

22nd. - 25th. of August 2019

Technical Guide

- Ladies Tour of Norway 2019 -

UCI 2.WWT



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#UCIWWT

LADIES TOUR
OF NORWAY



UCI



WOMEN'S WORLDTOUR

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ORGANIZATION

Race Director:	Roy Moberg	+47 906 49 339
Technical 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:	Gry Moberg	+47 402 88 626
Race doctor:	Harald Lystad	+47 970 58 824
Timing/results:	Cedric Fonteneau(Votrecourse)	+33 662 320 612
Doping control officer:	Colin Clews	

COLLEGE OF COMMISSAIRES

President of the commissaires panel:	Valeria Laguzzi (ITA)
Member of the jury:	Michael Anderson (SWE)
Member of the jury:	Madis Lepajõe (EST)
Moto commissaire 1:	Mickael Rouzière (FRA)
Moto commissaire 2:	Morgan Grindalen (NOR)
Finish judge:	Tor Arne Oltedal (NOR)
Timekeeper:	Inger Ness (NOR)
Assistant commissaire:	Jon Olav Ødegaard (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

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/>
GPS: 59.118949°N 11.3842763°E

Boels Dolmans Cycling Team
Mitchelton-Scott (Women)
CCC-Liv
Trek-Segafredo Women
Team Sunweb Women
CANYON//SRAM Racing
Team Virtu Cycling
Ale Cipollini
Hitec products- Birk sport
Drops
National team Norway

CLARION COLLECTION PARK HOTEL HALDEN

Marcus Thranesgt. 30, 1776 Halden
+47 69 21 15 00
booking@parkhotelhalden.no
GPS: 59.124042°N 11.379717°E

Movistar Team Women
Bepink
Valcar Cylance Cycling
Team Tibco Silicon Valley Bank
Parkhotel Valkenburg
FDJ Nouvelle-Aquitaine Futuroscope
BTC City Ljubljana
Rally UHC Cycling (Women)
Dolcini-Van Eyck Sport Women Cycling Team

HOSPITALS

Hospital, stage 1:

Sykehuset i Vestfold
Halfdan Wilhelmsens allé 17, Tønsberg
Telephone: + 47 33 34 20 00
Emergency number: 113

Hospital, stage 2-4:

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

Emergency Ward in Halden:

Kjærlighetsstien 30, 1781 Halden
Telephone: +47 69 17 23 11
GPS: 59.1294341°E,11.3761179°E

RACE TRACKER

Racetracker introduction

Racetracker is a Norwegian initiative with support from UCI, where the main purpose is to provide cycling sports new revenue from the public.

All riders wear the Racetracker during the race. The trackers are only active from the start until the finish line, and the riders are not followed outside the GPX file of the race. Subject to the condition that the organizer can activate the tracker to find lost riders/trackers.

All tracker information is collected in the Racetracker app, in which the audience will be able to log in and pay in the future to get live information from the race. With an overview of where all riders are and what groups are formed, with time differences and current speed. In addition, you will see the different groups in the map as well as in elevation diagrams. Racetracker also provides the opportunity to read about riders and events individually to learn and build audience knowledge about riders and events.

To read more about Racetracker and download the Racetracker app do the following:

Go to www.racetracker.com, select from the Beta menu and follow the instructions if you have an iOS or Android phone.

The tracker is attached to the inside of the racing suit with safety pin included, attached to the center of the back (see illustration). In all cases, the front-facing tracker is attached (the logo page out), this page faces away from the body. All trackers are on when distributed and should not be turned on or off.



DISTANCES TO START FROM THE HOTELS IN HALDEN

Stage 1:

Hotel to start:
85 km. Ferry from Moss to Horten (approximately 30 minutes). See the specific information about the ferry crossing.

Stage 2:

Hotel to start:
57 km. Approximately 1 hour.

Stage 3:

Hotel to start:
64 km. Approximately 45 minutes.

Stage 4:

Hotel to start:
10 km. Approximately 14 minutes.

DISTANCES FROM FINISH TO THE HOTELS IN HALDEN

Stage 1:

Finish to hotel:
77 km. Ferry from Horten to Moss (approximately 30 minutes). See the specific information about the ferry crossing.

Stage 2:

Finish to hotel:
63,5 km. Approximately 1 hour.

Stage 3:

Finish to hotel:
1 km. Approximately 5 minutes.

Stage 4:

Finish to hotel:
0 km.



FERRY INFORMATION

Stage 1 takes place in Vestfold county. This is the opposite side of the Oslo fjord from Østfold where all teams will be accommodated before the stage.

In cooperation with the ferry company, Bastø Fosen we have prepared the crossing for all teams and organization vehicles.

The crossing takes approximately 30 minutes.

The official race car accreditation stickers will give all team and official vehicles free access to the crossing both ways. [Please use the lane at the terminal signposted Ladies Tour of Norway.](#)



In order to organize the checking in as easy as possible we kindly ask all teams to plan for the following ferry departure times:

(Meet at the terminal 15 minutes before the schedules departure latest).

-From Moss to Horten (before the stage):

11:05 or 11:30

-From Horten to Moss (after the stage):

17:50, 18:15, 18:30 or 18:45. (Later departure also possible if waiting for anti doping).

Travel time from your hotels in Halden to the ferry terminal:

Approximately 50 minutes by car. (65 km, mostly on motorway E6). From the ferry terminal in Horten to the start area it takes approximately 15 minutes (9,5 km).

Travel time from the finish line to the ferry terminal in Horten:

Approximately 5 minutes (1 km)

TEAMS



CCC - Liv



Mitchelton-Scott



Boels Dolmans Cycling Team



Team Sunweb



Trek-Segafredo



CANYON//SRAM Racing



Team Virtu Cycling



Valcar Cylance Cycling



Movistar Team



Team Tibco Silicon Valley Bank



Parkhotel Valkenburg



Ale Cipollini



FDJ Nouvelle-Aquitaine Futuroscope



Hitec Products - Birk Sport



Drops



Doltcini-Van Eyck Sport Women Cycling Team



Rally UHC Cycling



BePink



BTC City Ljubljana



National Team Norway

LEADER JERSEYS



Postnord yellow jersey



Tryg points jersey



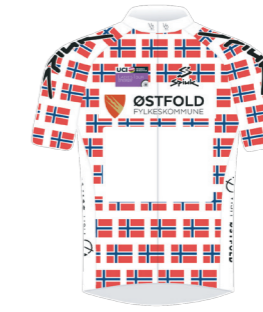
Haldenkanalen QOM jersey



Berg sparebank U23 jersey



Border sprint jersey - stage 4



Best Norwegian rider jersey

Official jersey supplier:



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 22nd to 25th of August 2019.

Ladies Tour of Norway AS
Pb 87, 1751 Halden,
Phone: +47 906 49 339
Email: roy@lton.no

Article 2. Type of Event

The event is classified as an UCI cat 2.WWT event, and is open to riders of the Women Elite category, who are members of a UCI-registered team, or a National Team. 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. 200 points	10. 35 points
2. 150 points	11. 30 points
3. 125 points	12. 25 points
4. 100 points	13. 20 points
5. 85 points	14. 15 points
6. 70 points	15. 10 points
7. 60 points	16.-30. 5 points
8. 50 points	31.-40. 3 points
9. 40 points	

Stages:

1. 25 points
2. 20 points
3. 18 points
4. 16 points
5. 14 points
6. 12 points
7. 10 points
8. 8 points
9. 6 points
10. 4 points

Wearing the leader's jersey per stage
5 points

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

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

Article 3. Participation

As per article 2.1.005 and 2.13.005 of the UCI regulations, the event is open to the following teams: UCI Women's teams, and national team of Norway and one foreign national team.

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 21st of August; 14:00 to 18:00

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

The commissaries meeting is scheduled to take place at the Race Headquarters, from 13:00 to 14:00, the 21st 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 21st of August.

The team managers' meeting is scheduled for 17:00, the 21st 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 three cars from DARE-bikes neutral team.

Article 7. Finishing time limits

Considering the characteristics of each stage, the finishing time limits have been set as follows: 10 % on all road stages.

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. There is also a border sprint competition at stage 4. The winner will be awarded with the border sprint jersey.

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

SPECIFIC REGULATIONS

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.

The Border Sprint held when the race passes the Norwegian/Swedish borders on the 4th stage will not award any points counting in the point's classification or any bonus seconds.

QOM Classification

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

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

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 1997 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 can be worn during the race if the rider wishes to do so, but the jersey is not mandatory.

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: 10-8-6 seconds to the first three riders.

Stages finishing on a circuit

All stages 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. Prizes

The following prizes are awarded: See page 14.
A grand total of € 18320,- will be awarded in prize money at the event.

Article 11. 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 12. 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, the winner of the Border Sprint, 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 13. Penalties

The UCI scale of penalties is the only one applicable.

Article 14. Environmental protection

All event participants are kindly reminded to vigorously respect the environment and only throw their waste in the allocated waste bins and designated litter zones during the race.

Article 15. Special instructions

Responsible driving:

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-in

It will be held a team presentation along with the sign-in 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!



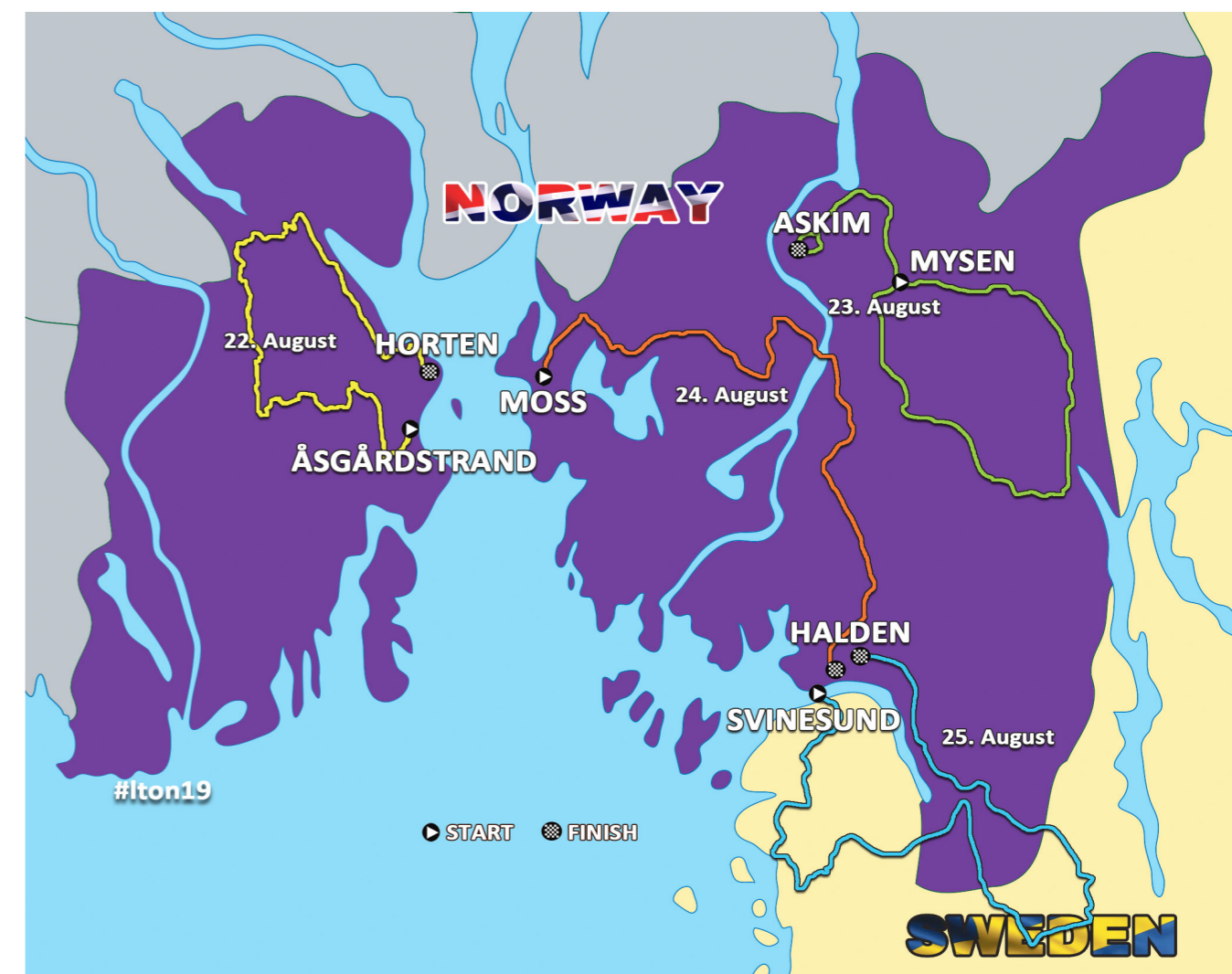
PRIZE MONEY SCALE

Ranking	Individual Classification	
	Stages	Overall
1st	€ 605	€ 2 000
2nd	€ 365	€ 1 000
3rd	€ 255	€ 500
4th	€ 230	€ 200
5th	€ 220	€ 150
6th	€ 195	€ 150
7th	€ 165	€ 150
8th	€ 140	€ 150
9th	€ 140	€ 150
10th	€ 140	€ 150
11th	€ 90	€ 100
12th	€ 90	€ 100
13th	€ 90	€ 100
14th	€ 90	€ 100
15th	€ 90	€ 100
Total:	€ 2 905	€ 5 100

Selection of different customized prizes created by Scandinavian artists will be given to all riders who will be awarded on the podium.

Points Classification Winner final GC	€ 300
Climbers 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
Border sprint (stage 4) Winner	€ 100

RACE MAP

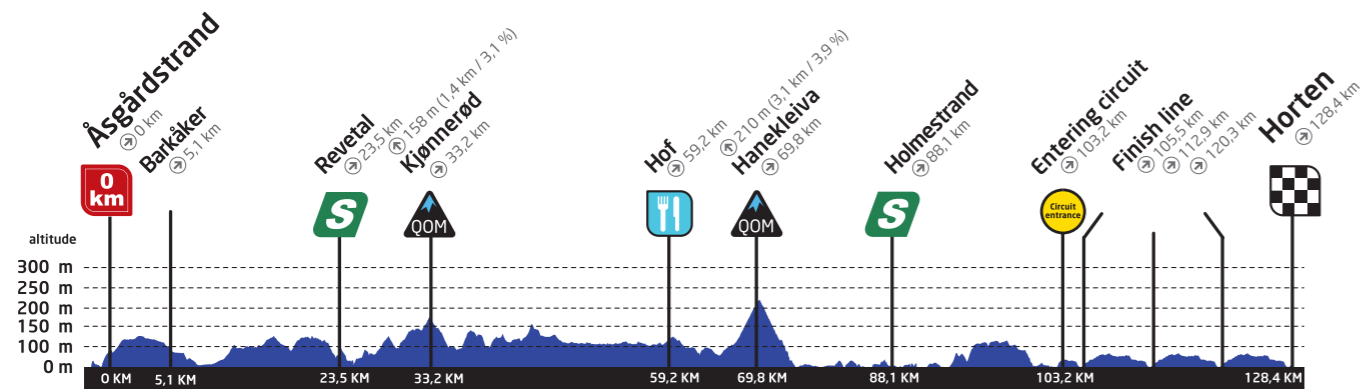


MAP SYMBOLS

 Start	 Intermediate sprint	 Mandatory passing point	 Media centre
 Official start	 QOM summit	 1 km to the finish	 Parking team
 Finish	 Feeding zone	 Technical zone	 Parking VIP/guest
 Parking front vehicles	 Border sprint	 Parking media	 Parking organization

STAGE 1: ÅSGÅRDSTRAND – HORTEN | 128 KM

Stage profile



Start area

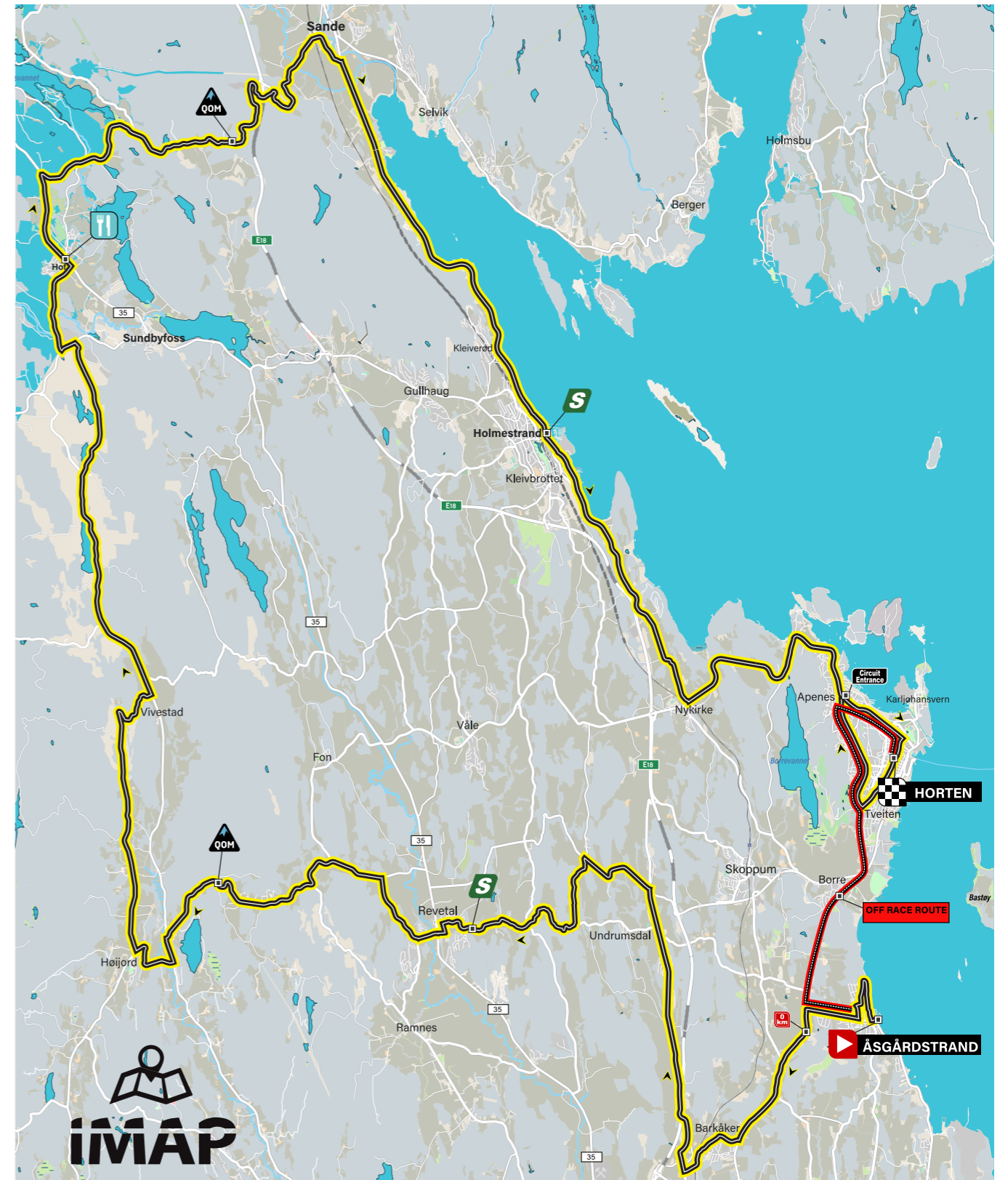
PPO address: Kjærveien 2, Åsgårdstrand
 GPS Coordinates: Lat: 59.352125, Long: 10.437950



STAGE 1: ÅSGÅRDSTRAND – HORTEN | 128 KM

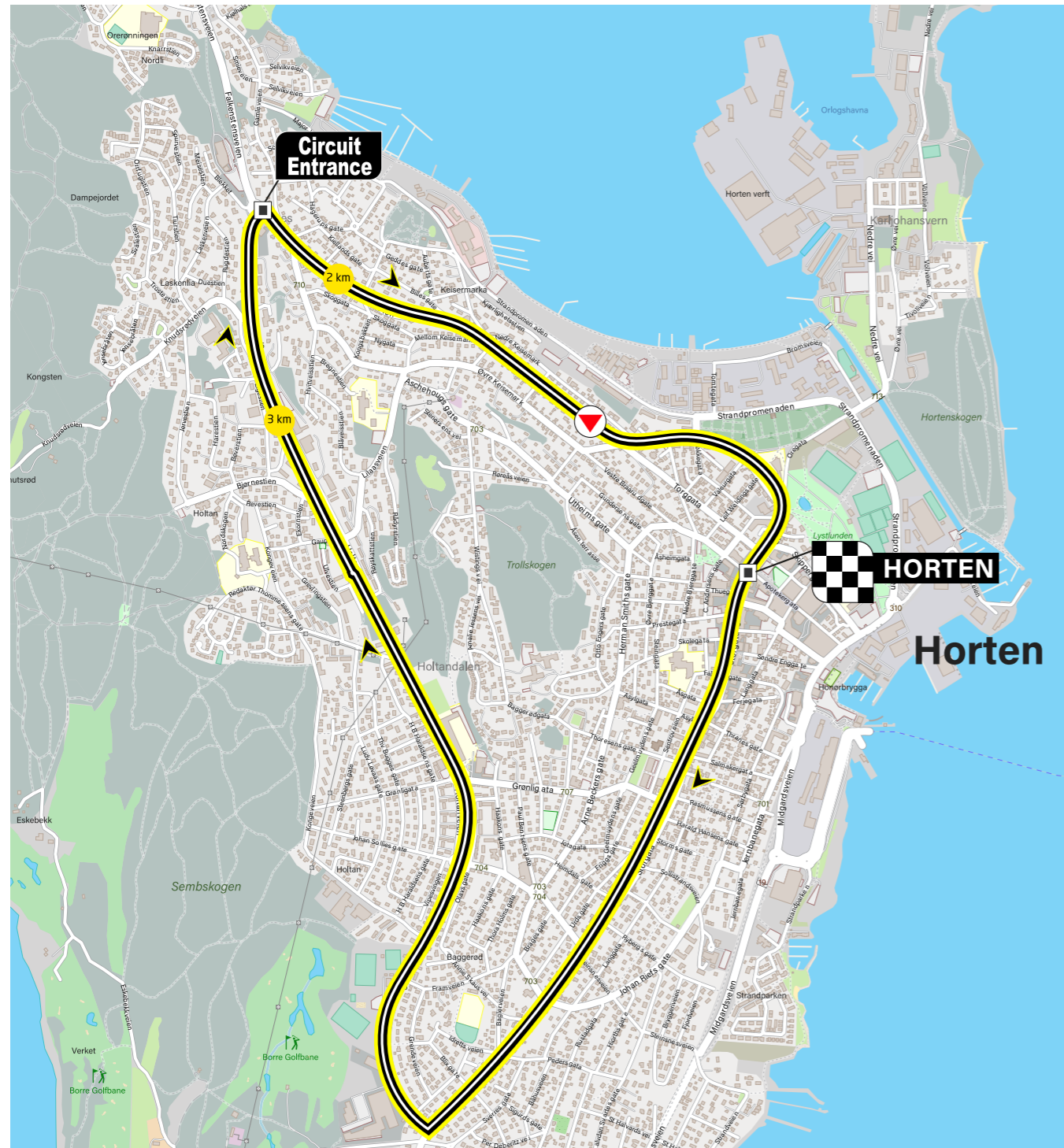
Race route

Feeding Zone: Haslestadlinna 2, Hof
 GPS Coordinates: Lat: 59.530796, Long: 10.089191

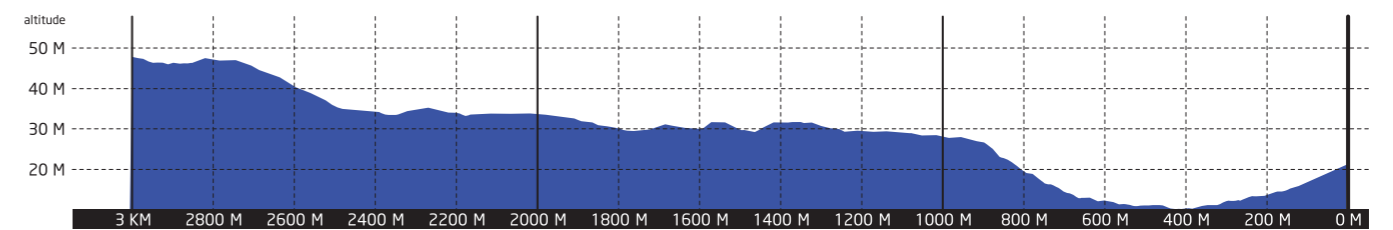


Off-Race Route: Follow FV311 and then FV 325 towards Horten. In Horten follow FV3204, FV3194 and then FV310 until you reach the race deviation point at the finish area.

Final circuit



Last 3 kilometres

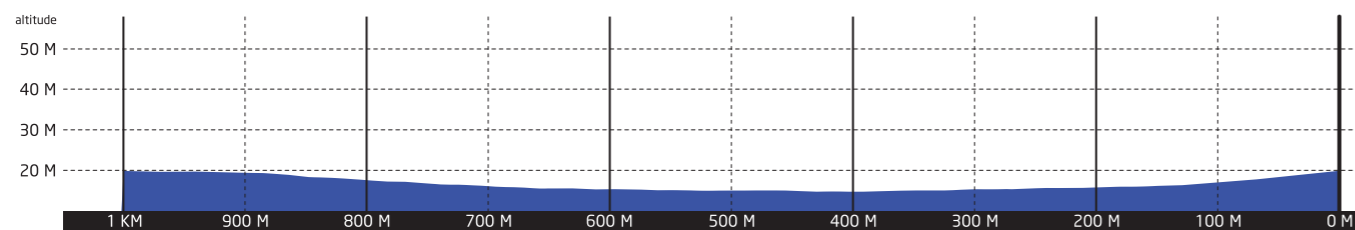
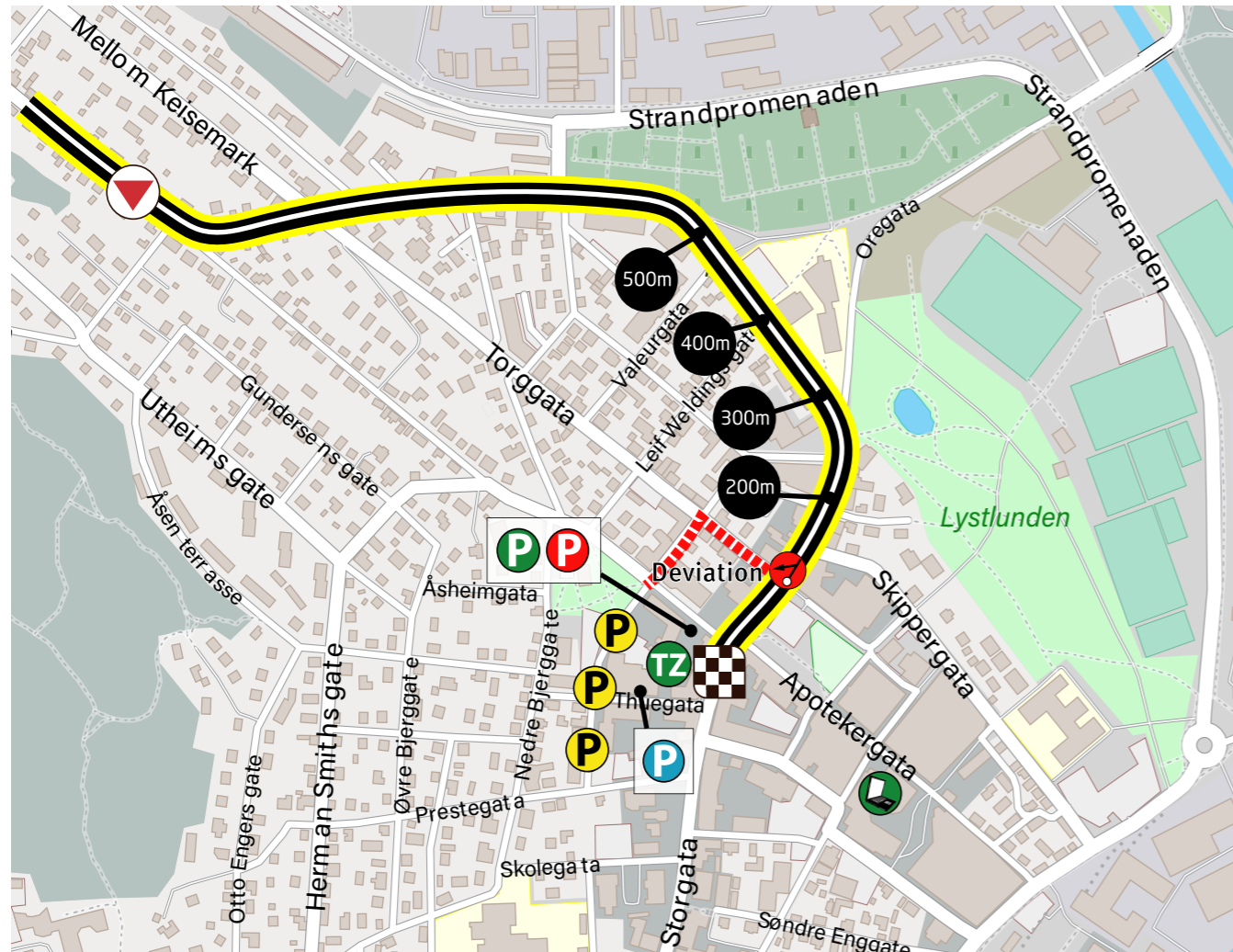


STAGE 1: ÅSGÅRDSTRAND - HORTEN | 128 KM

Finish area

Final circuit: 3 laps of 7,6 km
 Finish straight: 250 m flat.
 Width: 6 meters.

Address finish line: Storgata 21 c, Horten. Lat: 59.416450 Long: 10.482370
 Address media centre Horten: Teatergata 11, Horten



Other stage info:

Online map with elevation profile: <https://ridewithgps.com/routes/28938929>
 GPX: https://ridewithgps.com/routes/28938929.gpx?sub_format=track

STAGE 1: ÅSGÅRDSTRAND - HORTEN | 128 KM

Route description

	From zero	To finish	KM/H	KM/H	KM/H
			42	40	38
3,9 km neutral zone					
Start - Åsgårdstrand	-3,9		13:55	13:55	13:55
Junction KV1150/FV311	-1,5				
Roundabout FV311/FV325	0,2				
Official start - Kjærkrysset	0,0	128,0	14:05	14:05	14:05
Entering Tønsberg municipality	0,0	127,9	14:05	14:05	14:05
Jareteigen	2,5	125,5	14:08	14:08	14:08
Rakkås	4,0	124,0	14:10	14:10	14:11
Junction FV325/FV540	4,0	124,0	14:10	14:10	14:11
Barkåker	5,1	122,9	14:12	14:12	14:13
Junction FV540/FV650	6,0	122,0	14:13	14:14	14:14
Entering Re municipality	9,3	118,7	14:18	14:18	14:19
Knutstad	13,6	114,4	14:24	14:25	14:26
Roundabout FV650/FV306	13,8	114,2	14:24	14:25	14:26
Attention: Narrow bridge - sharp turn right	18,0	110,0	14:30	14:31	14:33
Hengsrød	19,1	108,9	14:32	14:33	14:35
S Intermediate sprint - Revetal	23,5	104,5	14:38	14:40	14:42
Revetal	24,0	103,9	14:39	14:41	14:42
Roundabout FV665/KV3155	24,2	103,8	14:39	14:41	14:43
Roundabout KV3155/KV3196	24,5	103,5	14:39	14:41	14:43
Roundabout KV3196/FV35	24,6	103,3	14:40	14:41	14:43
Junction FV810/FV811	25,2	102,7	14:41	14:42	14:44
Kile	27,2	100,8	14:43	14:45	14:47
Junction FV811/FV306	27,3	100,7	14:43	14:45	14:48
Askjer bru	29,8	98,2	14:47	14:49	14:51
Junction FV306/FV525	29,8	98,2	14:47	14:49	14:52
QOM climb start	32,3	95,7	14:51	14:53	14:56
QOM - Kjønnerød	33,1	94,8	14:52	14:54	14:57
Entering Sandefjord municipality	33,6	94,4	14:52	14:55	14:57
Sjue	35,2	92,8	14:55	14:57	15:00
Junction FV306/FV312	35,3	92,7	14:55	14:57	15:00
Junction FV312/FV306	36,0	92,0	14:56	14:58	15:01
Høyjord	37,4	90,6	14:58	15:01	15:04
Junction FV306/FV610	37,5	90,4	14:58	15:01	15:04
Entering Re municipality	39,9	88,1	15:01	15:04	15:07
Junction FV610/FV312	45,5	82,4	15:10	15:13	15:16
Vivestad	45,6	82,4	15:10	15:13	15:16
Entering Holmestrand municipality	48,3	79,7	15:14	15:17	15:21
Junction FV312/FV32	55,9	72,1	15:24	15:28	15:33
Junction FV32/FV877	56,3	71,7	15:25	15:29	15:33
Haslestad bruk	56,5	71,5	15:25	15:29	15:34
Hof	58,5	69,4	15:28	15:32	15:37
Roundabout FV877/FV35	58,7	69,2	15:28	15:33	15:37
Feeding zone - Hof	58,9	69,1	15:29	15:33	15:37
Junction FV35/FV319	61,5	66,5	15:32	15:37	15:42
QOM climb start	67,0	61,0	15:40	15:45	15:50
Entering Sande municipality	69,4	58,6	15:44	15:49	15:54
QOM - Haneleiva	69,4	58,6	15:44	15:49	15:54
Attention: Fast decent	69,5	58,5	15:44	15:49	15:54
Haneleiva E18	71,5	56,5	15:47	15:52	15:57
Roundabout FV319/EV18	71,5	56,5	15:47	15:52	15:57
Roundabout FV319	72,1	55,8	15:48	15:53	15:58
Sande	73,9	54,1	15:50	15:55	16:01

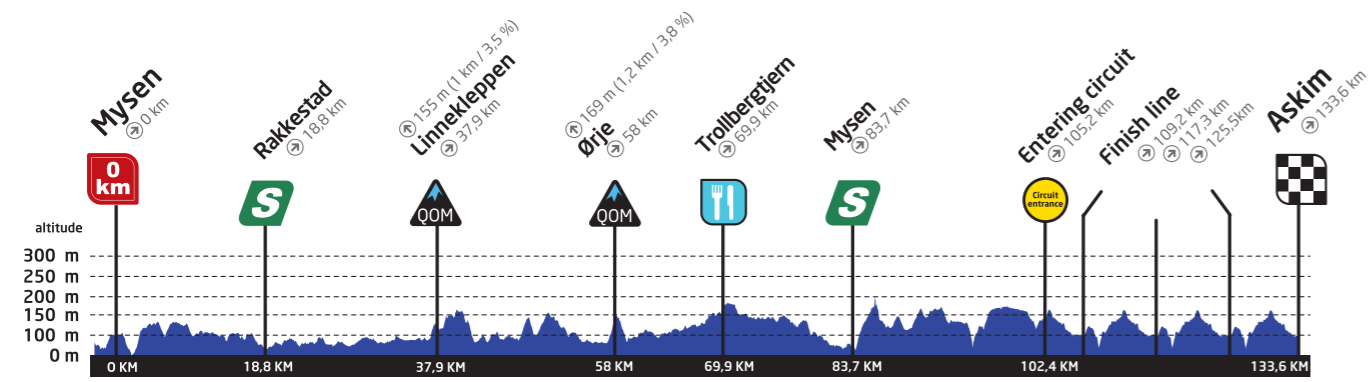
STAGE 1: ÅSGÅRDSTRAND – HORTEN | 128 KM

	KM from start	KM to end	KM/H	KM/H	KM/H
			42	40	38
Junction FV319/FV313	75.4	52.6	15:52	15:58	16:04
Entering Holmestrand municipality	80.7	47.3	16:00	16:06	16:12
Holmestrand	87.5	40.5	16:09	16:16	16:23
S Intermediate sprint - Holmestrand	87.7	40.3	16:10	16:16	16:23
Entering Re municipality	89.9	38.1	16:13	16:19	16:26
Helland	92.8	35.2	16:17	16:24	16:31
Roundabout FV313/EV18	92.8	35.2	16:17	16:24	16:31
Entering Horten municipality	93.4	34.6	16:18	16:25	16:32
Nykirke	95.7	32.3	16:21	16:28	16:36
Junction KV1948/FV310	95.8	32.1	16:21	16:28	16:36
Falkensten	100.2	27.7	16:28	16:35	16:43
Roundabout FV310/FV705	102.8	25.2	16:31	16:39	16:47
Entering final circuit	102.8	25.1	16:31	16:39	16:47
Junction FV310/FV310	104.3	23.7	16:33	16:41	16:49
Finish line - 3 laps to go	105.2	22.8	16:35	16:42	16:51
Junction FV715/FV705	107.2	20.7	16:38	16:45	16:54
Roundabout FV705	108.2	19.8	16:39	16:47	16:55
Roundabout FV705	108.5	19.5	16:39	16:47	16:56
Roundabout FV705/FV310	110.4	17.6	16:42	16:50	16:59
Passing circuit entrance point	110.5	17.5	16:42	16:50	16:59
Finish line - 2 laps to go	112.8	15.2	16:46	16:54	17:03
Finish line - 1 lap to go	120.4	7.6	16:56	17:05	17:15
Finish - Horten	128.0	0.0	17:07	17:16	17:27



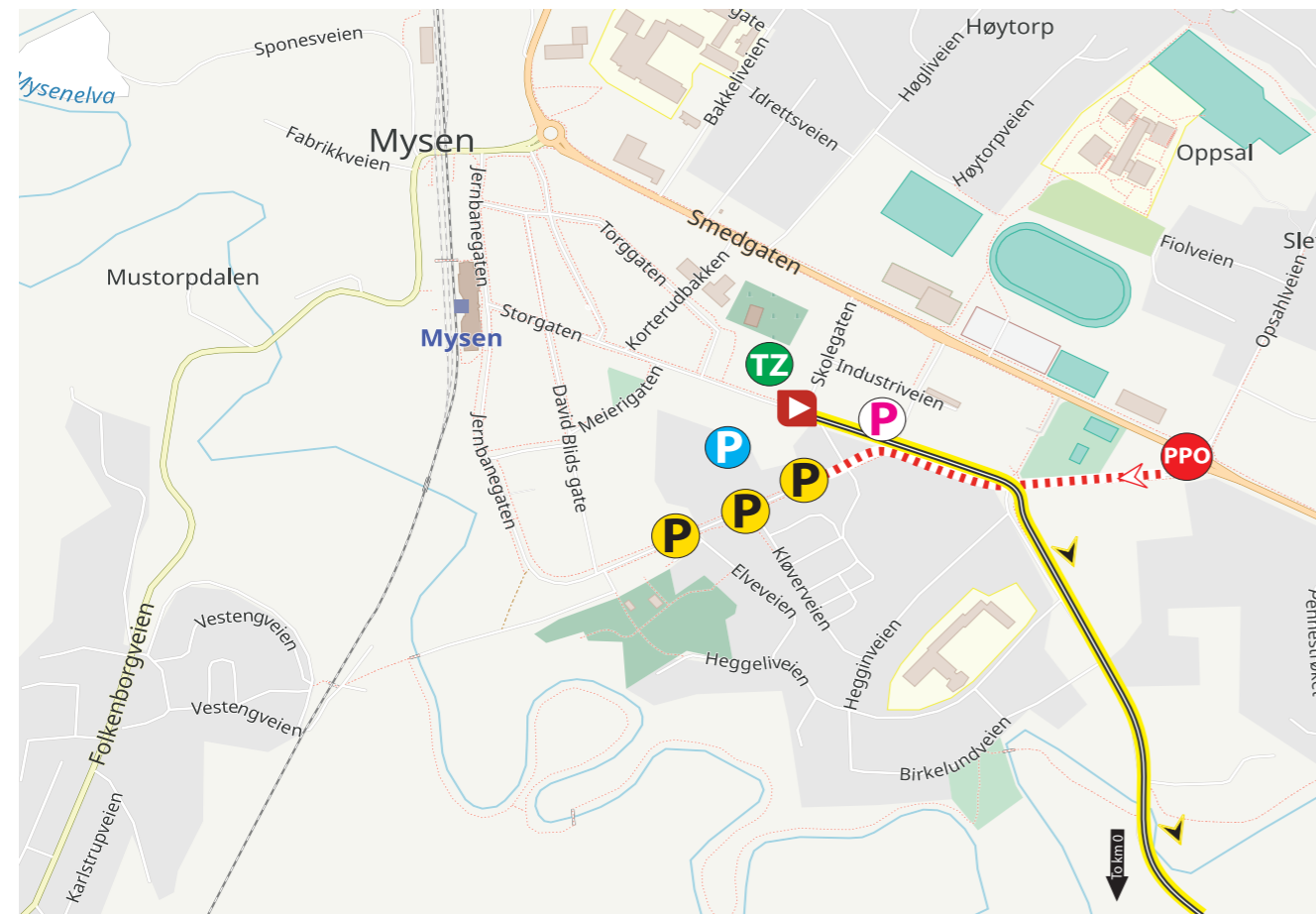
STAGE 2: MYSEN - ASKIM | 133,6 KM

Stage profile



Start area

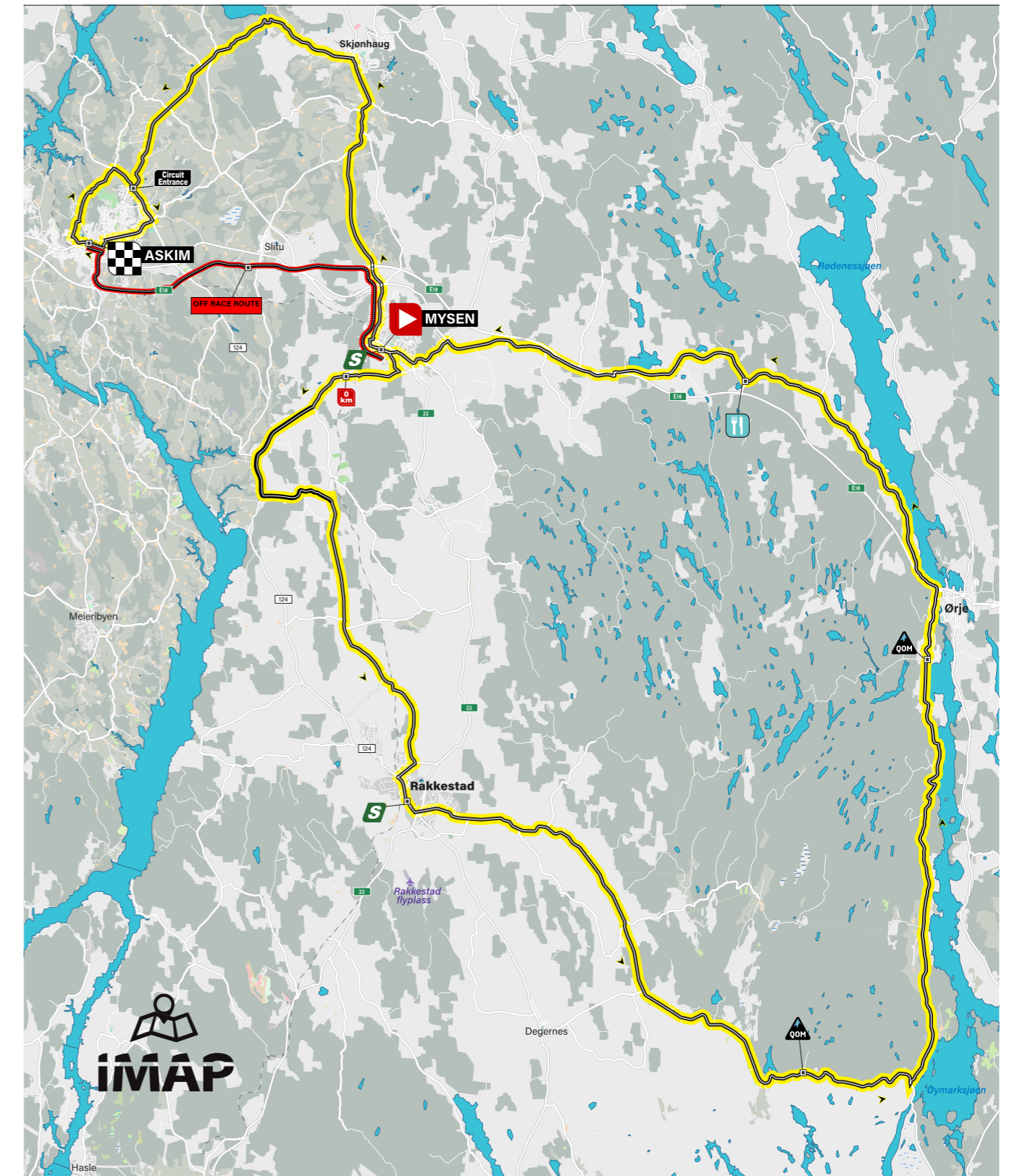
PPO address: Storgata 35, Mysen
 GPS Coordinates: Lat: 59.552052, Long: 11.339182



STAGE 2: MYSEN - ASKIM | 133,6 KM

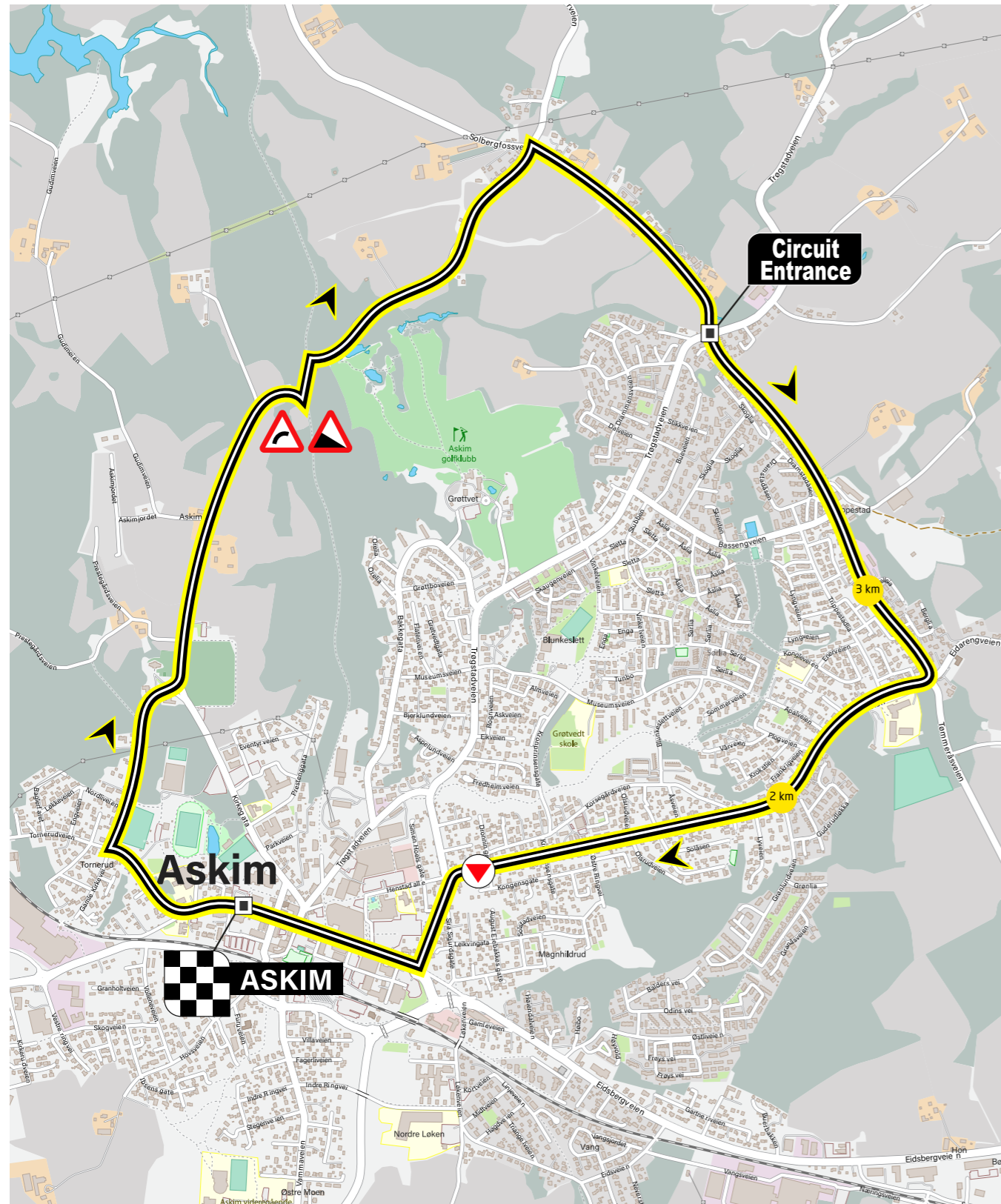
Race route

Feeding Zone: From roundabout Ørjeveien/Lundebyeveien in Eidsberg
 GPS Coordinates: Lat: 59.543497, Long: 11.540514

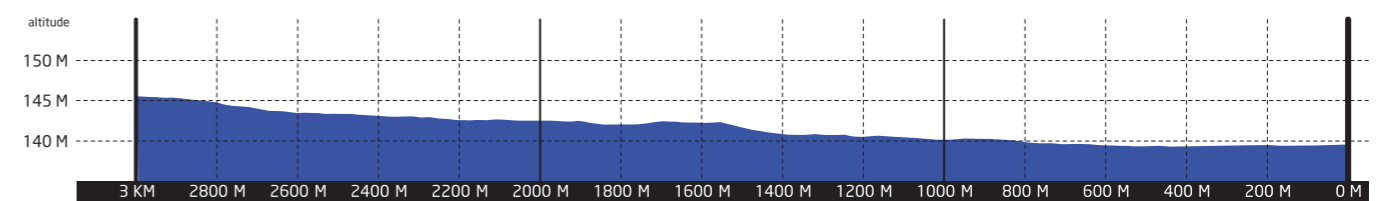
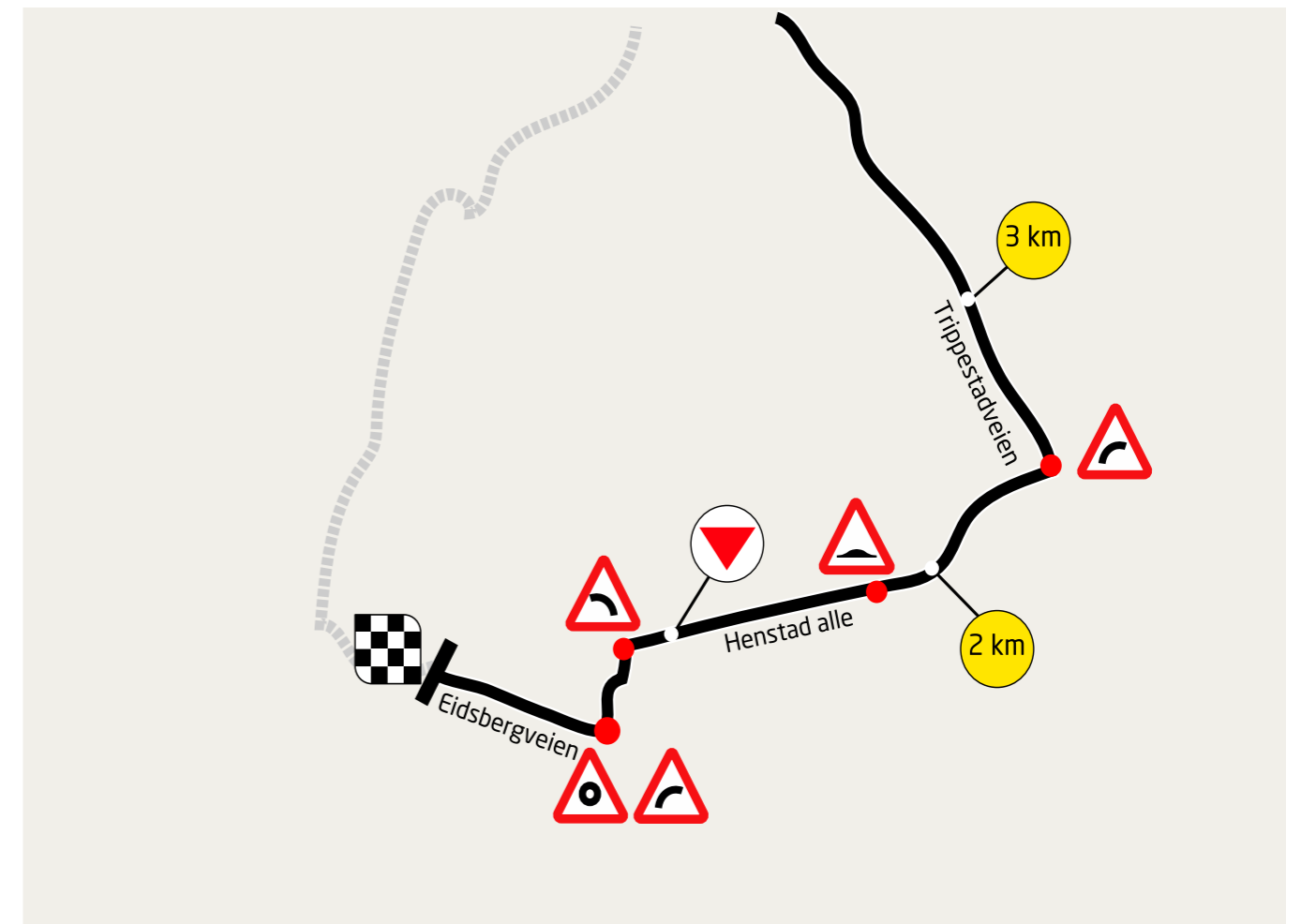


Off-Race Route: Follow FV129, and the E18 towards Askim Follow E18 until signs towards Askim sentrum.

Final circuit



Last 3 kilometres

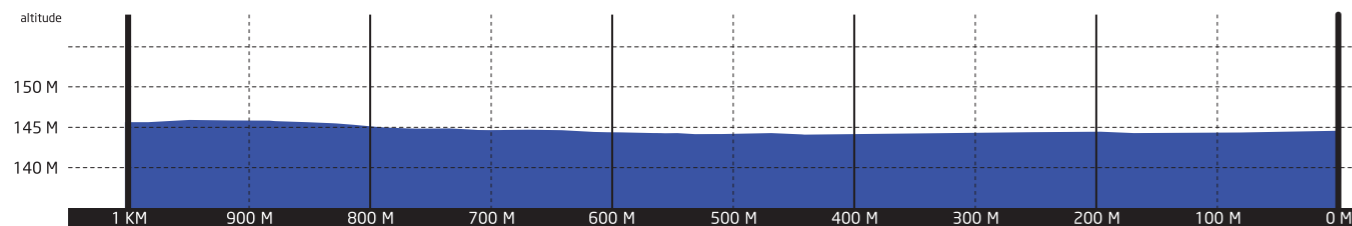
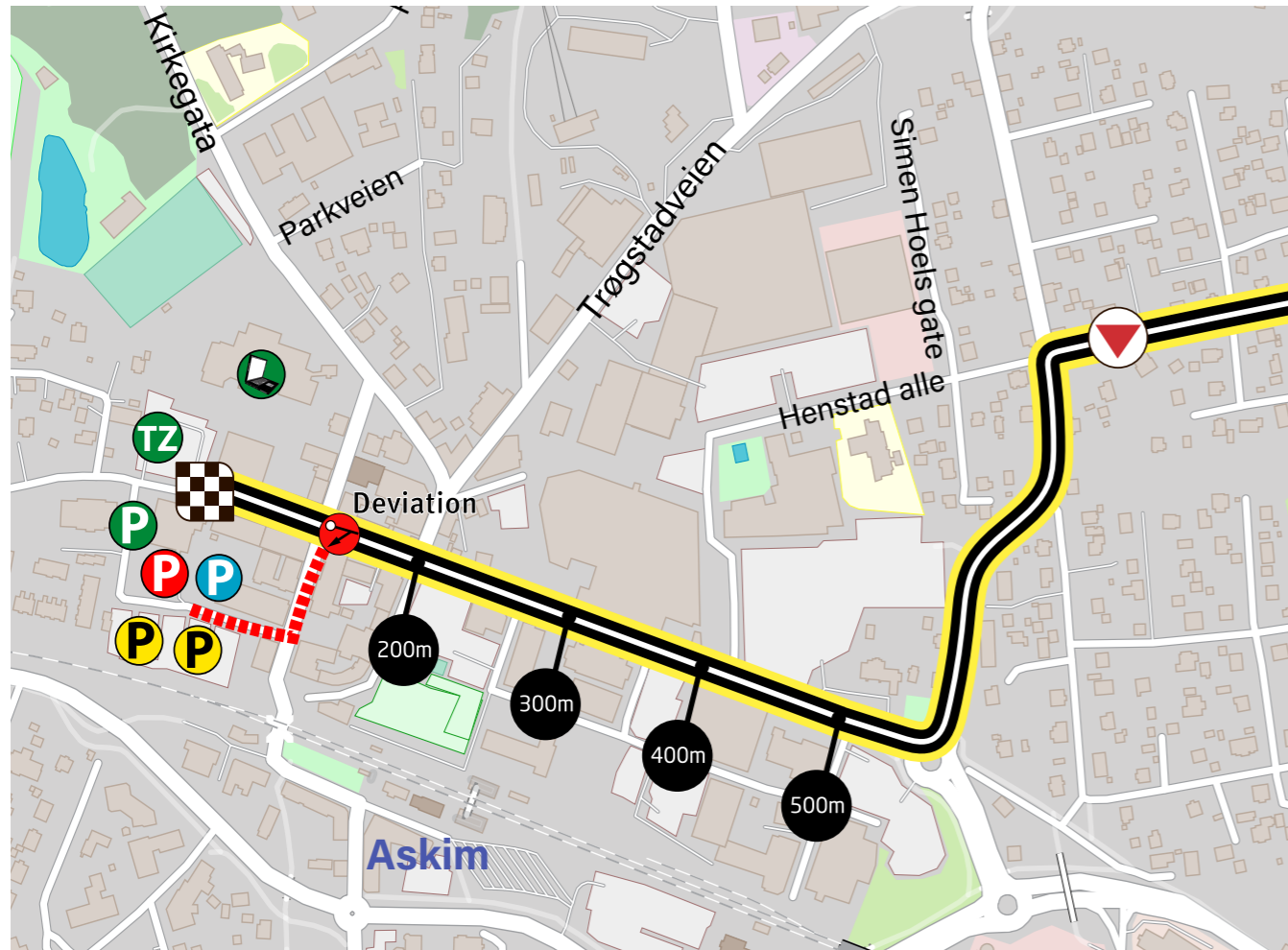


STAGE 2: MYSEN - ASKIM | 133,6 KM

Finish area

Final circuit: 3 laps of 8,1km
Finish straight: 500 m flat.
Width: 6 meters.

Address finish line: Skolegata 12, Askim Lat: 59.583788 Long: 11.159783.
Address media centre Askim: Rådhusgata 22, Askim



Other stage info:

Online map with elevation profile: <https://ridewithgps.com/routes/28980850>
 GPX: https://ridewithgps.com/routes/28980850.gpx?sub_format=track

STAGE 2: MYSEN - ASKIM | 133,6 KM

Route description

	From zero	To finish	KM/H	KM/H	KM/H
			42	40	38
2,9 km neutral zone					
Start - Mysen	-2,9	133,6	15:05	15:05	15:05
Junction KV6400/KV5260	-2,7				
Junction KV5260/FV693	-2				
Junction FV1250/FV692	0,2				
Official start - Folkenborg museum	0,0	133,6	15:12	15:12	15:12
Junction FV692/FV706	1,4	132,2	15:14	15:14	15:14
Junction FV692/FV124	3,9	129,8	15:17	15:17	15:18
Junction FV124/FV1240	5,2	128,4	15:19	15:19	15:20
Junction FV685/FV646	7,7	125,9	15:23	15:23	15:24
Tokerud	7,7	125,9	15:23	15:23	15:24
Entering Rakkestad municipality	13,4	120,2	15:31	15:32	15:33
Attention: Narrow underpass	14,7	118,9	15:33	15:34	15:35
Junction FV646/FV124	17,6	116,1	15:37	15:38	15:39
Rakkestad	18,0	115,6	15:37	15:39	15:40
Roundabout FV124/FV124	18,2	115,4	15:38	15:39	15:40
S Intermediate sprint - Rakkestad	18,8	114,9	15:38	15:40	15:41
Roundabout FV124	19,2	114,4	15:39	15:40	15:42
Junction FV124/RV22	19,6	114,0	15:40	15:41	15:42
Junction RV22/FV124	19,7	113,9	15:40	15:41	15:43
Skamelsrud	30,7	102,9	15:55	15:58	16:00
Entering Marker municipality	37,8	95,9	16:05	16:08	16:11
QOM - Linnekleppen	37,9	95,7	16:06	16:08	16:11
Attention: Fast decent - and then sharp turn	41,4	92,2	16:11	16:14	16:17
Damholtet	42,0	91,6	16:12	16:15	16:18
Junction FV124/FV843	42,0	91,6	16:12	16:15	16:18
QOM - Ørje	58,0	75,6	16:34	16:39	16:43
Ørje	58,9	74,7	16:36	16:40	16:45
Attention: Narrow point	59,3	74,3	16:36	16:40	16:45
Trollebergjern	69,8	63,8	16:51	16:56	17:02
Roundabout FV128/FV128	69,9	63,8	16:51	16:56	17:02
Entering Eidsberg municipality	69,9	63,7	16:51	16:56	17:02
I Feeding zone	69,9	63,7	16:51	16:56	17:02
Roundabout FV128/EV18	75,1	58,6	16:59	17:04	17:10
Roundabout FV128/EV18	75,2	58,5	16:59	17:04	17:10
Ramstadkrysset	81,0	52,6	17:07	17:13	17:19
Roundabout FV128/RV22	81,0	52,6	17:07	17:13	17:19
Roundabout FV129/KV6400	83,1	50,5	17:10	17:16	17:23
Junction KV6400/KV5260	83,4	50,3	17:11	17:17	17:23
S Intermediate sprint - Mysen	83,7	50,0	17:11	17:17	17:24
Junction KV6400/KV4000	84,0	49,6	17:12	17:18	17:24
Roundabout FV692/FV129	84,3	49,4	17:12	17:18	17:25
Momarken	85,9	47,7	17:14	17:20	17:27
Roundabout FV129/FV128	86,1	47,5	17:15	17:21	17:27
Entering Trøgstad municipality	86,7	46,9	17:15	17:22	17:28
Roundabout FV129/EV18	86,7	46,9	17:15	17:22	17:28
Roundabout RV22/EV18	86,9	46,7	17:16	17:22	17:29
Skjønhaug	93,8	39,8	17:26	17:32	17:40
Junction RV22/FV115	94,3	39,4	17:26	17:33	17:40
Entering Askim municipality	101,3	32,3	17:36	17:43	17:51
Askim	105,1	28,5	17:42	17:49	17:58
Junction FV115/FV738	105,2	28,4	17:42	17:49	17:58

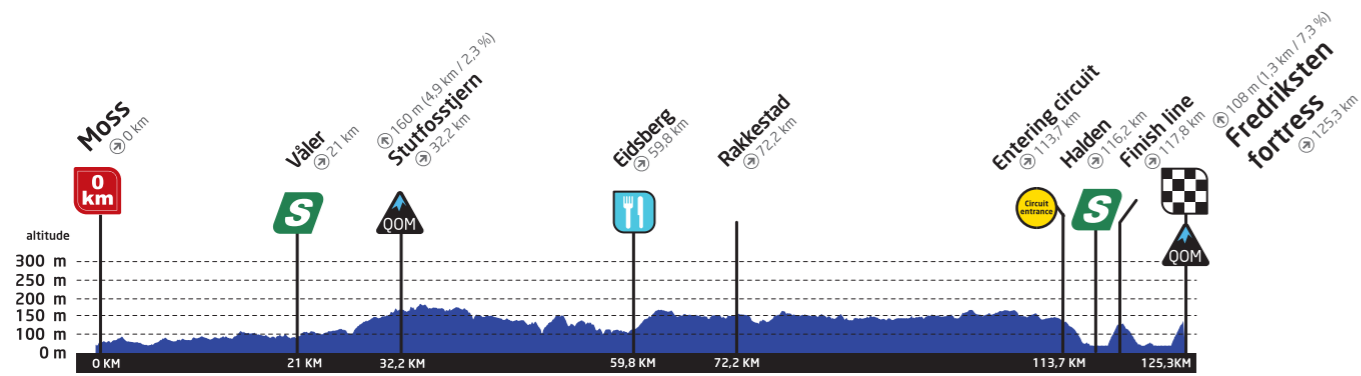
STAGE 2: MYSEN - ASKIM | 133,6 KM

	KM from start	KM to end	KM/H	KM/H	KM/H
			42	40	38
Entering final circuit	105.2	28.4	17:42	17:49	17:58
Junction FV738/FV740	106.5	27.1	17:44	17:51	18:00
Junction FV740/FV115	108.2	25.4	17:46	17:54	18:02
Roundabout FV115/KV2750	108.5	25.1	17:47	17:54	18:03
Passing finish line - 3 laps to go	109.2	24.1	17:47	17:55	18:04
Junction KV4050/KV3800	109.7	24	17:48	17:56	18:05
Attention: Fast decent - narrow road	111.2	22.4	17:50	17:58	18:07
Junction KV1055/FV738	112.5	21.1	17:52	18:00	18:09
Passing circuit entrance point	113.3	20.3	17:53	18:02	18:10
Finish line - 2 laps to go	117.3	16.3	17:59	18:07	18:17
Finish line - 1 lap to go	125.5	8.1	18:11	18:20	18:30
Finish - Askim	133.6	0.0	18:22	18:32	18:42



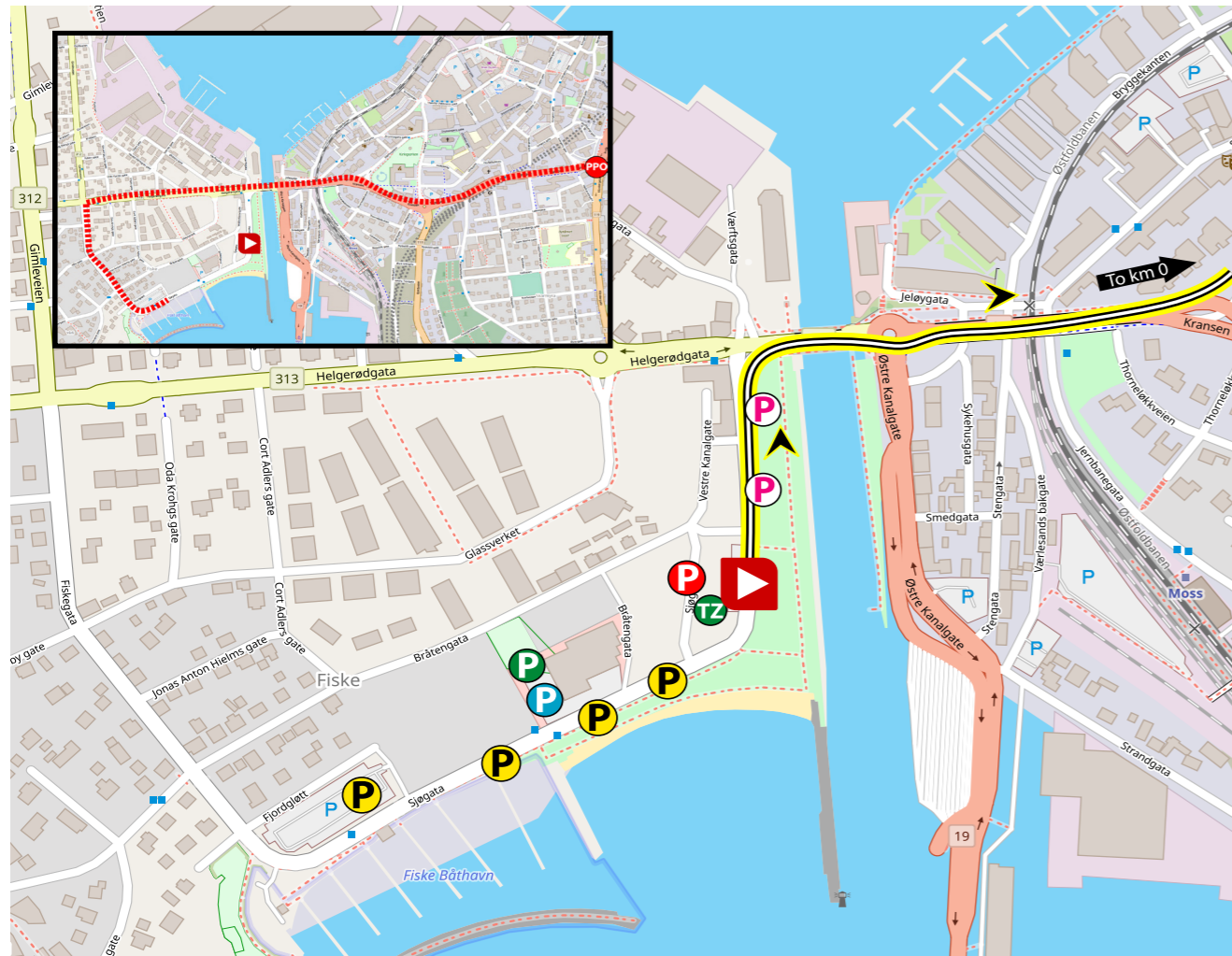
STAGE 3: MOSS – FREDRIKSTEN FORTRESS (HALDEN) | 125 KM

Stage profile



Start area

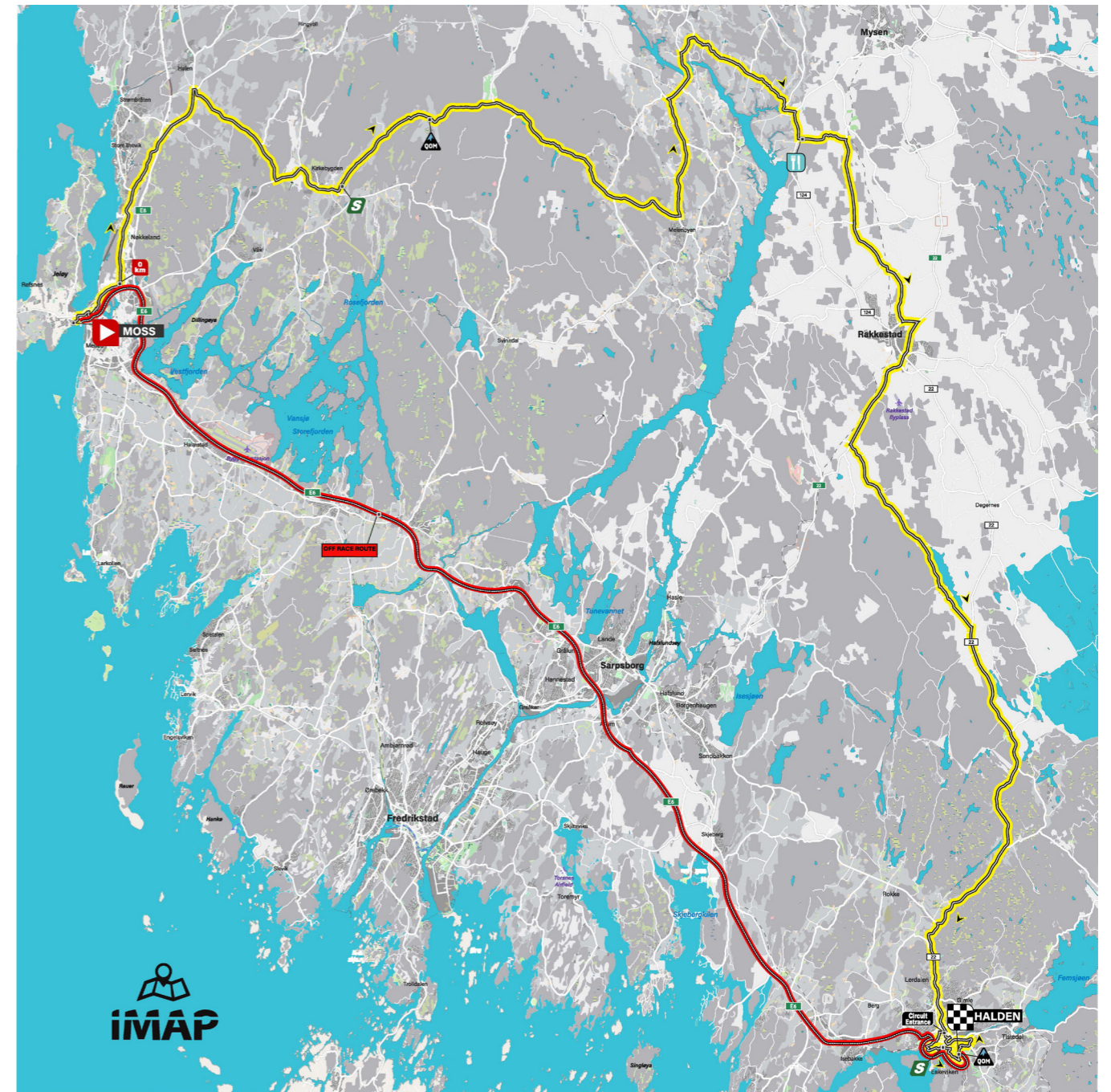
PPO address: Kongens gate 42, Moss
 GPS Coordinates: Lat: 59.434458, Long: 10.670160



STAGE 3: MOSS – FREDRIKSTEN FORTRESS (HALDEN) | 125 KM

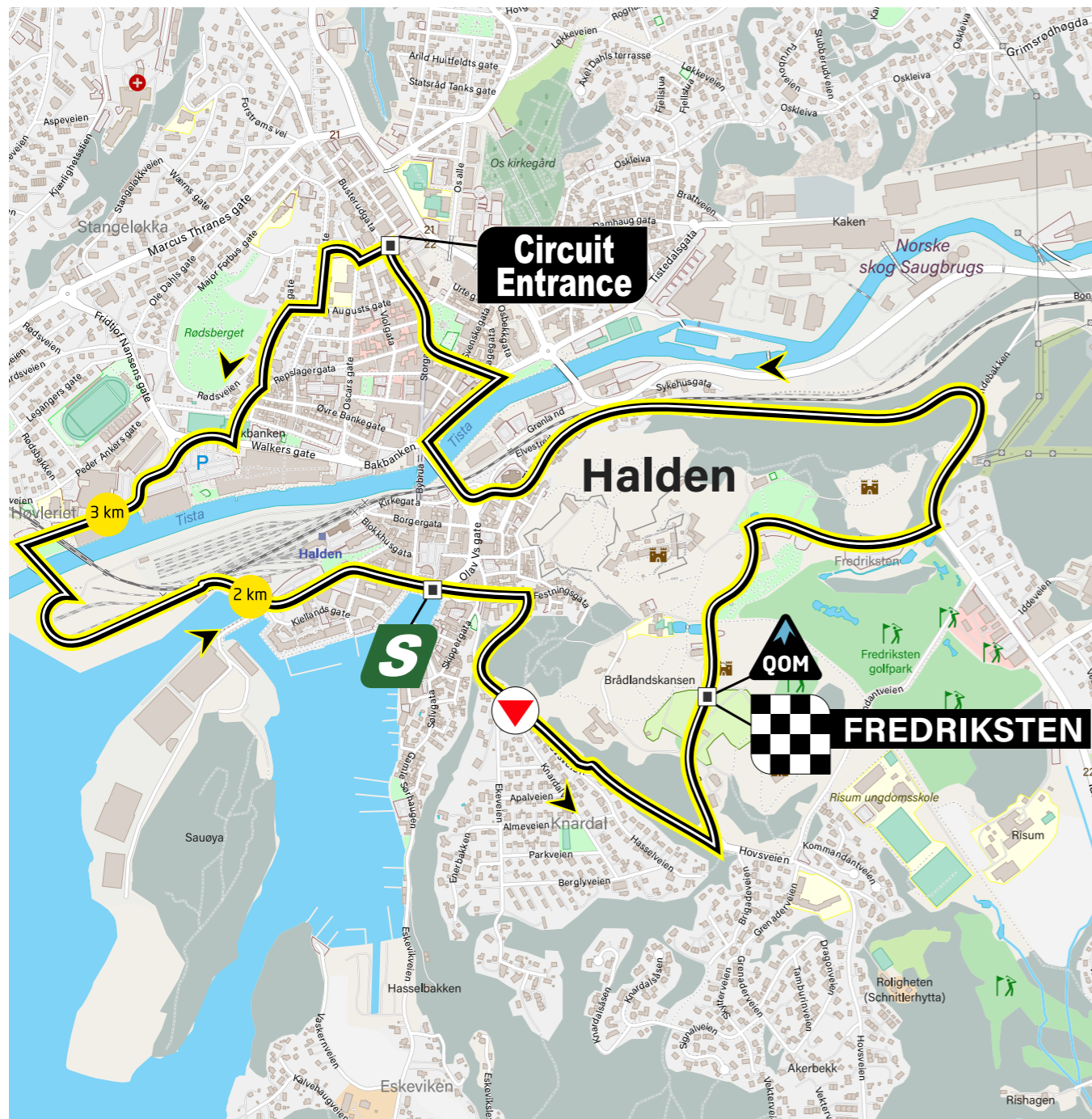
Race route

Feeding Zone: Finnstadveien 729, Eidsberg
 GPS Coordinates: Lat: 59.510111, Long: 11.261735

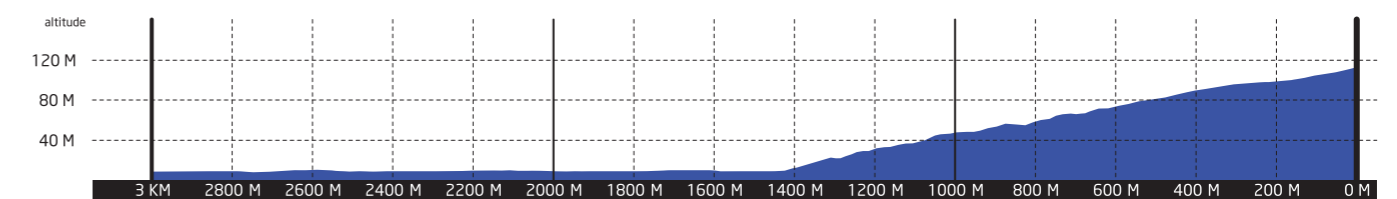
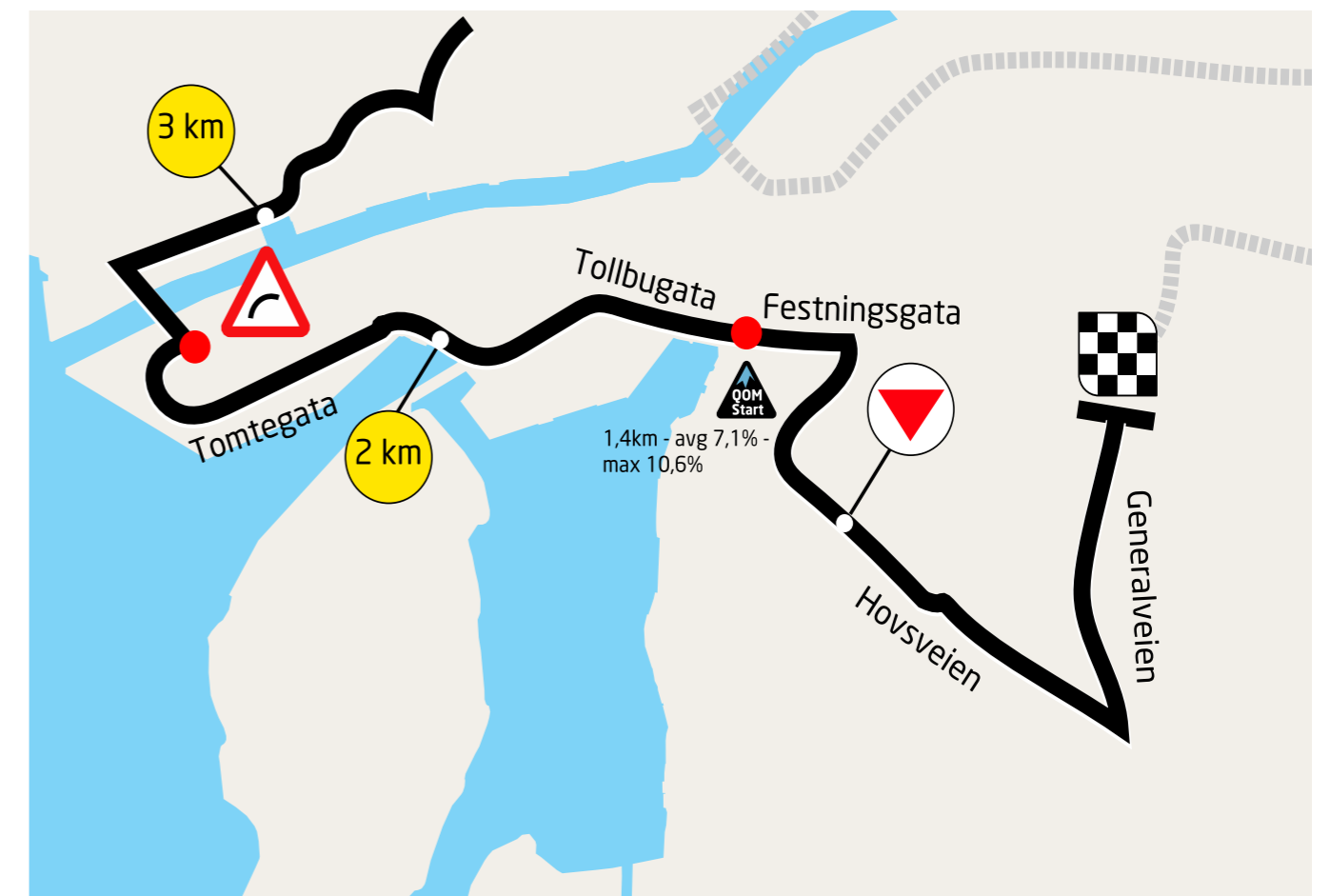


Off-Race Route: Follow RV19, and then E6 towards Svinesund. Take exit number 2 towards Halden. Follow RV204 to the roundabout with signs towards Halden stadion. Enter the race route and follow it to the race deviation point in the finish area.

Final circuit



Last 3 kilometres

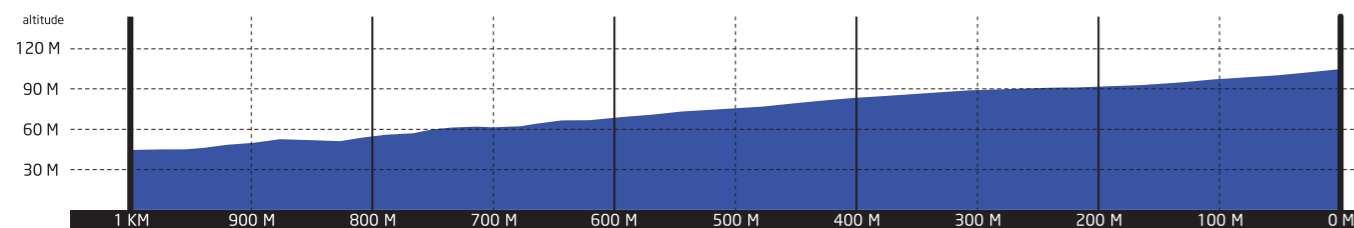
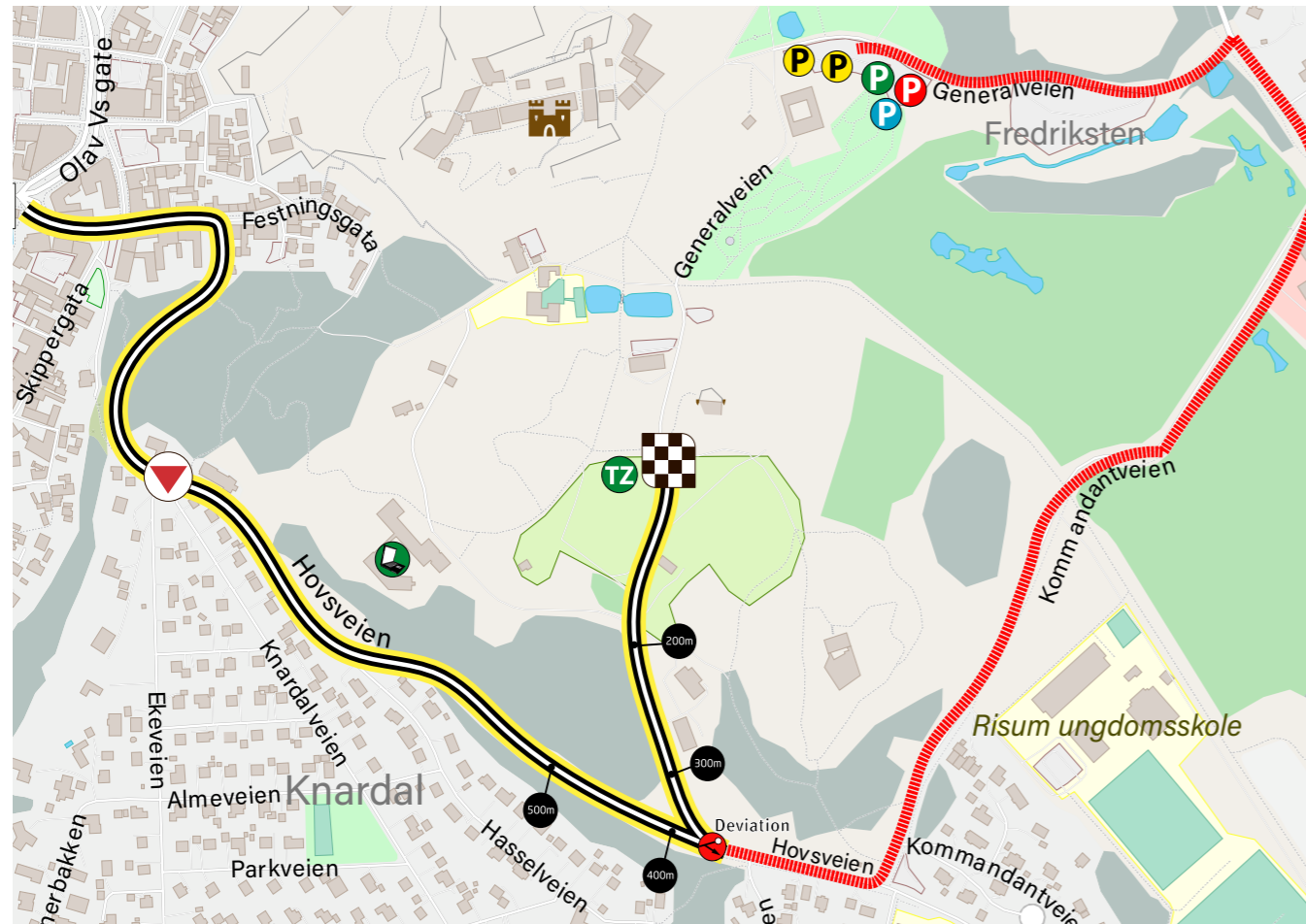


STAGE 3: MOSS – FREDRIKSTEN FORTRESS (HALDEN) | 125 KM

Finish area

Final circuit: 1 lap of 7,5 km
Finish straight: 300 m uphill.
Width: 5,5 meters.

Address finish line: Fredriksten fortress, Generalveien, Halden. Lat: 59.116897 Long: 11.398567
Address media centre Fredriksten: Fredriksten hotel, Generalveien 25, Halden / Thon hotel Halden, Langbrygga 1



Other stage info:

Online map with elevation profile: <https://ridewithgps.com/routes/29327441>
 GPX: https://ridewithgps.com/routes/29327441.gpx?sub_format=track

STAGE 3: MOSS – FREDRIKSTEN FORTRESS (HALDEN) | 125 KM

Route description

	From zero	To finish	KM/H	KM/H	KM/H
			42	40	38
3,1 km neutral zone					
Start Moss	-3		15:20	15:20	15:20
Junction KV3760/FV313	-3				
Roundabout FV317/RV19	-2,9				
Junction RV19/KV4720	-2,7				
Junction KV1840/KV3440	-2,4				
Junction KV3440/KV4940	-2,2				
Junction KV5920/KV3560	-1,7				
Junction KV3560/KV3560	-1,7				
Attention: Narrow road	-1,4				
Roundabout KV4300/FV316	0,1				
Official start - Tigerplassen	0,0	125,2	15:30	15:30	15:30
Roundabout FV316	1,8	123,4	15:32	15:32	15:32
Kambo	3,3	121,9	15:34	15:34	15:35
Entering Akershus county	5,3	119,9	15:37	15:37	15:38
Entering Vestby municipality	5,3	119,9	15:37	15:37	15:38
Roundabout FV1/FV151	8,3	116,9	15:41	15:42	15:43
Tegnebyholtet	8,5	116,8	15:42	15:42	15:43
Junction FV151/FV151	10,6	114,6	15:45	15:45	15:46
Junction FV151/FV6	10,7	114,5	15:45	15:46	15:46
Entering Østfold county	13,0	112,3	15:48	15:49	15:50
Entering Våler municipality	13,0	112,3	15:48	15:49	15:50
Junction FV220/FV120	16,9	108,3	15:54	15:55	15:56
Vollengen	17,0	108,2	15:54	15:55	15:56
Torsheim	18,3	107,0	15:56	15:57	15:58
Junction FV120/FV121	18,3	106,9	15:56	15:57	15:58
Kirkebygda	19,7	105,5	15:58	15:59	16:01
Junction FV121/FV243	20,7	104,6	15:59	16:01	16:02
Intermediate sprint - Våler	21,0	104,2	16:00	16:01	16:03
QOM climb start	27,3	97,9	16:08	16:10	16:13
Entering Spydeberg municipality	29,0	96,3	16:11	16:13	16:15
QOM - Stutfosstjern	32,2	93,0	16:16	16:18	16:20
Entering Skiptvedt municipality	34,5	90,7	16:19	16:21	16:24
Meieribyen	41,5	83,7	16:29	16:32	16:35
Junction FV243/FV115	42,0	83,2	16:30	16:33	16:36
Libru	47,8	77,4	16:38	16:41	16:45
Junction FV115/FV115	47,9	77,3	16:38	16:41	16:45
Entering Askim municipality	49,6	75,6	16:40	16:44	16:48
Junction FV115/KV9400	50,6	74,6	16:42	16:45	16:49
Skjørtensvingen	51,6	73,6	16:43	16:47	16:51
Entering Eidsberg municipality	53,4	71,8	16:46	16:50	16:54
Lekum mølle	57,5	67,7	16:52	16:56	17:00
Junction FV689/FV124	57,7	67,5	16:52	16:56	17:01
Frydenlund	58,4	66,8	16:53	16:57	17:02
Junction FV124/FV124	58,4	66,8	16:53	16:57	17:02
Eidsberg church	58,5	66,7	16:53	16:57	17:02
Junction FV124/FV685	59,7	65,5	16:55	16:59	17:04
Feeding zone	59,8	65,5	16:55	16:59	17:04
Junction FV685/FV646	62,2	63,0	16:58	17:03	17:08
Entering Rakkestad municipality	68,0	57,2	17:07	17:12	17:17
Attention: Narrow underpass	69,2	56,0	17:08	17:13	17:19

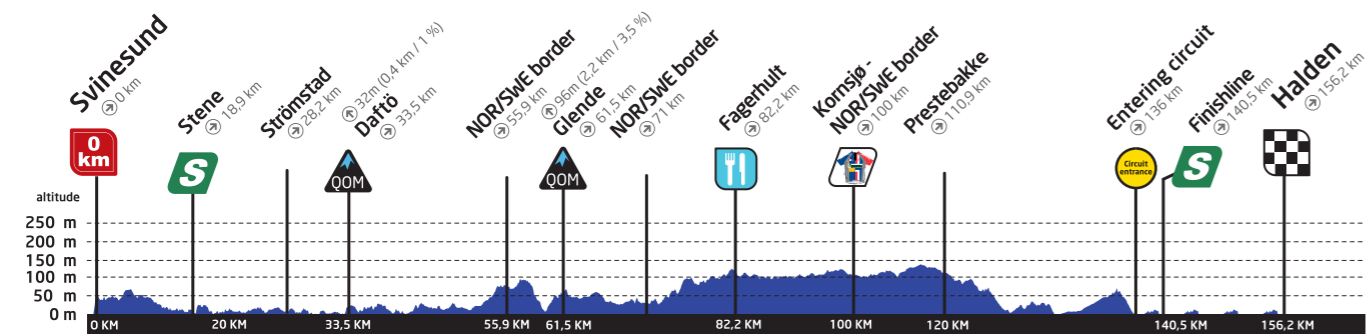
STAGE 3: MOSS – FREDRIKSTEN FORTRESS (HALDEN) | 125 KM

	KM from start	KM to end	KM/H	KM/H	KM/H
			42	40	38
Junction FV646/FV124	72.1	53.1	17:12	17:18	17:23
Rakkestad	72.2	53.0	17:13	17:18	17:24
Junction FV124/RV22	72.8	52.4	17:13	17:19	17:24
Ytterskogen	79.7	45.5	17:23	17:29	17:35
Junction RV111/FV650	79.7	45.5	17:23	17:29	17:35
Attention: narrow road	85.5	39.7	17:32	17:38	17:44
Attention: narrow road	89.1	36.1	17:37	17:43	17:50
Vatvedt	90.6	34.7	17:39	17:45	17:52
Junction FV650/FV22	90.8	34.4	17:39	17:46	17:53
Entering Halden municipality	98.3	26.9	17:50	17:57	18:05
Junction FV22/FV22	107.9	17.3	18:04	18:11	18:20
Attention: Fast approach to Halden	110.6	14.6	18:07	18:15	18:24
Entering Halden	111.5	13.8	18:09	18:17	18:25
Roundabout Fv22/FV1336	111.9	13.4	18:09	18:17	18:26
Entering final circuit	113.7	11.6	18:12	18:20	18:29
Junction KV1780/KV7440	113.7	11.5	18:12	18:20	18:29
Junction KV7440/KV1125	113.7	11.5	18:12	18:20	18:29
Junction KV1125/KV7560	113.8	11.4	18:12	18:20	18:29
Junction KV7560/KV3620	113.8	11.4	18:12	18:20	18:29
Junction KV3620/KV3940	114.0	11.2	18:12	18:20	18:29
Junction KV3940/KV5820	114.1	11.2	18:12	18:21	18:30
Junction KV4740/KV5780	114.2	11.0	18:13	18:21	18:30
Roundabout PV97743/KV7510	114.4	10.8	18:13	18:21	18:30
Rounabout KV7510/KV7510	114.5	10.7	18:13	18:21	18:30
Junction PV3425/PV3440	115.8	9.4	18:15	18:23	18:32
Junction PV3440/KV6800	116.0	9.2	18:15	18:24	18:33
S Intermediate sprint - Halden	116.2	9.0	18:16	18:24	18:33
Junction KV115/KV3480	116.3	9.0	18:16	18:24	18:33
Junction KV2240/KV3840	116.4	8.8	18:16	18:24	18:33
Junction KV3240/KV2600	117.4	7.9	18:17	18:26	18:35
Finish line - 1 lap to go	117.8	7.5	18:18	18:26	18:35
Attention: Fast decent - narrow road	118.0	7.3	18:18	18:26	18:36
Junction PV96925/KV2600	118.2	7.1	18:18	18:27	18:36
Junction KV2600/FV22	118.6	6.6	18:19	18:27	18:37
Junction FV22/FV22	120.1	5.1	18:21	18:30	18:39
Junction FV22/KV5115	120.2	5.0	18:21	18:30	18:39
Junction FV22/KV5200	120.6	4.6	18:22	18:30	18:40
Junction KV5200/KV3410	120.7	4.6	18:22	18:31	18:40
Attention: Narrow road and coble stones	120.8	4.4	18:22	18:31	18:40
Passing circuit entrance point	121.1	4.1	18:23	18:31	18:41
Finish and QOM- Fredriksten fortress	125.2	0.0	18:28	18:37	18:47



STAGE 4: SVINESUND - HALDEN | 156,2 KM

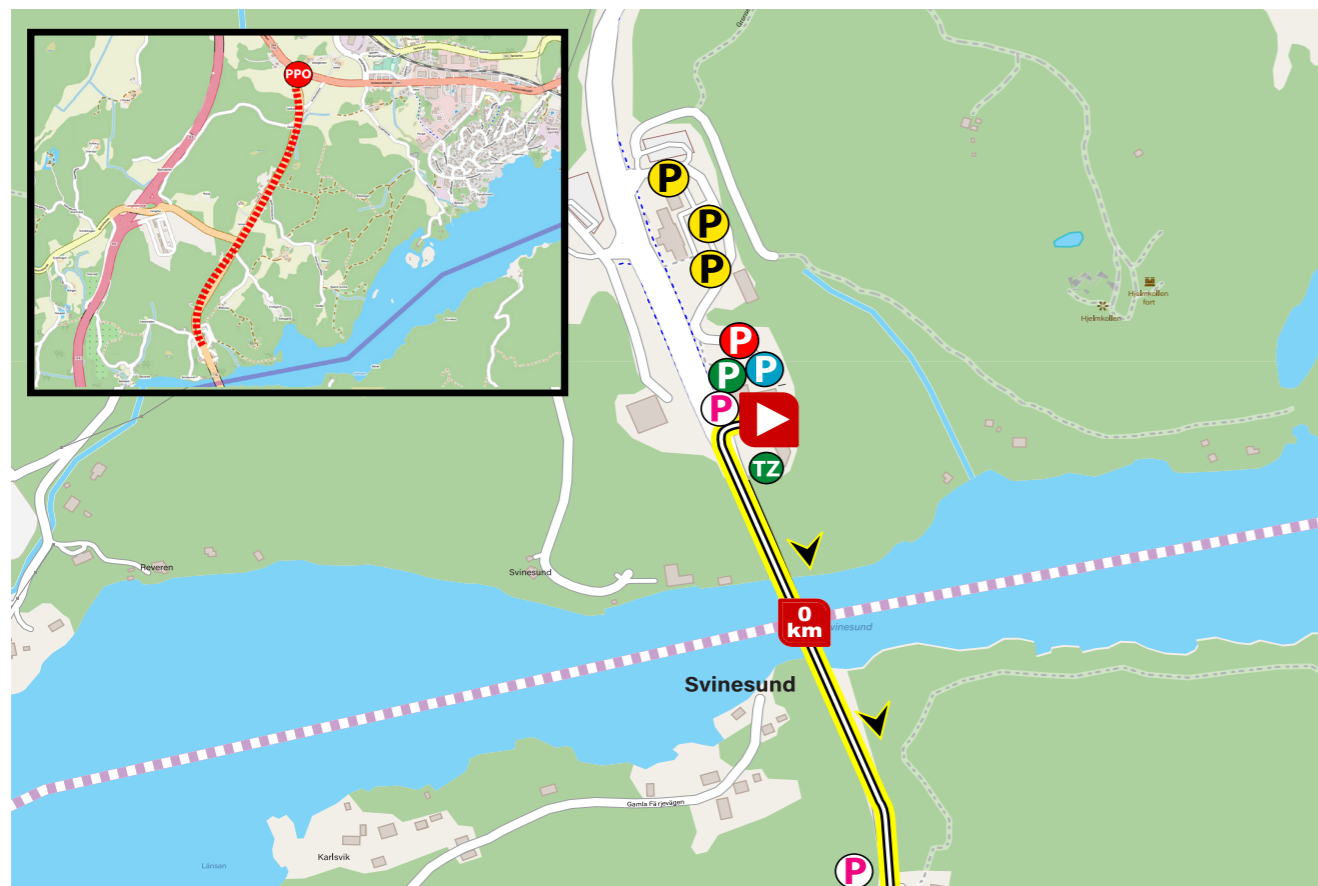
Stage profile



Start area

PPO address: Junction RV204/FV118 (first exit towards Svinesund(FV118))

GPS Coordinates: Lat: 59.122410, Long: 11.282074



STAGE 4: SVINESUND - HALDEN | 156,2 KM

Race route

Feeding Zone: Road 164, 450 84 Bullaren, Sweden
GPS Coordinates: Lat: 58.8327907, Long: 11.61197442



Off-Race Route: Follow FV118 and RV204 back towards Halden. Follow RV204 to the roundabout with signs towards Halden stadion. Enter the race route and follow it to the race deviation point in the finish area. Feeding vehicles: Must follow behind the green flag car behind the race from the feeding zone until reaching circuit entrance. No passing of the race.

Final circuit



Last 3 kilometres

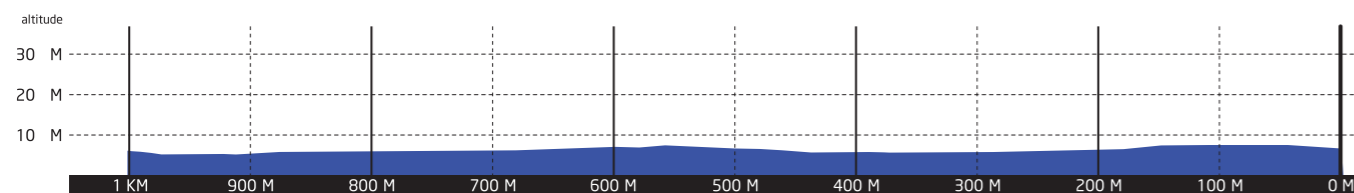
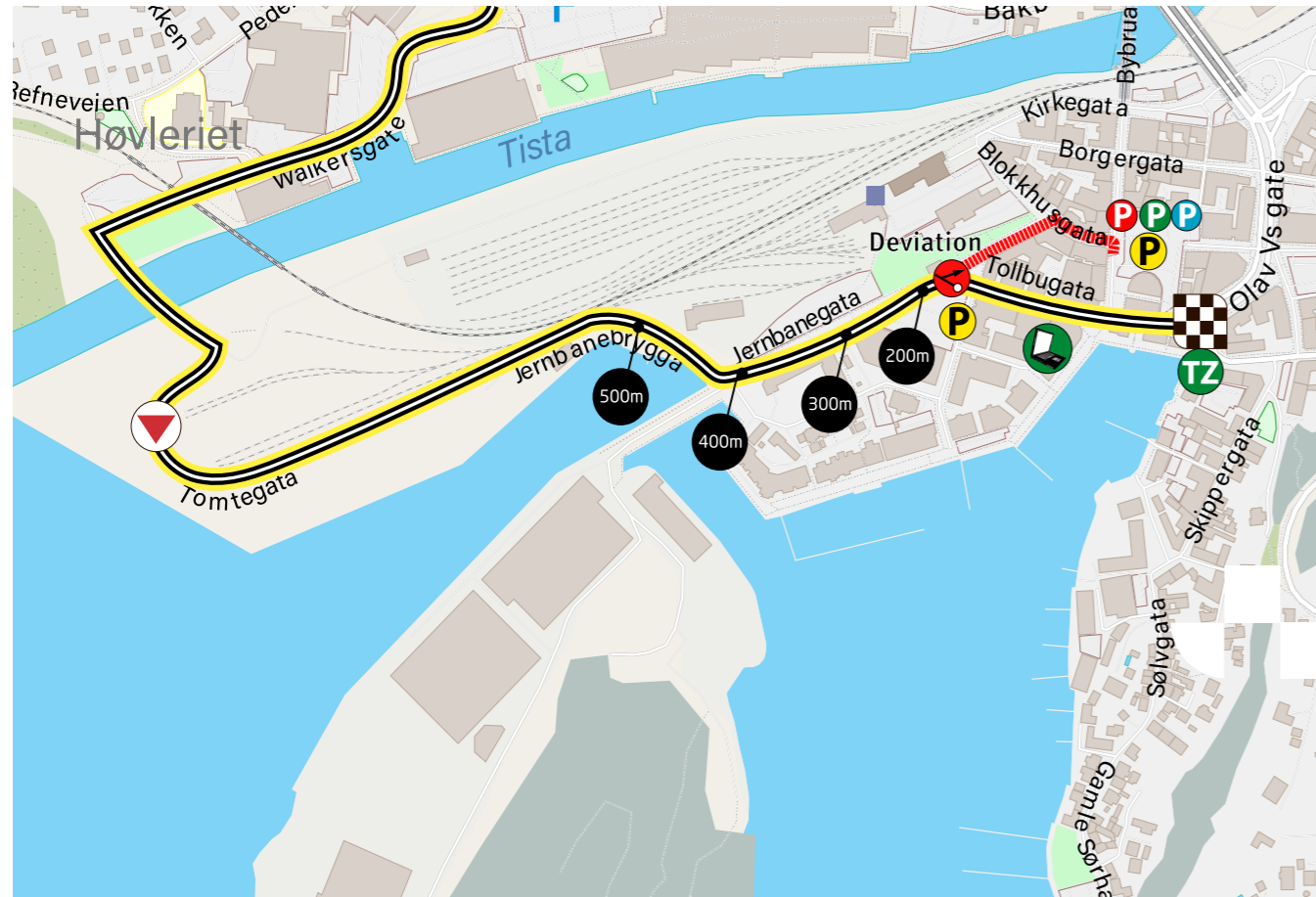


STAGE 4: SVINESUND - HALDEN | 156,2 KM

Finish area

Final circuit: 3 laps of 5km
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



Other stage info:

Online map with elevation profile: <https://ridewithgps.com/routes/29327317>
 GPX: https://ridewithgps.com/routes/29327317.gpx?sub_format=track

STAGE 4: SVINESUND - HALDEN | 156,2 KM

Route description

	From zero	To finish	KM/H	KM/H	KM/H
			42	40	38
0,2 km neutral zone					
Start - Svinesund	0,2		11:18	11:18	11:18
U Official start - NOR/SWE border	0.0	154.6	11:20	11:20	11:20
Roundabout EV6	1,5	153.2	11:22	11:22	11:22
Junction 1061/1040	12,9	141.7	11:38	11:39	11:40
Roundabout 988/E6	13,8	140.8	11:39	11:40	11:41
Dynekilen	14,8	139.9	11:41	11:42	11:43
S Intermediate sprint - Stene	18,9	135.7	11:47	11:48	11:49
Junction 988/1041	19,3	135.4	11:47	11:48	11:50
Junction 1041/1034	22,3	132.3	11:51	11:53	11:55
Roundabout 1035/176	26,8	127.8	11:58	12:00	12:02
Roundabout	27,3	127.3	11:59	12:00	12:03
Strømstad	28,2	126.5	12:00	12:02	12:04
Junction	28,4	126.3	12:00	12:02	12:04
Junction	28,6	126.1	12:00	12:02	12:05
Roundabout 164/176	30,2	124.4	12:03	12:05	12:07
QOM start	32,9	121.7	12:06	12:09	12:11
QOM QOM - Daftö	33,5	121.1	12:07	12:10	12:12
Båleröd	34,6	120.0	12:09	12:11	12:14
Junction 1030/1027	34,8	119.9	12:09	12:12	12:14
Roundabout 1027/E6	39,5	115.2	12:16	12:19	12:22
Roundabout 1027/E6	39,5	115.2	12:16	12:19	12:22
Roundabout 1027/990	39,9	114.7	12:16	12:19	12:22
Junction 990/985	40,5	114.1	12:17	12:20	12:24
Junction 985/988	44,4	110.3	12:23	12:26	12:30
NOR/SWE border - entering Norway	55,8	98.8	12:39	12:43	12:48
Attention: Narrow and fast decent	57,1	97.5	12:41	12:45	12:50
KOM climb start	59,2	95.4	12:44	12:48	12:53
QOM QOM - Glende	61,4	93.2	12:47	12:52	12:56
Junction FV102/FV22	61,5	93.2	12:47	12:52	12:57
NOR/SWE border - entering Sweden	73,3	81.3	13:04	13:09	13:15
Vassbotten	73,5	81.1	13:05	13:10	13:16
Junction 165/968	73,5	81.1	13:05	13:10	13:16
Attention: Narrow bridge	73,7	80.9	13:05	13:10	13:16
Attention: Gravel section 7km	75,2	79.5	13:07	13:12	13:18
Fagerhult	81,2	73.4	13:16	13:21	13:28
Junction 968/164	81,6	73.0	13:16	13:22	13:28
I Feeding zone	82,2	72.5	13:17	13:23	13:29
Junction 164/2180	88,6	66.1	13:26	13:32	13:39
Bästop	92,8	61.9	13:32	13:39	13:46
Junction 2180/166	94,1	60.5	13:34	13:41	13:48
Attention: Railway crossing	98,8	55.8	13:41	13:48	13:56
Kornsjø	99,6	55.0	13:42	13:49	13:57
B Border sprint NOR/SWE border	99,9	54.7	13:42	13:49	13:57
Prestebakke	110,9	43.8	13:58	14:06	14:15
Junction FV101/FV22	113,4	41.2	14:01	14:10	14:19
Bakke	118,9	35.7	14:09	14:18	14:27
Junction FV 22/KV3880	132,2	22.5	14:28	14:38	14:48
Junction KV3880/KV3240	132,9	21.6	14:29	14:39	14:49
Junction KV3240/KV2600	133,1	21.5	14:30	14:39	14:50
Fredriksten fortress	133,2	21.4	14:30	14:39	14:50
Attention: Fast decent - narrow road	133,7	21.0	14:30	14:40	14:51

STAGE 4: SVINESUND - HALDEN | 156,2 KM

	KM from start	KM to end	KM/H	KM/H	KM/H
			42	40	38
Junction PV96925/KV2600	133.9	20.7	14:31	14:40	14:51
Junction KV2600/FV22	134.3	20.3	14:31	14:41	14:52
Junction FV22/FV22	135.8	18.8	14:34	14:43	14:54
Entering final circuit	135.9	18.7	14:34	14:43	14:54
Junction FV22/FV22	135.9	18.7	14:34	14:43	14:54
Junction FV22/KV1250	136.1	18.6	14:34	14:44	14:54
Roundabout KV7510/PV97743	136.5	18.1	14:35	14:44	14:55
Junction KV3620/KV4970	136.8	17.8	14:35	14:45	14:56
Junction KV4970/KV6460	137.1	17.5	14:35	14:45	14:56
Junction KV1780/PV98573	137.5	17.1	14:36	14:46	14:57
Junction PV98573/KV3620	137.5	17.1	14:36	14:46	14:57
Junction KV3620/KV3940	137.8	16.8	14:36	14:46	14:57
Junction KV3940/KV5820	137.9	16.7	14:37	14:46	14:57
Attention: Coble stones	137.9	16.7	14:37	14:46	14:57
Junction KV5820/KV5820	138.3	16.3	14:37	14:47	14:58
Junction KV5820/KV2445	138.4	16.2	14:37	14:47	14:58
Junction KV2445/KV2445	138.4	16.2	14:37	14:47	14:58
Roundabout KV2445	138.7	16.0	14:38	14:47	14:58
Junction PV3425/PV3440	140.0	14.6	14:40	14:50	15:01
Junction PV3440/KV6800	140.2	14.4	14:40	14:50	15:01
Finish line - 3 laps to go	141.2	15.0	14:40	14:50	15:01
S Intermediate sprint - finish line	140.4	14.2	14:40	14:50	15:01
Passing circuit entrance point	140.7	14.0	14:40	14:50	15:02
Finish line - 2 laps to go	146.2	10.0	14:47	14:57	15:09
Finish line - 1 lap to go	151.2	5.0	14:54	15:04	15:16
Finish - Halden	156.2	0	15:00	15:11	15:24



