Itinerary

Lap			Km	38km/h	40km/h	42km/h	45km/h
Long		Left on Storgatan	0,3	11:15	11:15	11:15	11:15
37,7 km		Left on Nygatan	0,4				
		Left on Torggatan	0,5				
		Right on Kullingsleden	0,7				
		Left into R42	1,8	11:18	11:18	11:18	11:17
		Left into Hägrungabacken	3,2	11:20	11:20	11:20	11:19
		Crossing turn right ->Landa	6,4	11:25	11:25	11:24	11:23
		Keep right -> Kvinnestad	7,9	11:28	11:27	11:27	11:21
		Crossing keep right Into **Gravel Section 1** **Stockabo**	11,9	11:34	11:33	11:32	11:31
		**End of Gravel Section 1** **3,5 km** Right to LV182	15,4	11:40	11:38	11:37	11:36
		Left into **Gravel Section 2** **Korpås**	15,7	11:40	11:39	11:37	11:36
		**End of Gravel Section 2** **2,3 km** Left to Asklanda	18,0	11:43	11:42	11:41	11:39
		Crossing turn Left into LV 182	24,8	11:54	11:52	11:50	11:48
		Right into **Gravel section 3** **Kvinnestad**	26,2	11:56	11:54	11:52	11:50
		End of Gravel section 3 **2,7 km**	28,9	12:01	11:58	11:56	11:53
		Crossing Landa	32,9	12:07	12:04	12:02	11:59
		Right in to Hägrungalap Olstorp	34,4	12:09	12:06	12:04	12:01
		Speedbumps	36,5	12:12	12:09	12:07	12:04
		Roundabout	36,7	12:12	12:09	12:07	12:04
		Passing Start Finish line	37,7	12:14	12:12	12:09	12:05

Lap			Km	38km/h	40km/h	42km/h	45km/h
1st		Feeding zone	37,9	12:15	12:12	12:09	12:15
Hägrunga		Left on Storgatan	0,3				
11 km		Left on Nygatan	0,4				
		Left on Torggatan	0,5				
		Right on Kullingsleden	0,7				
		Left and immediately right into Drottninggatan	39,4	12:17	12:13	12:11	12:07
		Left into Bergsgatan	39,6	12.17	12:13	12:11	12:07
		Left into Hedåsgatan	39,8	12:18	12:15	12:12	12:08
		Narrow bridge	40,4	12:19	12:16	12:13	12:09
		Speedbump – narrow passage	41,1	12:15	12:12	12:09	12:05
		Roundabout	41,3	12:15	12:12	12:09	12:05
		Left into Hägrunga climb	42,0	12:21	12:18	12:15	12:11
		Feeding zone	42,3	12:21	12:18	12:15	12:11
		Red barn on the right	44,5	12:25	12:22	12:19	12:14
		Crossing keep left	45,1	12:26	12:23	12:20	12:15
		Narrow passage	45,2	12:26	12:23	12:20	12:15
		Speedbumps	47,5	12:30	12:26	12:23	12:18
		Roundabout	47,7	12:30	12:26	12:23	12:18
1		Passing Finish line after 1 Hägrunga lap	48,7	12:32	12:28	12:25	12:20
2		Passing Finish line after 2 Hägrunga laps	59,7	12:49	12:44	12:40	12:34
3		Passing Finish line after 3 Hägrunga laps	70,7	13:06	13:01	12:56	12:49
4		Passing Finish line after 4 Hägrunga laps	81,7	13:23	13:18	13:12	13:04
5		Passing Finish line after 5 Hägrunga laps	92,7	13:39	13:34	13:27	13:19
6		Passing Finish line after 6 Hägrunga laps	103,7	13:57	13:50	13:43	13:33
7		Passing Finish line after 7 Hägrunga laps	114,7	14:14	14:07	13:59	13:47
8		Passing Finish line after 8 Hägrunga laps	125,7	14;33	14:23	14:14	14:03
		FINISH					