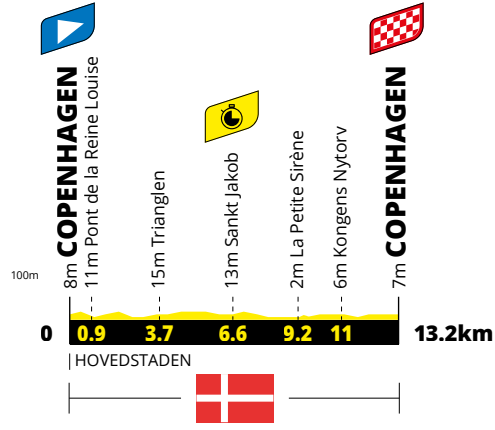


PROFILE

STAGE'S PROFILE

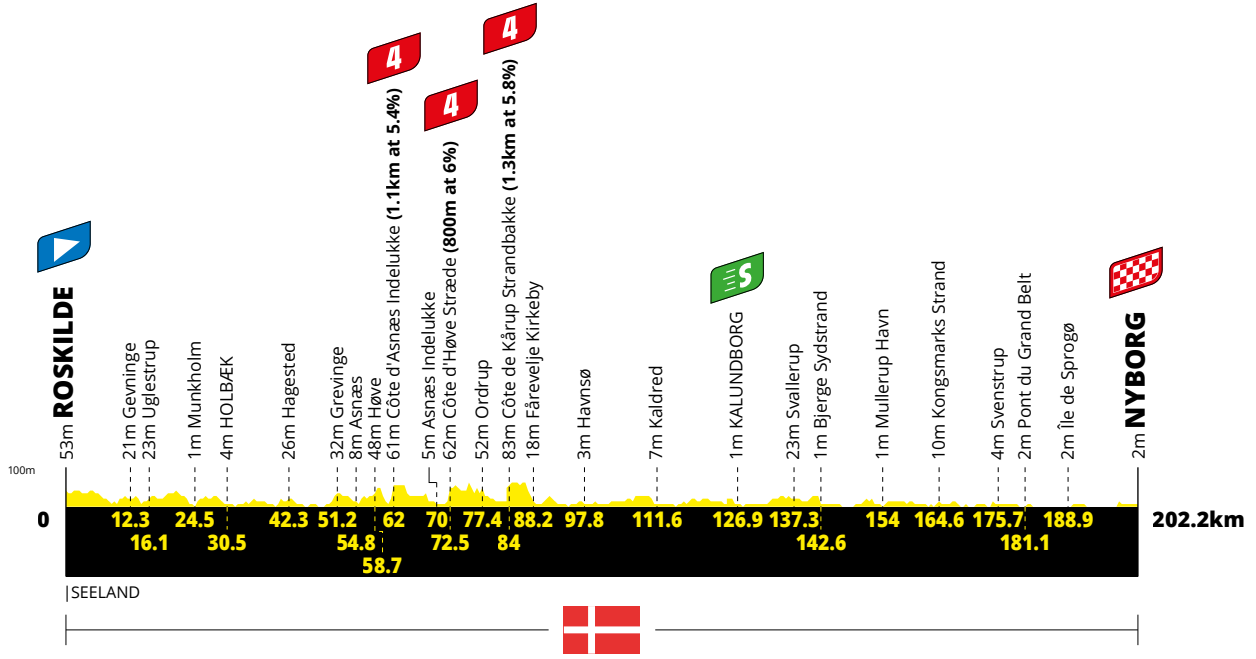


ITINERARY TIMETABLE

KM		STAGE 1			TIMETABLE		
To be run	Run				Caravan	First rider	Last rider
DENMARK 							
HOVEDSTADEN							
13.2	0	COPENHAGEN - Nørre Farimagsgade	START 	14:30	16:00	18:55	
12.5	0.7	Frederiksborggade		14:31	16:01	18:56	
12.3	0.9	Queen Louise Bridge / Dronning Louises Bro		14:31	16:01	18:56	
12.1	1.1	Nørrebrogade		14:32	16:01	18:56	
11.8	1.4	Fælledvej		14:32	16:01	18:56	
11.6	1.6	Sankt Hans Torv		14:32	16:02	18:57	
11.5	1.7	Blegdamsvej		14:32	16:02	18:57	
11.1	2.1	Fredensgade		14:33	16:02	18:57	
10.8	2.4	Fredensbro		14:33	16:03	18:58	
10.6	2.6	Øster Søgade		14:34	16:03	18:58	
9.9	3.3	Østerbrogade		14:35	16:04	18:59	
9.5	3.7	Trianglen		14:35	16:04	18:59	
9.4	3.8	Øster Allé		14:36	16:04	18:59	
9	4.2	Parken Stadium		14:36	16:05	19:00	
8.3	4.9	Nørre Allé		14:37	16:05	19:00	
8.2	5	Jagtvej		14:37	16:06	19:01	
7.2	6	Østerbrogade		14:39	16:07	19:02	
6.6	6.6	Sankt Jakob		14:39	16:07	19:02	
6.2	7	Trianglen		14:40	16:08	19:03	
5.8	7.4	Dag Hammarskjölds Allé		14:41	16:08	19:03	
5.3	7.9	Oslo Plads		14:42	16:09	19:04	
5	8.2	Folke Bernadottes Allé		14:42	16:09	19:04	
4.7	8.5	Kastellet		14:43	16:09	19:04	
4.6	8.6	Ved Norgesporten		14:43	16:10	19:05	
4.4	8.8	Langelinie		14:43	16:10	19:05	
4.2	9	Langelinie Park		14:43	16:10	19:05	
4	9.2	The litthe Mermaid / Den Lille Havfrue		14:44	16:10	19:05	
3.5	9.7	Gefion fountain / Fontaine de Gefion		14:44	16:11	19:06	
3.5	9.7	Churchillparken		14:44	16:11	19:06	
3.4	9.8	Amaliegade		14:45	16:11	19:06	
2.9	10.3	Royal Palace / Amalienborg		14:45	16:11	19:06	
2.8	10.4	Frederiksgade		14:45	16:11	19:06	
2.7	10.5	Bredgade		14:46	16:12	19:07	
2.2	11	Kongens Nytorv		14:46	16:12	19:07	
2	11.2	Holmens Kanal		14:47	16:12	19:07	
1.8	11.4	Niels Juels Gade		14:47	16:13	19:08	
1.7	11.5	Christian IV bridge / Christian IV's Bro		14:47	16:13	19:08	
1.6	11.6	Christians Brygge		14:47	16:13	19:08	
0.9	12.3	Vester Voldgade		14:48	16:14	19:09	
0.7	12.5	Rysensteensgade		14:49	16:14	19:09	
0.6	12.6	H.C. Andersens Boulevard		14:49	16:14	19:09	
0	13.2	COPENHAGEN		14:50	16:15	19:10	

PROFILES AND MAP

STAGE'S PROFILE






ITINERARY TIMETABLE

KM		STAGE 2				TIMETABLE			
To be run	Run					Caravan	46 kph	44 kph	42 kph
DENMARK 									
SEELAND									
		01	ROSKILDE (01-VC-02) 		10:15	12:15	12:15	12:15	
		VC	Roskilde cathedral (Roskilde Domkirke)						
			Stændertorvet (official ceremony)						
202.2	0	02	ROSKILDE 		10:35	12:35	12:35	12:35	
200.7	1.5		Crossroad 02-VC		10:37	12:37	12:37	12:37	
199.6	2.6	VC	Crossroad VC-14		10:39	12:38	12:38	12:39	
198.8	3.4	14	Crossroad 14-155		10:40	12:39	12:40	12:40	
198.4	3.8	155	Crossroad 155-VC		10:40	12:40	12:40	12:40	
193.3	8.9	VC	Ledreborg (LEJRE) (near)		10:48	12:47	12:47	12:48	
192.8	9.4		Gammel Lejre (LEJRE)		10:48	12:47	12:48	12:48	
189.9	12.3		Gevninge (LEJRE) (VC-155)		10:53	12:51	12:52	12:53	
188.5	13.7	155	Lindenberg (LEJRE)		10:54	12:53	12:54	12:54	
187.1	15.1		Crossroad 155-VC		10:57	12:55	12:56	12:57	
186.1	16.1	VC	Uglestrup (LEJRE)		10:58	12:56	12:57	12:58	
177.7	24.5		Munkholm		11:10	13:07	13:08	13:10	
174.4	27.8		Tjebberup		11:15	13:11	13:13	13:15	
172.6	29.6		Dragerup		11:17	13:14	13:15	13:17	
171.7	30.5		HOLBÆK		11:19	13:15	13:17	13:19	
159.9	42.3		Hagested		11:35	13:30	13:33	13:35	
152	50.2		Lammefjord (ODSHERRED)		11:47	13:40	13:43	13:47	
151	51.2		Grevinge (ODSHERRED)		11:48	13:42	13:45	13:48	
148.2	54		Tolsager (ODSHERRED)		11:52	13:45	13:49	13:52	
147.4	54.8		Asnæs (ODSHERRED)		11:53	13:46	13:50	13:53	
143.5	58.7		Høve (ODSHERRED)		11:59	13:51	13:55	13:59	
141.8	60.4		Asnæs Indelukke (ODSHERRED)		12:01	13:54	13:57	14:01	
140.2	62		Côte d'Asnæs Indelukke 		12:03	13:56	13:59	14:03	
136.3	65.9		Jyderup (ODSHERRED)		12:09	14:01	14:05	14:09	
133.7	68.5		Crossroad VC-225		12:13	14:04	14:08	14:13	
132.2	70	225	Asnæs Indelukke (ODSHERRED)		12:15	14:06	14:10	14:15	
130	72.2		Høve (ODSHERRED) (225-VC)		12:18	14:09	14:13	14:18	
129.7	72.5	VC	Côte d'Høve Stræde 		12:19	14:10	14:14	14:19	
127.3	74.9		Veddinge (ODSHERRED)		12:22	14:13	14:17	14:22	
124.8	77.4		Ordrup (ODSHERRED)		12:25	14:16	14:20	14:25	
118.2	84		Côte de Kårup Strandbakke 		12:35	14:25	14:30	14:35	
114	88.2		Fårevejle Kirkeby (ODSHERRED) (VC-225)		12:41	14:30	14:35	14:41	
112.4	89.8	225	Stubberup (ODSHERRED) (near)		12:43	14:32	14:37	14:43	
109.2	93		Dragsholm Alle (ODSHERRED)		12:48	14:36	14:42	14:48	
108.6	93.6		Sandoberne (ODSHERRED)		12:49	14:37	14:43	14:49	
107.3	94.9		STARREKLINTE		12:50	14:39	14:44	14:50	
106.6	95.6		Starreklinte (ODSHERRED) (225-VC)		12:52	14:40	14:45	14:52	
104.4	97.8	VC	Havnsø (ODSHERRED)		12:55	14:42	14:48	14:55	
97	105.2		Føllenslev		13:05	14:52	14:58	15:05	
93.3	108.9		Eskebjerg		13:11	14:57	15:03	15:11	
90.6	111.6		Kaldred		13:15	15:01	15:07	15:15	
84.6	117.6		Crossroad VC-23		13:23	15:08	15:15	15:23	

**DISTANCE FROM
NEUTRALISED
TO OFFICIAL START**
5.5km

CATEGORISED CLIMBS AND SUMMIT FINISHES

-  **km 62 - Côte d'Asnæs Indelukke**
Climb of 1.1km at 5.4%
-  **km 72.5 - Côte d'Høve Stræde**
Climb of 800m at 6%
-  **km 84 - Côte de Kårup Strandbakke**
Climb of 1.3km at 5.8%

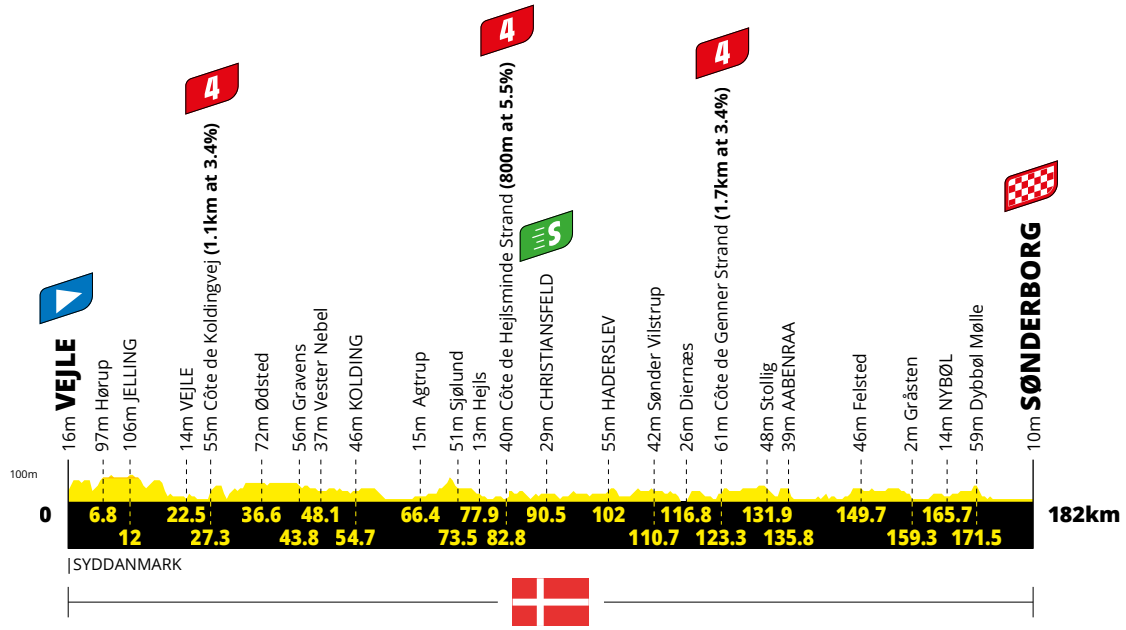


ITINERARY TIMETABLE

KM		STAGE 2		TIMETABLE			
To be run	Run			Caravan	46 kph	44 kph	42 kph
80.8	121.4	23	Crossroad 23-VC	13:28	15:13	15:20	15:28
80.1	122.1	VC	KALUNDBORG (VC-23-22) (entry)	13:29	15:14	15:21	15:29
75.3	126.9		KALUNDBORG 	13:36	15:21	15:28	15:36
74.6	127.6		Cross level	13:37	15:21	15:29	15:37
69.3	132.9	22	Rørby (near)	13:45	15:28	15:36	15:45
67.9	134.3		Ugerløse (near)	13:47	15:30	15:38	15:47
64.9	137.3		Svallerup	13:51	15:34	15:42	15:51
62.6	139.6		Bjerge (22-VC)	13:54	15:37	15:45	15:54
59.6	142.6	VC	Bjerge Sydstrand	13:59	15:41	15:49	15:59
51.3	150.9		Dalby	14:11	15:52	16:01	16:11
49.5	152.7		Kirke Heslinge Strand	14:13	15:54	16:03	16:13
48.2	154		Mullerup Havn	14:15	15:56	16:05	16:15
46	156.2		Mullerup (VC-277)	14:18	15:59	16:08	16:18
44.5	157.7	277	Drøsselbjerg (277-VC)	14:20	16:01	16:10	16:20
42.2	160	VC	Bildsø (SLAGELSE)	14:24	16:04	16:13	16:24
37.6	164.6		Kongsmarks Strand (SLAGELSE)	14:30	16:10	16:19	16:30
36.9	165.3		Kelstrup Strand (SLAGELSE)	14:31	16:11	16:20	16:31
35.7	166.5		Crossroad VC-D277	14:33	16:12	16:22	16:33
35	167.2	277	Næsby Strand (SLAGELSE)	14:34	16:13	16:23	16:34
31.4	170.8		Crossroad 277-VC	14:39	16:18	16:28	16:39
31	171.2	VC	Frølund Fed (SLAGELSE)	14:40	16:18	16:28	16:40
27.8	174.4		Frølund (SLAGELSE)	14:44	16:22	16:33	16:44
26.5	175.7		Svenstrup (SLAGELSE)	14:46	16:24	16:35	16:46
24.2	178		Korsør (SLAGELSE) (VC-E20)	14:49	16:27	16:38	16:49
21.1	181.1	E20	Pont du Grand Belt	14:53	16:31	16:42	16:53
13.3	188.9		Sprogø Island (SLAGELSE)	15:05	16:41	16:53	17:05
SOUTHERN DENMARK							
3.3	198.9		Crossroad E20-VC	15:19	16:54	17:06	17:19
2	200.2	VC	NYBORG (VC-163) (entry)	15:21	16:56	17:08	17:21
0	202.2	163	NYBORG 	15:24	16:59	17:11	17:24

PROFILES AND MAP

STAGE'S PROFILE



ITINERARY TIMETABLE

KM			STAGE 3				TIMETABLE			
Toberun	Run					Caravan	46 kph	44 kph	42 kph	
DENMARK 										
SOUTHERN DENMARK / SYDDANMARK										
			VEJLE (VC-170-28-VC-442)		NEUTRALISED START	11:05	13:05	13:05	13:05	
182	0	442	VEJLE		RACE START	11:15	13:15	13:15	13:15	
175.2	6.8		Hørup			11:25	13:24	13:24	13:25	
170	12		Jelling (442-VC)			11:32	13:31	13:31	13:32	
169.3	12.7	VC	Cross level			11:33	13:31	13:32	13:33	
167.3	14.7		Fårup Sø			11:36	13:34	13:35	13:36	
165.1	16.9		Jennum			11:39	13:37	13:38	13:39	
162.8	19.2		Slejde			11:42	13:40	13:41	13:42	
162	20		Østengård			11:44	13:41	13:42	13:44	
159.5	22.5		VEJLE (VC-0-28-170-VC-417)			11:47	13:44	13:46	13:47	
154.7	27.3	170	Côte de Koldingvej			11:54	13:51	13:52	13:54	
150.6	31.4	417	Nørre Vilstrup			12:00	13:56	13:58	14:00	
148.1	33.9		Jerlev			12:03	13:59	14:01	14:03	
145.4	36.6		Ødsted (417-VC-176)			12:07	14:03	14:05	14:07	
139.2	42.8	176	Crossroad 176-VC			12:16	14:11	14:13	14:16	
138.2	43.8	VC	Gravens			12:17	14:12	14:15	14:17	
137.4	44.6		Ågård			12:19	14:13	14:16	14:19	
133.9	48.1		Vester Nebel			12:24	14:18	14:21	14:24	
127.3	54.7		KOLDING (VC-191-VC)			12:33	14:26	14:30	14:33	
115.6	66.4		Agtrup (near)			12:50	14:42	14:46	14:50	
112.7	69.3		Binderup			12:54	14:45	14:49	14:54	
109.5	72.5		Grønninghoved			12:58	14:49	14:54	14:58	
108.5	73.5		Sjølund			13:00	14:51	14:55	15:00	
106.9	75.1		Vejstruprød			13:02	14:53	14:57	15:02	
104.1	77.9		Hejls			13:06	14:57	15:01	15:06	
101.5	80.5		Hejlsminde (near)			13:10	15:00	15:05	15:10	
100.7	81.3		Hejlsminde Strand			13:11	15:01	15:06	15:11	
99.2	82.8		Côte de Hejlsminde Strand			13:13	15:03	15:08	15:13	
96.9	85.1		Stubbum			13:16	15:06	15:11	15:16	
94.8	87.2		Aller			13:19	15:09	15:14	15:19	
92.5	89.5		Christiansfeld (VC-170) (entry)			13:23	15:12	15:17	15:23	
91.5	90.5		CHRISTIANSFELD			13:24	15:13	15:18	15:24	
84.1	97.9	170	SKØVBOLLING			13:35	15:23	15:28	15:35	
80	102		HADERSLEV (170-VC)			13:41	15:28	15:34	15:41	
72.7	109.3	VC	Nørre Vilstrup (near)			13:51	15:38	15:44	15:51	
71.3	110.7		Sønder Vilstrup			13:53	15:39	15:46	15:53	
66.4	115.6		Diernæs Strand			14:00	15:46	15:53	16:00	
65.2	116.8		Diernæs			14:02	15:47	15:54	16:02	
62.1	119.9		Sønderballe			14:06	15:51	15:58	16:06	
61.1	120.9		Sønderballe Strand			14:08	15:53	16:00	16:08	
60.5	121.5		Genner Strand			14:09	15:53	16:01	16:09	
58.7	123.3		Côte de Genner Strand			14:11	15:56	16:03	16:11	
58.2	123.8		Genner (near) (VC-170)			14:12	15:56	16:04	16:12	
54	128	170	Bodum			14:18	16:02	16:09	16:18	
52	130		Crossroad 170-VC			14:21	16:05	16:12	16:21	
50.1	131.9	VC	Støllig			14:23	16:07	16:15	16:23	
48.2	133.8		Jorgensgard Skov			14:26	16:09	16:17	16:26	
46.2	135.8		AABENRAA (VC-170)			14:29	16:12	16:20	16:29	
41.8	140.2	R170	Styrtom			14:35	16:18	16:26	16:35	
40.9	141.1		Crossroad 170-VC			14:36	16:19	16:27	16:36	
40.4	141.6	VC	Hostrupskov			14:37	16:20	16:28	16:37	
32.3	149.7		Felsted			14:49	16:30	16:39	16:49	
26.9	155.1		Crossroad VC-481			14:56	16:37	16:46	16:56	
22.7	159.3	481	Gråsten			15:02	16:43	16:52	17:02	
21.6	160.4		Cross level			15:04	16:44	16:54	17:04	
16.3	165.7		NYBØL			15:12	16:51	17:01	17:12	
14.3	167.7		Bøffelkobel (481-VC)			15:14	16:54	17:04	17:14	
12.9	169.1	VC	Dybbøl (near)			15:17	16:56	17:06	17:17	
10.5	171.5		Dybbøl Mølle			15:20	16:59	17:09	17:20	
10.1	171.9		SØNDERBORG (entry)			15:20	16:59	17:09	17:20	
0	182		SØNDERBORG			15:35	17:12	17:23	17:35	

DISTANCE FROM NEUTRALISED

TO OFFICIAL START

4.1 km

CATEGORISED CLIMBS AND SUMMIT FINISHES

 **km 27.3 - Côte de Koldingvej**

Climb of 1.1km at 3.4%

 **km 82.8**

Côte de Hejlsminde Strand

Climb of 800m at 5.5%

 **km 123.3 - Côte de Genner Strand**

Climb of 1.7km at 3.4%