

LADIES TOUR
OF NORWAY



UCI



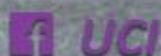
WOMEN'S
WORLDTOUR

17th. - 19th. of August 2018

Technical Guide

- Ladies Tour of Norway -

UCI 2.WWT



UCI



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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	Torjus Larsen	+47	907 47 472
Arena manager	Marius Jørgensen	+47	959 94 909
Convoy manager	Frank Kildebo	+47	944 83 961
Race Headquarters	Anne Lena Moum	+47	959 21 544
Media	Kjell-Erik Kristiansen	+47	465 42 820
Accommodation	Astrid Brøchner	+47	414 35 393
Accommodation	Gry Moberg	+47	402 88 626
Race doctor	Harald Lystad	+47	970 58 824
Radio Tour	Skjalge Kraglund	+47	906 60 354
Doping control officer	Jan Nijmeijer	+31	650 500 750
Timing/results	Cedric Fonteneau(Votrecourse)	+33	662 320 612

College of Commissaries

President of the commissaires panel	Alexander Donike (GER)
Member of the jury	Jakob Knudsen (DEN)
Member of the jury	Solveig Skottene (NOR)
Member of the jury	Heidi Stenbock-Haakestad (NOR)
Finish judge	Kenneth Simonsson (SWE)
Time keeper	Vegard Gimre (NOR)
Moto commissaire 1	Søren Knudsen (DEN)
Moto commissaire 2	Jon Olav Ødegaard (NOR)
Assistant commissaire	Janne Marie Haakestad Børresen (NOR)

Hotel information

Team- and Organization Hotels during the race:

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

The following teams are accommodated at this hotel:

Boels Dolmans Cycling Team

Micheltou Scott

Team Sunweb

Canyon // Sram Racing

Wiggle High5

Waoowdeals Pro Cycling Team

FDJ Nouvelle - Aquitaine Futuroscope

Hitec Produkts - Birk Sport

Astana Women`s team

Team Virtu Cycling

Trek Drops

Fredriksten Hotel
Generalveien 25-27, 1769 Halden
+47 69 02 10 10
post@fredrikstenhotell.no
<http://www.fredrikstenhotell.no/>
GPS: 59.116118"N 11.39494"E

The following teams are accommodated at this hotel:

Ale Cipollini
BTC City Ljubljana
Valcar BMP
Lotto Soudal Ladies
Bepink
Team Tibco - Silicon Valley Bank
Movistar Team Woman
Norway National Team
Sweden National Team
Coegas-Mettler team

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



All photos: MARCELA HAVLOVA/KEK-stock

Hospital information

Main hospital:

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



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 17th to 19th of August 2018.

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 rule 2.13.006, 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 2.13.004 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 2.13.005 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 is located at Thon Hotel Halden, Langbrygga 1, 1767 Halden, and the opening hours are:

Wednesday 15th of August; 14:00 to 18:00

Thursday 16th of August; 09:30 to 12:00 and 19:00-22:00 (15:00 to 18:00 in start area)

Friday 17th of August; 10:00 to 12:00 and 20:00 to 22:00 (13:00 to 14:45 in start area)

Saturday 18th of August; 19:00 to 21:30 (10:00 to 11:45 in start area)

Sunday 19th of August; (09:30 to 11:10 in start area)

After the stage: until the event is finished

The commissaries meeting is scheduled to take place at the Race Headquarters, from 13:00 to 14:00, the 15th of August.

Team representatives are requested to confirm their starters and collect their race numbers at the Race Headquarters from 10:00 to 11:00, the 16th of August.

The team managers' meeting is scheduled for 11:30, the 16th of August, at the Race Headquarters.

There will be a separate registration and team managers meeting for the TTT. Please read the technical guide of the TTT.

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 from the organizer.

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 - sponsored by Tryg
2. Individual Points Classification - green jersey - sponsored by Eidsberg Sparebank
3. QOM Classification - polka dot jersey - sponsored by Haldenkanalen
4. Best Young Rider - white jersey - sponsored by Berg Sparebank
5. Best Norwegian Rider - flag jersey - sponsored by Østfold Fylkeskommune
6. Team classification

This order (a-e) is also the priority order of the jerseys. There is also a border sprint competition at stage 3. 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 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 3 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 the first six riders at the finish line will be awarded points per 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 5, 3 and 1 points will be awarded to the three first riders. In the intermediate sprints, time bonuses of 3, 2 and 1 seconds will also be awarded to the first three riders to cross the line. The time bonus will count in the overall classification but not in the stage result. 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 3rd 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 point the first four riders will be given points: 4-3-2-1 point. 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 1996 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 Eidsberg Sparebank 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 Østfold Fylkeskommune 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: 10-6-4 seconds to the first three riders.

Intermediate sprints counting in the point's classification: 3-2-1 seconds to the first three riders.

The Border Sprint held when the race passes the Norwegian/Swedish borders on the 3rd stage, will not award any time bonuses.

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. Prizes

The following prizes are awarded: See page 18.

A grand total of € 15660,- will be awarded in prize money at the event.

Article 10. 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 11. 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 - Tryg yellow jersey
2. Individual points classification – Eidsberg Sparebank green jersey
3. QOM Classification - Haldenkanalen polka dot jersey
4. Best young rider classification - Berg Sparebank white jersey
5. Best Norwegian rider classification - Østfold Fylkeskommune flag jersey

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 12. Penalties

The UCI scale of penalties is the only one applicable.

Article 13. 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 14. 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.

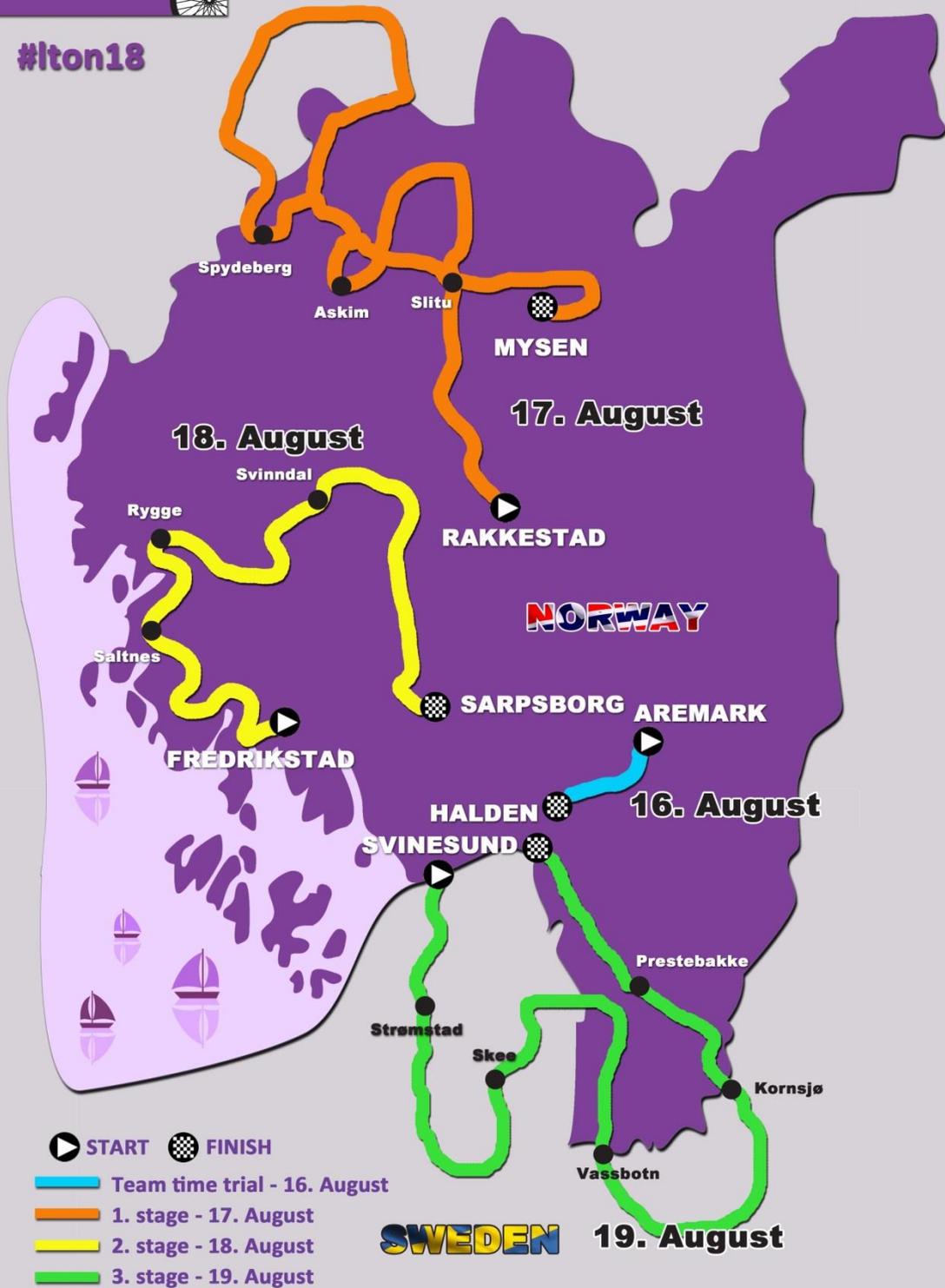
Team presentation and sign-in

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!



Road map 2018

#lton18



The leaders jerseys

Spiuk

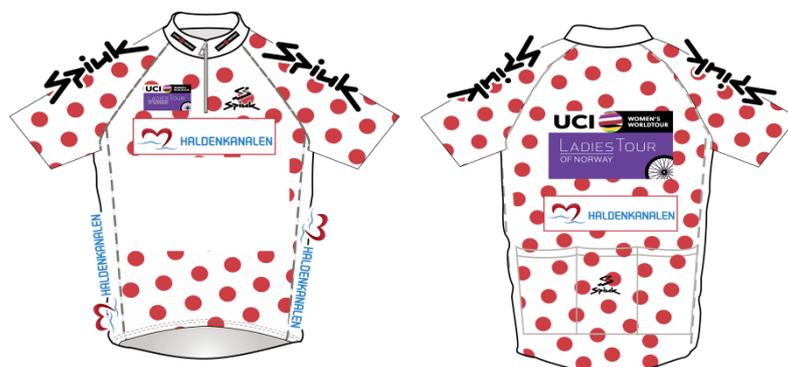
Tryg yellow jersey



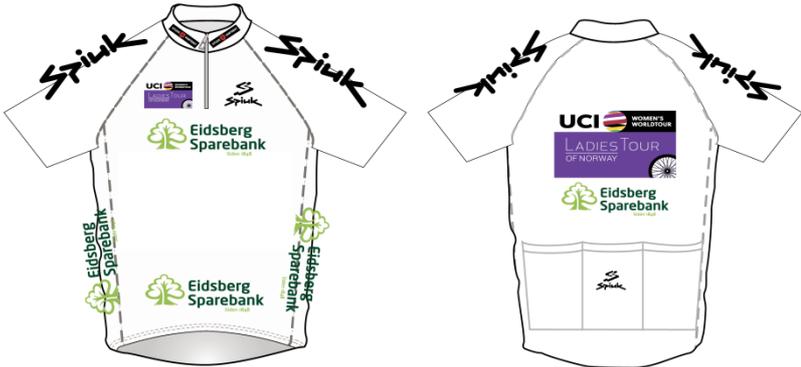
Eidsberg sparebank green jersey



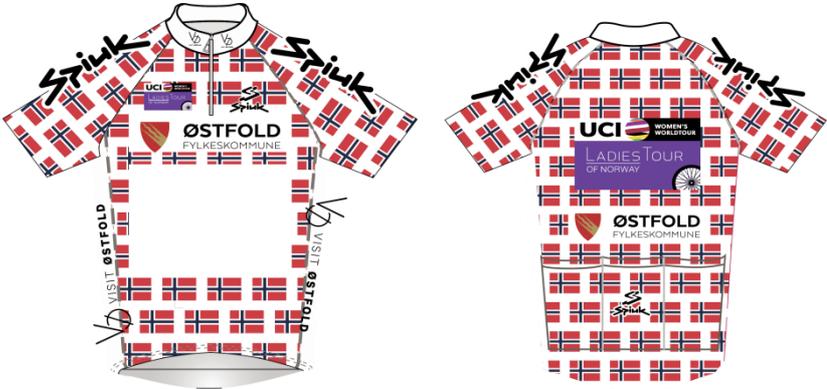
Haldenkanalen polkadot jersey



Berg sparebank young riders jersey



Østfold fylkeskommune – best Norwegian rider



Border sprint jersey (after last stage)



Prize money scale

Ranking	Individual Classification	
	Stage 1-3	Overall
1st	€ 600	€ 2 000
2nd	€ 350	€ 1 000
3rd	€ 250	€ 500
4th	€ 225	€ 200
5th	€ 200	€ 150
6th	€ 185	€ 150
7th	€ 160	€ 150
8th	€ 150	€ 150
9th	€ 150	€ 150
10th	€ 150	€ 150
11th	€ 100	€ 100
12th	€ 100	€ 100
13th	€ 100	€ 100
14th	€ 100	€ 100
15th	€ 100	€ 100
Total:	€ 2 920	€ 5 100

Points Classification
Winner final GC
€ 300

Climbers Classification
Winner final GC
€ 300

Best Young rider
Winner final GC
€ 300

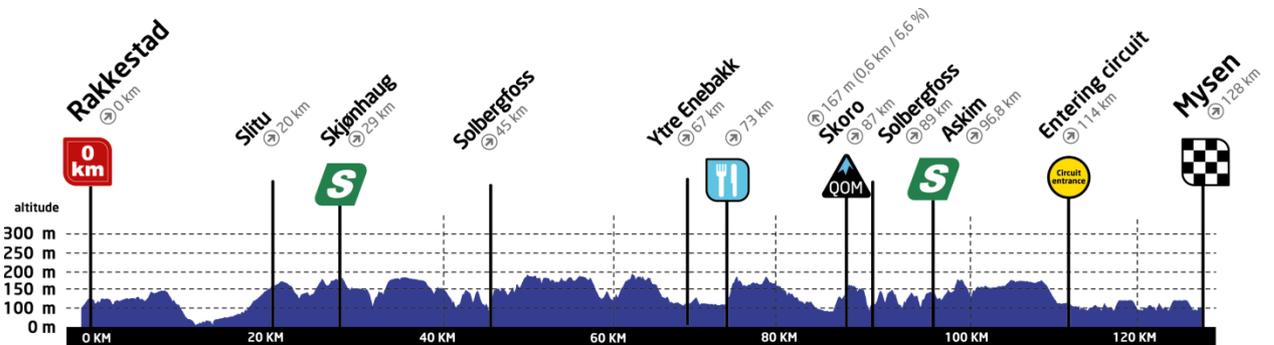
Best Norwegian rider
Winner final GC
€ 300

Best team Classification
Winner final GC
€ 300

Border sprint (stage 3)
Winner
€ 100

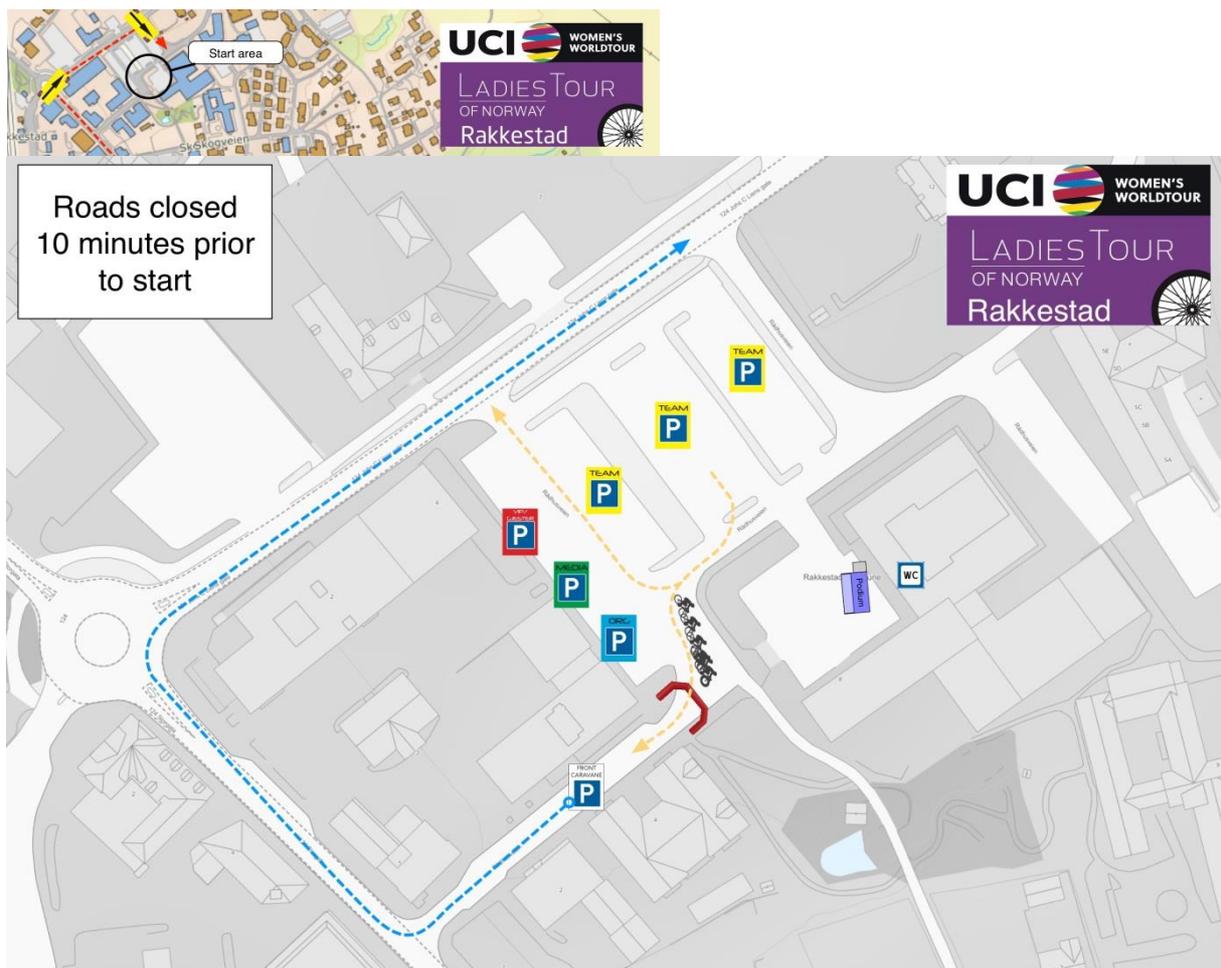
Stage 1: Rakkestad – Mysen, 127,7 km

Stage profile



Start area

PPO address: Sarpsborgveien1, Rakkestad (GPS Coordinates: Lat: 59.417267
Long: 11.350999)



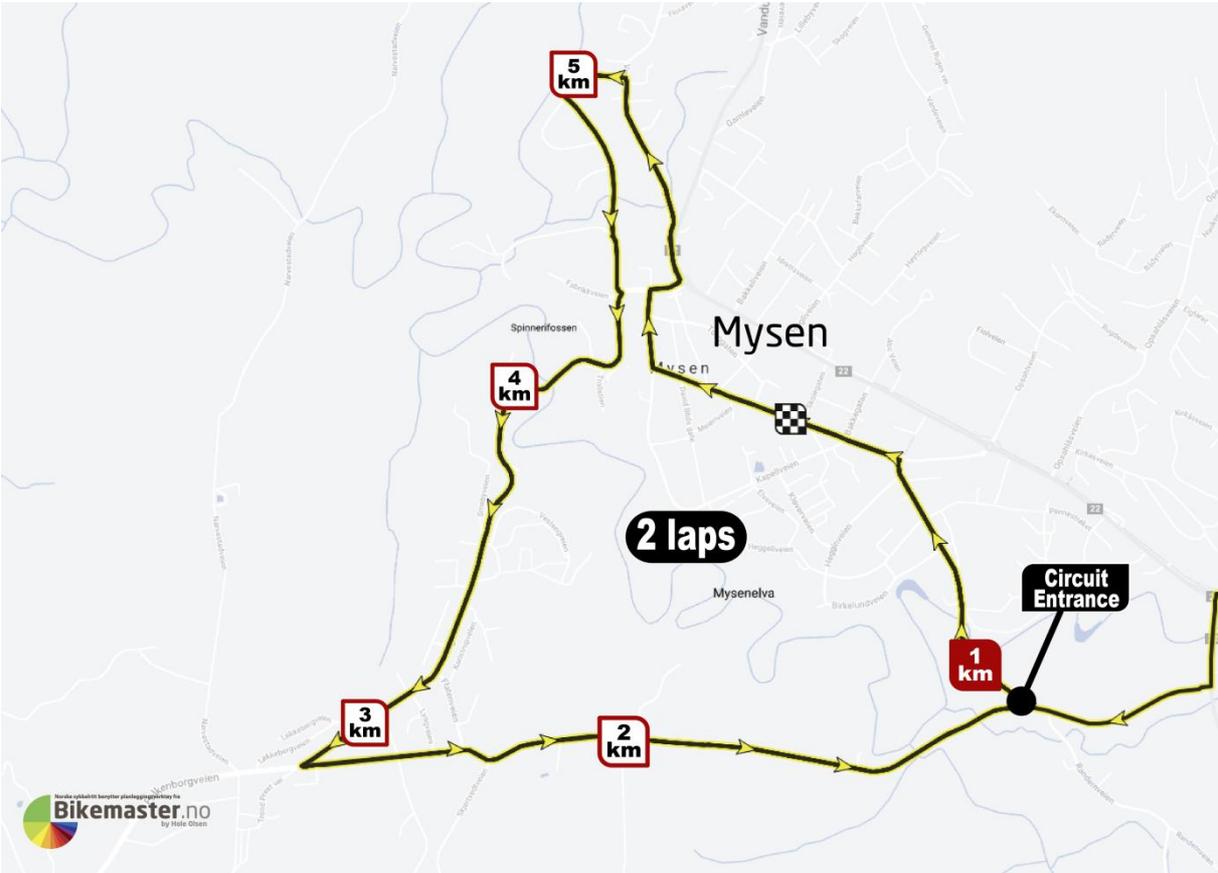
Race route

Feeding Zone: Svikebøl, Tomter (GPS Coordinates: Lat: 59.686208 Long: 11.040008)

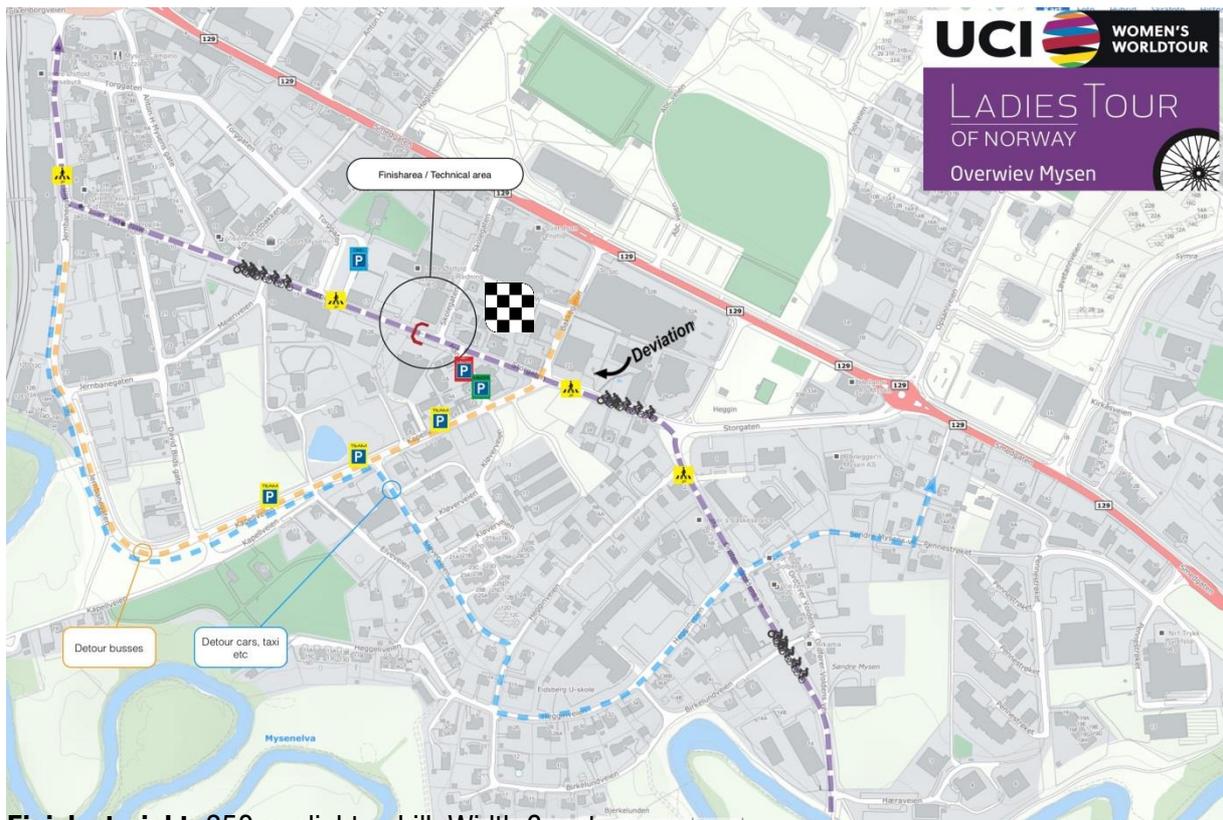
Off race route: Follow RV22 from Rakkestad towards Mysen.



Final circuit



Finish area



Finish straight: 250 m slight uphill. Width 6 meters.

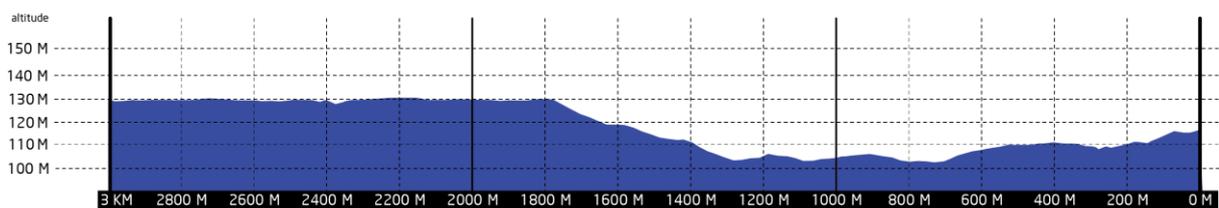
Address finish line: Storgaten 28, 1850 Mysen

Other stage info:

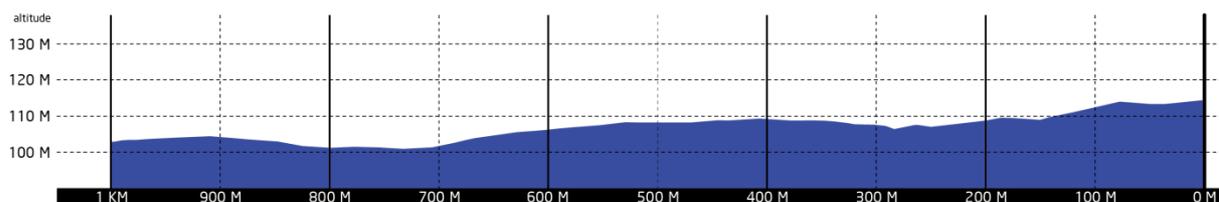
Online map with elevation profile: <https://ridewithgps.com/routes/27908129>

GPX: https://ridewithgps.com/routes/27908129.gpx?sub_format=track

Profile last 3km:



Profile final km:

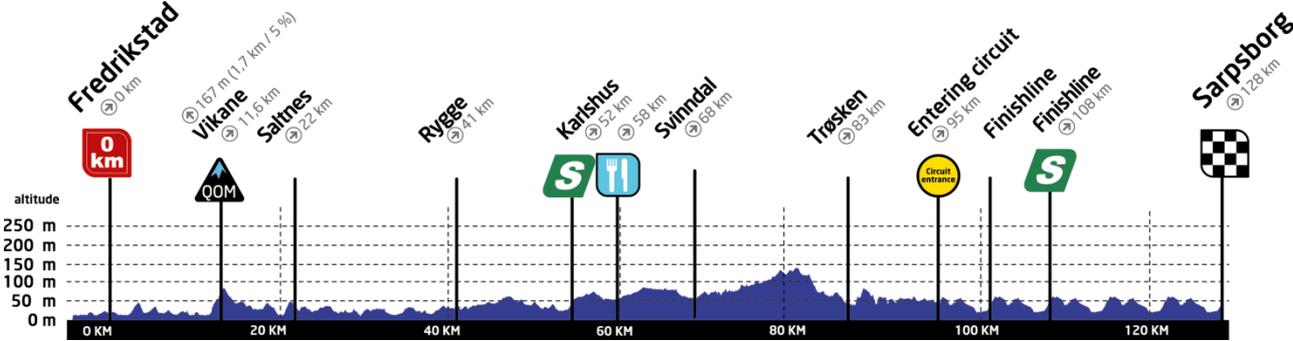


Route description

	KM from start	KM to end	KM/H 42	KM/H 40	KM/H 38	KM/H 36
Start - Rakkestad			14:45	14:45	14:45	14:45
1,4 km neutral zone						
Official start - Rakkestad	0.0	127.7	14:50	14:50	14:50	14:50
Entering Eidsberg municipality	3,5	124.2	14:55	14:55	14:55	14:55
Slitu	20,3	107.5	15:18	15:20	15:22	15:23
Entering Trøgstad municipality	23,7	104.1	15:23	15:25	15:27	15:29
Intermediate sprint - Skjønhaug	28,7	99.0	15:31	15:33	15:35	15:37
Askim - first passing	39.6	88.1	15:46	15:49	15:52	15:56
Attention: Narrow section	45.4	82.4	15:54	15:58	16:01	16:05
Solbergfoss - first passing	45.4	82.4	15:54	15:58	16:01	16:05
Entering Spydeberg municipality	45.5	82.2	15:55	15:58	16:01	16:05
Entering Akershus county	54.6	73.1	16:07	16:11	16:16	16:20
Entering Enebakk municipality	54.6	73.1	16:08	16:11	16:16	16:21
Sanner	61,3	66,5	16:17	16:21	16:26	16:32
Tømmerbråten	63,5	64,3	16:20	16:25	16:30	16:35
Ytre Enebakk	67.4	60.4	16:26	16:31	16:36	16:42
Entering Østfold county	72.1	55.7	16:32	16:38	16:43	16:50
Entering Hobøl municipality	72.1	55.7	16:32	16:38	16:43	16:50
Svikebøl	72.6	55.2	16:33	16:38	16:44	16:50
Feeding zone	72.7	55.1	16:33	16:39	16:44	16:51
Entering Spydeberg municipality	73.7	54.1	16:35	16:40	16:46	16:52
Spydeberg	82.6	45.2	16:47	16:53	17:00	17:07
QOM climb start	86.6	41.2	16:53	16:59	17:06	17:14
QOM - Skoro	87.0	40.8	16:54	17:00	17:07	17:14
Attention: Narrow section	89.3	38.5	16:57	17:03	17:10	17:18
Solbergfoss - second passing	89.3	38.5	16:57	17:03	17:10	17:18
Entering Askim municipality	89.3	38.5	16:57	17:03	17:10	17:18
Attention: Fast decent - narrow road	94.5	33.3	17:04	17:11	17:19	17:27
Askim 2nd passing	96.2	31.6	17:07	17:14	17:21	17:30
Askim church	96.4	31.4	17:07	17:14	17:22	17:30
Intermediate sprint - Askim	96.8	30,9	17:08	17:15	17:22	17:31
Entering Eidsberg municipality	103.2	24,6	17:17	17:24	17:32	17:41
Slitu	104.0	23,7	17:18	17:26	17:34	17:43
Entering final circuit	114.2	13,6	17:33	17:41	17:50	18:00
Finish line - 2 laps to go	115.2	12,6	17:34	17:42	17:51	18:01
Attention: Narrow section	116.7	11,0	17:36	17:45	17:54	18:04
Folkenborg - first passing	118.6	9,1	17:39	17:47	17:57	18:07
Finish line - 1 lap to go	121.4	6,3	17:43	17:52	18:01	18:12
Attention: Narrow section	123.0	4,7	17:45	17:54	18:04	18:15
Folkenborg - last passing	124.9	2,8	17:48	17:57	18:07	18:18
Finish Mysen	127.7	-0.0	17:52	18:01	18:11	18:22

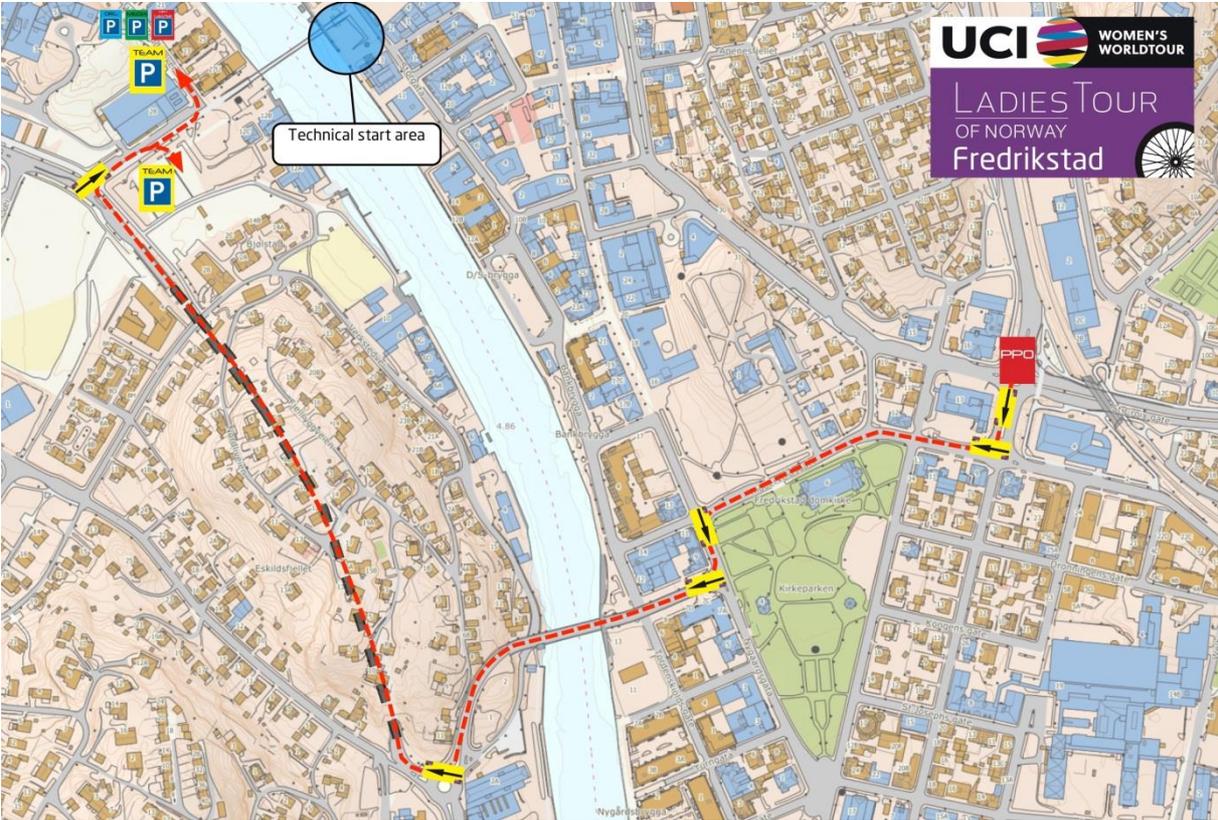
Stage 2: Fredrikstad – Sarpsborg, 127, 6 km

Stage profile



Start area

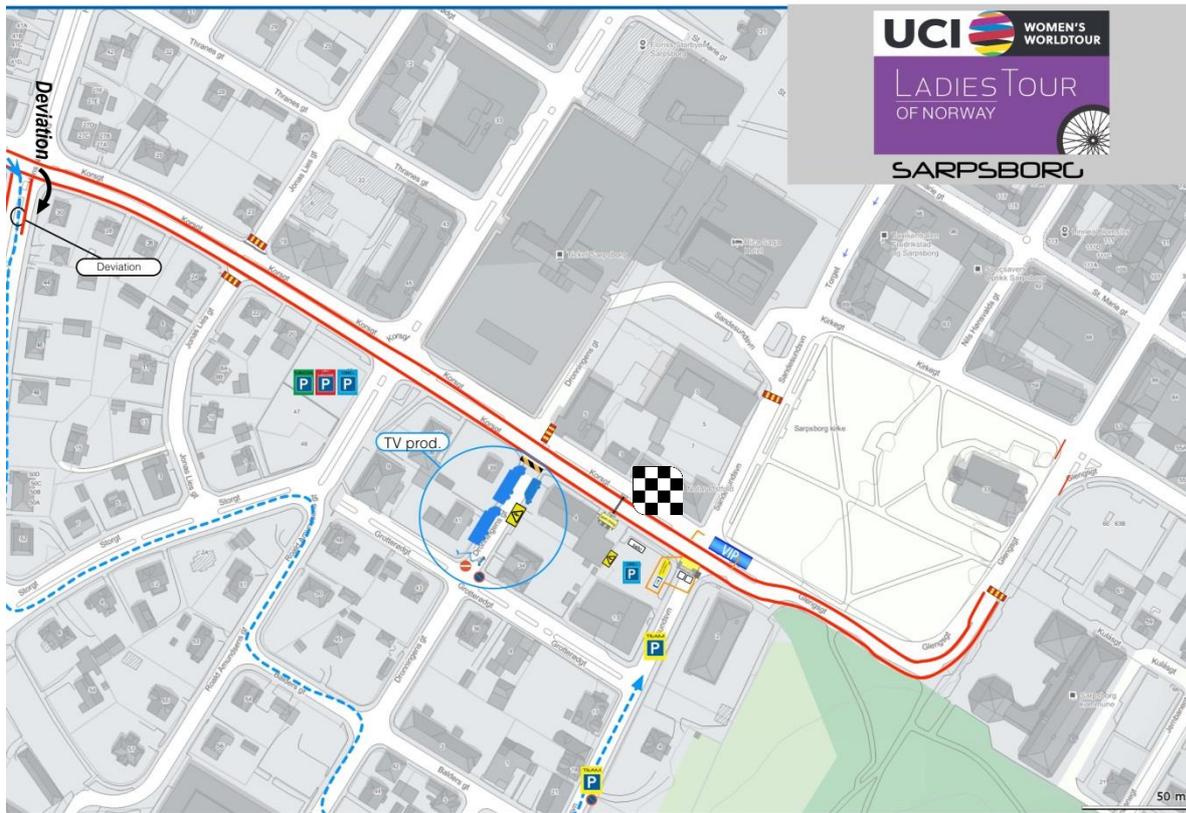
PPO address: Hans Jacob Nilsens gate 4 (GPS Coordinates: Lat: 59.209853 Long: 10.945435)



Final circuit



Finish area



Finish straight: 250 m slight uphill. Width 5,3 meters.

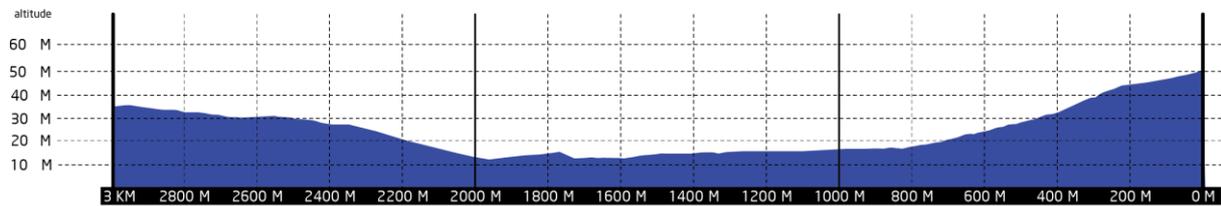
Address finish line: Korskata 4, Sarpsborg Lat: 59.282328 Long: 11.108041.

Other stage info:

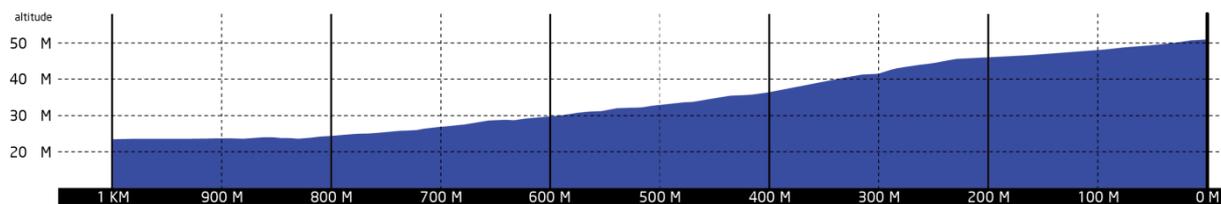
Online map with elevation

profile: <https://ridewithgps.com/routes/27791961> GPX: https://ridewithgps.com/routes/27791961.gpx?sub_format=track

Profile last 3km:



Profile final km:

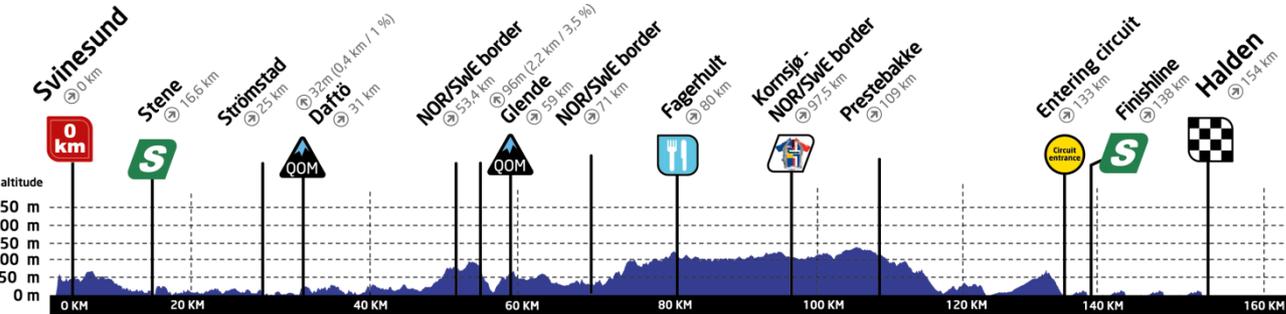


Route description

	KM from start	KM to end	KM/H	KM/H	KM/H	KM/H
			42	40	38	36
Start - Fredrikstad			11:45	11:45	11:45	11:45
6 km neutral zone						
Official start - Gressvik	0.0	127.7	11:55	11:55	11:55	11:55
Slevik	5,7	122.0	12:03	12:03	12:03	12:04
Vikane - Hankøundet	9,0	118.7	12:07	12:08	12:09	12:10
QOM climb start	11,6	117.8	12:09	12:09	12:10	12:11
QOM - Vikanetoppen	21,5	116.0	12:11	12:12	12:13	12:14
Saltnes	21,9	106.1	12:25	12:27	12:28	12:30
Entering Råde municipality	33,2	105.8	12:26	12:27	12:29	12:31
Entering Rygge municipality	33.2	94.5	12:42	12:44	12:47	12:50
Attention: Gravel section	33.3	94.4	12:42	12:44	12:47	12:50
Rygge	41.3	86.4	12:53	12:56	13:00	13:03
Entering Råde municipality	44.3	83.4	12:58	13:01	13:04	13:08
Karlshus	51.8	75.9	13:08	13:12	13:16	13:21
Intermediate sprint - Karlshus	52.1	75.6	13:09	13:13	13:17	13:21
Missingmyr	54.9	72.8	13:13	13:17	13:21	13:26
Feeding zone	57.7	69.9	13:17	13:21	13:26	13:31
Entering Våler municipality	61.9	65.8	13:23	13:27	13:32	13:38
Svinndal	67.9	59.8	13:31	13:36	13:42	13:48
Attention: Narrow bridge	70.0	57.7	13:35	13:40	13:45	13:51
Nordby	73.8	53.9	13:40	13:45	13:51	13:58
Attention: Road work section	75.8	51.9	13:43	13:48	13:54	14:01
Entering Sarpsborg municipality	76.2	51.4	13:43	13:49	13:55	14:02
Trøsken	83.3	44.4	13:53	13:59	14:06	14:13
Attention: Narrow bridge	84.4	43.3	13:55	14:01	14:08	14:15
Grålum	92.1	35.6	14:06	14:13	14:20	14:28
Tune church	93.1	34.5	14:08	14:14	14:22	14:30
Entering final circuit	95.1	32.6	14:10	14:17	14:25	14:33
Sandesund - first passing	98.9	28,8	14:16	14:23	14:31	14:39
Finish line - 4 laps to go	100.9	26,8	14:19	14:26	14:34	14:43
Sandesund - second passing	105.6	22,1	14:25	14:33	14:41	14:50
Intermediate sprint - finish line	107.6	20,1	14:28	14:36	14:44	14:54
Finish line 3 laps to go	107.6	20,1	14:28	14:36	14:44	14:54
Sandesund - third passing	112.3	15,4	14:35	14:43	14:52	15:02
Finish line - 2 laps to go	114.3	13,4	14:38	14:46	14:55	15:05
Sandesund - 4th passing	118.9	8,7	14:44	14:53	15:02	15:13
Finish line - 1 lap to go	121.0	6,7	14:47	14:56	15:06	15:16
Sandesund - last passing	125.7	2.0	14:54	15:03	15:13	15:24
Finish Sarpsborg	127.7	0.0	14:57	15:06	15:16	15:27

Stage 3: Svinesund - Halden, 154 km

Stage profile



Start area

PPO address: Gamle Svinesund 2, Berg (GPS Coordinates: Lat: 59.101702 Long: 11.267614)



Race route

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

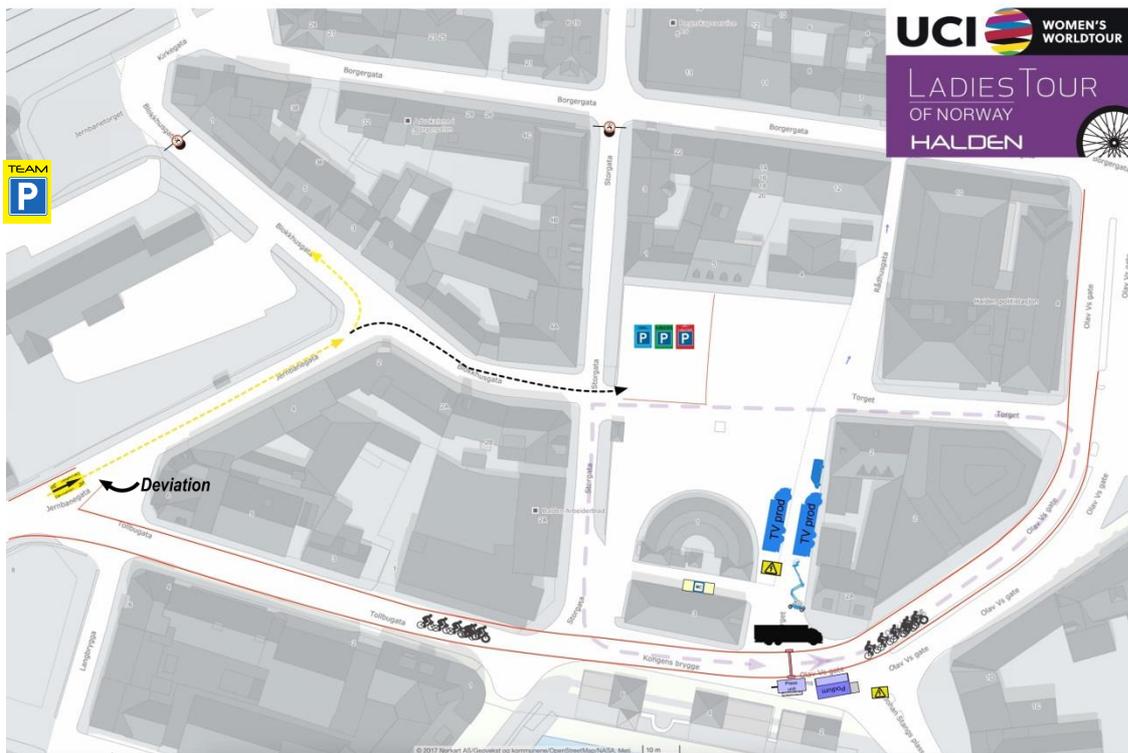
Off race route: Follow FV118 and RV21 back towards Halden.



Final circuit



Finish area



Finish straight: 200 m flat. Width 6 meters.

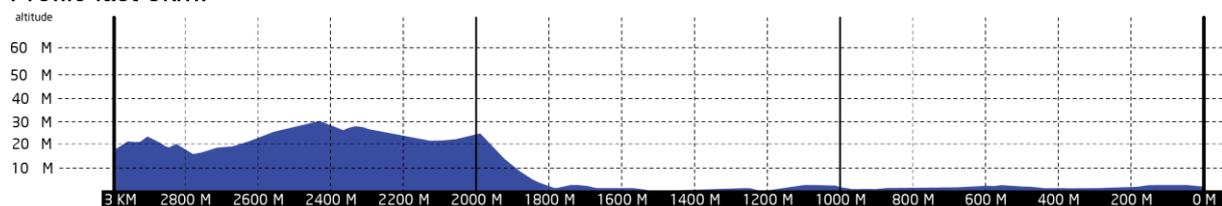
Address finish line: Langbrygge 1, 1767 Halden.

Other stage info:

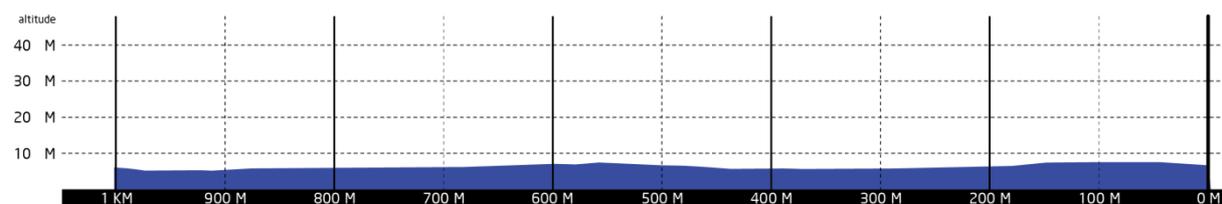
Online map with elevation profile: <https://ridewithgps.com/routes/27900983>

GPX: https://ridewithgps.com/routes/27900983.gpx?sub_format=track

Profile last 3km:



Profile final km:



Route description

	KM from start	KM to end	KM/H	KM/H	KM/H	KM/H
			42	40	38	36
Start - Svinesund			11:10	11:10	11:10	11:10
2,3 km neutral zone						
Official start	0,0	153,9	11:20	11:20	11:20	11:20
Dynekilien	12,5	141,4	11:37	11:38	11:39	11:40
Intermediate sprint - Stene	16,6	137,3	11:43	11:44	11:46	11:47
Strømstad	24,9	129,1	11:55	11:57	11:59	12:01
QOM start	30,4	123,5	12:03	12:05	12:08	12:10
QOM - Daftö	31,1	122,8	12:04	12:06	12:09	12:11
Båleröd	32,1	121,8	12:05	12:08	12:10	12:13
NOR/SwE border - entering Norway	53,4	100,5	12:36	12:40	12:44	12:49
Attention: Narrow and fast decent	54,7	99,2	12:38	12:42	12:46	12:51
KOM climb start	56,8	97,1	12:41	12:45	12:49	12:54
QOM - Glende	59	94,9	12:44	12:48	12:53	12:58
NOR/SwE border - entering Sweden	70,9	83	13:01	13:06	13:11	13:18
Vassbotten	71,1	82,8	13:01	13:06	13:12	13:18
Attention: Narrow bridge	71,3	82,6	13:01	13:06	13:12	13:18
Attention: Gravel section 7km	72,8	81,1	13:03	13:09	13:14	13:21
Fagerhult	78,8	75,1	13:12	13:18	13:24	13:31
Feeding zone	79,8	74,1	13:13	13:19	13:25	13:32
Båstorp	90,4	63,5	13:29	13:35	13:42	13:50
Attention: Railway crossing	96,4	57,5	13:37	13:44	13:52	14:00
Kornsjø	97,3	56,7	13:38	13:45	13:53	14:02
Border sprint NOR/SwE border	97,5	56,4	13:39	13:46	13:53	14:02
Prestebakke	108,5	45,4	13:54	14:02	14:11	14:20
Bakke	116,6	37,3	14:06	14:14	14:24	14:34
Fredriksten fortress	130,8	23,1	14:26	14:36	14:46	14:58
Entering final circuit	133,5	20,4	14:30	14:40	14:50	15:02
Finish line - 3 laps to go	138,4	15,5	14:37	14:47	14:58	15:10
Intermediate sprint - finish line	138,4	15,5	14:37	14:47	14:58	15:10
Finish line - 2 laps to go	143,5	10,4	14:45	14:55	15:06	15:19
Finish line - 1 lap to go	148,7	5,2	14:52	15:03	15:14	15:27
Finish - Halden	153,9	0	14:59	15:10	15:23	15:36