

## STAGE 4 : LØDINGEN - NARVIK

Dimanche 18 août 2019

Distance : 165,5 km

## ITINERAIRE HORAIRE

Start meeting point :

Start of the Caravan :

Signing-in :

Roll-call :

Neutralised start :

Race start :

Kilomètres		ITINERAIRE	Horaire			
A parcourir	Total		Moyenne course			
			44 km/h	42 km/h	40 km/h	
<b>NORVEGE</b>						
		Sjøvegen LØDINGEN	Départ fictif	13:55	13:55	13:55
165,5	0,0	R85 LØDINGEN	Départ réel	14:00	14:00	14:00
165,0	0,5	KÅRINGEN		14:01	14:01	14:01
152,0	13,5	E10 TJELDSUND KOMMUNE		14:23	14:25	14:28
149,5	16,0	FIKSFJORD		14:27	14:30	14:33
138,0	27,5	KONGSVIK	<b>S</b>	14:47	14:52	14:57
130,0	35,5	TROMS FILKE - HARSTAD KOMMUNE		15:00	15:07	15:14
128,0	37,5	SANDTORG		15:04	15:11	15:18
122,0	43,5	GAUSVIK		15:14	15:22	15:31
118,5	47,0	GULLBERGET summit	<b>2</b>	15:21	15:29	15:39
117,5	48,0	Crossing E10 - R83		15:22	15:30	15:40
117,0	48,5	TJELSSUNBRUA		15:22	15:31	15:40
115,5	50,0	Crossing E10 / R825		15:24	15:32	15:42
103,5	62,0	R825 SANDSTRAND		15:36	15:44	15:54
99,0	66,5	TOVIK		15:40	15:49	15:58
97,5	68,0	RENSÅ		15:42	15:50	16:00
90,5	75,0	BALTESKARET summit	<b>1</b>	15:52	16:01	16:10
87,5	78,0	Tunnel (200m)		15:55	16:04	16:13
85,0	80,5	Crossing R825 - R829		15:58	16:06	16:16
76,5	89,0	R829 SALTVANN		16:06	16:15	16:24
74,5	91,0	SKODDEBERGVATNET summit	<b>2</b>	16:11	16:19	16:29
73,5	92,0	WASTE ZONE		16:12	16:20	16:30
73,0	92,5	FEEDING ZONE	<b>U</b>	16:12	16:21	16:30
64,0	101,5	Crossing R829 - E10		16:21	16:30	16:39
54,0	111,5	E10 BAKKEJORD tunnelen (300m)		16:31	16:40	16:49
48,5	117,0	BJERKVIK		16:37	16:45	16:55
38,5	127,0	E6 Storlikolltunnelen (300m)		16:47	16:55	17:05
36,5	129,0	Hålogalandsbrua (2600m)		16:49	16:57	17:07
35,0	130,5	Karstrandtunnelen (270m)		16:50	16:59	17:08
34,5	131,0	NARVIK		16:51	16:59	17:09
33,5	132,0	CIRCUIT ENTRANCE		16:52	17:00	17:10
31,5	134,0	Frydenlunds NARVIK (1st crossing of the finish line)	<b>S</b>	16:54	17:02	17:12
26,5	139,0	E6 SKISTUA SUMMIT	<b>1</b>	17:02	17:11	17:20
21,0	144,5	Frydenlunds NARVIK (2nd crossing of the finish line)		17:09	17:18	17:28
16,0	149,5	E6 SKISTUA SUMMIT	<b>1</b>	17:20	17:30	17:40
10,5	155,0	Frydenlunds NARVIK (3rd crossing of the finish line)	<b>S</b>	17:27	17:37	17:48
5,5	160,0	E6 SKISTUA SUMMIT	<b>1</b>	17:38	17:49	18:00

0,0	165,5	Frydenlunds NARVIK	17:46	17:56	18:08
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Finish line :

Width :

Doping test :

Race HQ / Media room :

Distance from the finish line :