













Itinerary

Lap			Km	38km/h	40km/h	42km/h	45km/h
Long		Left on Storgatan	0,3	11:00	11:00	11:00	11:00
66,7 km		Left on Nygatan	0,4				
		Left on Torggatan	0,5				
		Right on Kullingsleden	0,7				
		Left into R42	1,8	11:03	11:03	11:03	11:02
		Crossing turn right Ljurhalla	11,9	11:19	11:18	11:17	11:16
		Crossing turn right	12,9	11:20	11:19	11:18	11:17
		Right into Gravel Section 1 Brunnlid	15,0	11:24	11:23	11:22	11:20
		Keep left	15,1				
		End of Gravel Section 1 6,3 km	21,3	11:34	11:32	11:30	11:28
		Turn left	21,3				
		Left in to Gravel section 2 Eklanda	22,0	11:35	11:33	11:31	11:29
		Crossing turn right	24,9	11:39	11:37	11:35	11:33
		Narrow bridge, turn left	25,2				
		End of Gravel section 2 3,5 km	25,5	11:40	11:38	11:36	11:34
		Crossing turn left Horla	25,7	11:41	11:39	11:37	11:35
		Crossing turn left Kärtared	30,2	11:48	11:45	11:43	11:40
		Right in to Gravel section 3 Slätthult	33,0	11:52	11:49	11:47	11:44
		Crossing	36,1	11:57	11:54	11:52	11:48
		End of Gravel section 3 3,7 km	36,7	11:58	11:55	11:52	11:49
		Turn left	36,7				

Lap			Km	38km/h	40km/h	42km/h	45km/h
Long		Narrow passage Nårunga	40,1	12:03	12:00	11:57	11:54
		Crossing Ljurhalla	43,4	12:09	12:05	12:02	11:58
		Crossing turn left Asklanda	52,5	12:22	12:19	12:15	12:10
		Right into Gravel section 4 Kvinnestad	53,9	12:25	12:21	12:17	12:12
		End of Gravel section 4 2,7 km	56,6	12:29	12:25	12:21	12:15
		Crossing narrow turn right Landa	60,6	12:36	12:31	12:27	12:21
		Left into Gravel section 5 Landa	60,7	12:36	12:31	12:27	12:21
		End of Gravel section 5 3,1 km	63,8	12:41	12:36	12:31	12:25
		Turn right	63,8				
		Speedbumps	65,5	12:43	12:38	12:33	12:27
		Roundabout	65,7	12:44	12:39	12:34	12:28
		Passing Start Finish line	66,7	12:45	12:40	12:35	12:29
1st short		Feeding zone	66,9	12:45	12:40	12:35	12:29
Hågrunga		Left and immediately right into Drottninggatan	68,4	12:48	12:43	12:38	12:31
11 km		Left into Bergsgatan	68,6	12:48	12:43	12:38	12:31
		Left into Hedåsgatan	68,8	12:49	12:44	12:39	12:32
		Narrow bridge	69,4	12:50	12:44	12:39	12:32
		Speedbump – narrow passage	70,1	12:51	12:45	12:40	12:33
		Roundabout	70,3	12:51	12:45	12:41	12:34
		Left into Hågrunga climb	71,0	12:52	12:46	12:42	12:35
		Feeding zone	71,3	12:53	12:47	12:42	12:35
		Red barn on the right	73,5	12:56	12:50	12:45	12:38
		Crossing keep left	74,1	12:57	12:51	12:46	12:39
		Narrow passage	74,2	12:57	12:51	12:46	12:39
		Speedbumps	76,5	13:01	12:55	12:49	12:42
		Roundabout	76,7	13:01	12:55	12:49	12:42

Lap			Km	38km/h	40km/h	42km/h	45km/h
1		Passing Finish line after 1 short Hägrunga lap	77,7	13:03	12:56	12:51	12:44
2		Passing Finish line after 2 short Hägrunga laps	88,7	13:20	13:13	13:06	12:58
3		Passing Finish line after 3 short Hägrunga laps	99,7	13:37	13:30	13:22	13:13
1st long		Continue short Hägrunga lap					
Hägrunga		Crossing turn right	107,1	13:49	13:41	13:33	13:23
15,2 km		Crossing turn left	108,8	13:52	13:43	13:35	13:25
		Left into Gravel section 5 Landa	108,9	13:52	13:43	13:35	13:25
		End of Gravel section 5 3,1 km	112,0	13:57	13:48	13:40	13:29
		Turn right	112,0				
		Speedbumps	113,7	14:00	13:51	13:42	13:31
		Roundabout	113,9	14:00	13:51	13:42	13:31
1		Passing Finish line after 1 long Hägrunga lap	114,9	14:01	13:52	13:44	13:33
2		Passing Finish line after 1 long Hägrunga lap	130,1	14:25	14:15	14:05	13:53
3		FINISH	145,3	14:49	14:38	14:26	14:13