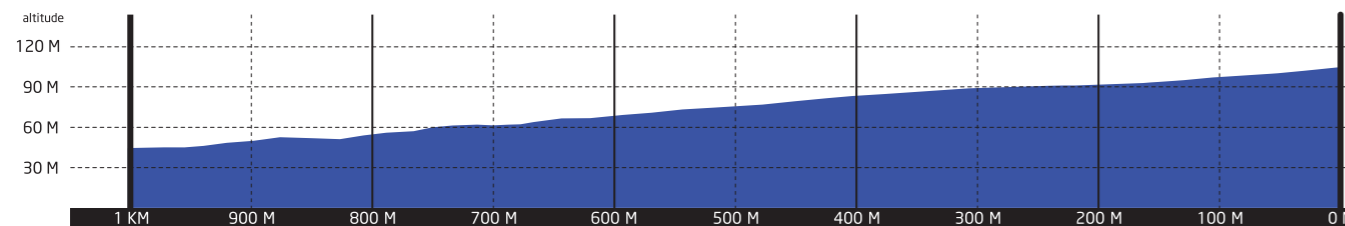
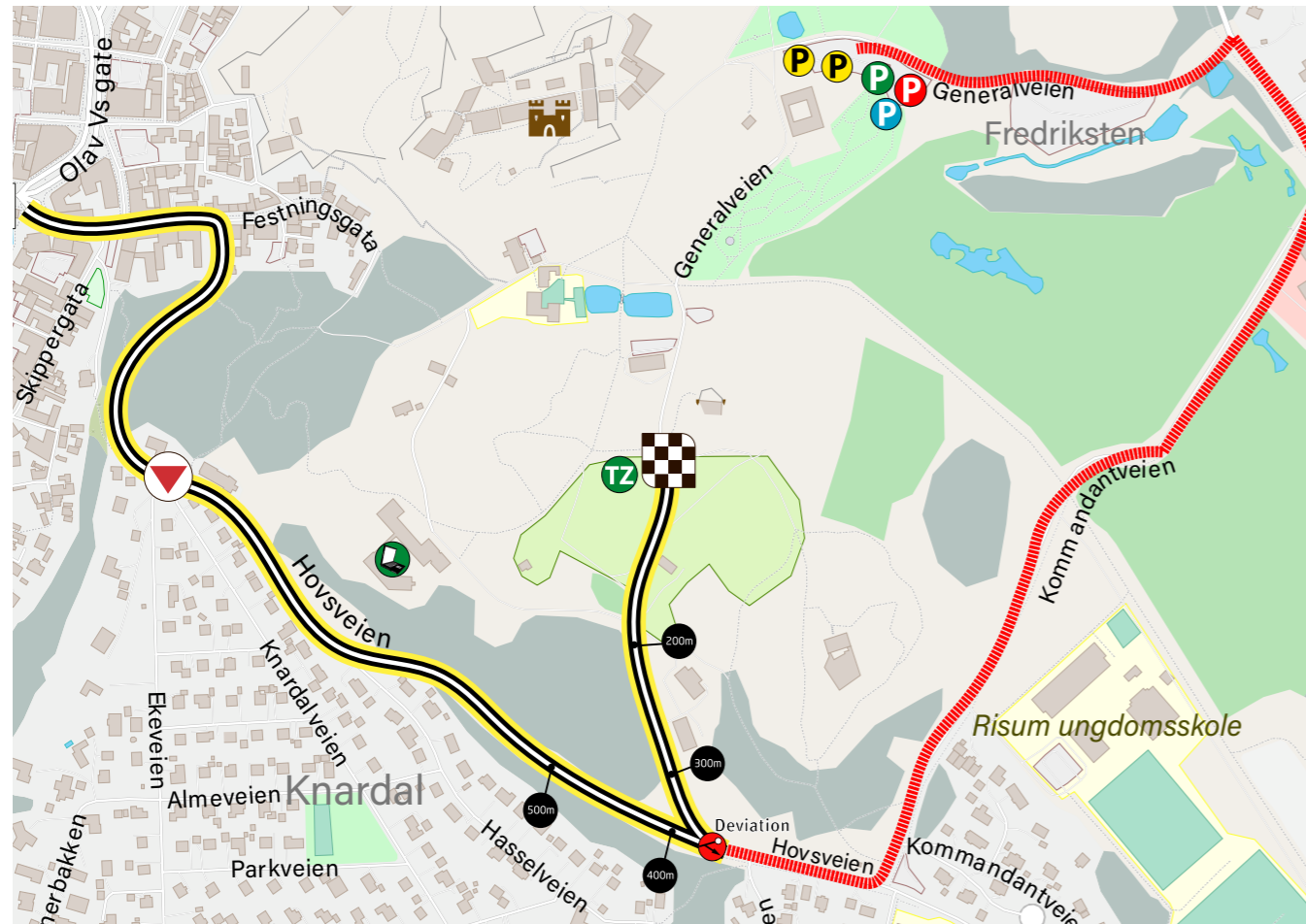


STAGE 3: MOSS – FREDRIKSTEN FORTRESS (HALDEN) | 125 KM

Finish area

Final circuit: 1 lap of 7,5 km
Finish straight: 300 m uphill.
Width: 5,5 meters.

Address finish line: Fredriksten fortress, Generalveien, Halden. Lat: 59.116897 Long: 11.398567
Address media centre Fredriksten: Fredriksten hotel, Generalveien 25, Halden / Thon hotel Halden, Langbrygga 1



Other stage info:

Online map with elevation profile: <https://ridewithgps.com/routes/29327441>
 GPX: https://ridewithgps.com/routes/29327441.gpx?sub_format=track

STAGE 3: MOSS – FREDRIKSTEN FORTRESS (HALDEN) | 125 KM

Route description

	From zero	To finish	KM/H	KM/H	KM/H
			42	40	38
3,1 km neutral zone					
Start Moss	-3		15:20	15:20	15:20
Junction KV3760/FV313	-3				
Roundabout FV317/RV19	-2,9				
Junction RV19/KV4720	-2,7				
Junction KV1840/KV3440	-2,4				
Junction KV3440/KV4940	-2,2				
Junction KV5920/KV3560	-1,7				
Junction KV3560/KV3560	-1,7				
Attention: Narrow road	-1,4				
Roundabout KV4300/FV316	0,1				
Official start - Tigerplassen	0,0	125,2	15:30	15:30	15:30
Roundabout FV316	1,8	123,4	15:32	15:32	15:32
Kambo	3,3	121,9	15:34	15:34	15:35
Entering Akershus county	5,3	119,9	15:37	15:37	15:38
Entering Vestby municipality	5,3	119,9	15:37	15:37	15:38
Roundabout FV1/FV151	8,3	116,9	15:41	15:42	15:43
Tegnebyholtet	8,5	116,8	15:42	15:42	15:43
Junction FV151/FV151	10,6	114,6	15:45	15:45	15:46
Junction FV151/FV6	10,7	114,5	15:45	15:46	15:46
Entering Østfold county	13,0	112,3	15:48	15:49	15:50
Entering Våler municipality	13,0	112,3	15:48	15:49	15:50
Junction FV220/FV120	16,9	108,3	15:54	15:55	15:56
Vollengen	17,0	108,2	15:54	15:55	15:56
Torsheim	18,3	107,0	15:56	15:57	15:58
Junction FV120/FV121	18,3	106,9	15:56	15:57	15:58
Kirkebygda	19,7	105,5	15:58	15:59	16:01
Junction FV121/FV243	20,7	104,6	15:59	16:01	16:02
Intermediate sprint - Våler	21,0	104,2	16:00	16:01	16:03
QOM climb start	27,3	97,9	16:08	16:10	16:13
Entering Spydeberg municipality	29,0	96,3	16:11	16:13	16:15
QOM - Stutfosstjern	32,2	93,0	16:16	16:18	16:20
Entering Skiptvedt municipality	34,5	90,7	16:19	16:21	16:24
Meieribyen	41,5	83,7	16:29	16:32	16:35
Junction FV243/FV115	42,0	83,2	16:30	16:33	16:36
Libru	47,8	77,4	16:38	16:41	16:45
Junction FV115/FV115	47,9	77,3	16:38	16:41	16:45
Entering Askim municipality	49,6	75,6	16:40	16:44	16:48
Junction FV115/KV9400	50,6	74,6	16:42	16:45	16:49
Skjørtensvingen	51,6	73,6	16:43	16:47	16:51
Entering Eidsberg municipality	53,4	71,8	16:46	16:50	16:54
Lekum mølle	57,5	67,7	16:52	16:56	17:00
Junction FV689/FV124	57,7	67,5	16:52	16:56	17:01
Frydenlund	58,4	66,8	16:53	16:57	17:02
Junction FV124/FV124	58,4	66,8	16:53	16:57	17:02
Eidsberg church	58,5	66,7	16:53	16:57	17:02
Junction FV124/FV685	59,7	65,5	16:55	16:59	17:04
Feeding zone	59,8	65,5	16:55	16:59	17:04
Junction FV685/FV646	62,2	63,0	16:58	17:03	17:08
Entering Rakkestad municipality	68,0	57,2	17:07	17:12	17:17
Attention: Narrow underpass	69,2	56,0	17:08	17:13	17:19

STAGE 3: MOSS – FREDRIKSTEN FORTRESS (HALDEN) | 125 KM

	KM from start	KM to end	KM/H	KM/H	KM/H
			42	40	38
Junction FV646/FV124	72.1	53.1	17:12	17:18	17:23
Rakkestad	72.2	53.0	17:13	17:18	17:24
Junction FV124/RV22	72.8	52.4	17:13	17:19	17:24
Ytterskogen	79.7	45.5	17:23	17:29	17:35
Junction RV111/FV650	79.7	45.5	17:23	17:29	17:35
Attention: narrow road	85.5	39.7	17:32	17:38	17:44
Attention: narrow road	89.1	36.1	17:37	17:43	17:50
Vatvedt	90.6	34.7	17:39	17:45	17:52
Junction FV650/FV22	90.8	34.4	17:39	17:46	17:53
Entering Halden municipality	98.3	26.9	17:50	17:57	18:05
Junction FV22/FV22	107.9	17.3	18:04	18:11	18:20
Attention: Fast approach to Halden	110.6	14.6	18:07	18:15	18:24
Entering Halden	111.5	13.8	18:09	18:17	18:25
Roundabout Fv22/FV1336	111.9	13.4	18:09	18:17	18:26
Entering final circuit	113.7	11.6	18:12	18:20	18:29
Junction KV1780/KV7440	113.7	11.5	18:12	18:20	18:29
Junction KV7440/KV1125	113.7	11.5	18:12	18:20	18:29
Junction KV1125/KV7560	113.8	11.4	18:12	18:20	18:29
Junction KV7560/KV3620	113.8	11.4	18:12	18:20	18:29
Junction KV3620/KV3940	114.0	11.2	18:12	18:20	18:29
Junction KV3940/KV5820	114.1	11.2	18:12	18:21	18:30
Junction KV4740/KV5780	114.2	11.0	18:13	18:21	18:30
Roundabout PV97743/KV7510	114.4	10.8	18:13	18:21	18:30
Rounabout KV7510/KV7510	114.5	10.7	18:13	18:21	18:30
Junction PV3425/PV3440	115.8	9.4	18:15	18:23	18:32
Junction PV3440/KV6800	116.0	9.2	18:15	18:24	18:33
S Intermediate sprint - Halden	116.2	9.0	18:16	18:24	18:33
Junction KV115/KV3480	116.3	9.0	18:16	18:24	18:33
Junction KV2240/KV3840	116.4	8.8	18:16	18:24	18:33
Junction KV3240/KV2600	117.4	7.9	18:17	18:26	18:35
Finish line - 1 lap to go	117.8	7.5	18:18	18:26	18:35
Attention: Fast decent - narrow road	118.0	7.3	18:18	18:26	18:36
Junction PV96925/KV2600	118.2	7.1	18:18	18:27	18:36
Junction KV2600/FV22	118.6	6.6	18:19	18:27	18:37
Junction FV22/FV22	120.1	5.1	18:21	18:30	18:39
Junction FV22/KV5115	120.2	5.0	18:21	18:30	18:39
Junction FV22/KV5200	120.6	4.6	18:22	18:30	18:40
Junction KV5200/KV3410	120.7	4.6	18:22	18:31	18:40
Attention: Narrow road and coble stones	120.8	4.4	18:22	18:31	18:40
Passing circuit entrance point	121.1	4.1	18:23	18:31	18:41
Finish and QOM- Fredriksten fortress	125.2	0.0	18:28	18:37	18:47

