



STAGE 6: LILLESTRØM - HALDEN, 154,3 KM

Route description

	Direction	From start	To finish	40 KM/H	38 KM/H	36 KM/H
Start - Lillestrøm		-3,9		10:15	10:15	10:15
Junction KV9650/FV1531	Left	-2,8				
Junction FV1531/FV120	Straight ahead	-2,6				
Roundabout FV120/KV1400	Second exit	-2,5				
Roundabout KV1400/RV22	First exit	-1,7				
Roundabout RV22	Second exit	-0,9				
Roundabout RV22	Second exit	-0,5				
 Official start - Lillestrøm		0	154,3	10:20	10:20	10:20
Roundabout RV22	Second exit	1,8	152,6	10:22	10:22	10:22
Roundabout RV22	First exit	5,5	148,9	10:28	10:28	10:29
Roundabout RV22	Second exit	6,2	148,2	10:29	10:29	10:30
QOM climb start - 1,1 km AVG 3% MAX 5,2%		6,4	148	10:29	10:30	10:30
Roundabout RV22/FV170	First exit	6,9	147,4	10:30	10:30	10:31
Fetsund		7,1	147,3	10:30	10:31	10:31
 QOM summit, cat 3 - Fetsund		7,5	146,8	10:31	10:31	10:32
Roundabout RV22/FV169	First exit	13	141,4	10:39	10:40	10:41
Junction RV22/FV1284	Left	28,6	125,7	11:02	11:05	11:07
Krokedal		28,6	125,7	11:02	11:05	11:07
 Intermediate sprint - Hemnes		40	114,3	11:20	11:23	11:26
Furulund		41,1	113,3	11:21	11:24	11:28
Junction FV125/FV1456	Right	41,1	113,3	11:21	11:24	11:28
Attention - narrow bridge		42,6	111,8	11:23	11:27	11:30
Waste zone		45,3	109	11:27	11:31	11:35
Attention - narrow bridge		57,3	97	11:46	11:50	11:55
Junction FV125/FV21	Right	59,1	95,3	11:48	11:53	11:58
Svensbykrysset		59,1	95,3	11:48	11:53	11:58
Waste zone		68,9	85,5	12:03	12:08	12:14
 Feeding zone		69,1	85,2	12:03	12:09	12:15
Waste zone		69,7	84,6	12:04	12:10	12:16
Ørje		74,6	79,7	12:11	12:17	12:24
Roundabout FV21/KV1000	Second exit	75	79,3	12:12	12:18	12:24
Junction KV1000/FV1316	Left	75,5	78,8	12:13	12:19	12:25
Ørje locks		75,7	78,7	12:13	12:19	12:26
Junction FV1316	Left	75,7	78,6	12:13	12:19	12:26
Start climb QOM - 1,1 km. AVG 4% MAX 7,1%		76	78,3	12:14	12:20	12:26
 QOM summit, cat 3 - Ørje		77,1	77,3	12:15	12:21	12:28
Junction FV1316/FV124	Left	93	61,3	12:39	12:46	12:55
Strømfoss		97,3	57,1	12:45	12:53	13:02
Attention, narrow bridge		97,7	56,7	12:46	12:54	13:02
Strømsfoss locks		97,7	56,6	12:46	12:54	13:02
Junction FV124/FV21	Right	98,4	55,9	12:47	12:55	13:04
 Intermediate sprint - Aremark		107,2	47,1	13:00	13:09	13:18
Fjell bru		118,6	35,8	13:17	13:27	13:37
Junction FV21	Right	118,7	35,7	13:18	13:27	13:37
Tistedal		130,5	23,9	13:35	13:46	13:57

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	Direction	From start	To finish	40 KM/H	38 KM/H	36 KM/H
Attention: Fast approach to Halden		130,9	23,5	13:36	13:46	13:58
Halden		133,8	20,5	13:40	13:51	14:03
Roundabout FV21	Second exit	133,9	20,4	13:40	13:51	14:03
Entering final circuit		134,5	19,9	13:41	13:52	14:04
Waste zone		134,5	19,9	13:41	13:52	14:04
Junction Busterudgata/Marcus Nilsens gate	Left	134,6	19,7	13:41	13:52	14:04
Junction Marcus Nilsens gate	Left	134,7	19,7	13:42	13:52	14:04
Junction Karl Johans gate/Kristian Augusts gate	Right	135	19,4	13:42	13:53	14:04
Junction Kristian Augusts gate/Rødsveien	Left, then right	135	19,3	13:42	13:53	14:05
Attention: Cobble stones		135,1	19,3	13:42	13:53	14:05
Junction Major Forbus gate/Wærns gate	Left	135,8	18,6	13:43	13:54	14:06
Junction Ole Dahls gate/Fridtjof Nansens gt	Left	136,2	18,1	13:44	13:55	14:07
Roundabout	First exit	136,4	17,9	13:44	13:55	14:07
Junction KV3425	Left	137,8	16,6	13:46	13:57	14:09
Finish line - 3 laps to go		138,2	16,1	13:47	13:58	14:10
Junction Bybrua/Bakbanken	Left	138,6	15,8	13:47	13:58	14:10
Roundabout Walkers gate/Rødsberg plass	Right	139	15,3	13:48	13:59	14:11
Junction Repslagergata/Oscars gate	Left	139,4	14,9	13:49	14:00	14:12
Junction Oscars gate/Nils Ankers gate	Right	139,5	14,9	13:49	14:00	14:12
Junction Nils Ankers gate/Storgata	Left	139,6	14,7	13:49	14:00	14:12
Passing circuit entrance point		139,8	14,5	13:49	14:00	14:13
Finish line - 2 laps to go		143,6	10,8	13:55	14:06	14:19
 Intermediate sprint - finish line		143,6	10,8	13:55	14:06	14:19
Finish line - 1 lap to go		148,9	5,4	14:03	14:15	14:28
 Finish, Halden		154,3	0	14:11	14:23	14:37