

Route description

	KM from start	KM to end	KM/H 42	KM/H 40	KM/H 38
Start - Rakkestad			14:45	14:45	14:45
1,4 km neutral zone					
Official start - Rakkestad	0.0	127.7	14:50	14:50	14:50
Entering Eidsberg municipality	3,5	124.2	14:55	14:55	14:55
Slitu	20,3	107.5	15:18	15:20	15:22
Entering Trøgstad municipality	23,7	104.1	15:23	15:25	15:27
Intermediate sprint - Skjønhaug	28,7	99.0	15:31	15:33	15:35
Askim - first passing	39.6	88.1	15:46	15:49	15:52
Attention: Narrow section	45.4	82.4	15:54	15:58	16:01
Solbergfoss - first passing	45.4	82.4	15:54	15:58	16:01
Entering Spydeberg municipality	45.5	82.2	15:55	15:58	16:01
Entering Akershus county	54.6	73.1	16:07	16:11	16:16
Entering Enebakk municipality	54.6	73.1	16:08	16:11	16:16
Ytre Enebakk	67.4	60.4	16:26	16:31	16:36
Entering Østfold county	72.1	55.7	16:32	16:38	16:43
Entering Hobøl municipality	72.1	55.7	16:32	16:38	16:43
Svikebøl	72.6	55.2	16:33	16:38	16:44
Feeding zone	72.7	55.1	16:33	16:39	16:44
Entering Spydeberg municipality	73.7	54.1	16:35	16:40	16:46
Spydeberg	82.6	45.2	16:47	16:53	17:00
KOM climb start	86.6	41.2	16:53	16:59	17:06
KOM - Skoro	87.0	40.8	16:54	17:00	17:07
Attention: Narrow section	89.3	38.5	16:57	17:03	17:10
Solbergfoss - second passing	89.3	38.5	16:57	17:03	17:10
Entering Askim municipality	89.3	38.5	16:57	17:03	17:10
Attention: Fast decent - narrow road	94.5	33.3	17:04	17:11	17:19
Askim 2nd passing	96.2	31.6	17:07	17:14	17:21
Askim church	96.4	31.4	17:07	17:14	17:22
Intermediate sprint - Askim	99.4	28,3	17:12	17:19	17:27
Entering Eidsberg municipality	103.2	24,6	17:17	17:24	17:32
Slitu	104.0	23,7	17:18	17:26	17:34
Entering final circuit	114.2	13,6	17:33	17:41	17:50
Finish line - 2 laps to go	115.2	12,6	17:34	17:42	17:51
Attention: Narrow section	116.7	11,0	17:36	17:45	17:54
Folkenborg - first passing	118.6	9,1	17:39	17:47	17:57
Finish line - 1 lap to go	121.4	6,3	17:43	17:52	18:01
Attention: Narrow section	123.0	4,7	17:45	17:54	18:04
Folkenborg - last passing	124.9	2,8	17:48	17:57	18:07
Finish Mysen	127.7	-0.0	17:52	18:01	18:11