

Route description

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