

**UCI**  **EUROPE  
TOUR**

**2018**

**RACE MANUAL**



**SUNDVOLDEN  
GRAND PRIX**



  
**RINGERIKE  
GRAND PRIX**

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# SUNDVOLDEN GRAND PRIX

## Sundvolden GP. UCI CAT. 1.2 5 May 2018

**Organizer: Ringerike sykkelklubb, Postboks 249, N-3502 Honefoss, Norway.**

### Key contacts:

<b>Race Director:</b>	Birger Hungerholdt	+ 47 99007004
<b>Technical director:</b>	Anders Eia Linnestad	+ 47 90068423
<b>Administration manager:</b>	Lasse Martinsen	+ 47 90018034
<b>President, RSK:</b>	Tommy Berglind	+ 47 97640973
<b>Medical manager:</b>	Runar Granstad	+ 47 90013000
<b>Race doctor:</b>	Knut Rønning	+45 28835080
<b>Safety director:</b>	Bjørn Erik Tuv	+ 47 41900400

### Headquarter (HQ) hotel:

4 May : Sundvolden hotel (All meetings)  
Address: Dronningveien 2, 3531 Krokkleiva  
GPS: Lat.: 60.062383 Lng.: 10.310428.

### Hospital:

Ringerike sykehus: Arnold Dybsjords vei 1, Hønefoss. Phone: +47 32 11 60 00

### Showers:

Sundvolden hotel  
Address: Dronningveien 2, 3531 Krokkleiva

### ORGANIZATION:

<b>Race director:</b>	Birger Hungerholdt
<b>Technical director:</b>	Anders Eia Linnestad
<b>Administration manager:</b>	Lasse Martinsen
<b>Safety director:</b>	Bjørn Erik Tuv
<b>Route manager:</b>	Vidar Vatningen
<b>Medical manager:</b>	Runar Granstad
<b>Accommodation manager:</b>	Anette Johansen
<b>Race Headquarters/permanence:</b>	Hanne Hatlelid
<b>Timekeeping and photo finish:</b>	Votrecourse.com
<b>Communication manager:</b>	Arne Leo Bertoia
<b>Arena manager:</b>	Øyvind Lillehagen
<b>Arena announcer:</b>	Eirik Thorgersen
<b>Radio Tour:</b>	Skjalge Kraglund
<b>Chief of mobile escort:</b>	Rune Olsen

### COLLEGE OF COMMISSAIRES:

<b>President of the commissaires panel:</b>	Madis Lepajoe(EST)
<b>Member of the jury:</b>	Tor Arne Oltedal (NOR)
<b>Member of the jury:</b>	Turid Foss (NOR)
<b>Finish judge:</b>	Mikael Nystrand (SWE)
<b>Assistant commissaire:</b>	Bjørn Arild Øhre
<b>Assistant commissaire(Broom wagon):</b>	Øyvind Nilsen (NOR)
<b>Moto commissaire 1:</b>	Mario de Wandel (BEL)
<b>Moto commissaire 2:</b>	Turid Foss (NOR)

### PERMANENCE OPENING HOURS:

May 4th	16:00 - 19:30	Sundvolden hotel
May 5th	07:30 - 11:00	Sundvolden hotel

## PROGRAM:

Date	Time		
May 4th	15:00	Commissaires meeting	Sundvolden hotel
May 4th	16:00-18:30	Confirmation of starters and distribution of identification numbers. Licence check.	Sundvolden hotel
May 4th	19:00	Team managers' meeting.	Sundvolden hotel



## ENVIRONMENTAL CARE

Please respect the environment, and behave responsibly during the race. The race route goes through many areas of vulnerable nature.

Waste disposal - no littering!

During the race your waste must be disposed in the designated zones, occurring after the feeding zone. In addition a waste zone will occur at the beginning of the last climb.

Please use the litter bags placed at all start and finish sites.

It is mandatory for the riders to dispose their waste in the waste zones

No idling of cars more than one minute.



## RACE RULES & REGULATIONS

### Article 1. Organisation

Sundvolden GP is organized by Ringerike Sykkelklubb, Postboks 249, N-3502 Honefoss, Norway.

### Article 2. Type of Event

Sundvolden GP is a international one-day race, organized according to UCI rules and classified as a UCI 1.2 Men elite event in the UCI Europe Tour. Riders and all cars in the convoy must follow the instructions of Police, race-marshals and respect the Norwegian traffic rules. All roads are open for normal traffic, but the Police will organize a rolling closure.

In conformity with the UCI rules, points are awarded as follows for the UCI Men Elite ranking:

- 40, 30, 25, 20, 15, 10, 5, 3, 3 & 3 points to the first 10 finishers by time.

### Article 3. Participation

The competing teams must be of the following kind: UCI professional continental teams of the country, Foreign UCI professional continental teams(max 2), UCI continental teams, National teams, Regional and club teams. (according to the UCI article 2.1.005).

Teams must be formed of 7 riders. If the number of starting riders per team is 7, a team may not start with less than 5 riders ( UCI art. 2.2.003).

### Article 4. Race Headquarter

The race headquarters will be open Friday 4th of May 2018 from 16:00 - 19:30 and Saturday 5<sup>th</sup> of May from 07:30 - 11:00. located at the following address: Sundvolden hotel, Dronningveien 2, 3531 Krokkleiva. GPS: Lat.: 60.062383 Lng.: 10.310428.

Team representatives are requested to confirm their starters and collect their race numbers and time transponders at the race headquarter from 16:00 to 18:30 on the 4<sup>th</sup> of May 2018.

The team managers' meeting, organized in accordance with article 1.2.087 of the UCI regulations, in the presence of the Members of the Commissaires' Panel, is scheduled for 19:00 on 4<sup>th</sup> of May 2018 at the following address: Sundvolden hotel, Dronningveien 2, 3531 Krokkleiva.

### Article 5. Radio-Tour

Radio tour frequency: 154.925 mhz. Broadcasted in English.

### Article 6. Neutral Technical Support

The neutral support is taken care of by 2 cars from the organization.

### Article 7. Classifications

There are no in-race competitions.

### Article 8. Prizes

The following prizes are awarded: See page 7. A grand total of € 6050 will be awarded in prize money at the event.

### Article 9. Anti-Doping

The UCI antidoping regulations are entirely applicable to the event. Moreover, and in conformity with the law of Norway, the Norwegian anti-doping legislation is applicable in addition to the UCI anti-doping regulations. The anti-doping tests will take place at the Anti-Doping Unit that will be located adjacent to the finish.

### Article 10. Awards Ceremony

**In the finish area immediately after the finish:**

No.1, 2 and 3 in the race.

The top three riders of the race may be asked to attend a press conference after the race.

### Article 11. Sign On

All riders must sign on the protocol before the start. The protocol is posted 40 min. before start, and will be removed 10 minutes before start. By signing on the start protocol the rider confirm that he has read and understand the race regulations and the route of the race.

### Article 12. Penalties

The UCI penalty scale is the only one applicable.

### **Article 13. Riders abandoning the race**

A rider who abandons the race shall immediately remove his race-numbers and deliver these to a commissaire or the «broom wagon».

### **Article 14. Team Cars**

The driving order of the team cars are determined by drawing lots. All the vehicles driving in the motorcade are restricted to a maximum height of 1.66 m (art. 2.2.032).

Teams who are not present at the team managers' meeting, will not participate in the drawing and be placed last. In case of more than one team absent, the order of the last cars will be determined by drawing lots also.

Only one vehicle per team will be permitted to circulate at race level.

### **Article 15. Alterations**

If it is necessary to alter any arrangements for the race, the Commissaire President, and the Race Direction will take these decisions.

### **Article 16. Feeding**

All static feeding must take place on the right side of the road (UCI art. 2.3.026). Feeding from the team car is allowed between 50 km after start and until 20 km before finish. Due to atmospheric conditions etc, the Commissaires may reduce the distance before feeding commences from the team cars, furthermore, they may also extend the distance before feeding closes. Such a decision will be communicated to interested parties in advance of the race.

Feeding zone will be listed at the route description and maps.

### **Article 17. Dropped riders**

Riders more than five minutes behind the main bunch at the following checkpoints will be stopped:

Vikersund, 44,6 km

Feeding zone, 79,2 km

Engerkrysset, 97,5 km

Engerkrysset, 134,2 km

Skaret, 146,2 km

The race direction and the Commissaire president will monitor the situation through the race, and have the right to stop dropped riders earlier in the race to ensure the security of the race.

### **Article 18. Race numbers and transponders**

Each rider has to put on two body numbers and one frame number. It is strictly forbidden to fold, cut or mutilate the race numbers in any way. Information about time transponders will be given at the race HQ on the 4<sup>th</sup> of May when picking up the race numbers.

All teams with new riders at their team for Ringerike GP are to bring back the transponders of the riders not starting Sunday. Contact Votrecourse at the race HQ Saturday night. Riders doing both races **can keep** their transponders the whole weekend.

The time transponders must be returned at the race HQ after the finish of Ringerike GP on Sunday.

## **SPECIAL INSTRUCTIONS**

### **LAST 1000 M**

The last 1000-m is marked with signs with a red triangle.

### **RACE RESULTS**

Results will be distributed from the race HQ as soon as possible after the race, at the official hotel and on the organizers web site ([www.rgp.no](http://www.rgp.no)). Please register your mobile number and e-mail address at the permanence in order to receive e-mails and sms with results.

### **COMMUNICATIONS EQUIPMENT**

Hand-held radios will be issued on Friday 4<sup>th</sup> May at the HQ Hotel for teams without radios. Radios will be individually signed for and are the responsibility of the holder, and must not be interchanged or loaned out at any time.

### **PHONE NUMBERS**

A list of phone numbers will be distributed from the HQ on Friday 4<sup>th</sup> of May.

### **ANTI-DOPING CONTROLS:**

Anti-doping controls will be held at a mobile Anti-doping unit close to the finish line. A list of riders required to attend in order to give a sample will be posted at the finish line and at the entrance to the Anti-doping unit. The riders on the list will also be notified in person by a chaperon after crossing the finish line.

## PRIZE MONEY SCALE

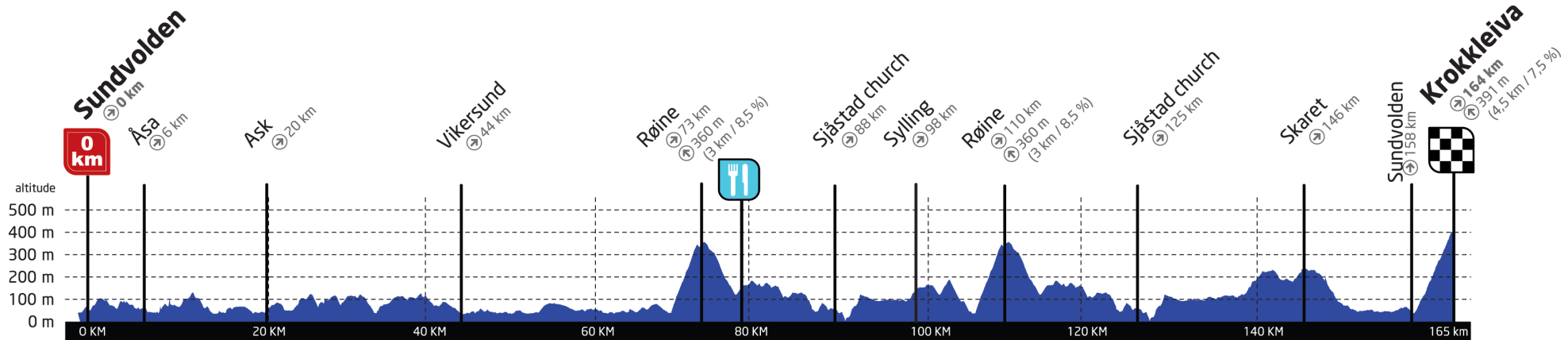
Place	Amount
1	2 425,00 €
2	1 210,00 €
3	610,00 €
4	305,00 €
5	240,00 €
6	180,00 €
7	180,00 €
8	120,00 €
9	120,00 €
10	60,00 €
11	60,00 €
12	60,00 €
13	60,00 €
14	60,00 €
15	60,00 €
16	60,00 €
17	60,00 €
18	60,00 €
19	60,00 €
20	60,00 €



# Sundvolden Grand prix

	KM from start	KM to end	KM/H 44	KM/H 42	KM/H 40	KM/H 38
<b>Start Sundvollen</b>	166,4		13:00	13:00	13:00	13:00
1,9 km neutral zone						
<b>Official start - Sundvollen</b>	<b>0</b>	<b>164,4</b>	<b>13:05</b>	<b>13:05</b>	<b>13:05</b>	<b>13:05</b>
Attention - Cattle grid	3,9	160,5	13:10	13:10	13:10	13:11
Åsa	6,2	158,2	13:13	13:13	13:14	13:14
Hesselberg	12,0	152,5	13:21	13:22	13:22	13:23
Snyta	18,4	146,0	13:30	13:31	13:32	13:34
Ask	20,3	144,2	13:32	13:33	13:35	13:36
Tyristrand	27,4	137,0	13:42	13:44	13:46	13:48
Drolsum	37,0	127,4	13:55	13:57	14:00	14:03
Vikersund	44,6	119,8	14:05	14:08	14:11	14:15
Brygga - first passing	69,7	94,7	14:40	14:44	14:49	14:55
Røine - First passing	72,8	91,6	14:44	14:48	14:54	14:59
Attention - Fast decent	72,8	91,6	14:44	14:48	14:54	14:59
Granum - First passing	76,4	88,1	14:49	14:54	14:59	15:05
<b>Feeding zone</b>	<b>79,2</b>	<b>85,3</b>	<b>14:52</b>	<b>14:58</b>	<b>15:03</b>	<b>15:10</b>
Sjåstad - first passing	85,3	79,1	15:01	15:06	15:12	15:19
Sjåstad church - first passing	88,0	76,5	15:04	15:10	15:16	15:23
FV285/Åmotveien - first passing	92,6	71,9	15:11	15:17	15:23	15:31
Engerkrysset -first passing	97,5	67,0	15:17	15:24	15:31	15:38
Sylling	98,3	66,2	15:18	15:25	15:32	15:40
Brygga - second passing	106,5	57,9	15:30	15:37	15:44	15:53
Røine - second passing	109,6	54,9	15:34	15:41	15:49	15:57
Attention - Fast decent	109,6	54,9	15:34	15:41	15:49	15:57
Granum - Second passing	113,1	51,3	15:39	15:46	15:54	16:03
Sjåstad - second passing	122,1	42,3	15:51	15:59	16:08	16:17
Sjåstad church - second passing	124,7	39,7	15:55	16:03	16:12	16:21
FV285/Åmotveien -second passing	129,3	35,1	16:01	16:09	16:19	16:29
Engerkrysset -second passing	134,2	30,2	16:08	16:16	16:26	16:36
Skaret	146,2	18,2	16:24	16:33	16:44	16:55
Attention - Fast decent	148,2	16,2	16:27	16:36	16:47	16:58
Utvika	154,2	10,2	16:35	16:45	16:56	17:08
Sundvolden	159,4	5,1	16:42	16:52	17:04	17:16
Start of climb	159,9	4,5	16:43	16:53	17:04	17:17
<b>Finish Krokkleiva</b>	<b>164,4</b>	<b>0</b>	<b>16:49</b>	<b>16:59</b>	<b>17:11</b>	<b>17:24</b>





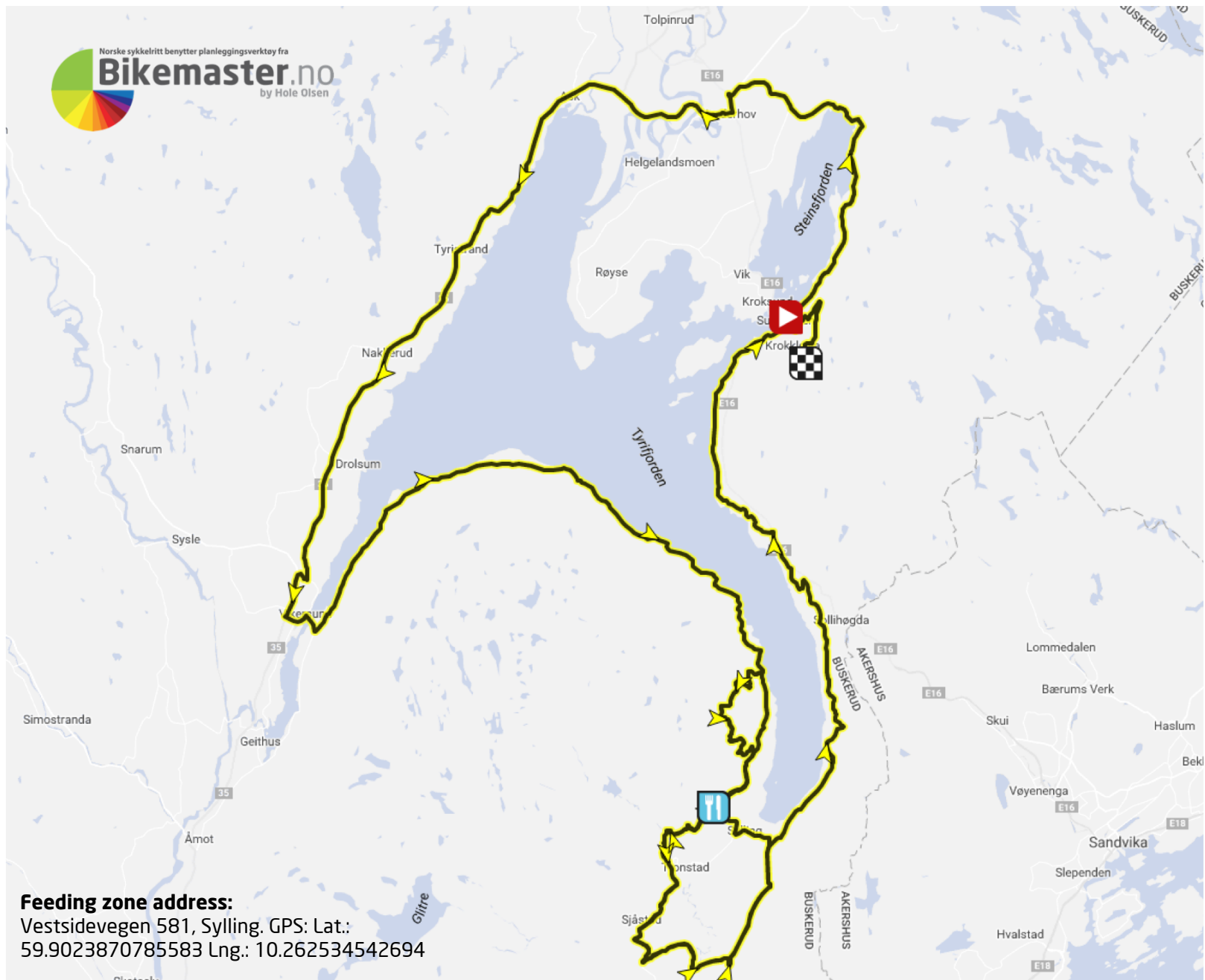


**Start address:**

Sundvolden hotel, Dronningveien 2, 3531  
Krokkleiva. GPS: Lat.: 60.062383 Lng.:  
60.062383



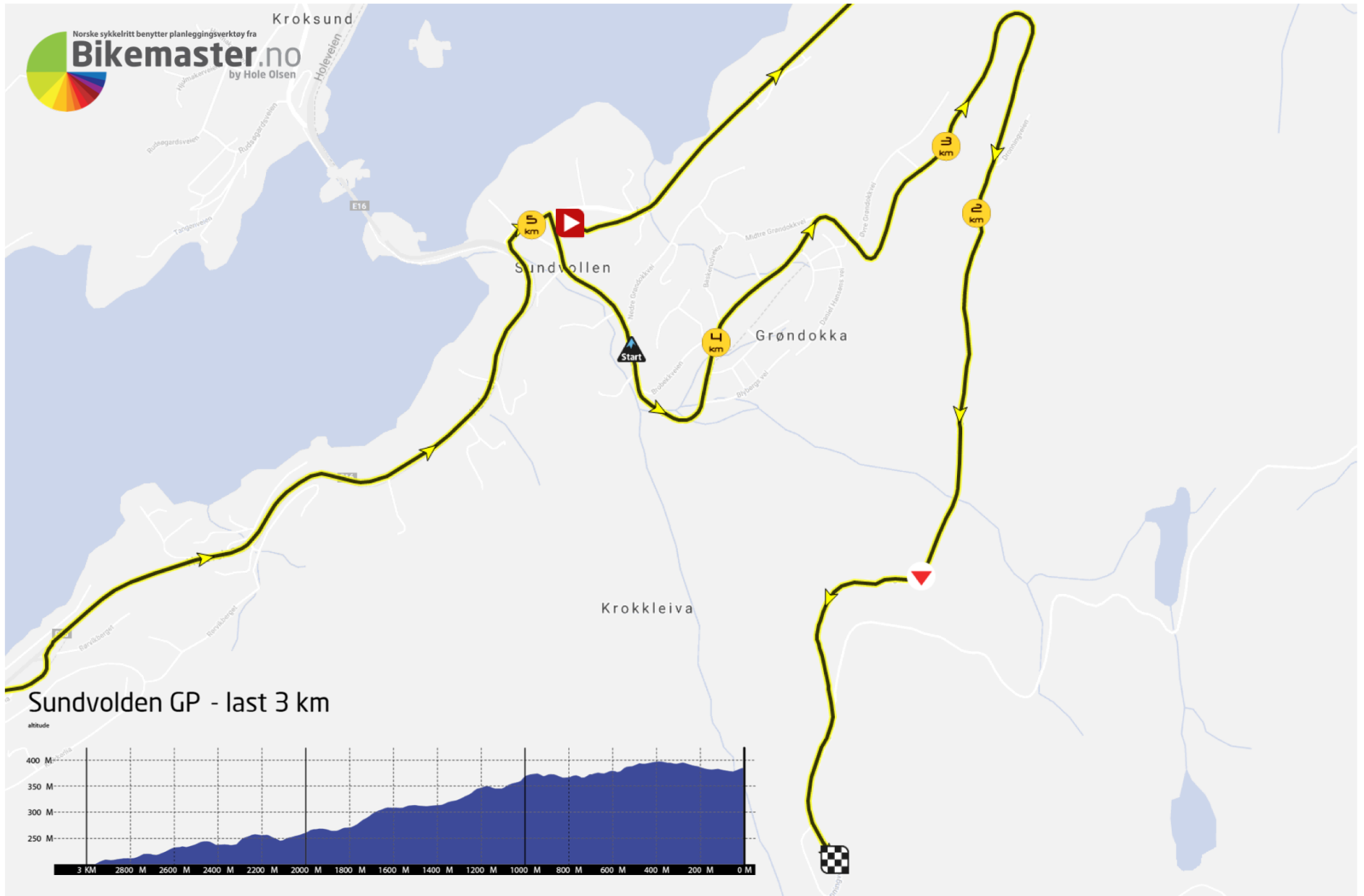
Norske sykkelritt benytter planleggingsverktøy fra  
**Bikemaster.no**  
by Hole Olsen



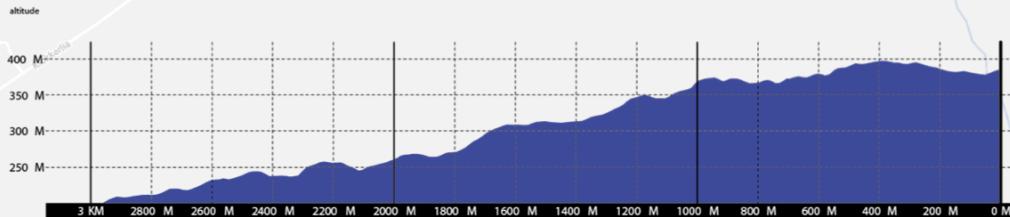
**Feeding zone address:**  
Vestsidivegen 581, Sylling. GPS: Lat.:  
59.9023870785583 Lng.: 10.262534542694

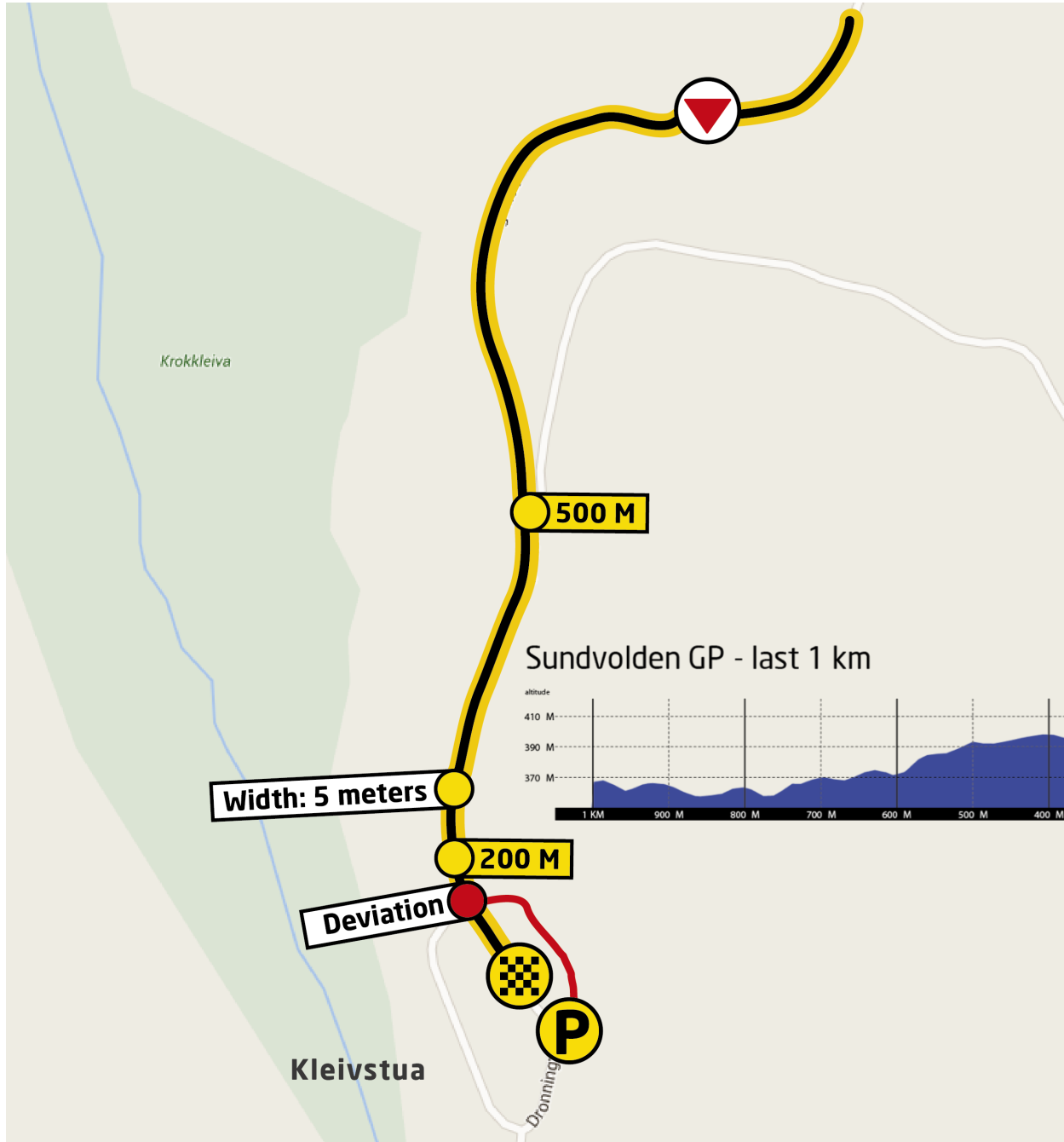


Norske sykkelritt benytter planleggingsverktøy fra  
**Bikemaster.no**  
by Hole Olsen

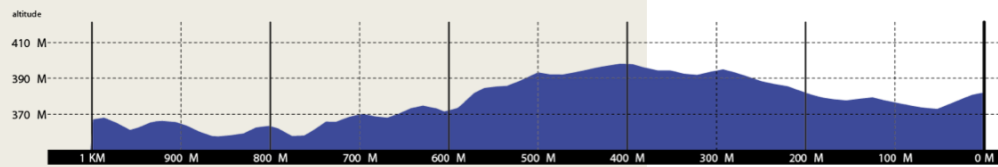


### Sundvolden GP - last 3 km





Sundvolden GP - last 1 km



# RINGERIKE GRAND PRIX

## Ringerike GP. UCI CAT. 1.2 6 May 2018

**Organizer:** Ringerike sykkelklubb, Postboks 249, N-3502 Honefoss, Norway.

### Key contacts:

<b>Race Director:</b>	Birger Hungerholdt	+ 47 99007004
<b>Technical director:</b>	Anders Eia Linnestad	+ 47 90068423
<b>Administration manager:</b>	Lasse Martinsen	+ 47 90018034
<b>President, RSK:</b>	Tommy Berglind	+ 47 97640973
<b>Medical manager:</b>	Runar Granstad	+ 47 90013000
<b>Race doctor:</b>	Knut Rønning	+45 28835080
<b>Safety director:</b>	Bjørn Erik Tuv	+ 47 41900400

### Headquarter (HQ) hotel:

5 May : Sundvolden hotel (All meetings)  
Address: Dronningveien 2, 3531 Krokkleiva  
GPS: Lat.: 60.062383 Lng.: 10.310428.

### Hospital:

Ringerike sykehus: Arnold Dybsjords vei 1, Hønefoss. Phone: +47 32 11 60 00

### Showers:

Sundvolden hotel  
Address: Dronningveien 2, 3531 Krokkleiva

### ORGANIZATION:

<b>Race director:</b>	Birger Hungerholdt
<b>Technical director:</b>	Anders Eia Linnestad
<b>Administration manager:</b>	Lasse Martinsen
<b>Safety director:</b>	Bjørn Erik Tuv
<b>Route manager:</b>	Vidar Vatningen
<b>Medical manager:</b>	Runar Granstad
<b>Accommodation manager:</b>	Anette Johansen
<b>Race Headquarters/permanence:</b>	Hanne Hatlelid
<b>Timekeeping and photo finish:</b>	Votrecourse.com
<b>Communication manager:</b>	Arne Leo Bertoia
<b>Arena manager:</b>	Øyvind Lillehagen
<b>Arena announcer:</b>	Eirik Thorgersen
<b>Radio Tour:</b>	Skjalge Kraglund
<b>Chief of mobile escort:</b>	Rune Olsen

### COLLEGE OF COMMISSAIRES:

<b>President of the commissaires panel:</b>	Madis Lepajoe(EST)
<b>Member of the jury:</b>	Tor Arne Oltedal (NOR)
<b>Member of the jury:</b>	Turid Foss (NOR)
<b>Finish judge:</b>	Mikael Nystrand (SWE)
<b>Assistant commissaire:</b>	Bjørn Arild Øhre
<b>Assistant commissaire(Broom wagon):</b>	Øyvind Nilsen (NOR)
<b>Moto commissaire 1:</b>	Mario de Wandel (BEL)
<b>Moto commissaire 2:</b>	Turid Foss (NOR)

### PERMANENCE OPENING HOURS:

May 5th	18:00 - 20:00	Sundvolden hotel
May 6th	07:00 - 09:30	Sundvolden hotel

## PROGRAM:

Date	Time		
May 5th	19:45	Commissaires meeting	Sundvolden hotel
May 5th	17:30-18:30	Confirmation of starters and distribution of identification numbers. Licence check.	Sundvolden hotel
May 5th	19:00	Team managers' meeting.	Sundvolden hotel

## ENVIRONMENTAL CARE

Please respect the environment, and behave responsibly during the race. The race route goes through many areas of vulnerable nature.

Waste disposal - no littering!

During the race your waste must be disposed in the designated zones, occurring after the feeding zone. In addition a waste zone will occur at the finishing circuit.

Please use the litter bags placed at all start and finish sites.

It is mandatory for the riders to dispose their waste in the waste zones

No idling of cars more than one minute.



## RACE RULES & REGULATIONS

### Article 1. Organisation

Ringerike GP is organized by Ringerike Sykkelklubb, Postboks 249, N-3502 Honefoss, Norway.

### Article 2. Type of Event

Ringerike GP is a international one-day race, organized according to UCI rules and classified as a UCI 1.2 Men elite event in the UCI Europe Tour. Riders and all cars in the convoy must follow the instructions of Police, race-marshals and respect the Norwegian traffic rules. All roads are open for normal traffic, but the Police will organize a rolling closure.

In conformity with the UCI rules, points are awarded as follows for the UCI Men Elite ranking:  
- 40, 30, 25, 20, 15, 10, 5, 3, 3 & 3 points to the first 10 finishers by time.

### Article 3. Participation

The competing teams must be of the following kind: UCI professional continental teams of the country, Foreign UCI professional continental teams(max 2), UCI continental teams, National teams, Regional and club teams. (according to the UCI article 2.1.005).

Teams must be formed of 7 riders. If the number of starting riders per team is 7, a team may not start with less than 5 riders ( UCI art. 2.2.003).

### Article 4. Race Headquarter

The race headquarters will be open Saturday 5<sup>th</sup> of May 2018 from 17:30 - 20:00 and Sunday 6<sup>th</sup> of May from 07:00 - 09:30 and located at the following address: Sundvolden hotel, Dronningveien 2, 3531 Krokkleiva. Team representatives are requested to confirm their starters and collect their race numbers and time transponders at the race headquarter from 17:30 to 18:30 on the 5<sup>th</sup> of May 2018.

The team managers' meeting, organized in accordance with article 1.2.087 of the UCI regulations, in the presence of the Members of the Commissaires' Panel, is scheduled for 19:00 on 5<sup>th</sup> of May 2018 at the following address: Sundvolden hotel, Dronningveien 2, 3531 Krokkleiva.

### Article 5. Radio-Tour

Radio tour frequency: 154.925 mhz. Broadcasted in English.

### Article 6. Neutral Technical Support

The neutral support is taken care of by 2 cars from the organization.

### Article 7. Classifications

There are no in-race competitions.

### Article 8. Prizes

The following prizes are awarded: See page 18. A grand total of € 6050 will be awarded in prize money at the event.

### Article 9. Anti-Doping

The UCI antidoping regulations are entirely applicable to the event. Moreover, and in conformity with the law of Norway, the Norwegian anti-doping legislation is applicable in addition to the UCI anti-doping regulations. The anti-doping tests will take place at the Anti-Doping Unit that will be located adjacent to the finish.

### Article 10. Awards Ceremony

**In the finish area immediately after the finish:**

No.1, 2 and 3 in the race.

The top three riders of the race may be asked to attend a press conference after the race.

### Article 11. Sign On

All riders must sign on the protocol before the start. The protocol is posted 40 min. before start, and will be removed 10 minutes before start. By signing on the start protocol the rider confirm that he has read and understand the race regulations and the route of the race.

### Article 12. Penalties

The UCI penalty scale is the only one applicable.



### **Article 13. Riders abandoning the race**

A rider who abandons the race shall immediately remove his race-numbers and deliver these to a commissaire or the «broom wagon».

### **Article 14. Team Cars**

The driving order of the team cars are determined by drawing lots. All the vehicles driving in the motorcade are restricted to a maximum height of 1.66 m (art. 2.2.032).

Teams who are not present at the team managers' meeting, will not participate in the drawing and be placed last. In case of more than one team absent, the order of the last cars will be determined by drawing lots also.

Only one vehicle per team will be permitted to circulate at race level.

### **Article 15. Alterations**

If it is necessary to alter any arrangements for the race, the Commissaire President, and the Race Direction will take these decisions.

### **Article 16. Feeding**

All static feeding must take place on the right side of the road (UCI art. 2.3.026). Feeding from the team car is allowed between 50 km after start and until 20 km before finish. Due to atmospheric conditions etc, the Commissaires may reduce the distance before feeding commences from the team cars, furthermore, they may also extend the distance before feeding closes. Such a decision will be communicated to interested parties in advance of the race.

Feeding zone will be listed at the route description and maps.

### **Article 17. Dropped riders**

Riders more than five minutes behind the main bunch at the following checkpoints will be stopped:

Finish line 15 km

Hesselberg, 40 km

Svendsrud, 61 km

Svendsrud, 76 km

Finish line, 101 km

Hønen, 119,5 km

And at every passing of the finish line at the final laps.

The race direction and the Commissaire president will monitor the situation through the race, and have the right to stop dropped riders earlier in the race to ensure the security of the race.

### **Article 18. Race numbers and transponders**

Each rider has to put on two body numbers and one frame number. It is strictly forbidden to fold, cut or mutilate the race numbers in any way. Information about time transponders will be given at the race HQ on the 5<sup>th</sup> of May when picking up the race numbers.

All teams with new riders at their team for Ringerike GP are to bring back the transponders of the riders not starting Sunday. Contact Votrecourse at the race HQ Saturday night. Riders doing both races **can keep** their transponders the whole weekend.

The time transponders must be returned at the race HQ after the finish of Ringerike GP on Sunday.

## **SPECIAL INSTRUCTIONS**

### **LAST 1000 M**

The last 1000-m is marked with signs with a red triangle.

### **RACE RESULTS**

Results will be distributed from the race HQ as soon as possible after the race, at the official hotel and on the organizers web site ([www.rgp.no](http://www.rgp.no)). Please register your mobile number and e-mail address at the permanence in order to receive e-mails and sms with results.

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Hand-held radios will be issued on Saturday 5th May at the HQ Hotel for teams without radios. Radios will be individually signed for and are the responsibility of the holder, and must not be interchanged or loaned out at any time.

### **PHONE NUMBERS**

A list of phone numbers will be distributed from the HQ on Saturday 5th of May.

### **ANTI-DOPING CONTROLS:**

Anti-doping controls will be held at a mobile Anti-doping unit close to the finish line. A list of riders required to attend in order to give a sample will be posted at the finish line and at the entrance to the Anti-doping unit. The riders on the list will also be notified in person by a chaperon after crossing the finish line.

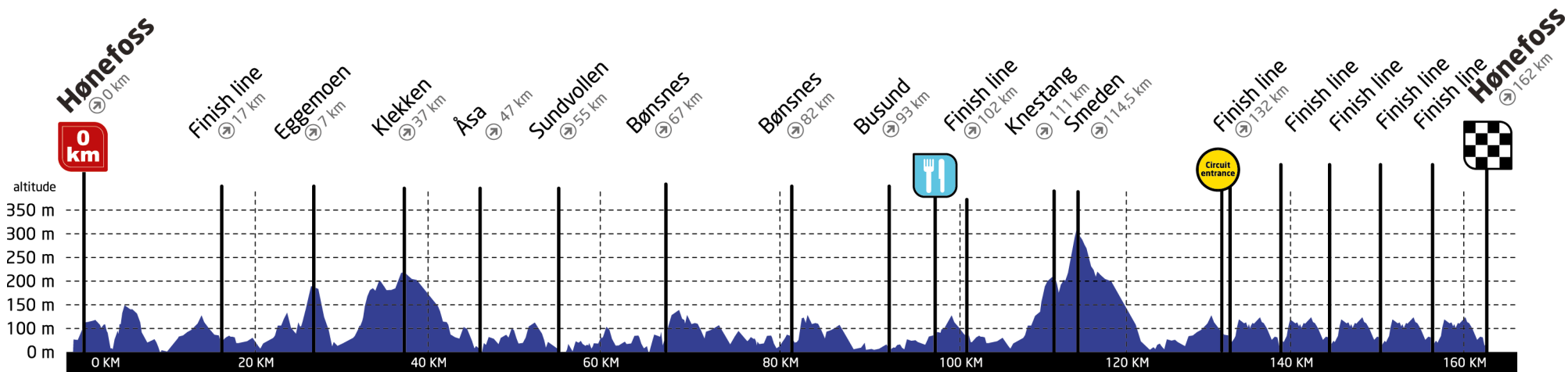
## PRIZE MONEY SCALE

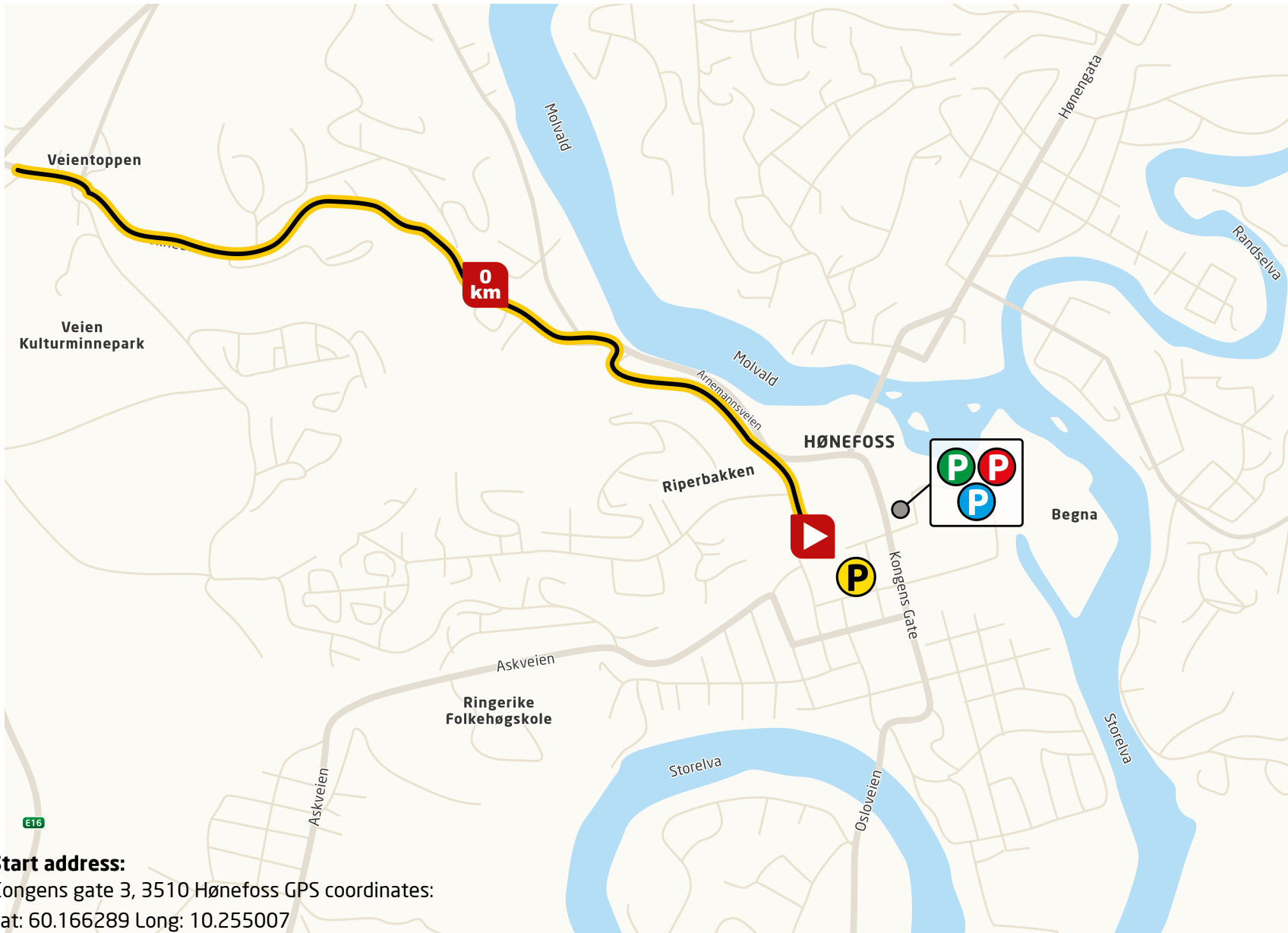
Place	Amount
1	2 425,00 €
2	1 210,00 €
3	610,00 €
4	305,00 €
5	240,00 €
6	180,00 €
7	180,00 €
8	120,00 €
9	120,00 €
10	60,00 €
11	60,00 €
12	60,00 €
13	60,00 €
14	60,00 €
15	60,00 €
16	60,00 €
17	60,00 €
18	60,00 €
19	60,00 €
20	60,00 €



<b>Ringerike Grand Prix</b>						
	<b>KM from start</b>	<b>KM to end</b>	<b>KM/H</b>	<b>KM/H</b>	<b>KM/H</b>	<b>KM/H</b>
			<b>44</b>	<b>42</b>	<b>40</b>	<b>38</b>
<b>Start - Hønefoss</b>						
1,1 km neutral zone			11:30	11:30	11:30	11:30
<b>Official start</b>	<b>0</b>	<b>162,2</b>	<b>11:35</b>	<b>11:35</b>	<b>11:35</b>	<b>11:35</b>
Veientoppen	1,4	160,8	11:36	11:36	11:37	11:37
Attention - Fast decent	2,8	159,4	11:38	11:39	11:39	11:39
Heiern mølle	4	158,2	11:40	11:40	11:41	11:41
Ask	9,5	152,7	11:47	11:48	11:49	11:50
Snyta	11,2	151	11:50	11:50	11:51	11:52
Tolpinrud	14,7	147,5	11:54	11:55	11:56	11:58
Tolpinrud	14,7	147,5	11:54	11:55	11:56	11:58
Attention - Fast decent	14,8	147,4	11:55	11:56	11:57	11:58
Attention - Fast decent	14,8	147,4	11:55	11:56	11:57	11:58
<b>Passing finish line first time</b>	<b>16,7</b>	<b>145,5</b>	<b>11:57</b>	<b>11:58</b>	<b>12:00</b>	<b>12:01</b>
Hvalsmoen	21,2	141	12:03	12:05	12:06	12:08
Attention - narrow underpass	22,3	139,9	12:05	12:06	12:08	12:10
Attention - narrow underpass	22,3	139,9	12:05	12:06	12:08	12:10
Viul	24,3	137,9	12:08	12:09	12:11	12:13
Attention - narrow bridge	25	137,2	12:09	12:10	12:12	12:14
Eggemoen	26,7	135,5	12:11	12:13	12:15	12:17
Hvalsmoen	30,3	131,9	12:16	12:18	12:20	12:22
Vang skole	34,7	127,5	12:22	12:24	12:27	12:29
Attention - Narrow road	34,8	127,4	12:22	12:24	12:27	12:29
Klækken	37,1	125,1	12:25	12:27	12:30	12:33
Hesselberg	41,3	120,9	12:31	12:33	12:36	12:40
Åsa	47,1	115,1	12:39	12:42	12:45	12:49
Attention - Cattle grid	49,4	112,8	12:42	12:45	12:49	12:52
Attention - Cattle grid	54,6	107,6	12:49	12:53	12:56	13:01
Sundvollen	55,4	106,8	12:50	12:54	12:58	13:02
Vik	58,5	103,7	12:54	12:58	13:02	13:07
Svendsrud	62,7	99,5	13:00	13:04	13:09	13:14
Bønsnes 1 passing	66,8	95,4	13:06	13:10	13:15	13:20
Mosengbakken - top	68,2	94	13:07	13:12	13:17	13:22
Leine, 1st passing	69,7	92,5	13:10	13:14	13:19	13:25

Hole kirke	75,5	86,7	13:17	13:22	13:28	13:34
Svendsrud	77,9	84,3	13:21	13:26	13:31	13:37
Bønnesnes 2 passing	82	80,2	13:26	13:32	13:38	13:44
Salatbakken -top	83,1	79,1	13:28	13:33	13:39	13:46
Leine 2nd passing	83,5	78,7	13:28	13:34	13:40	13:46
Helgelandsmoen	90,8	71,4	13:38	13:44	13:51	13:58
Busund	93	69,2	13:41	13:47	13:54	14:01
<b>Feeding zone</b>	<b>95,4</b>	<b>66,8</b>	<b>13:45</b>	<b>13:51</b>	<b>13:58</b>	<b>14:05</b>
Snyta	97,1	65,1	13:47	13:53	14:00	14:08
<b>Passing finish line second time</b>	<b>102,6</b>	<b>59,6</b>	<b>13:54</b>	<b>14:01</b>	<b>14:08</b>	<b>14:17</b>
Hvalsmoen	107,1	55,1	14:01	14:08	14:15	14:24
Attention - narrow underpass	108,3	53,9	14:02	14:09	14:17	14:25
Knestang	110,9	51,3	14:06	14:13	14:21	14:30
Vang skole	112,9	49,3	14:08	14:16	14:24	14:33
Smeden	114,5	47,7	14:11	14:18	14:26	14:35
Klækken	116,4	45,8	14:13	14:21	14:29	14:38
Hønen	121,1	41,1	14:20	14:28	14:36	14:46
Busund	123	39,2	14:22	14:30	14:39	14:49
Snyta	127,1	35,1	14:28	14:36	14:45	14:55
<b>Circuit entrance</b>	<b>132,4</b>	<b>29,8</b>	<b>14:35</b>	<b>14:44</b>	<b>14:53</b>	<b>15:03</b>
<b>Passing finish line - 5 laps to go</b>	<b>132,6</b>	<b>29,6</b>	<b>14:35</b>	<b>14:44</b>	<b>14:53</b>	<b>15:04</b>
Attention - Speed bumps	133,2	29	14:36	14:45	14:54	15:05
Attention - Narrow bridge	134,4	27,8	14:38	14:47	14:56	15:07
Attention - Speed bumps	135	27,2	14:39	14:47	14:57	15:08
Veientoppen	135,5	26,7	14:39	14:48	14:58	15:08
<b>Passing finish line - 4 laps to go</b>	<b>138,5</b>	<b>23,7</b>	<b>14:43</b>	<b>14:52</b>	<b>15:02</b>	<b>15:13</b>
<b>Passing finish line - 3 laps to go</b>	<b>144,4</b>	<b>17,8</b>	<b>14:51</b>	<b>15:01</b>	<b>15:11</b>	<b>15:23</b>
<b>Passing finish line - 2 laps to go</b>	<b>150,3</b>	<b>11,9</b>	<b>14:59</b>	<b>15:09</b>	<b>15:20</b>	<b>15:32</b>
<b>Passing finish line - 1 lap to go</b>	<b>156,3</b>	<b>5,9</b>	<b>15:08</b>	<b>15:18</b>	<b>15:29</b>	<b>15:41</b>
<b>Finish - Hønefoss</b>	<b>162,2</b>	<b>0</b>	<b>15:16</b>	<b>15:26</b>	<b>15:38</b>	<b>15:51</b>





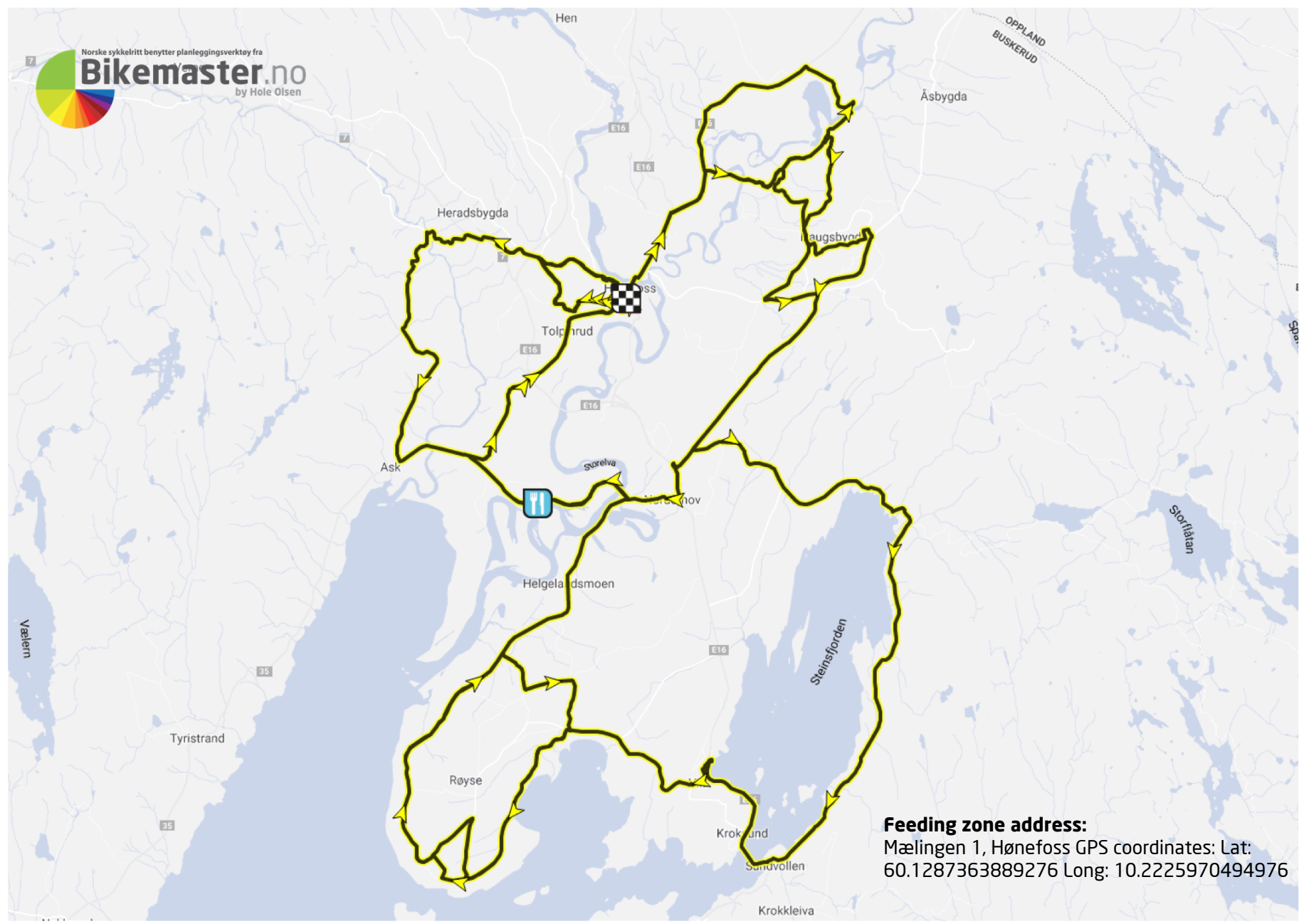
**Start address:**

Kongens gate 3, 3510 Hønefoss GPS coordinates:

Lat: 60.166289 Long: 10.255007



Norske sykkelritt benytter planleggingsverktøy fra  
**Bikemaster.no**  
by Hole Olsen



**Feeding zone address:**  
Mælingen 1, Hønefoss GPS coordinates: Lat: 60.1287363889276 Long: 10.2225970494976





