	11.5	130.0	14:37	14:38	14:39
Entering Aremark municipality	11.5	130.0	14:37	14:38	14:39
Attention: Narrow bridge	13.2	128.3	14:39	14:40	14:42
Bjørkebekk	19.9	121.6	14:49	14:51	14:53
Junction FV106/FV1322	20.0	121.5	14:49	14:51	14:53
Junction FV1322/FV1320	30.2	111.3	15:05	15:07	15:10
Haugebykrysset	30.2	111.3	15:05	15:07	15:10
Junction FV1320/FV21	30.9	110.6	15:06	15:08	15:11
Fossby	31.0	110.5	15:06	15:08	15:11
S Intermediate sprint - Aremark	31.4	110.1	15:07	15:09	15:12
Junction FV21/FV124	40.4	101.1	15:20	15:23	15:27
Strømsfoss	40.9	100.6	15:21	15:24	15:28
Attention: Narrow bridge	41.2	100.3	15:21	15:25	15:28
Damholtet	45.8	95.7	15:28	15:32	15:36
QOM climb start	45.8	95.7	15:28	15:32	15:36
Junction FV124	45.9	95.6	15:28	15:32	15:36
QOM - Damholtet	47.0	94.5	15:30	15:34	15:38
Entering Rakkestad municipality	50.2	91.3	15:35	15:39	15:43
Skammelsrud	57.0	84.5	15:45	15:50	15:55
Degernes	59.1	82.4	15:48	15:53	15:58
TI Feeding zone	59.5	82.0	15:49	15:53	15:59
Rakkestad	67.9	73.6	16:01	16:07	16:13
Junction FV124/RV22	68.1	73.4	16:02	16:07	16:13
Bergenshuskrysset	68.2	73.3	16:02	16:07	16:13
Junction RV22/FV124	68.2	73.3	16:02	16:07	16:13
Roundabout FV124	68.6	72.9	16:02	16:08	16:14
Attention: Speed bumps	69.2	72.3	16:03	16:09	16:15
Roundabout FV124	69.6	71.9	16:04	16:09	16:16
S Intermediate sprint - Rakkestad	70.2	71.3	16:05	16:10	16:16
Junction FV124/FV1212	70.4	71.1	16:05	16:11	16:17
Attention: Narrow underpass	73.1	68.4	16:09	16:15	16:21
Entering Indre Østfold municipality	74.5	67.0	16:11	16:17	16:24
Heia	75.7	65.8	16:13	16:19	16:26
Junction FV1212/FV1240	80.2	61.3	16:20	16:26	16:33
Tokerud (Eidsberg stasjon)	80.2	61.3	16:20	16:26	16:33
Junction FV1240/FV124	82.7	58.8	16:24	16:30	16:37
Entering Rakkestad municipality	87.6	53.9	16:31	16:38	16:46
Vortvedt	89.3	52.2	16:33	16:40	16:48
Junction FV124/FV1210	89.3	52.2	16:33	16:41	16:48
Attention: Narrow bridge	93.3	48.2	16:39	16:47	16:55
Junction FV1210/FV581	94.9	46.6	16:42	16:49	16:58
Krossby	95.0	46.5	16:42	16:49	16:58

	KM from start	KM to end	KM/H	KM/H	KM/H
			40	38	36
QOM climb start	95.9	45.6	16:43	16:51	16:59
QOM - Skantebygda	97.8	43.7	16:46	16:54	17:03
Entering Sarpsborg municipality	100.9	40.6	16:51	16:59	17:08
Varteig	105.8	35.7	16:58	17:07	17:16
Hafslundsøy	112.0	29.1	17:07	17:16	17:26
Roundabout FV581/RV22	115.8	25.1	17:13	17:22	17:33
Hafslund	116.0	25.1	17:14	17:23	17:33
Roundabout RV22	116.3	25.1	17:14	17:23	17:33
Passing Sarpefossen	116.6	24.1	17:14	17:24	17:34
Junction FV118/FV109	117.1	24.1	17:15	17:24	17:35
Entering final circuit	117.6	23.1	17:16	17:25	17:36
Junction FV109	117.6	23.1	17:16	17:25	17:36
Attention: Narrow point	119.3	22.1	17:18	17:28	17:38
Junction FV109	119.4	22.1	17:19	17:28	17:39
Sandesund - first passing	119.5	22.1	17:19	17:28	17:39
Junction Torsbekkveien	119.7	21.1	17:19	17:29	17:39
Roundabout Torsbekkveien	120.5	21.0	17:20	17:30	17:40
Finishline - 3 laps to go	121.5	20.0	17:22	17:31	17:42
Junction Glengsgate/Kirkegata	121.7	19.8	17:22	17:32	17:42
Junction Glengsgata/Sigvat Skalds gate	122.0	19.5	17:22	17:32	17:43
Roundabout Sigvat Skalds gate	122.1	19.4	17:23	17:32	17:43
Junction Roald Amundsens gt/Olav Haraldssons gt	122.3	19.2	17:23	17:33	17:43
Junction Bryggeriveien/Opsundveien	122.9	18.6	17:24	17:34	17:44
Junction Opsundveien/St Nikoloas gt	123.3	18.2	17:24	17:34	17:45
Junction St Nikolas gt/Rosenkrantz gt	123.6	17.9	17:25	17:35	17:46
Junction Rosenkrantz gt/Oskars gt	123.9	17.6	17:25	17:35	17:46
Junction Oskars gt/Oscar Pedersens vei	124.1	17.4	17:26	17:35	17:46
Passing circuit entrance point	124.3	17.2	17:26	17:36	17:47
Sandesund - second passing	126.1	15.4	17:29	17:39	17:50
S Intermediate sprint - finish line	128.1	13.4	17:32	17:42	17:53
Finish line - 2 laps to go	128.1	13.4	17:32	17:42	17:53
Sandesund - third passing	132.8	8.7	17:39	17:49	18:01
Finish line - 1 lap to go	134.8	6.7	17:42	17:52	18:04
Sandesund - last passing	139.5	2.0	17:49	18:00	18:12
Finish Sarpsborg	141.5	0.0	17:52	18:03	18:15

STAGE 2: ASKIM - MYSEN | 145,2 KM

Stage profile



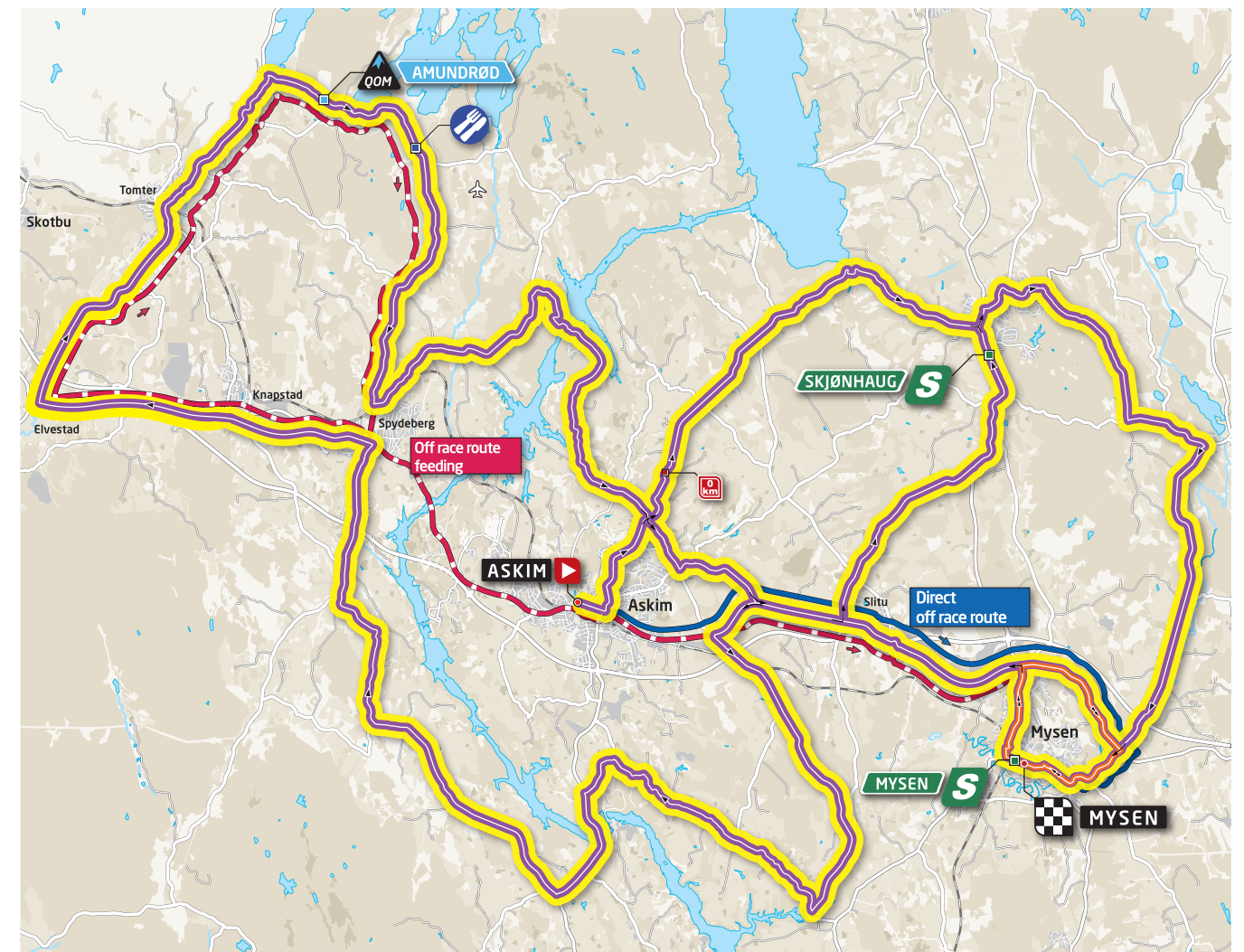
Start area

PPO | GPS Coordinates: 59.581060 Long: 11.170790



STAGE 2: ASKIM - MYSEN | 145,2 KM

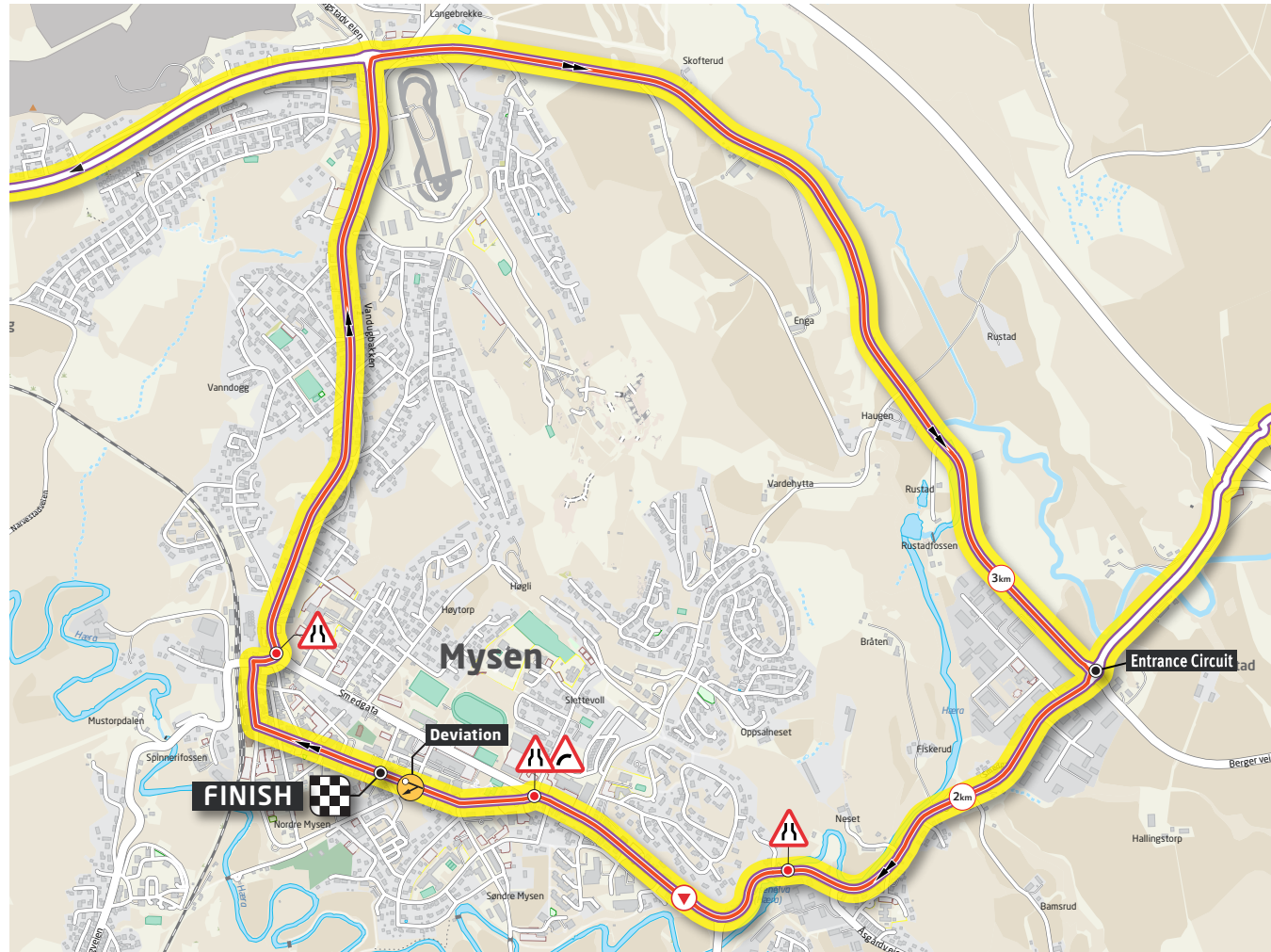
Race route



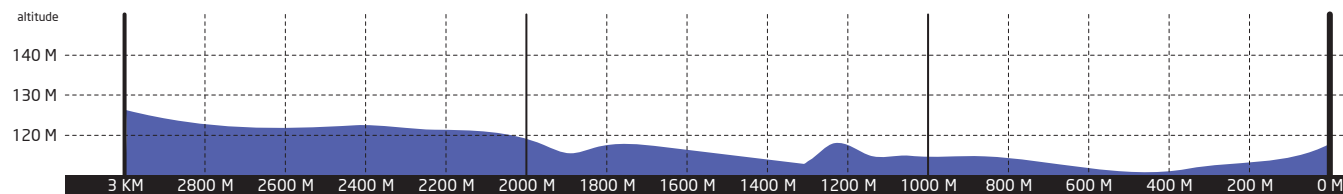
Off Race Route Direct: Follow FV128 direction Mysen, and then FV128 direction Lundebø. Enter race route at Ramstadkrysset. Follow the race route until the deviation point at the finish line.

Off Race Route Feeding: Follow FV128 direction Spydeberg. Enter the race route and follow until the feeding zone at Lyserenveien. GPS Coordinates: Lat.: 59.670951 Long.: 11.098825

Final circuit

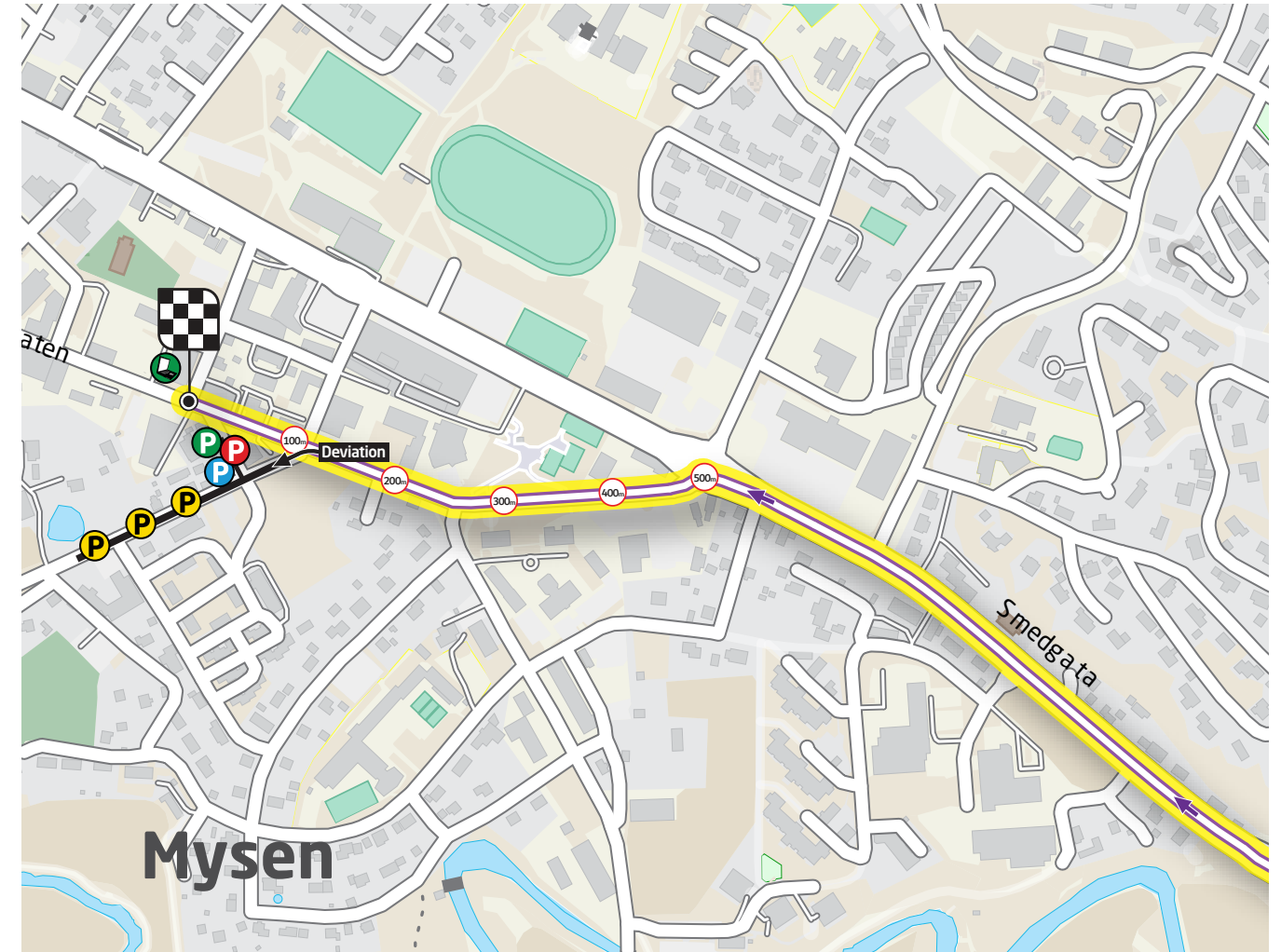


Last 3 kilometer

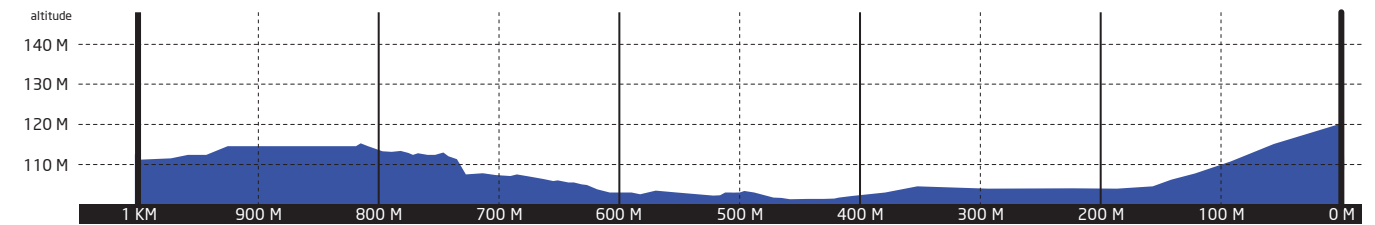


Finish area

Final circuit: 1 lap of 8,2 km.
Finish straight: Finish straight 450 meters slight uphill. Width: 6 meters.
Address finish line: Storgata 17, Mysen. GPS: Lat.: 11.098825 Long.: 11.332227.









Last kilometer



Other stage info:
 Online maps and GPX: ladiestour.no

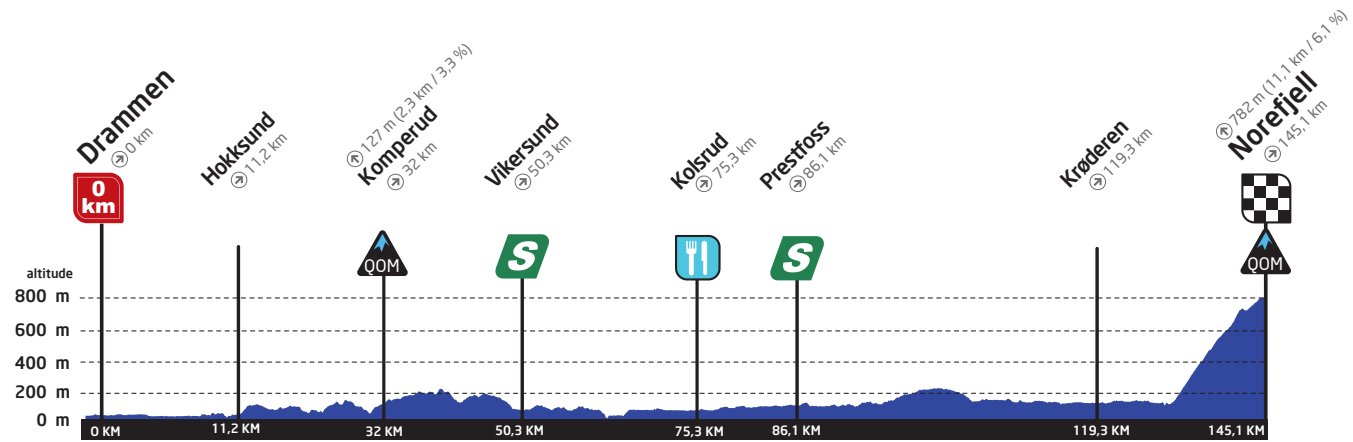
Route description

	From zero	To finish	KM/H	KM/H	KM/H
			40	38	36
4,9 km neutral zone					
Start - Askim	-4.9	150.1	14:00	14:00	14:00
Roundabout Eidsbergveien	-4.4				
Junction FV115/FV1266	-1.9				
 Official start - Askim	0.0	145.2	14:12	14:12	14:12
Attention: Fast decent and narrow bridge	5,4	139,7	14:20	14:20	14:21
Skjønhaug - first passsing	8,8	136,4	14:25	14:25	14:26
Junction FV115/RV22	9,0	136,1	14:25	14:26	14:27
Junction RV22/FV115	9,5	135,7	14:26	14:26	14:27
Junction FV115/FV1298	11,2	134,0	14:28	14:29	14:30
Junction FV1298/FV1300	14,9	130,3	14:34	14:35	14:36
Junction FV1300/FV123	16,7	128,5	14:37	14:38	14:39
Roundabout FV123/Ev18	23,1	122,1	14:46	14:48	14:50
Roundabout RV22/Ev18	23,3	121,9	14:46	14:48	14:50
Roundabout RV22	24,1	121,1	14:48	14:50	14:52
Junction RV22/FV129	25,5	119,7	14:50	14:52	14:54
Junction FV129/Storgata	26,2	119,0	14:51	14:53	14:55
 Intermediate sprint - Mysen	26,7	118,5	14:52	14:54	14:56
Finish line - First passing	26,7	118,5	14:52	14:54	14:56
Junction Storgata/Jernbanegata	27,1	118,1	14:52	14:54	14:57
Junction Jernbanegata/Folkenborgveien	27,3	117,9	14:52	14:55	14:57
Roundabout Folkenborgveien/FV129	27,3	117,9	14:52	14:55	14:57
Roundabout FV129/FV128	29,1	116,1	14:55	14:57	15:00
Roundabout FV128/Ev18	32,1	113,1	15:00	15:02	15:05
Roundabout FV128/Ev18	32,3	112,9	15:00	15:02	15:05
Slitu	33,4	111,8	15:02	15:04	15:07
Junction FV128	33,6	111,6	15:02	15:04	15:07
Sekkelsten	36,3	108,9	15:06	15:09	15:12
Roundabout FV128/FV124	36,7	108,5	15:06	15:09	15:13
Roundabout FV124	37,0	108,2	15:07	15:10	15:13
Roundabout FV124/Ev18	37,2	108,0	15:07	15:10	15:13
Roundabout FV124/Ev18	37,3	107,9	15:07	15:10	15:14
Lekum mølle	44,1	101,1	15:18	15:21	15:25
Junction FV124/FV1242	44,1	101,1	15:18	15:21	15:25
Junction FV1242/KV28400	50,1	95,1	15:27	15:31	15:35
Skjørtensvingen	50,1	95,1	15:27	15:31	15:35
Junction KV28400/FV115	51,1	94,0	15:28	15:32	15:37
Passing river Glomma	52,2	93,0	15:30	15:34	15:38
Entering Skiptvedt municipality	52,3	92,9	15:30	15:34	15:39
Junction FV115/FV122	53,8	91,4	15:32	15:36	15:41
Entering Indre Østfold municipality	56,4	88,8	15:36	15:40	15:45
Spydeberg	66,3	78,9	15:51	15:56	16:02
Junction FV122/FV128	66,4	78,8	15:51	15:56	16:02
Junction FV128/FV211	69,7	75,5	15:56	16:02	16:08
Elvestad	73,9	71,3	16:02	16:08	16:15
Junction FV128/FV120	74,0	71,2	16:02	16:08	16:15
Roundabout FV120/E18	74,5	70,7	16:03	16:09	16:16
Roundabout FV120/E18	74,8	70,4	16:04	16:10	16:16
Tomter	79,0	66,2	16:10	16:16	16:23
Attention: Railway passing	79,5	65,7	16:11	16:17	16:24
Junction FV120/FV122	83,4	61,8	16:17	16:23	16:30
QOM climb start	83,5	61,7	16:17	16:23	16:31
 QOM - Amundrød	84,7	60,5	16:19	16:25	16:33

	KM from start	KM to end	KM/H	KM/H	KM/H
			40	38	36
 Feeding zone	87.6	57.6	16:23	16:30	16:37
Spydeberg	92.9	52.2	16:31	16:38	16:46
Junction FV122/FV1030	93.5	51.7	16:32	16:39	16:47
Junction FV1030/KV1085	98.5	46.7	16:39	16:47	16:56
Attention: Fast decent - narrow road	98.7	46.5	16:40	16:47	16:56
Attention: Sharp turns - narrow road	99.7	45.5	16:41	16:49	16:58
Attention: Narrow bridge	99.9	45.3	16:41	16:49	16:58
Solbergfoss	99.9	45.2	16:41	16:49	16:58
Junction FV1266/FV115	105.7	39.5	16:50	16:58	17:08
Junction FV1266/FV1270	107.0	38.2	16:52	17:00	17:10
Junction FV1270/KV20048	107.4	37.8	16:53	17:01	17:11
Junction KV20048/FV128	109.1	36.1	16:55	17:04	17:13
Junction FV128 /FV1246	111.0	34.2	16:58	17:07	17:17
Slitu	111.2	34.0	16:58	17:07	17:17
Junction FV1246/RV22	115.8	29.3	17:05	17:14	17:25
 Intermediate sprint - Skjønhaug	118.7	26.5	17:09	17:19	17:29
Skjønhaug - second passing	119.3	25.9	17:10	17:20	17:30
Junction RV22/FV115	119.7	25.5	17:11	17:21	17:31
Junction FV115/FV1298	121.4	23.8	17:14	17:23	17:34
Junction FV1298/FV1300	125.1	20.1	17:19	17:29	17:40
Risbråthekrysset - second passing	125.1	20.1	17:19	17:29	17:40
Junction FV1300/FV123	127.0	18.2	17:22	17:32	17:43
Roundabout FV123/Ev18	133.4	11.8	17:32	17:42	17:54
Ramstadkrysset - second passing	133.4	11.7	17:32	17:42	17:54
Roundabout FV123/Ev18	133.5	11.6	17:32	17:42	17:54
Roundabout RV22	134.3	10.9	17:33	17:44	17:55
Circuit entrance	134.4	10.8	17:33	17:44	17:55
Junction FV129/Storgata	136.4	8.7	17:36	17:47	17:59
Finish line - last passing	137.0	8.2	17:37	17:48	18:00
Junction Jernbanegata/Folkenborgveien	137.5	7.5	17:38	17:49	18:01
Roundabout Folkenborgveien/FV129	137.6	7.5	17:38	17:49	18:01
Roundabout FV129/FV128	139.4	5.8	17:41	17:52	18:04
Junction FV128/RV22	142.5	2.7	17:45	17:56	18:09
Passing circuit entrance point	142.6	2.5	17:45	17:57	18:09
Junction FV129/Storgata	144.7	0.5	17:49	18:00	18:13
 Finish - Mysen	145.2	0.0	17:49	18:01	18:13

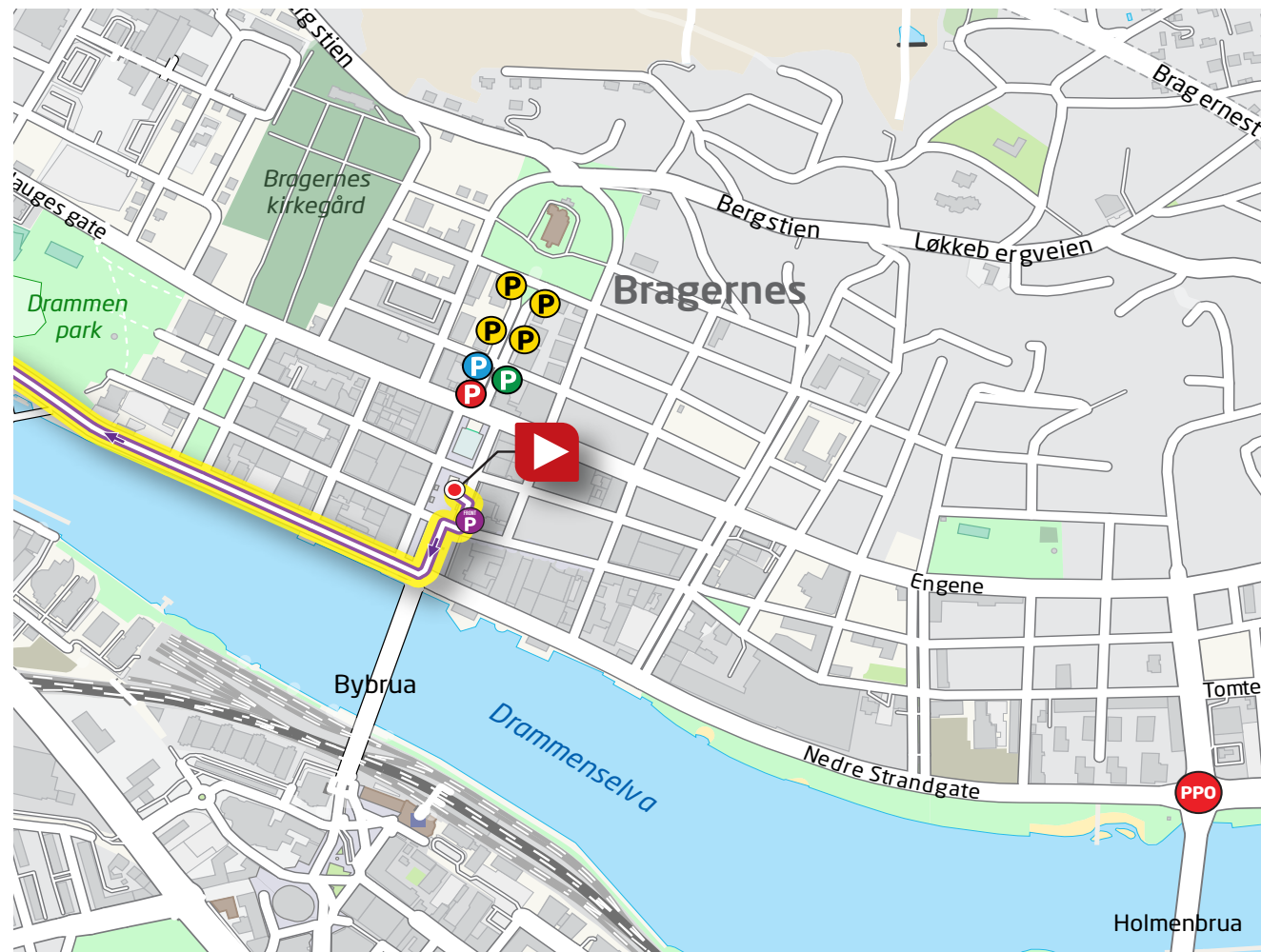
STAGE 3: DRAMMEN - NOREFJELL | 145 KM

Stage profile



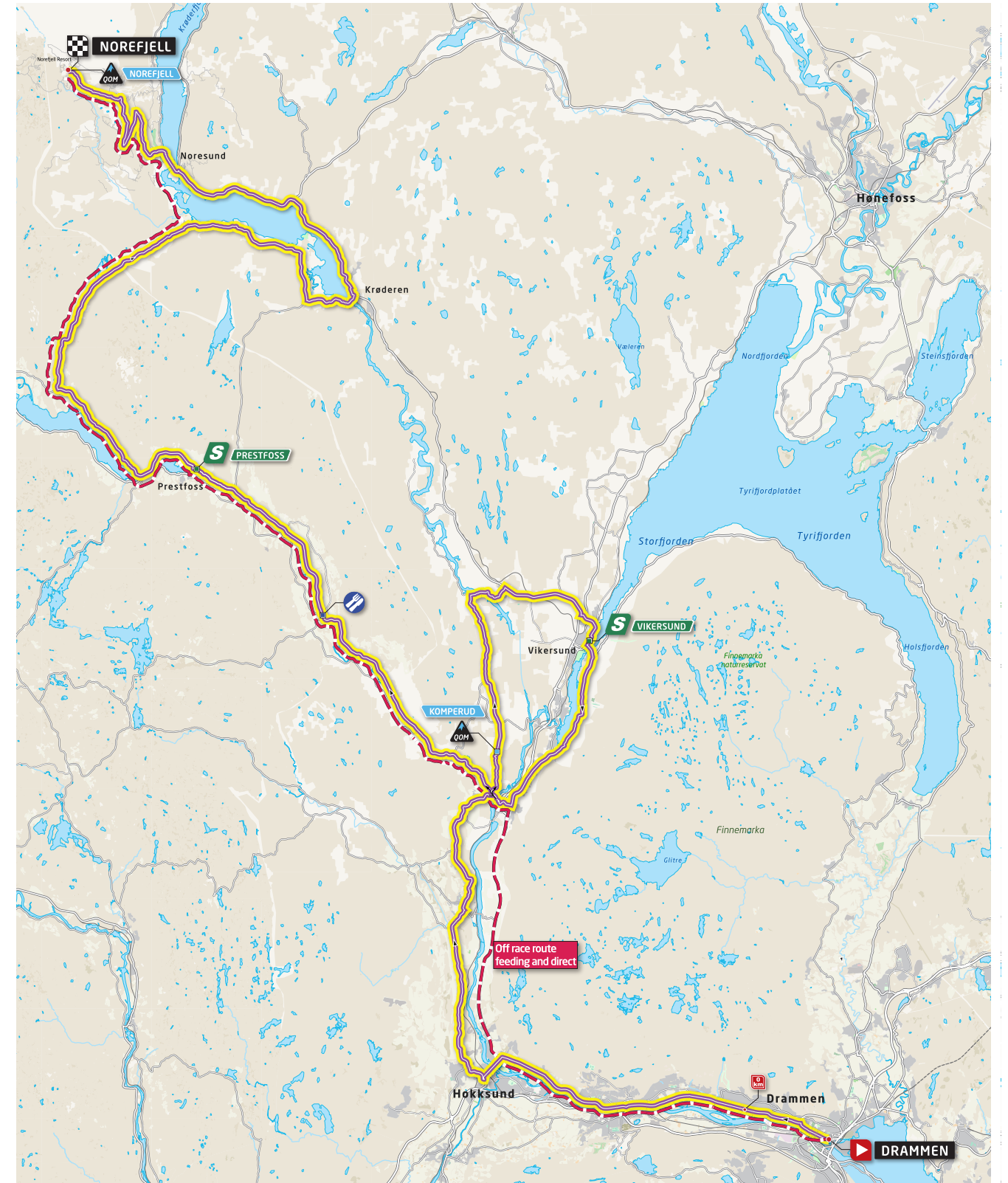
Start area

PPO | GPS Coordinates: Lat.: 59.740454 Long.: 10.219729



STAGE 3: DRAMMEN - NOREFJELL | 145 KM

Race route



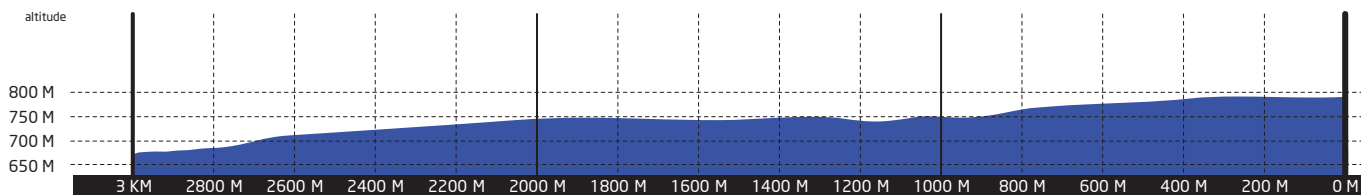
Off Race Route Direct: Follow FV283 direction Hokksund. Then RV350 until FV287 Åmot S. Enter FV287 (race route). Follow the race route until Vollmo. Take left direction Noresund. Enter the race route again at Noresund. Follow the race route until the deviation point at the finish line. Bus access to team parking/hotel parking: Passing the finish line, do not follow the deviation.

Feeding Zone (off race route): Follow FV283 direction Hokksund. Then RV350 until FV287 Åmot S. Enter FV287 (race route). Follow the race route to the feeding zone. GPS Coordinates: Lat.: 59.977611 Long.: 9.756476

Last 3 kilometers

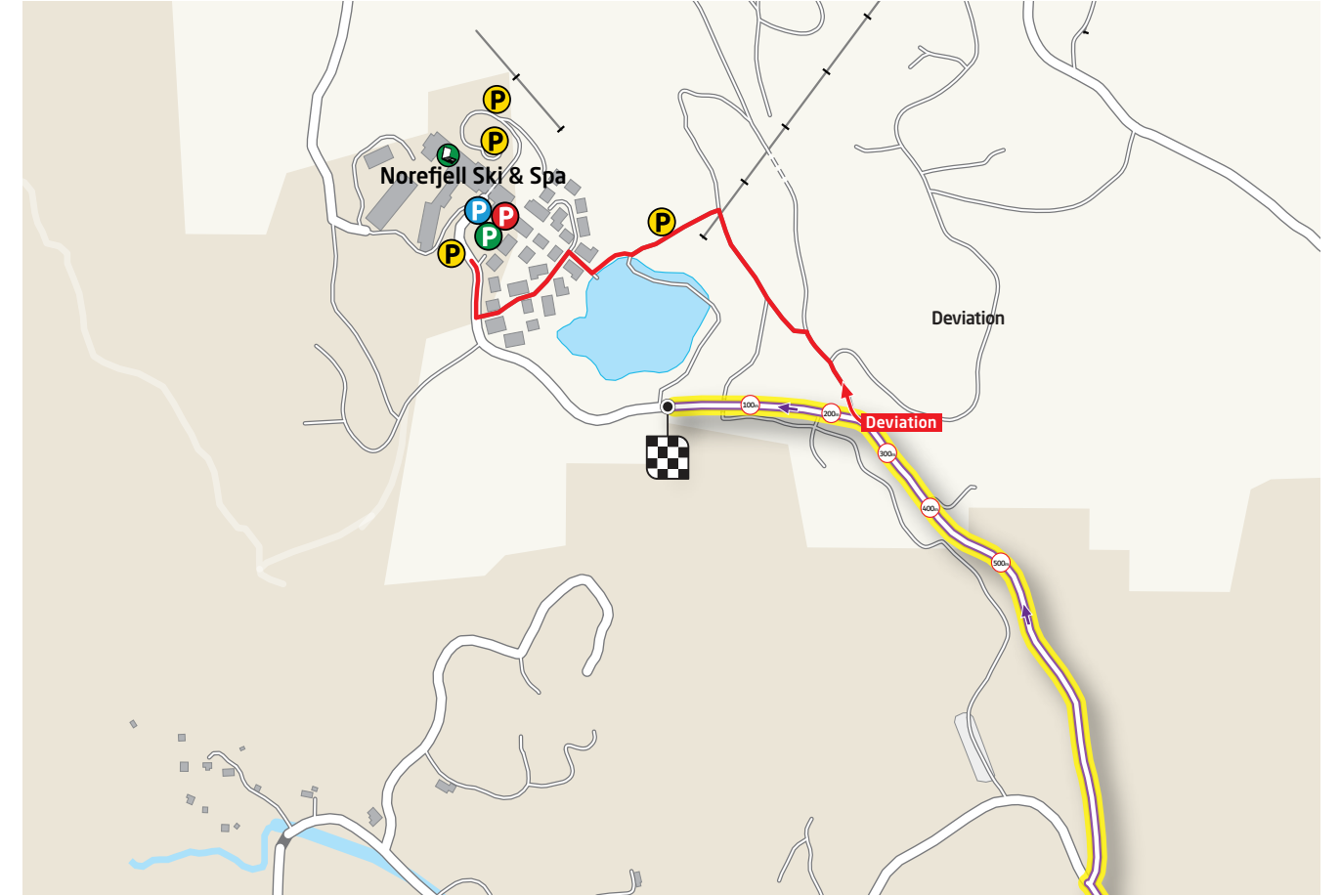


Last 3 kilometer

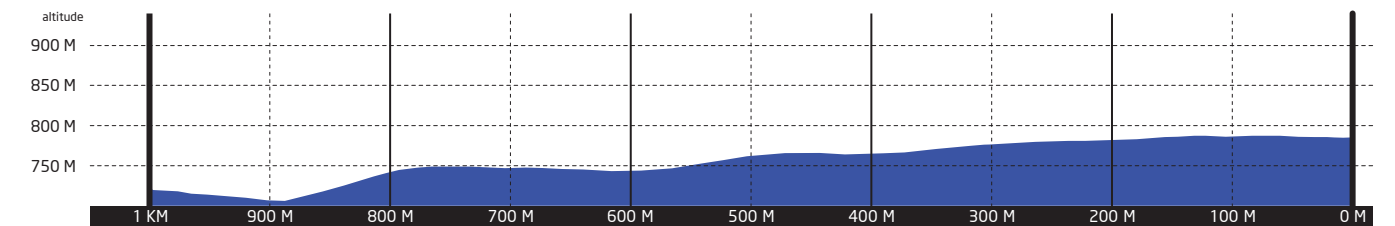


Finish area

Finish straight: 250 m slight uphill. Width: 5,5 meters.
Address finish line: Bøseter, 3543 Noresund. GPS: Lat.; 60.226363 Long.: 9.519954



Last kilometer



Other stage info:
[Online maps and GPX: ladiestour.no](http://ladiestour.no)

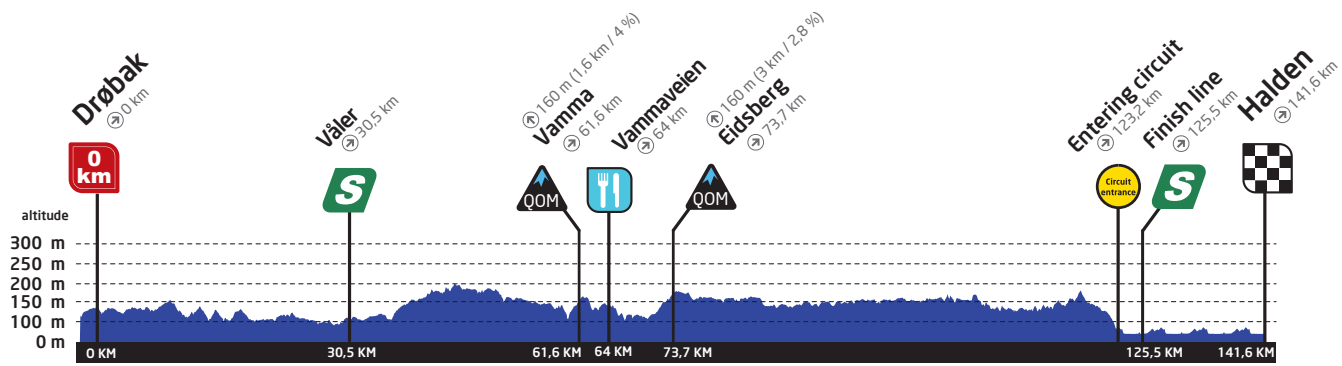
Route description

	From zero	To finish	KM/H	KM/H	KM/H
			38	36	34
6,1 km neutral zone					
Start - Drammen	-6.1		13:35	13:35	13:35
Junction Nedre Strandgate	-6.0				
Roundabout Øvre Storgate	-5.2				
Junction Vinjes gate/Rosenkrantzgata	-5.0				
Roundabout Rosenkrantzgata	-4.5				
Official start - Drammen	0.0	145.1	13:50	13:50	13:50
Roundabout FV283	0.9	144.2	13:51	13:51	13:51
Roundabout FV283/	2.5	142.6	13:53	13:54	13:54
Roundabout FV283	4.3	140.9	13:56	13:57	13:57
Roundabout FV283	5.6	139.5	13:58	13:59	13:59
Entering Øvre Eiker municipality	9.0	136.1	14:04	14:05	14:05
Hokksund	11.2	133.9	14:07	14:08	14:09
Roundabout FV283/RV350	11.5	133.7	14:08	14:09	14:10
Roundabout RV350	11.9	133.3	14:08	14:09	14:10
Roundabout RV350	12.3	132.8	14:09	14:10	14:11
Roundabout RV350	12.4	132.7	14:09	14:10	14:11
Roundabout RV350	13.0	132.1	14:10	14:11	14:12
Roundabout FV2736	13.0	132.1	14:10	14:11	14:13
Skotselv	22.5	122.6	14:25	14:27	14:29
Junction FV2736/FV2738	22.7	122.4	14:25	14:27	14:30
Junction FV2738/FV2842	22.9	122.3	14:26	14:28	14:30
Entering Modum municipality	23.6	121.5	14:27	14:29	14:31
Attention: Fast decent - sharp turn right	30.1	115.0	14:37	14:40	14:43
Junction FV2842/FV287	30.6	114.5	14:38	14:40	14:43
Junction FV287/FV2840	30.7	114.4	14:38	14:41	14:44
Start climb QOM	30.7	114.4	14:38	14:41	14:44
Åmot	31.0	114.1	14:38	14:41	14:44
Åmot	31.0	114.1	14:38	14:41	14:44
QOM Komperud	33.0	112.1	14:42	14:44	14:48
Amundrud	37.1	108.1	14:48	14:51	14:55
Junction FV2840	41.5	103.6	14:55	14:59	15:03
Attention: Narrow bridge	42.3	102.8	14:56	15:00	15:04
Sysle	43.7	101.4	14:58	15:02	15:07
Junction FV2840/FV280	43.7	101.4	14:59	15:02	15:07
Attention: Railway crossing	45.2	99.9	15:01	15:05	15:09
Junction FV280/RV350	48.2	96.9	15:06	15:10	15:15
Attention: Fast decent	48.5	96.7	15:06	15:10	15:15
Junction RV350/KV2604	48.7	96.4	15:06	15:11	15:15
Vikersund	48.8	96.3	15:07	15:11	15:16
Intermediate sprint - Vikersund	50.3	94.9	15:09	15:13	15:18
Junction KV2798/FV284	50.4	94.8	15:09	15:13	15:18
Junction FV284/FV2832	51.1	94.1	15:10	15:15	15:20
Vikersund ski flying hill	53.7	91.4	15:14	15:19	15:24
Åmot	58.3	86.8	15:22	15:27	15:32
Junction FV2832/FV287	60.2	84.9	15:25	15:30	15:36
Attention: Sharp turn - narrow road	60.9	84.2	15:26	15:31	15:37
Åmot - Corkscrew	61.0	84.1	15:26	15:31	15:37
Junction FV287/FV2842	61.6	83.5	15:27	15:32	15:38
Junction FV287/FV2840	61.7	83.4	15:27	15:32	15:38
Blaafarveværket	63.7	81.5	15:30	15:36	15:42

	KM from start	KM to end	KM/H	KM/H	KM/H
			38	36	34
Simostranda	67.0	78.1	15:35	15:41	15:48
Entering Sigdal municipality	70.4	74.7	15:41	15:47	15:54
Feeding zone	75.3	69.8	15:48	15:55	16:02
Prestfoss	85.9	59.2	16:05	16:13	16:21
Intermediate sprint - Prestfoss	86.1	59.0	16:05	16:13	16:21
Junction FV287/FV2820	86.3	58.9	16:06	16:13	16:22
Eidal	96.2	48.9	16:21	16:30	16:39
Attention: Narrow bridge	96.3	48.8	16:22	16:30	16:39
Junction FV2820/KV1012	96.4	48.7	16:22	16:30	16:40
Entering Krødsherad municipality	103.9	41.2	16:34	16:43	16:53
Junction KV1008/FV2896	108.2	36.9	16:40	16:50	17:00
Junction FV2896/FV2894	117.1	28.0	16:54	17:05	17:16
Krøderen	119.3	25.8	16:58	17:08	17:20
Attention: Narrow bridge	119.8	25.4	16:59	17:09	17:21
Attention: Railway passing	120.4	24.7	17:00	17:10	17:22
Junction FV2894/FV280	120.4	24.7	17:00	17:10	17:22
Hamremoer	126.1	19.0	17:09	17:20	17:32
Roundabout FV280	126.1	19.0	17:09	17:20	17:32
Noresund	131.7	13.4	17:18	17:29	17:42
Roundabout FV280/FV2896	132.8	12.4	17:19	17:31	17:44
Junction FV2896/SV20	134.0	11.1	17:21	17:33	17:46
Start final climb - QOM (AVG: 6,1%, MAX 18,3%)	134.0	11.1	17:21	17:33	17:46
Junction SV20	142.6	2.5	17:35	17:47	18:01
Junction SV20	144.2	0.9	17:37	17:50	18:04
Finish Norefjell	145.1	-0.0	17:39	17:51	18:06

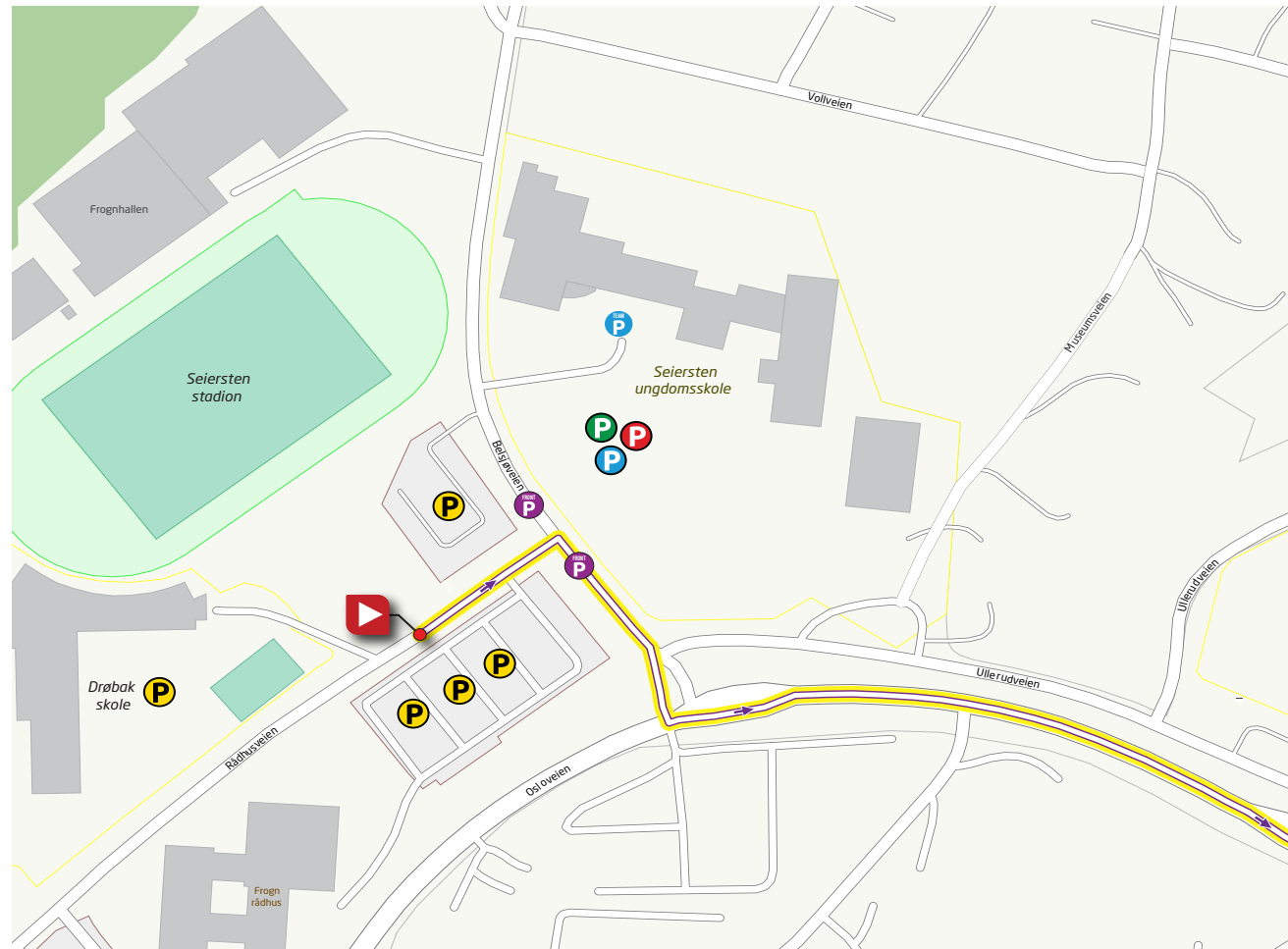
STAGE 4: DRØBAK - HALDEN | 141,6 KM

Stage profile



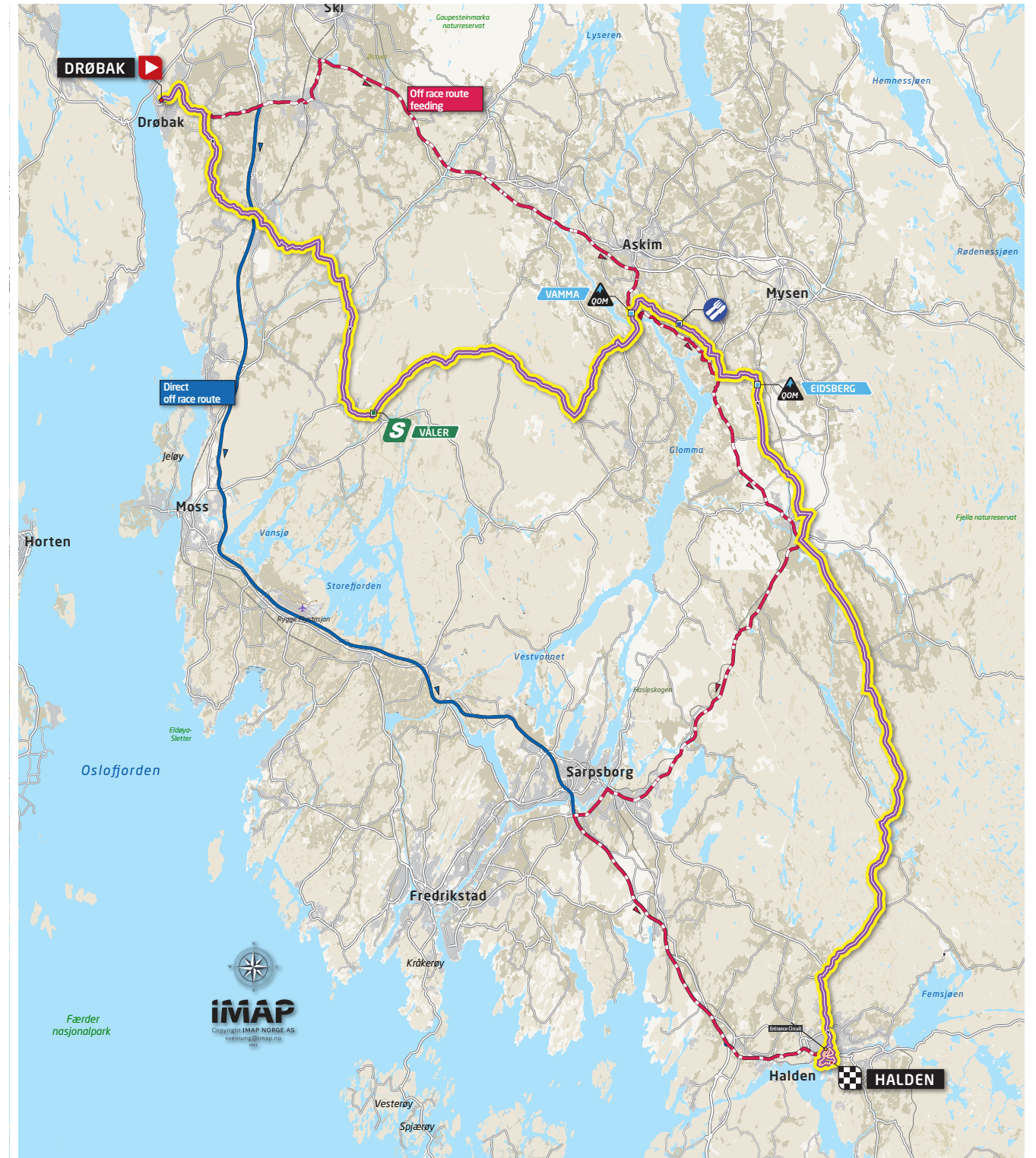
Start area

PPO | GPS Coordinates: Lat.: 59.674110 Long: 10.654801



STAGE 4: DRØBAK - HALDEN | 141,6 KM

Race route



Off Race Route Direct: Follow FV152 direction E6. Enter E6 direction Gøteborg. Leave E6 at exit 2 direction Halden. Follow RV204 direction Halden. Follow signs direction Halden stadion and enter the race route. Follow the race route until the deviation point at the finish line.

Off Race Route Feeding Zone: Follow FV152 direction E6. Then FV152 direction Ås. At Ås follow FV152 direction E18 Oslo. At Holstad enter E18 direction Askim. Follow E18 until exit direction Askim sentrum. Follow FV115 direction Skiptvedt and then Eidsberg church. Enter the race route and follow until the feeding zone. GPS Coordinates: Lat.: 59.544462 Long.: 11.196736

Final circuit

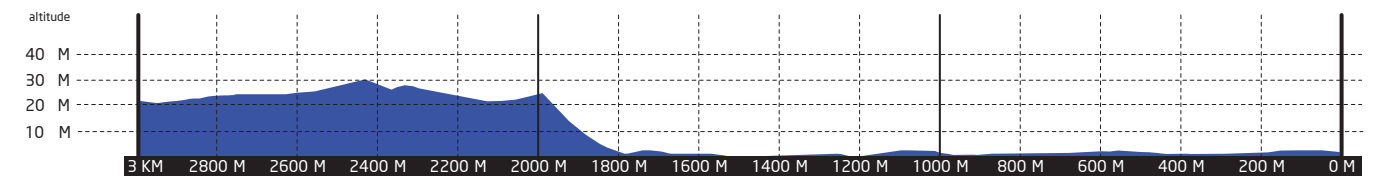


Finish area

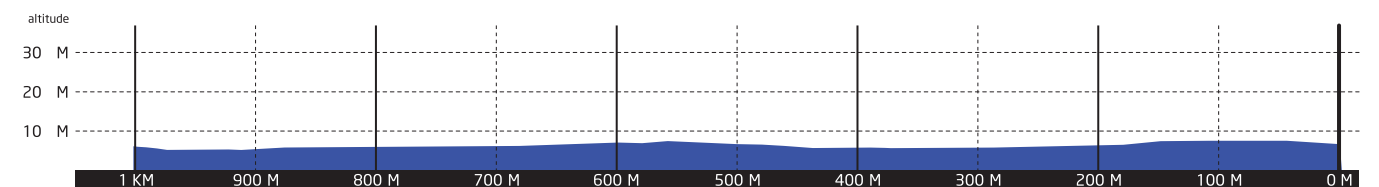
Final circuit: 3 laps of 5,4 km.
Finish straight: 200 m flat. Width: 6 meters.
Address finish line: Langbrygga 1, 1767 Halden. Lat: 59.118989, Long: 11.388039
Address media centre Halden: Thon hotel Halden, Langbrygga 1



Last 3 kilometer



Last kilometer



Other stage info:
 Online maps and GPX: ladiestour.no



Route description

	From zero	To finish	KM/H	KM/H	KM/H
			40	38	36
1,9 km neutral zone					
Start - Drøbak	-1.9		11:35	11:35	11:35
Roundabout FV152	-1.4				
Roundabout FV152	-0.5				
Roundabout FV152	-0.3				
Official start - Drøbak	0.0	141.6	11:45	11:45	11:45
Junction FV152/1365	2,4	139.2	11:48	11:48	11:49
Entering Vestby municipality	3,6	138.0	11:50	11:50	11:51
Vestby church	10,5	131.2	12:00	12:01	12:02
Junction FV1365/FV1356	10,8	130.9	12:01	12:01	12:02
Roundabout FV1356	10,9	130.8	12:01	12:02	12:03
Roundabout EV6	11,2	130.5	12:01	12:02	12:03
Vestby	11,3	130.3	12:01	12:02	12:03
Junction FV1357/FV1361	11,8	129.9	12:02	12:03	12:04
Junction FV1361/FV1359	11,8	129.8	12:02	12:03	12:04
Junction FV1359/FV1358	17,2	124.5	12:10	12:12	12:13
Attention: Speed bumps	17,8	123.9	12:11	12:13	12:14
Entering Indre Østfold municipality	20,3	121.4	12:15	12:17	12:18
Ringvoll	21,5	120.1	12:17	12:18	12:20
Junction FV1024/FV120	21,7	120.0	12:17	12:19	12:21
Entering Våler municipality	24,7	116.9	12:22	12:24	12:26
Junction FV120/FV121	28,7	113.0	12:27	12:30	12:32
Kirkebygda	30,1	111.6	12:30	12:32	12:35
Intermediate sprint - Kirkebygda	30,5	111.1	12:30	12:33	12:35
Junction FV121/FV1036	31,1	110.6	12:31	12:34	12:36
Entering Indre Østfold municipality	39,4	102.3	12:44	12:47	12:50
Mørk	40,7	101.0	12:46	12:49	12:52
Junction FV1036/FV1034	40,8	100.9	12:46	12:49	12:52
Entering Skiptvedt municipality	44,9	96.7	12:52	12:55	12:59
Meieribyen	51,9	89.8	13:02	13:06	13:11
Junction FV1036/FV115	52,4	89.2	13:03	13:07	13:12
Libru	58,2	83.4	13:12	13:16	13:21
Junction FV115/FV115	58,3	83.3	13:12	13:17	13:22
Passing river Glomma	59,9	81.7	13:14	13:19	13:24
Entering Indre Østfold municipality	60,0	81.7	13:14	13:19	13:24
QOM climb start	60,1	81.6	13:15	13:19	13:25
Junction FV115/KV28400	61,0	80.6	13:16	13:21	13:26
QOM Vamma	61,7	80.0	13:17	13:22	13:27
Skjørtensvingen	62,0	79.6	13:18	13:22	13:28
Junction KV28400/FV1242	62,1	79.5	13:18	13:23	13:28
Feeding zone	64,0	77.7	13:20	13:26	13:31
Lekum mølle	68,0	73.7	13:26	13:32	13:38
Junction FV1242/FV124	68,0	73.6	13:27	13:32	13:38
Frydenlund	68,8	72.8	13:28	13:33	13:39
Junction FV124/FV124	68,8	72.8	13:28	13:33	13:39
Eidsberg church	68,9	72.7	13:28	13:33	13:39
Junction FV124/FV1240	70,1	71.5	13:30	13:35	13:41
Junction FV1240/FV1212	72,6	69.0	13:33	13:39	13:46
QOM climb start	72,6	69.0	13:33	13:39	13:46
QOM - Eidsberg	73,7	67.9	13:35	13:41	13:47
Entering Rakkestad municipality	78,4	63.2	13:42	13:48	13:55
Attention: Narrow underpass	79,6	62.0	13:44	13:50	13:57
Junction FV1212/FV124	82,5	59.2	13:48	13:55	14:02

	KM from start	KM to end	KM/H	KM/H	KM/H
			40	38	36
Rakkestad	82.6	59.0	13:48	13:55	14:02
Junction FV124/RV22	83.2	58.5	13:49	13:56	14:03
Junction RV22/FV220	85.0	56.6	13:52	13:59	14:06
Degernes	92.1	49.6	14:03	14:10	14:18
Junction FV220/FV1220	95.8	45.8	14:08	14:16	14:24
Sandbekk mølle	102.3	39.3	14:18	14:26	14:35
Junction FV1220/FV220	105.8	35.8	14:23	14:32	14:41
Junction FV220/FV220	117.3	24.3	14:40	14:50	15:00
Attention: Fast decent	120.1	21.6	14:45	14:54	15:05
Entering Halden	120.8	20.9	14:46	14:55	15:06
Roundabout FV220	121.4	20.3	14:47	14:56	15:07
Junction FV220/RV204	122.8	18.9	14:49	14:58	15:09
Junction RV204/KV5120	123.2	18.4	14:49	14:59	15:10
Entering final circuit	123.2	18.4	14:49	14:59	15:10
Junction Ole Dahls gate/Fridtjof Nansens gt	123.6	18.1	14:50	15:00	15:10
Roundabout	123.7	17.9	14:50	15:00	15:11
Junction KV3425	125.1	16.5	14:52	15:02	15:13
Finish line - 3 laps to go	125.5	16.1	14:53	15:03	15:14
Intermediate sprint - Halden	125.5	16.1	14:53	15:03	15:14
Junction Bybrua/Bakbanken	125.9	15.7	14:53	15:03	15:14
Roundabout Walkers gate/Rødsberg plass	126.3	15.3	14:54	15:04	15:15
Junction Repslagergata/Oscars gate	126.7	14.9	14:55	15:05	15:16
Junction Oscars gate/Nils Ankers gate	126.8	14.9	14:55	15:05	15:16
Junction Nils Ankers gate/Storgata	127.0	14.7	14:55	15:05	15:16
Junction Busterudgata/Marcus Nilsens gate	127.3	14.3	14:56	15:06	15:17
Junction Marcus Nilsens gate	127.4	14.3	14:56	15:06	15:17
Junction Karl Johans gate/Kristian Augusts gate	127.7	14.0	14:56	15:06	15:17
Junction Kristian Augusts gate/Rødsveien	127.7	13.9	14:56	15:06	15:17
Attention: Cobble stones	127.8	13.9	14:56	15:06	15:17
Junction Major Forbus gate/Wærns gate	128.5	13.2	14:57	15:07	15:19
Passing circuit entrance point	128.6	13.1	14:57	15:08	15:19
Finish line - 2 laps to go	130.9	10.7	15:01	15:11	15:23
Finish line - 1 lap to go	136.3	5.4	15:09	15:20	15:32
Finish - Halden	141.6	0.0	15:17	15:28	15:41





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