

Route description

	KM from start	KM to end	KM/H	KM/H	KM/H	KM/H
			46	44	42	40
Start - Årbu/Åremark	0	24,2	17:30	17:30	17:30	17:30
Fjell bru	6,39	17,9	17:38	17:38	17:39	17:39
Tistedal	17,8	6,5	17:53	17:54	17:55	17:56
Halden	21,8	2,4	17:58	17:59	18:01	18:02
Finish - Fredriksten fortress	24,2	0	18:01	18:03	18:04	18:06