

# PostNord Danmark Rundt

10.-14. August 2021



## Technical guide



# Hos PostNord har vi omtanke for en grøn fremtid



Pakkebiler der kører på ren el



CO<sub>2</sub> kompensér dine pakker



Lastbiler der kører på biodiesel

## Grønnere år for år

Hos PostNord leverer vi til hele Danmark, og vi gør det med omtanke for en grønnere fremtid. Faktisk har vi de seneste 10 år reduceret vores samlede CO<sub>2</sub>-udslip med 68% og mere end halveret udledningen pr. pakke. Og vi er slet ikke færdige: Vi tester elcykler i byerne, pakkebiler, der kører på ren el, og bæredygtigt emballage, der sparer CO<sub>2</sub> i forhold til genanvendelig emballage.

## Fossilfri i 2030

Vi arbejder målrettet mod at være fossilfri i 2030. Vi har allerede sparet hver 8. lastbil væk ved at være endnu bedre til at fylde bilerne. 120 af vores lastbiler kører på biodiesel, hvilket vil reducere CO<sub>2</sub>-udledningen med ca. 6.600 tons i det kommende år. Og i København udvider vi vores afdeling af CO<sub>2</sub>-neutrale cykelbude, som sikrer bæredygtig og hurtig levering.

**postnord**

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# Welcome to the Tour of Denmark 2021

*On behalf of the Danish Cycling Federation we are pleased to welcome all riders, teams, commissaries, volunteers, sponsors - and everybody involved in PostNord Danmark Rundt / Tour of Denmark 2021. This year marks the 30<sup>th</sup> time we organize and host the race. We are proud to announce that the race is part of the UCI Pro-series just as it was in 2019.*

*Last year the race was cancelled due to the Covid-19 pandemic - but this year we are excited and ready to start the Tour of Denmark on the 10<sup>th</sup> of August in the northern part of our beautiful country in the city of Struer.*

*As hosts we look forward to presenting a very strong peloton including 6 World Tour teams and 7 Pro-Continental teams. 19 teams will make up the peloton and create fantastic memories for the spectators and TV viewers when riding through the landscape along the route. This year the Danish National TV (DR) and Eurosport will be broadcasting live TV coverage of the last 2½ hours of every stage.*

*We hope that you will entertain us with great, competitive and fair cycling and we know that all riders will have the full support from the enthusiastic fans cheering along the routes.*

*We look forward to 5 days of first-class cycling in Denmark and wish you all a good, safe and successful Tour of Denmark.*



**Henrik Jess Jensen**  
President - Danish  
Cycling Federation



**Frank Hyldgaard**  
Event Director - PostNord Danmark  
Rundt/Tour of Denmark



# Organization

## **Organizer**

Danish Cycling Federation  
Idrættens Hus  
2605 Brøndby

## **President**

Henrik Jess Jensen

## **Director**

Martin Elleberg Petersen

## **Event Director**

Frank Hyltdgaard

## **Race Manager**

Jens Kasler

## **Course Manager**

Jørgen Gasberg

## **Head of Finance**

Julie Kristensen

## **Head of Race Office**

Solveig Uhre

## **Safety Manager**

Frede Madsen

## **Technical Manager Start**

Martin Engbjerg

## **Technical Manager Finish**

Kent Fløe

## **Time keeping**

Henrik M. Kristensen and Sportstiming

## **COVID-19 contact**

Dr. Casper Winther

## **Head of Hotels**

Søren Uhre

See full organization on page 78

# Jury

## **Commissaires**

Christopher Enzi - PCP (AUT)  
Jakob Knudsen (DEN)  
Kenneth Simonsen (SWE)  
Sanne Schmidt (DEN)  
Bent Meyer (DEN)

## **Finish Line Commissaire**

Kristoffer Nemmestram (SWE)

## **Motorcycle 1**

Gary McIlroy (IRE)

## **Motorcycle 2**

Søren Knudsen (DEN)

## **Anti-doping Commissaire**

Ole Olsen (DEN)



## Race office

### Monday 9. August

**13.00-19.30**

Grand Hotel Struer  
Smedegade 2  
7600 Struer

### Tuesday 10. August

**09.30 - 12.00**

Grand Hotel Struer  
Smedegade 2  
7600 Struer

### Tuesday 10. August

**19.00 - 20.30**

Hotel Cabinn  
Skolegade 14  
6700 Esbjerg

### Wednesday 11. August

**19.00 - 20.30**

Hotel Tønder Hus  
Jomfrustien 1  
6270 Tønder

### Thursday 12. August

**19.30 - 21.00**

Hotel Nyborg Strand  
Østersøvej 2  
5800 Nyborg

### Friday 13. August

**19.30 - 21.00**

Hotel Scandic Glostrup  
Roskildevej 550  
2605 Brøndby

### Saturday 14. August

**09.30 - 12.00**

Hotel Scandic Glostrup  
Roskildevej 550  
2605 Brøndby



**Head of Race Office**  
Solveig Uhre  
Phone: 0045 61 10 25 15

# Program

## Monday 9. August

13.30 - 14.30	Commissaires meeting	Grand Hotel Struer
14.00 - 18.00	Sign in and accreditation for press, volunteers and officials	Grand Hotel Struer
15.00 - 16.45	License control and team sign in	Grand Hotel Struer
17.00	Team Manager meeting*	Grand Hotel Struer
18.00	Officials and volunteers meeting	Grand Hotel Struer
19.00	Sponsor meeting	Grand Hotel Struer
19.30 - 21.30	Dinner	At your hotel

## Tuesday 10. August

07.00 - 09.30	Breakfast	At your hotel
09.30	Convoy meeting for all drivers and passengers at the race-convoy (not for teams)	Grand Hotel Struer
12.10 - 13.20	Presentation and sign in on stage at the start. One team at a time - schedule will be handed out at the Team Manager meeting.	Tegltorvet, Struer
13.30	Neutralized start - stage 1	Tegltorvet, Struer
17.40	Finish - stage 1	Havnegade, Esbjerg
17.50	Award ceremony	Havnegade, Esbjerg
19.30 - 21.30	Dinner	At your hotel

## Wednesday 11. August

07.00 - 09.30	Breakfast	At your hotel
12.15 - 13.00	Sign in on stage at the start	Torvet, Ribe
13.15	Neutralized start - stage 2	Torvet, Ribe
17.50	Finish - stage 2	Dybbølgade, Sønderborg
18.00	Award ceremony	Dybbølgade, Sønderborg
19.30 - 21.30	Dinner	At your hotel



### **Thursday 12. August**

07.00 - 09.30	Breakfast	At your hotel
11.30 - 11.45	Sign in on stage at the start	Wegners Plads, Tønder
12.30	Neutralized start - stage 3	Wegners Plads, Tønder
17.45	Finish - stage 3	Koldingvej, Vejle
17.55	Award ceremony	Koldingvej, Vejle
19.30 - 22.00	Dinner	Hotel Nyborg Strand

### **Friday 13. August**

07.00 - 09.30	Breakfast	At your hotel
12.15 - 13.00	Sign in on stage at the start	Ahlgade, Holbæk
13.15	Neutralized start - stage 4	Ahlgade, Holbæk
17.50	Finish - stage 4	Vestre Havnevej, Kalundborg
18.00	Award ceremony	Vestre Havnevej, Kalundborg
19.30 - 21.30	Dinner	At your hotel

### **Saturday 14. August**

07.00 - 09.30	Breakfast	At your hotel
11.00 - 13.00	Lunch	At your hotel
14.00	First start Time Trial - stage 5	Frederiksberg Allè, Frederiksberg
17.00	Last start Time Trial - stage 5	Frederiksberg Allè, Frederiksberg
17.15	Last rider finish stage 5	Frederiksberg Allè, Frederiksberg
17.25	Award ceremony	Frederiksberg Allè, Frederiksberg

\*Due to the COVID-19 restrictions only one member per team are allowed to the Team Manager meeting.

# Participating teams



**PostNord - National Team**



**Rival Cycling Team**



**BHS-PL Beton Bornholm**



**ColoQuick Cycling**



**Restaurant SURI - Carl Ras**



**Mazowsze Serce Polski**



**Team Novo Nordisk**



**Rally Cycling**



**Sport Vlaanderen-Baloise**



**Bardiani CSF**



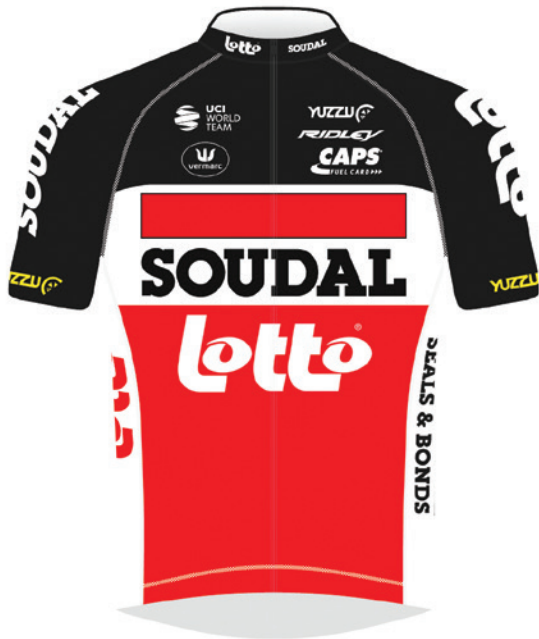
**Vini Zabù KTM**



**Team Bingoal-WB**



**Uno-X Pro Cycling Team**



**Lotto-Soudal Cycling Team**



**Trek-Segafredo**



**Team Jumbo-Visma**



**Team Qhubeka NextHash**



**Team DSM**



**Deceuninck - Quick-Step**

# Race Convoy

Function	Name	Driver/pilot name	Position
Speaker car 1	Benny Bo Nielsen	Steffan Bill	-15 minutes
Speaker car 2	Klaus Bach	Jens Jensen	-8 minutes
Event Director	Frank Hylgaard	Karsten Bang	
Leading car	Mikkel Pagh	Jan Lorentzen	-2 minutes
Police car	Axel Sørensen	Lena Boring Andersen	-2 minutes
Neutral Service 1	Shimano		
Neutral Service 2	Shimano		
Race Manager	Jens Kasler	Tayeb Braikia	
Commissarie 2	Jakob Knudsen	Henning Jørgensen	
Moto info 1	Michael Tranekjær	Keld Kjærulf Christensen	
Moto info 2	Line Kristoffersen	Torben Sølvér Larsen	
Commissarie - MC	Gary McIlroy	Morten Phillipsen	
<b>Peloton/riders</b>			
President of Commissaires	Christopher Enzi	Bruno Petersen / Steffan Møller (Radio Tour)	
Doctor 1	Lars Juel	Michel Rasmussen	
Teamcars 1-10			
Commissaire 3	Kenneth Simonsen	Jens Ranneries	
Radio Technician	Michael Nedergaard Jensen	Mark Nedergaard Jensen	
Commissaire 4	Sanne Schmidt	Mogens Laursen	
Team cars 11-19			
Commissarie - MC	Søren Knudsen	Carsten Raahauge	
Doctor 2	Casper Winther	Thomas Guldhammer	
Neutral Service 3	Shimano		
VIP 1	Michael Vestergaard	Guests	
VIP 2	Bjarne Kratholm	Guests	
VIP 3	Alex Pedersen	Guests	
Second team cars 1-19			
Ambulance	Jimmy Hartmann	Michael Rasmussen	
Broom wagon/Commissaire 5	Bent Meyer	Carsten Hansen	

# Race jerseys and competitions

For competition regulations see Article 10 in the Race Regulations on page 73.



**PostNord Leader Jersey**  
General Classification





**Changing Diabetes Jersey**  
Hill Competition



**PostNord Fighter Jersey**  
(not to be worn during the race)



**Skoda Jersey**  
Sprint Competition



**WA00 Jersey**  
Best Young Rider



**Uno-X**  
Team Competition

# Anti-doping

*The UCI antidoping regulations are entirely applicable to the event. The antidoping tests will take place in a mobile house facility, placed near the finish line. Except of stage 1 - here the anti-doping test will take place at Musikhuset - just next to the finish line. The organizer reserves the right to refuse riders or teams that might be connected with doping abuse and whose participation therefore would be incompatible with the reputation of the race.*

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# Radio Tour

*Radio Tour is the official tour radio, where all the official information is broadcasted in English. Radio Tour can be reached by all cars and motorbikes in the convoy at the frequency **173.900 MHz**.*

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# COVID-19 regulations

*The UCI regulations regarding COVID-19 will be followed in combination with the regulations of the Danish authorities. Due to ongoing changes in this matter all teams and participants in the Tour of Denmark / PostNord Danmark Rundt will be informed in separate e-mails.*

# Hotels

## Lotto-Soudal Cycling Team

**Monday 9. August**

Nørre Vosborg  
Vembvej 39  
7570 Vemb

**Tuesday 10. August**

Sportshotel Vejen  
Jacob Gades Allè 1  
6600 Vejen

**Wednesday 11. August**

Benniksgaard Hotel  
Sejrsvej 101  
6300 Gråsten

**Thursday 12. August**

Hotel Nyborg Strand  
Østersøvej 2  
5800 Nyborg

**Friday 13. August**

Hotel Scandic Hvidovre  
Kettevej 4  
2650 Hvidovre

## Deceunick - Quick-Step

**Monday 9. August**

Nørre Vosborg  
Vembvej 39  
7570 Vemb

**Tuesday 10. August**

Sportshotel Vejen  
Jacob Gades Allè 1  
6600 Vejen

**Wednesday 11. August**

Hotel Scandic Sønderborg  
Ellegårdvej 27  
6400 Sønderborg

**Thursday 12. August**

Hotel Nyborg Strand  
Østersøvej 2  
5800 Nyborg

**Friday 13. August**

Hotel Scandic Hvidovre  
Kettevej 4  
2650 Hvidovre

## Team Qhubeka NextHash

**Monday 9. August**

Østergaards Hotel  
Silkeborgvej 94  
7400 Herning

**Tuesday 10. August**

Sportshotel Vejen  
Jacob Gades Allè 1  
6600 Vejen

**Wednesday 11. August**

Hotel Sønderborg Kaserne  
Gerlachsgade 8  
6400 Sønderborg

**Thursday 12. August**

Hotel Nyborg Strand  
Østersøvej 2  
5800 Nyborg

**Friday 13. August**

Hotel Scandic Hvidovre  
Kettevej 4  
2650 Hvidovre

## Team DSM

**Monday 9. August**

Østergaards Hotel  
Silkeborgvej 94  
7400 Herning

**Tuesday 10. August**

Hotel Scandic Esbjerg  
Strandbygade 3  
6700 Esbjerg

**Wednesday 11. August**

Hotel Scandic Sønderborg  
Ellegårdvej 27  
6400 Sønderborg

**Thursday 12. August**

Hotel Nyborg Strand  
Østersøvej 2  
5800 Nyborg

**Friday 13. August**

Hotel Scandic Glostrup  
Roskildevej 550  
2605 Brøndby

## Uno-X Pro Cycling Team



**Monday 9. August**  
Østergaards Hotel  
Silkeborgvej 94  
7400 Herning



**Tuesday 10. August**  
Sportshotel Vejen  
Jacob Gades Allé 1  
6600 Vejen



**Wednesday 11. August**  
Hotel Sønderborg Kaserne  
Gerlachsgade 8  
6400 Sønderborg



**Thursday 12. August**  
Hotel Nyborg Strand  
Østersøvej 2  
5800 Nyborg



**Friday 13. August**  
Hotel Scandic Hvidovre  
Kettevej 4  
2650 Hvidovre

## Team Novo Nordisk



**Monday 9. August**  
Østergaards Hotel  
Silkeborgvej 94  
7400 Herning



**Tuesday 10. August**  
Hotel Scandic Esbjerg  
Strandbygade 3  
6700 Esbjerg



**Wednesday 11. August**  
Hotel 6400  
Solglimt 6  
6400 Sønderborg



**Thursday 12. August**  
Hotel Nyborg Strand  
Østersøvej 2  
5800 Nyborg



**Friday 13. August**  
Hotel Scandic Hvidovre  
Kettevej 4  
2650 Hvidovre

## Mazowsze Serce Polski



**Monday 9. August**  
Østergaards Hotel  
Silkeborgvej 94  
7400 Herning



**Tuesday 10. August**  
Danhostel Esbjerg  
GI Vardevej 80  
6700 Esbjerg



**Wednesday 11. August**  
Hotel Sønderborg Kaserne  
Gerlachsgade 8  
6400 Sønderborg



**Thursday 12. August**  
Hotel Nyborg Strand  
Østersøvej 2  
5800 Nyborg



**Friday 13. August**  
Hotel Scandic Ringsted  
Nørretorv 57  
4100 Ringsted

## Restaurant SURI - Carl Ras



**Monday 9. August**  
Østergaards Hotel  
Silkeborgvej 94  
7400 Herning



**Tuesday 10. August**  
Danhostel Ribe  
Sct Peders Gade 16  
6770 Ribe



**Wednesday 11. August**  
Hotel Scandic Sønderborg  
Ellegårdvej 27  
6400 Sønderborg



**Thursday 12. August**  
Hotel Nyborg Strand  
Østersøvej 2  
5800 Nyborg



**Friday 13. August**  
Hotel Scandic Roskilde  
Ved Ringen 2  
4000 Roskilde

## ColoQuick Cycling



**Monday 9. August**  
Østergaards Hotel  
Silkeborgvej 94  
7400 Herning



**Tuesday 10. August**  
Hotel Varde  
Tømrervej 18  
6800 Varde



**Wednesday 11. August**  
Hotel Sønderborg Kaserne  
Gerlachsgade 8  
6400 Sønderborg



**Thursday 12. August**  
Hotel Nyborg Strand  
Østersøvej 2  
5800 Nyborg



**Friday 13. August**  
Hotel Scandic Roskilde  
Ved Ringen 2  
4000 Roskilde

## PostNord - National Team



**Monday 9. August**  
Østergaards Hotel  
Silkeborgvej 94  
7400 Herning



**Tuesday 10. August**  
Danhostel Ribe  
Sct Peders Gade 16  
6770 Ribe



**Wednesday 11. August**  
Hotel Scandic Sønderborg  
Ellegårdvej 27  
6400 Sønderborg



**Thursday 12. August**  
Hotel Nyborg Strand  
Østersøvej 2  
5800 Nyborg



**Friday 13. August**  
Hotel Scandic Hvidovre  
Kettevej 4  
2650 Hvidovre

## Trek-Segafredo



**Monday 9. August**  
Hotel Scandic Regina  
Fonnesbechgade 20  
7400 Herning



**Tuesday 10. August**  
Hotel Scandic Esbjerg  
Strandbygade 3  
6700 Esbjerg



**Wednesday 11. August**  
Hotel Scandic Sønderborg  
Ellegårdvej 27  
6400 Sønderborg



**Thursday 12. August**  
Hotel Nyborg Strand  
Østersøvej 2  
5800 Nyborg



**Friday 13. August**  
Hotel Scandic Hvidovre  
Kettevej 4  
2650 Hvidovre

## Team Jumbo-Visma



**Monday 9. August**  
Hotel Scandic Regina  
Fonnesbechgade 20  
7400 Herning



**Tuesday 10. August**  
Sportshotel Vejen  
Jacob Gades Allè 1  
6600 Vejen



**Wednesday 11. August**  
Hotel Scandic Sønderborg  
Ellegårdvej 27  
6400 Sønderborg



**Thursday 12. August**  
Hotel Nyborg Strand  
Østersøvej 2  
5800 Nyborg



**Friday 13. August**  
Hotel Scandic Hvidovre  
Kettevej 4  
2650 Hvidovre

## Vini Zabú KTM



**Monday 9. August**  
Hotel Scandic Regina  
Fonnesbechgade 20  
7400 Herning



**Tuesday 10. August**  
Hotel Scandic Esbjerg  
Strandbygade 3  
6700 Esbjerg



**Wednesday 11. August**  
Hotel 6400  
Solglimt 6  
6400 Sønderborg



**Thursday 12. August**  
Hotel Nyborg Strand  
Østersøvej 2  
5800 Nyborg



**Friday 13. August**  
Hotel Scandic Ringsted  
Nørretorv 57  
4100 Ringsted

## Team Bingoal-WB



**Monday 9. August**  
Hotel Scandic Regina  
Fonnesbechgade 20  
7400 Herning



**Tuesday 10. August**  
Hotel Scandic Esbjerg  
Strandbygade 3  
6700 Esbjerg



**Wednesday 11. August**  
Benniksgaard Hotel  
Sejrsvej 101  
6300 Gråsten



**Thursday 12. August**  
Hotel Nyborg Strand  
Østersøvej 2  
5800 Nyborg



**Friday 13. August**  
Hotel Scandic Ringsted  
Nørretorv 57  
4100 Ringsted

## Riwal Cycling Team



**Monday 9. August**  
Hotel Scandic Regina  
Fonnesbechgade 20  
7400 Herning



**Tuesday 10. August**  
Danhostel Ribe  
Sct Peders Gade 16  
6770 Ribe



**Wednesday 11. August**  
Hotel Scandic Sønderborg  
Ellegårdvej 27  
6400 Sønderborg



**Thursday 12. August**  
Hotel Nyborg Strand  
Østersøvej 2  
5800 Nyborg



**Friday 13. August**  
Hotel Scandic Roskilde  
Ved Ringen 2  
4000 Roskilde

## Rally Cycling



**Monday 9. August**  
Vildbjerg Sports- og Kulturcenter  
Stadion Allè 6  
7480 Vildbjerg



**Tuesday 10. August**  
Danhostel Esbjerg  
Gl Vardevej 80  
6700 Esbjerg



**Wednesday 11. August**  
Hotel 6400  
Solglimt 6  
6400 Sønderborg



**Thursday 12. August**  
Hotel Nyborg Strand  
Østersøvej 2  
5800 Nyborg



**Friday 13. August**  
Hotel Scandic Hvidovre  
Kettevej 4  
2650 Hvidovre

## Sport Vlaanderen-Baloise



**Monday 9. August**  
Vildbjerg Sports- og Kulturcenter  
Stadion Allè 6  
7480 Vildbjerg



**Tuesday 10. August**  
Hotel Varde  
Tømrervej 18  
6800 Varde



**Wednesday 11. August**  
Hotel 6400  
Solglimt 6  
6400 Sønderborg



**Thursday 12. August**  
Hotel Nyborg Strand  
Østersøvej 2  
5800 Nyborg



**Friday 13. August**  
Hotel Scandic Ringsted  
Nørretorv 57  
4100 Ringsted

## Bardiani CSF



**Monday 9. August**  
Vildbjerg Sports- og Kulturcenter  
Stadion Allè 6  
7480 Vildbjerg



**Tuesday 10. August**  
Hotel Varde  
Tømrervej 18  
6800 Varde



**Wednesday 11. August**  
Hotel 6400  
Solglimt 6  
6400 Sønderborg



**Thursday 12. August**  
Hotel Nyborg Strand  
Østersøvej 2  
5800 Nyborg



**Friday 13. August**  
Hotel Scandic Ringsted  
Nørretorv 57  
4100 Ringsted

## BHS-PL Beton Bornholm



**Monday 9. August**  
Vildbjerg Sports- og Kulturcenter  
Stadion Allè 6  
7480 Vildbjerg



**Tuesday 10. August**  
Danhostel Ribe  
Sct Peders Gade 16  
6770 Ribe



**Wednesday 11. August**  
Hotel Sønderborg Kasserne  
Gerlachsgade 8  
6400 Sønderborg



**Thursday 12. August**  
Hotel Nyborg Strand  
Østersøvej 2  
5800 Nyborg



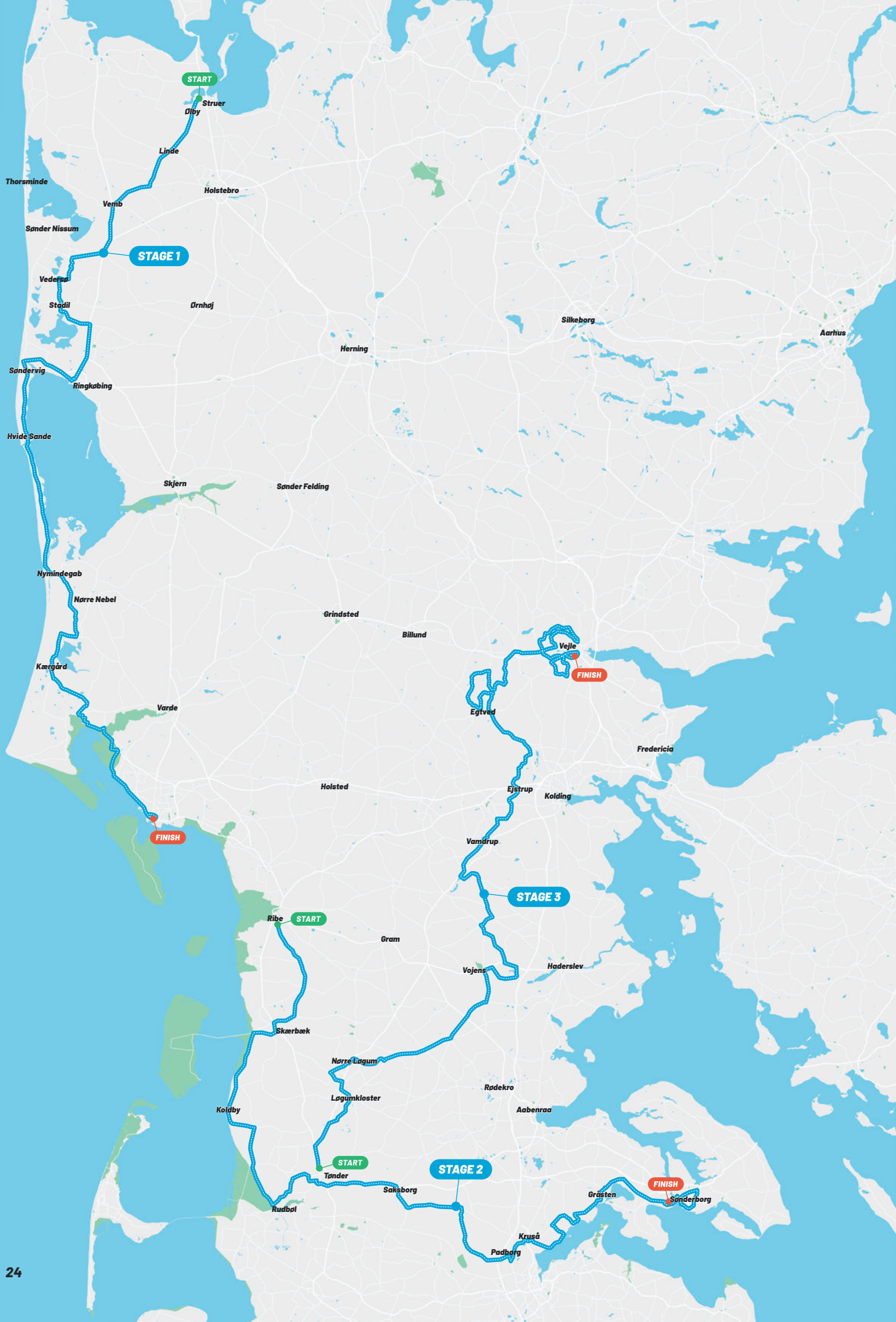
**Friday 13. August**  
Hotel Scandic Ringsted  
Nørretorv 57  
4100 Ringsted



### Head of Hotels

Søren Uhré

Phone: 0045 53 73 64 21



START

Struer  
Olby

Lindø

Vemb

STAGE 1

Vedersø

Stadil

Ørnhøj

Herning

Silkeborg

Aarhus

Søndervig

Ringkøbing

Hvide Sande

Skjern

Sønder Felding

Nymindegab

Nørre Nebel

Ørindsted

Billund

Vejle

FINISH

Kærgård

Varde

Egtved

Fredericia

FINISH

Holsted

Ejstrup

Kolding

Vamdrup

STAGE 3

Ribe

START

Gram

Vojens

Haderslev

Skærbæk

Nørre Løgum

Radekro

Koldby

Løgumkloster

Aabenraa

Tønder

START

STAGE 2

Saksborg

Gråsten

FINISH

Rudbøl

Kruså

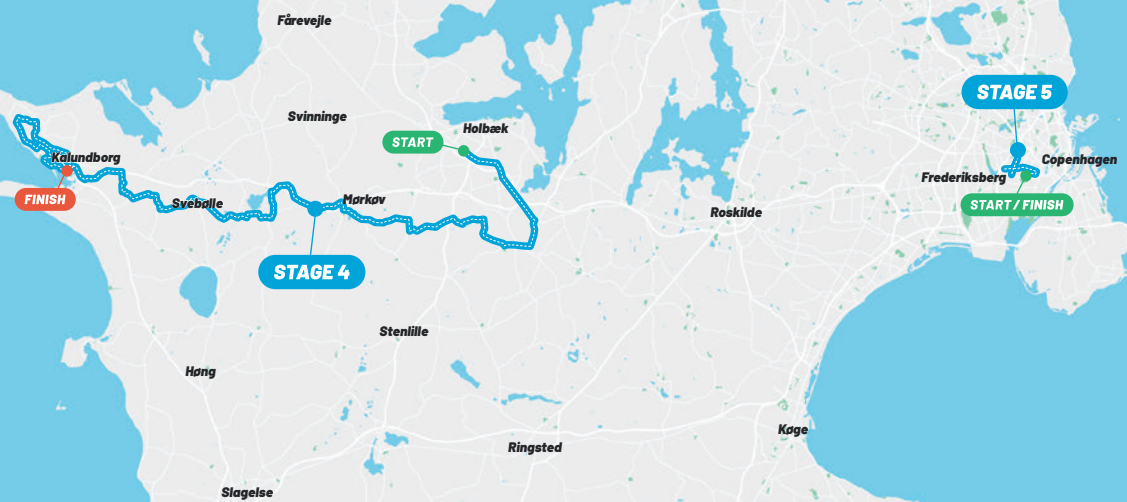
Sønderborg

Padborg



# Stage overview

Stage 1	Struer - Esbjerg	175,3 km
Stage 2	Ribe - Sønderborg	189,6 km
Stage 3	Tønder - Vejle	219,2 km
Stage 4	Holbæk - Kalundborg	188,4 km
Stage 5	Frederiksberg Time Trial	10,8 km
<b>Total distance</b>		<b>783,3 km</b>



## Stage 1 - 175,3 km

# Struer - Esbjerg

Tuesday 10. August

### Start

Tegltorvet, Struer

### Presentation and sign-in

12.10 - 13.20

### Neutralized start

13.30

### Feeding zone

104,3 km

### Waste zones

40,6 km

103,8 km

161,3 km

### Skoda Bonus Sprint

35,0 km

83,5 km

### Changing Diabetes Hill Sprint

29,2 km

141,8 km

### Final 1000 meters

From 1000 to 900 meters slightly downhill. Left turn with 900 meters to go. Straight ahead on a wide road until left turn 500 meters before finish line. After left turn uphill 6 % until right turn 250 meters from finish line. The last 250 meters are slightly uphill.

### Dangerous points

15,1 km	Railway crossing
59,8 km	Next 1500 meters - 11 obstacles
76,7 km	Obstacles on the side
136,4 km	Sharp turn - right
137,9 km	Railway crossing
138,1 km	Narrow road
147,2 km	Narrow road
154,2 km	Next 5000 meters - 16 obstacles

### List of hospitals

If a rider has to go to the hospital the Sports Director or a staff member will receive a note from the ambulance with the name of the hospital.

#### From start to 115 km



Regionshospitalet Herning  
Gl. Landevej 61  
7400 Herning  
Phone: 0045 7843 0000

#### From 115 km to the finish



Sydvestjysk Sygehus  
Finsensgade 35  
6700 Esbjerg  
Phone: 0045 7918 2000

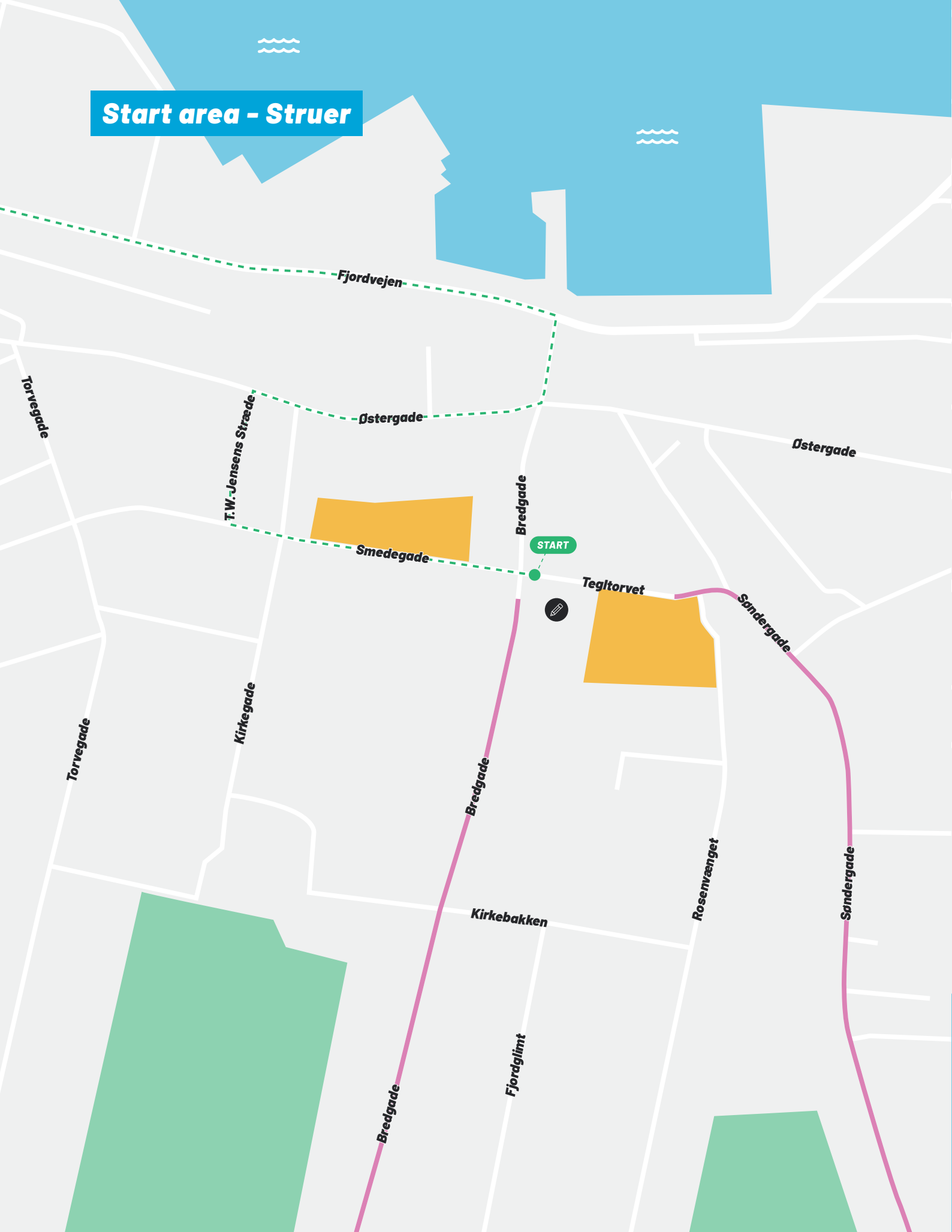


**Struer Harbour**



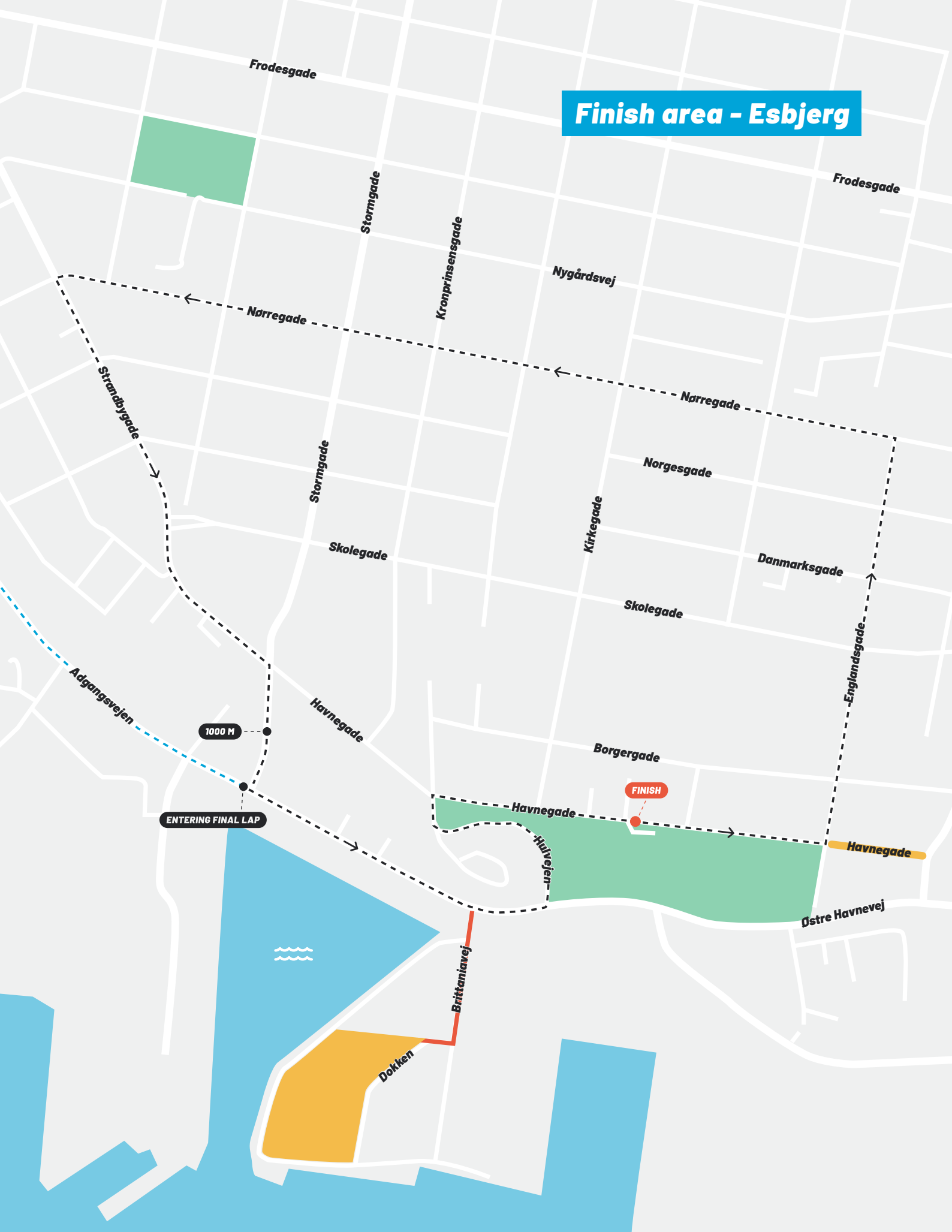
**Esbjerg - The Men at Sea**

# Start area - Struer



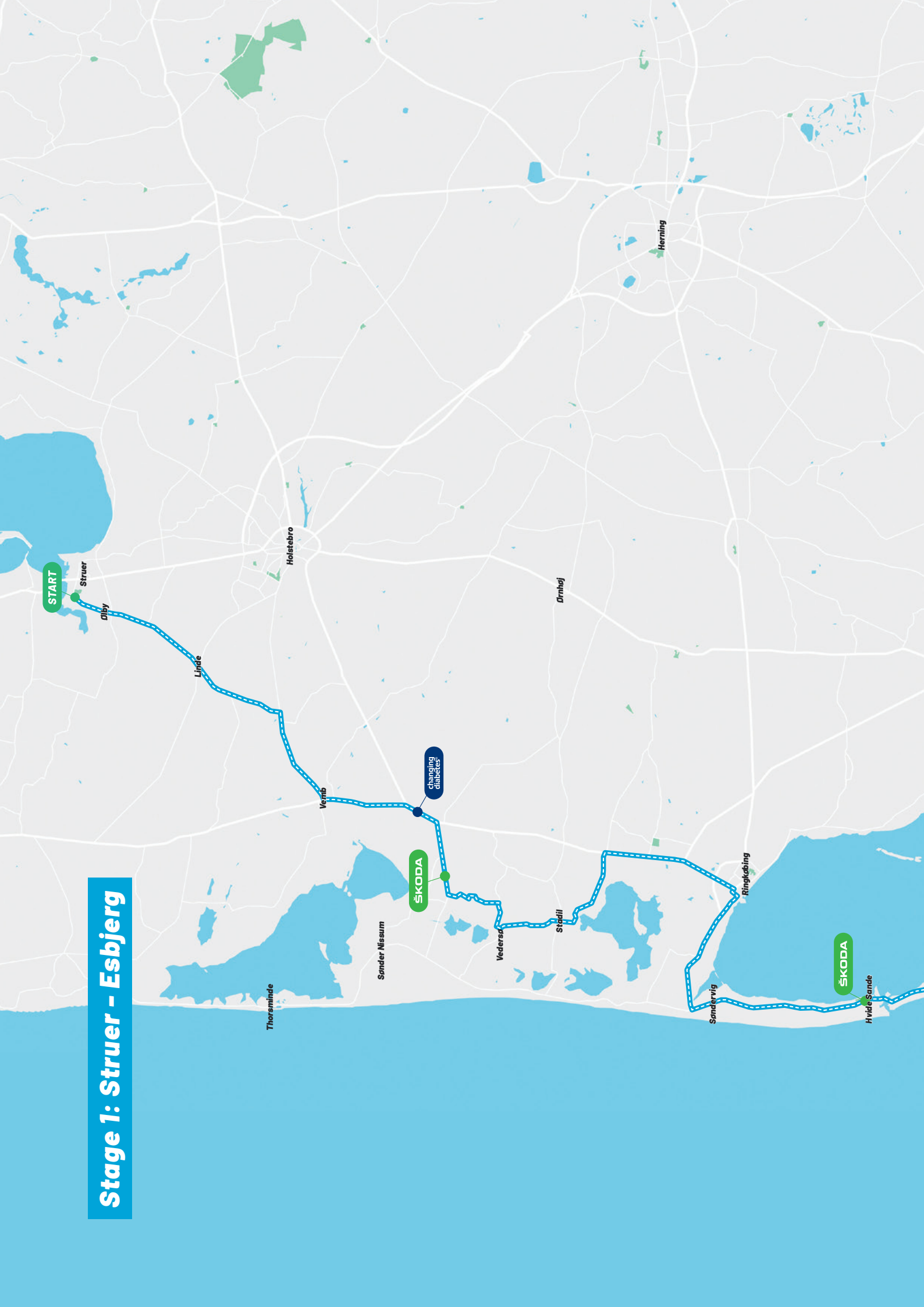
-  Neutralized start
-  Team parking
-  Road to start
-  Sign-in

# Finish area - Esbjerg



--- Final lap    — Team parking    — Deviation

# Stage 1: Struer - Esbjerg



START

Struer

Olby

Linde

Holstebro

Vemb

changing diabetes

ŠKODA

Vedesov

Stadil

Ringkøbing

Søndervig

ŠKODA

Hvide Sande

Herring

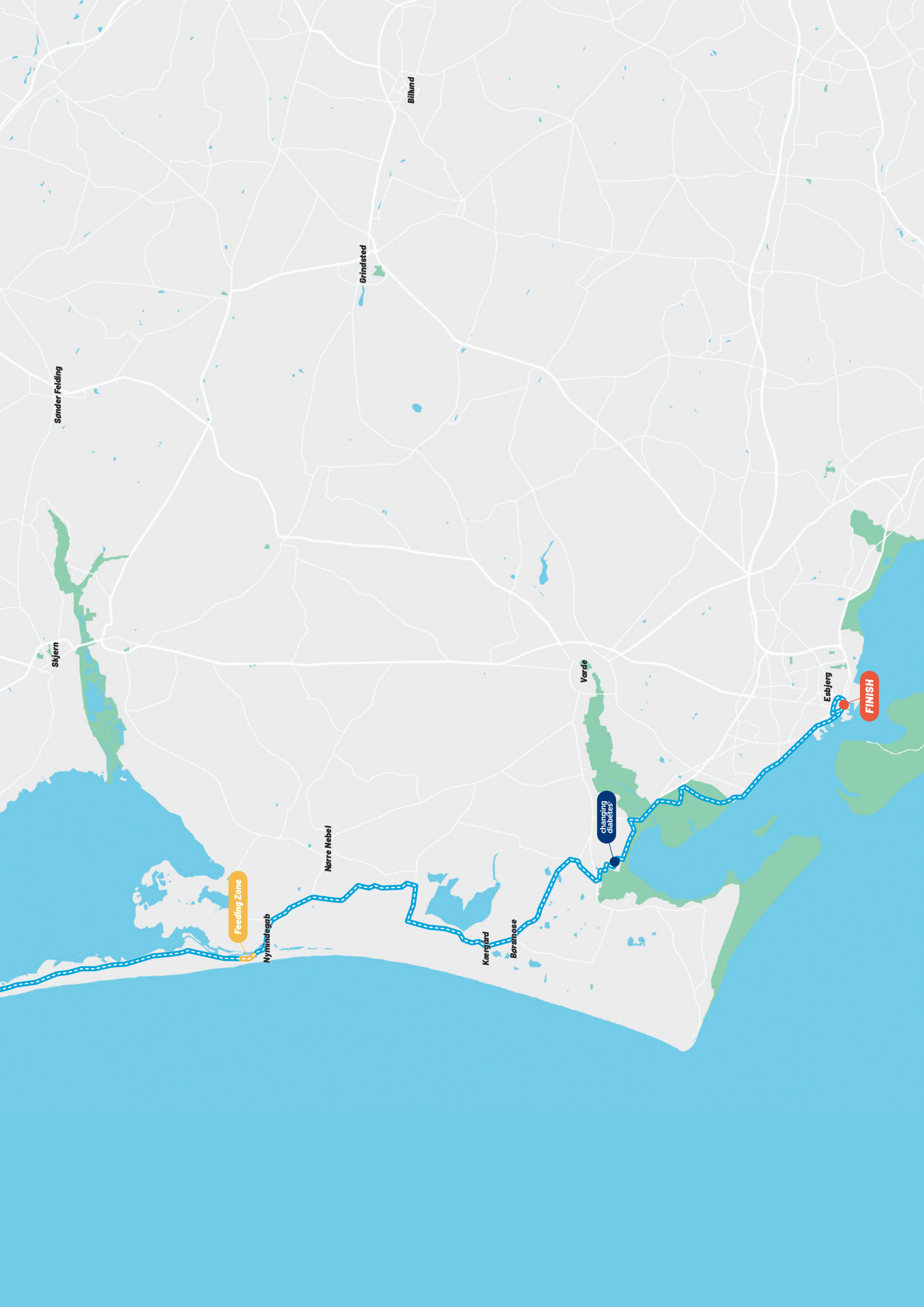
Drnhøj

Thorsminde

Sønder Nisum

Ringkøbing

Hvide Sande



Sønder Felding

Skjærn

Billund

Grindsted

Vardø

Esbjerg

FINISH

Feeding Zone

Nymindegab

Norre Nebel

Kærgård

Børamose

Changing diabetes

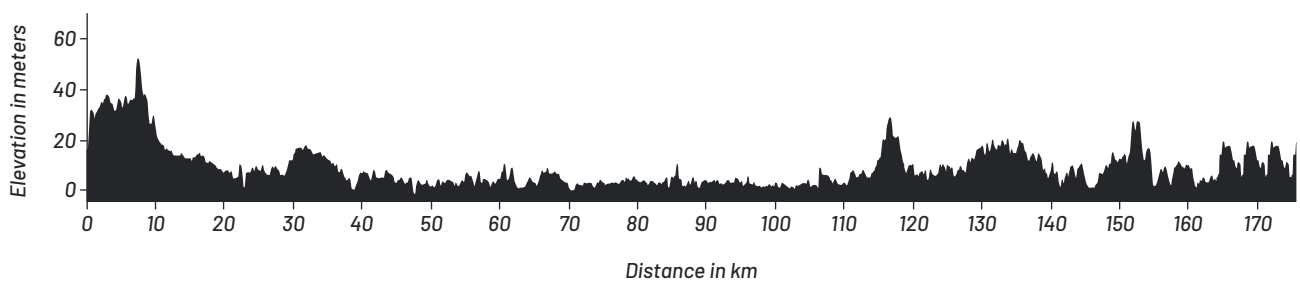
**Stage 1 - 175,3 km**  
**Struer - Esbjerg**  
**Tuesday 10. August**

KM covered	KM to go	Direction	Road names, sprints and warnings	42 km/t	44 km/t
-	-		<b>Neutralized start from Tegltorvet, Struer</b>	13.30	13.30
-	-		Smedegade	-	-
-	-	→	T.W. Jensens Stræde	-	-
-	-	→	Østergade	-	-
-	-	←	Bredgade	-	-
-	-	←	Fjordvejen	-	-
-	-	←	Havne Allè	-	-
-	-		<b>Railway crossing</b>	-	-
-	-	↑	Crossing Holstebrovej	-	-
-	-	↑	Voldgade	-	-
-	-	→	Vester Ringgade	-	-
0,0	175,3		<b>Real start - Vester Ringgade</b>	13.40	13.40
1,1	174,2		Ølby	13.41	13.41
1,9	173,4	↑	Roundabout Lindevej route 509	13.42	13.42
8,9	166,4	↑	Roundabout Lindtorpvej route 509	13.52	13.52
15,1	160,2		<b>Railway crossing</b>	14.01	14.00
15,4	159,9	→	Burvej route 509	14.02	14.01
15,7	159,6		Entering Bur	14.02	14.01
21,4	153,9		Entering Vemb	14.10	14.09
22,0	153,3	←	Søndergade route 28	14.11	14.10
27,7	147,6	→	Holstebrovej route 16	14.19	14.17
29,2	146,1		<b>Changing Diabetes Hill Sprint</b>	14.21	14.19
29,3	146,0		Entering Ulfborg	14.21	14.19
30,0	145,3	→	Harbogade	14.22	14.20
34,7	140,6		Entering Staby	14.29	14.27
35,0	140,3		<b>Skoda Bonus Sprint</b>	14.30	14.27
35,2	140,1	←	Staby Kirkevej	14.30	14.28
36,0	139,3	→	Sønder Stabyvej	14.31	14.29
39,0	136,3	→	Kæret	14.35	14.33
40,6	134,7		<b>Waste zone start</b>	14.38	14.35
41,0	134,3		<b>Waste zone end</b>	14.38	14.35



KM covered	KM to go	Direction	Road names, sprints and warnings	42 km/t	44 km/t
41,0	134,3		Entering Vedersø	14.38	14.35
41,2	134,1	←	Vesterhavsvej	14.38	14.36
45,2	130,1		Entering Stadil	14.44	14.41
46,3	129,0	←	Stadilvej	14.46	14.43
52,0	123,3	→	Holstebrovej route 16	14.54	14.50
54,6	120,7		Entering Hee	14.58	14.54
57,1	118,2		<b>Obstacle - peloton right side of obstacle</b>	15.01	14.57
59,6	115,7	↑	Roundabout Holstebrovej	15.05	15.01
59,8	115,5		Entering Ringkøbing	15.05	15.01
61,4	113,9	→	Nørregade	15.07	15.03
61,7	113,6	←	Enghavevej	15.08	15.04
61,9	113,4	→	Søndervigvej	15.08	15.04
63,5	111,8	↑	Roundabout Søndervig Landevej	15.10	15.06
70,3	105,0	↑	Roundabout Søndervig Landevej	15.20	15.15
70,7	104,6		Entering Søndervig	15.21	15.16
70,8	104,5	←	Holmsland Klitvej	15.21	15.16
71,3	104,0	→	Holmsland Klitvej route 181	15.21	15.17
82,0	93,3	↑	Roundabout Holmsland Klitvej route 181	15.37	15.31
82,6	92,7		Entering Hvide Sande	15.38	15.32
83,4	91,9		<b>Skoda Bonus Sprint</b>	15.39	15.33
83,9	91,4	↑	Roundabout Søndergade	15.39	15.34
84,5	90,8		Slusen - Hvide Sande	15.40	15.35
84,6	90,7	↑	Roundabout Søndergade	15.40	15.35
84,8	90,5	↑	Roundabout Søndergade	15.41	15.35
103,8	71,5		<b>Waste zone start</b>	16.08	16.01
104,3	71,0		<b>Feeding zone start</b>	16.09	16.02
105,3	70,0		<b>Feeding zone end</b>	16.10	16.03
105,5	69,8		<b>Waste zone end</b>	16.10	16.03
106,0	69,3		Entering Nymindegab	16.11	16.04
110,5	64,8	→	Houstrupvej	16.17	16.10
114,4	60,9	→	Blåbjergvej	16.23	16.16
118,4	56,9	→	Strandvejen rute 465	16.29	16.21
120,8	54,5	←	Porsmosevej	16.32	16.24
128,5	46,8	←	Præstegaardsvej	16.43	16.35
134,8	40,5		Entering Oksbøl	16.52	16.43
135,6	39,7	→	Kirkegade	16.53	16.44
136,3	39,0	←	Torvegade	16.54	16.45

KM covered	KM to go	Direction	Road names, sprints and warnings	42 km/t	44 km/t
136,4	38,9	→	Vestergade - <b>sharp turn</b>	16.54	16.46
136,6	38,7	→	Dalgårdsvej	16.55	16.46
137,1	38,2	→	Faaresøvej	16.55	16.46
137,1	38,2	←	Strandvejen - <b>peloton left side of obstacles</b>	16.55	16.46
137,9	37,4		<b>Railway crossing</b>	16.57	16.48
138,1	37,2	↑	Crossing Blåvandvej route 431	16.57	16.48
138,1	37,2	↑	Markskevej - <b>narrow road</b>	16.57	16.48
139,5	35,8	←	Fredtoftvej - <b>narrow road</b>	16.59	16.50
139,8	35,5	→	Broengvej - <b>narrow road</b>	16.59	16.50
141,8	33,5		<b>Changing Diabetes Hill Sprint</b>	17.02	16.53
144,4	30,9	→	Tarphagevej route 463	17.06	16.56
147,2	28,1	→	Sønderhedevej - <b>narrow road</b>	17.10	17.00
148,5	26,8		Keep to the left	17.12	17.02
149,8	25,5	→	Kokspang Hedevej	17.14	17.04
152,7	22,6	←	Sjølborgevej	17.18	17.08
152,8	22,5	→	Sanatorievej	17.18	17.08
153,3	22,0		Entering Hjerting	17.19	17.09
155,1	20,2		Obstacles - <b>dangerous point</b>	17.21	17.11
160,2	15,1		Obstacles - <b>peloton right side of obstacles</b>	17.28	17.18
160,9	14,4	→	H.E. Bluhmesvej	17.29	17.19
161,3	14,0		<b>Waste zone start</b>	17.30	17.19
162,0	13,3		<b>Waste zone end</b>	17.31	17.20
162,4	12,9	↑	Roundabout Adgangsvejen	17.32	17.21
163,7	11,6		<b>Entering Final Circuit</b>	17.33	17.23
164,1	11,2	←	Hulvejen	17.34	17.23
164,3	11,0	→	Havnegade	17.34	17.24
164,5	10,8		<b>1<sup>st</sup> crossing of the finish line - 3 laps to go</b>	17.35	17.24
164,7	10,6	←	Englandsgade	17.35	17.24
165,2	10,1	←	Nørregade	17.36	17.25
166,3	9,0	←	Strandbygade	17.37	17.26
166,9	8,4	→	Stormgade	17.38	17.27
167,1	8,2	←	Toldbodvej	17.38	17.27
167,5	7,8	←	Hulvejen	17.39	17.28
167,8	7,5	→	Havnegade	17.39	17.28
168,1	7,2		<b>2<sup>nd</sup> crossing of the finish line - 2 laps to go</b>	17.40	17.29
171,7	3,6		<b>3<sup>rd</sup> crossing of the finish line - 1 lap to go</b>	17.45	17.34
175,3	0,0		<b>Finish</b>	17.50	17.39



## Stage 2 - 189,6 km

# Ribe - Sønderborg

Wednesday 11. August

### Start

Torvet, Ribe

### Presentation and sign-in

12.15 - 13.05

### Neutralized start

13.15

### Feeding zone

119,3 km

### Waste zones

46,0 km

86,5 km

118,9 km

163,5 km

### Skoda Bonus Sprint

21,5 km

113,5 km

165,3 km

### Changing Diabetes Hill Sprint

127,1 km

154,5 km

### Final 1000 meters

The final 1000 meters are uphill 2-4 %. The last 50 meters are on cobblestone / pavé.

### Dangerous points

21,9 km	6 obstacles on the side of the road
65,4 km	Pavé (600 meters)
70,3 km	Railway crossing
97,2 km	Narrow road
110,9 km	16 obstacles in 2 km
120,9 km	5 obstacles in 1 km
134,5 km	Narrow road
137,1 km	18 obstacles in 3 km
144,2 km	Railway crossing
154,6 km	Pavé (200 meters)
154,7 km	Narrow road
170,2 km	Narrow road

### List of hospitals

If a rider has to go to the hospital the Sports Director or a staff member will receive a note from the ambulance with the name of the hospital.

#### From start to 5 km



Sydvestjysk Sygehus  
Finsensgade 35  
6700 Esbjerg  
Phone: 0045 7918 2000

#### From 5 km to the finish



Aabenraa Sygehus  
Kresten Philipsens Vej 15  
6200 Aabenraa  
Phone: 0045 7997 0000

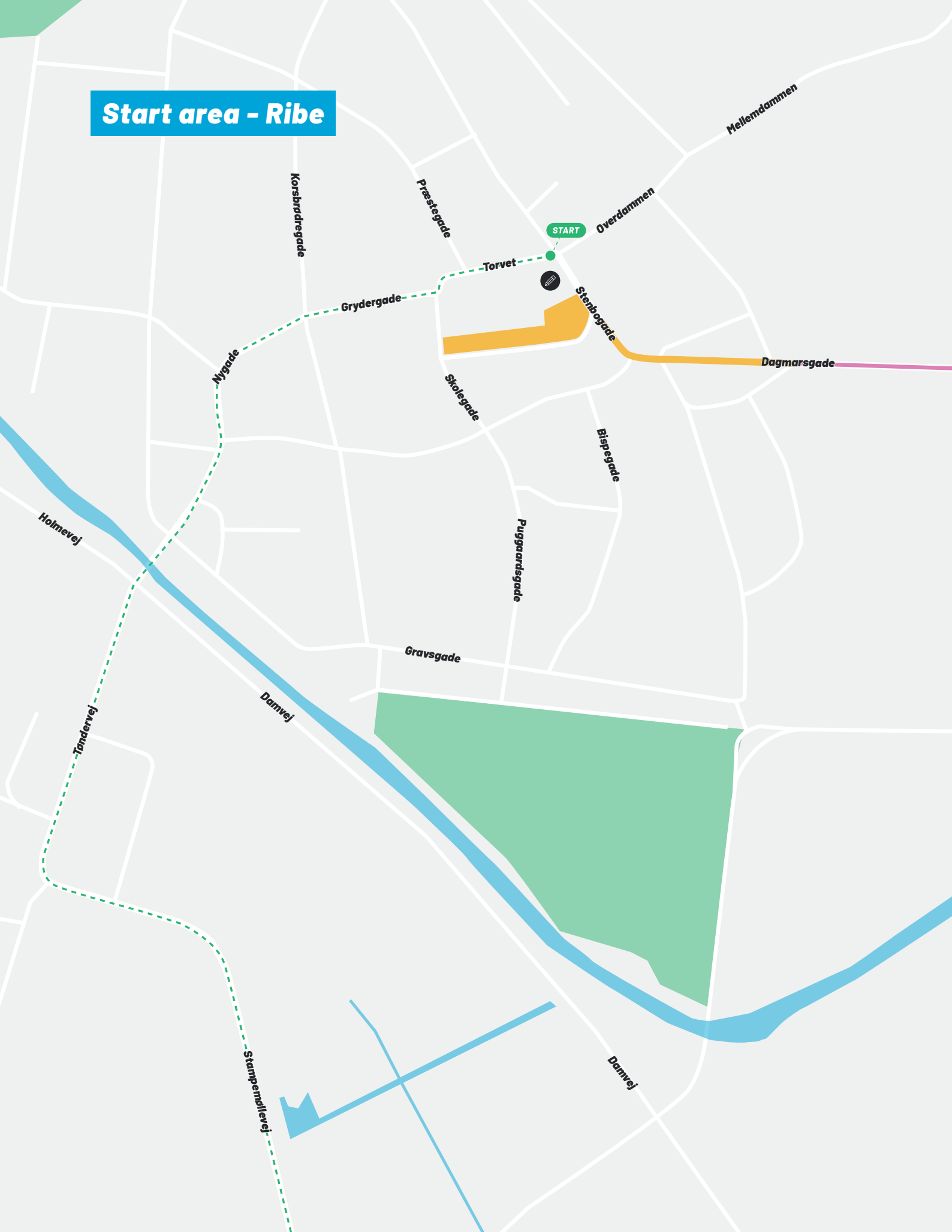


**Ribe Cathedral**



**Sønderborg - Kong Christian X. Bridge**

# Start area - Ribe

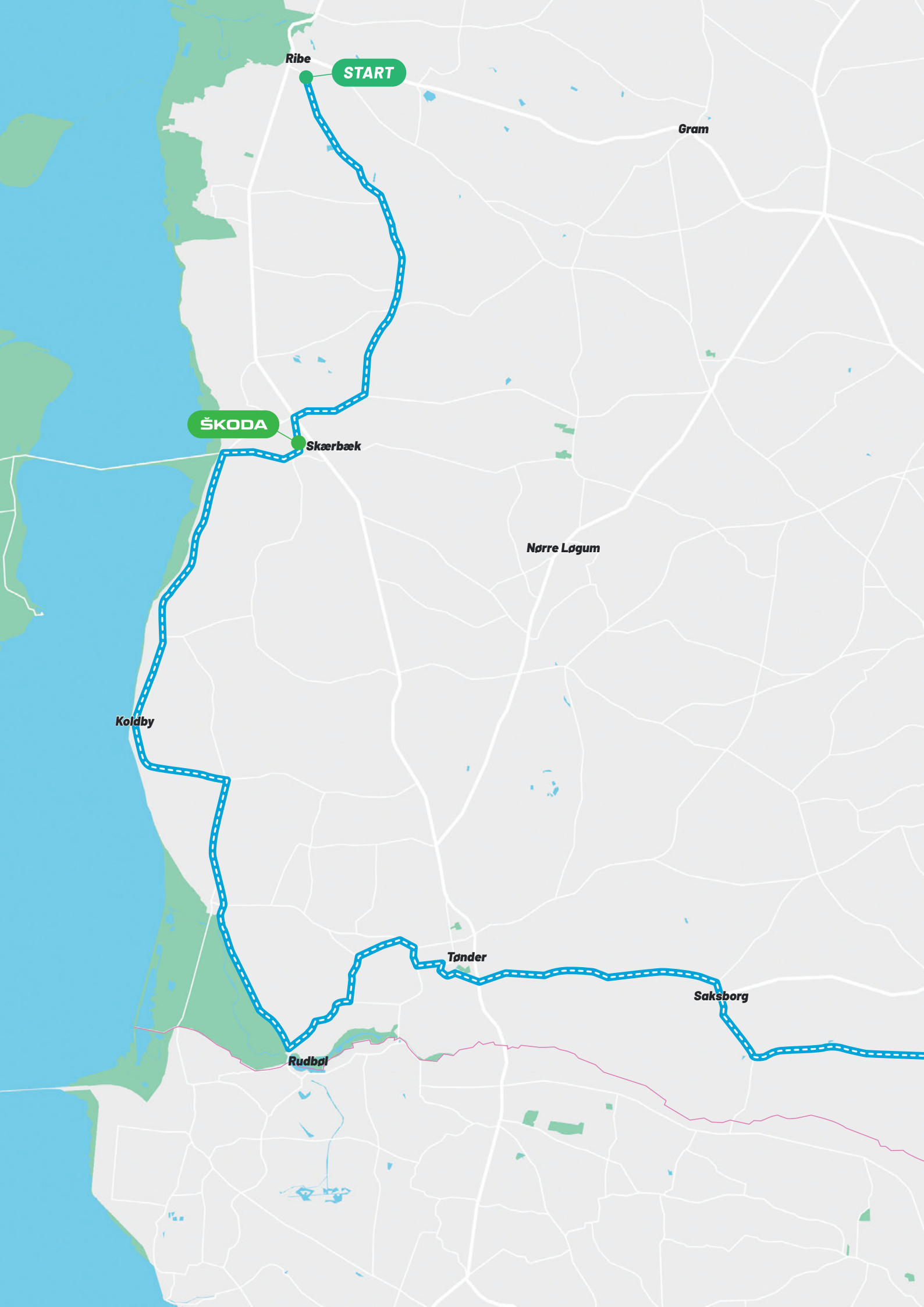


-  Neutralized start
-  Team parking
-  Road to start
-  Sign-in

# Finish area - Sønderborg



--- Final lap    ■ Team parking    — Deviation



Ribe

START

Gram

ŠKODA

Skærbæk

Nørre Løgum

Koldby

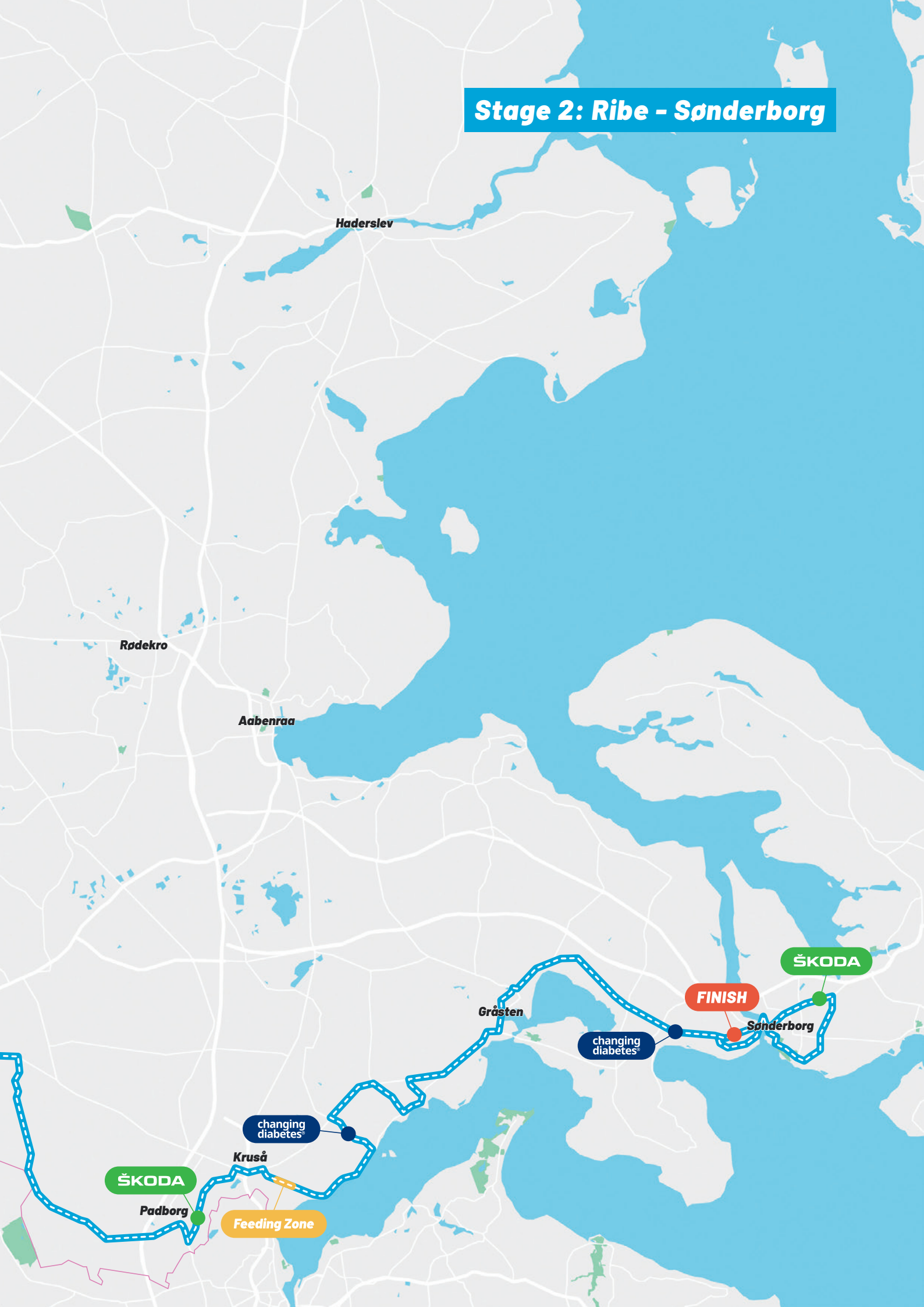
Tønder

Saksborg

Rudbøl



## Stage 2: Ribe - Sønderborg



## Stage 2 - 189,8 km

# Ribe - Sønderborg

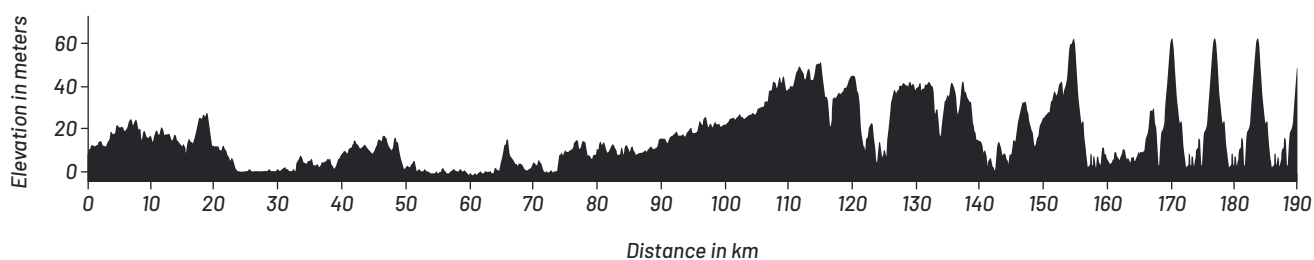
Wednesday 11. August

KM covered	KM to go	Direction	Road names, sprints and warnings	42 km/t	44 km/t
-	-		<b>Neutralized start from Torvet, Ribe</b>	13.15	13.15
-	-		Grydesgade	-	-
-	-	↑	Nygade	-	-
-	-	↑	Sønderportsgade	-	-
-	-	←	Stampemøllevej	-	-
-	-	→	Roundabout Haulundvej	-	-
-	-	↑	Roundabout Haulundvej	-	-
-	-	←	Roagervej	-	-
-	-		<b>Railway crossing</b>	-	-
0,0	189,8		<b>Real start</b>	13.25	13.25
6,6	183,2		Entering Roager	13.34	13.34
11,7	178,1		Entering Frifelt	13.41	13.40
12,0	177,8	↑	Hedebøvej - crossing Algade	13.42	13.41
16,6	173,2	→	Rømøvej route 175	13.48	13.47
20,2	169,6	←	Roundabout Nørre Skærbækvej - direction Skærbæk Centrum	13.53	13.52
21,0	168,8		Entering Skærbæk	13.55	13.53
21,5	168,3		<b>Skoda Bonus Sprint</b>	13.55	13.54
21,6	168,2	→	Nissumsgade	13.55	13.54
22,6	167,2	→	Hjemstedvej	13.57	13.55
26,1	163,7	←	Kystvej ruote 419	14.02	14.00
34,9	154,9		Entering Bådsbøl Ballum	14.14	14.12
45,3	144,5	→	Højervej route 419	14.29	14.26
46,0	143,8		<b>Waste zone start</b>	14.30	14.27
46,5	143,3		<b>Waste zone end</b>	14.31	14.28
47,3	142,5		Entering Sønder Sejerslev	14.32	14.29
51,4	138,4	↑	Roundabout - Tværmarksvej	14.38	14.35
52,1	137,7	↑	Højer Digevej	14.39	14.36
59,1	130,7	←	Møgeltøndervej	14.49	14.45
63,0	126,8	←	Kogen	14.55	14.50
64,6	125,2		Entering Møgeltønder	14.57	14.53
64,9	124,9	←	Sønderbyvej	14.57	14.53

KM covered	KM to go	Direction	Road names, sprints and warnings	42 km/t	44 km/t
65,4	124,4	→	Slotsgaden - <b>pavé (600 meters)</b>	14.58	14.54
67,7	122,1	→	Møgeltønder Omfartsvej route 419	15.01	14.57
68,5	121,3	→	Roundabout Vester Omfartsvej	15.02	14.58
69,3	120,5	←	Bargumsvej	15.04	14.59
69,5	120,3		Entering Tønder	15.04	14.59
69,6	120,2	→	Strucks Alle	15.04	14.59
70,3	119,5		<b>Railway crossing</b>	15.05	15.00
70,6	119,2	→	Kongevej	15.05	15.01
72,5	117,3	↑	Roundabout Flensborg Landevej route 8 (direction Tinglev)	15.08	15.03
74,2	115,6		Rørkær byskilt	15.11	15.06
84,5	105,3		Entering Saksborg	15.25	15.20
84,8	105,0	↑	Roundabout Burkal Kirkevej	15.26	15.20
85,1	104,7		Entering Burkal	15.26	15.21
86,5	103,3		<b>Waste zone start</b>	15.28	15.22
87,0	102,8		<b>Waste zone end</b>	15.29	15.23
88,0	101,8	←	Roundabout Flensborgvej route 8	15.30	15.25
91,5	98,3		Entering Store Jyndeved	15.35	15.29
97,2	92,6	→	Sofiedalvej - <b>narrow road</b>	15.43	15.37
111,6	78,2	→	Industrivej	16.04	15.57
112,6	77,2	←	Nørregade	16.05	15.58
112,6	77,2		Entering Padborg	16.05	15.58
113,5	76,3		<b>Skoda Bonus Sprint</b>	16.07	15.59
114,1	75,7	→	Padborgvej	16.08	16.00
114,2	75,6		Entering Bov	16.08	16.00
117,0	72,8	←	Forbindelsesvej	16.12	16.04
117,0	72,8		Entering Kruså	16.12	16.04
117,2	72,6	→	Tøndervej	16.12	16.04
117,8	72,0	↑	Crossing route 170 - to Sønderborgvej	16.13	16.05
118,8	71,0	→	Fjordvejen	16.14	16.07
118,9	70,9		<b>Waste zone start</b>	16.14	16.07
119,3	70,5		<b>Feeding zone start</b>	16.15	16.07
120,3	69,5		<b>Feeding zone end</b>	16.16	16.09
120,8	69,0		<b>Waste zone end</b>	16.17	16.09
120,8	69,0		Entering Kollund	16.17	16.09
125,4	64,4	←	Sønderhavvej - <b>narrow road</b>	16.24	16.16
125,4	64,4		Entering Sønderhav	16.24	16.16
127,1	62,7		<b>Changing Diabetes Hill Sprint</b>	16.26	16.18

KM covered	KM to go	Direction	Road names, sprints and warnings	42 km/t	44 km/t
128,2	61,6	→	Sønderborgvej route 401	16.28	16.19
131,1	58,7	→	Rønshovedvej - direction Rønshoved	16.32	16.23
133,2	56,6	←	Fjordvejen	16.35	16.26
134,5	55,3	←	Bækken - <b>narrow road</b>	16.37	16.28
135,6	54,2	→	Krusåvej route 401	16.38	16.29
137	52,8		Entering Rinkenæs	16.40	16.31
140,6	49,2	←	Sildekulevej	16.45	16.36
141	48,8		Entering Gråsten	16.46	16.37
141,7	48,1	↑	Roundabout Ahlefeldvej - direction Centrum	16.47	16.38
142,3	47,5	↑	Borggade	16.48	16.39
142,3	47,5	↑	Torvet	16.48	16.39
142,5	47,3	↑	Slotsgaden	16.48	16.39
142,6	47,2	↑	Slotsbakken route 481	16.48	16.39
144,2	45,6		<b>Railway crossing</b>	16.51	16.41
144,2	45,6	↑	Sønderborg Landevej route 481	16.51	16.41
144,8	45,0		Entering Adsbøl	16.51	16.42
145,6	44,2	↑	Amtsvejen route 481	16.53	16.43
148,7	41,1		Entering Nybøl	16.57	16.47
149,7	40,1	↑	Roundabout - Amtsvejen route 481	16.58	16.49
151,6	38,2	↑	Roundabout - Flensborg Landevej	17.01	16.51
154,5	35,3		<b>Changing Diabetes Hill Sprint</b>	17.05	16.55
154,6	35,2		Pavé (200 meters)	17.05	16.55
154,7	35,1	→	Grønnækærvej - <b>narrow road</b>	17.06	16.55
156,5	33,3		Entering Sønderborg	17.08	16.58
156,8	33,0	↑	Ankersgade	17.09	16.58
157,2	32,6	←	Sundgade	17.09	16.59
157,8	32,0	→	Kong Chr. D. X's Bro	17.10	17.00
158,2	31,6	→	Kirkebakken	17.11	17.00
158,3	31,5	←	Sønder Havnegade	17.11	17.00
159,4	30,4	→	Hertug Hans Vej	17.12	17.02
160,0	29,8	→	Friheds Allé - continue along Borgmester Andersensvej	17.13	17.03
162,5	27,3	↑	Crossing Søndre Landevej - direction Borgmester Andersensvej	17.17	17.06
163,5	26,3		<b>Waste zone start</b>	17.18	17.07
164,4	25,4		<b>Waste zone end</b>	17.19	17.09
164,5	25,3	←	Augustenborg Landevej	17.20	17.09
165,3	24,5		<b>Finish line stage 3, Tour de France 2022</b>	17.21	17.10

KM covered	KM to go	Direction	Road names, sprints and warnings	42 km/t	44 km/t
165,3	24,5		<b>Skoda Bonus Sprint</b>	17.21	17.10
167,0	22,8	→	Lerbjerg	17.23	17.12
167,4	22,4	↑	Løkken	17.24	17.13
167,6	22,2		Obstacles x 2	17.24	17.13
167,7	22,1		<b>Entering Final Circuit</b>	17.24	17.13
167,9	21,9	↑	Chr. D. X's Bro	17.24	17.13
168,1	21,7	↑	Dybbølgade	17.25	17.14
169,8	20,0		<b>1<sup>st</sup> crossing of the finish line - 3 laps to go</b>	17.27	17.16
170,2	19,6	←	Grønnekærvej - Narrow road	17.28	17.17
172,1	17,7	↑	Ankersgade	17.30	17.19
172,5	17,3	←	Sundgade	17.31	17.20
173,1	16,7	→	Kong Chr. D. X's Bro	17.32	17.21
173,4	16,4	→	Kirkebakken	17.32	17.21
173,6	16,2	→	Nørre Havnegade	17.33	17.21
174,0	15,8	→	Helgolandsgade	17.33	17.22
174,1	15,7	→	Jomfrustien	17.33	17.22
174,5	15,3	→	Asylvej	17.34	17.22
174,6	15,2	→	Løkken	17.34	17.23
175,0	14,8	↑	Kong Chr. D. X's Bro	17.35	17.23
175,3	14,5	↑	Dybbølgade	17.35	17.24
176,6	13,2		<b>2<sup>nd</sup> crossing of the finish line - 2 laps to go</b>	17.37	17.25
183,1	6,7		<b>3<sup>rd</sup> crossing of the finish line - 1 lap to go</b>	17.46	17.34
189,8	0,0		<b>Finish</b>	17.56	17.43



## Stage 3 - 219,2 km

# Tønder - Vejle

Thursday 12. August

### Start

Wegners Plads, Tønder

### Presentation and sign-in

11.30 - 12.20

### Neutralized start

12.30

### Feeding zone

121,3 km

### Waste zones

43,5 km

83,5 km

165,3 km

196,5 km

### Skoda Bonus Sprint

14,1 km

56,4 km

195,3 km

### Changing Diabetes Hill Sprint

18,2 km

125,4 km

165,2 km

171,4 km

### Final 1000 meters

800 meters before the finish line sharp turn right - then uphill for 350 meters (up to 21 %). 450 meters before the finish line turn right and left. The last 450 meters is uphill 4 %.

### Dangerous points

14,1 km	Pavè (200 meters)
17,1 km	8 obstacles in 500 meters
17,6 km	Narrow road
20,1 km	Narrow road
20,5 km	Narrow road
31,9 km	5 obstacles in 1 km
55,7 km	Railway crossing
62,4 km	Pavè (200 meters)
76,5 km	Narrow road
84,6 km	Narrow road
113,5 km	Crossing bridge - downhill and narrow
163,9 km	Narrow road
181,3 km	10 obstacles in 700 meters
184,7 km	Narrow road - downhill
187,1 km	Narrow road

### List of hospitals

If a rider has to go to the hospital the Sports Director or a staff member will receive a note from the ambulance with the name of the hospital.

#### From start to 60 km



Aabenraa Sygehus  
Kresten Philipsens Vej 15  
6200 Aabenraa  
Phone: 0045 7997 0000

#### From 60 km to the finish



Kolding Sygehus  
Sygehusvej 24  
6000 Kolding  
Phone: 0045 7636 2000

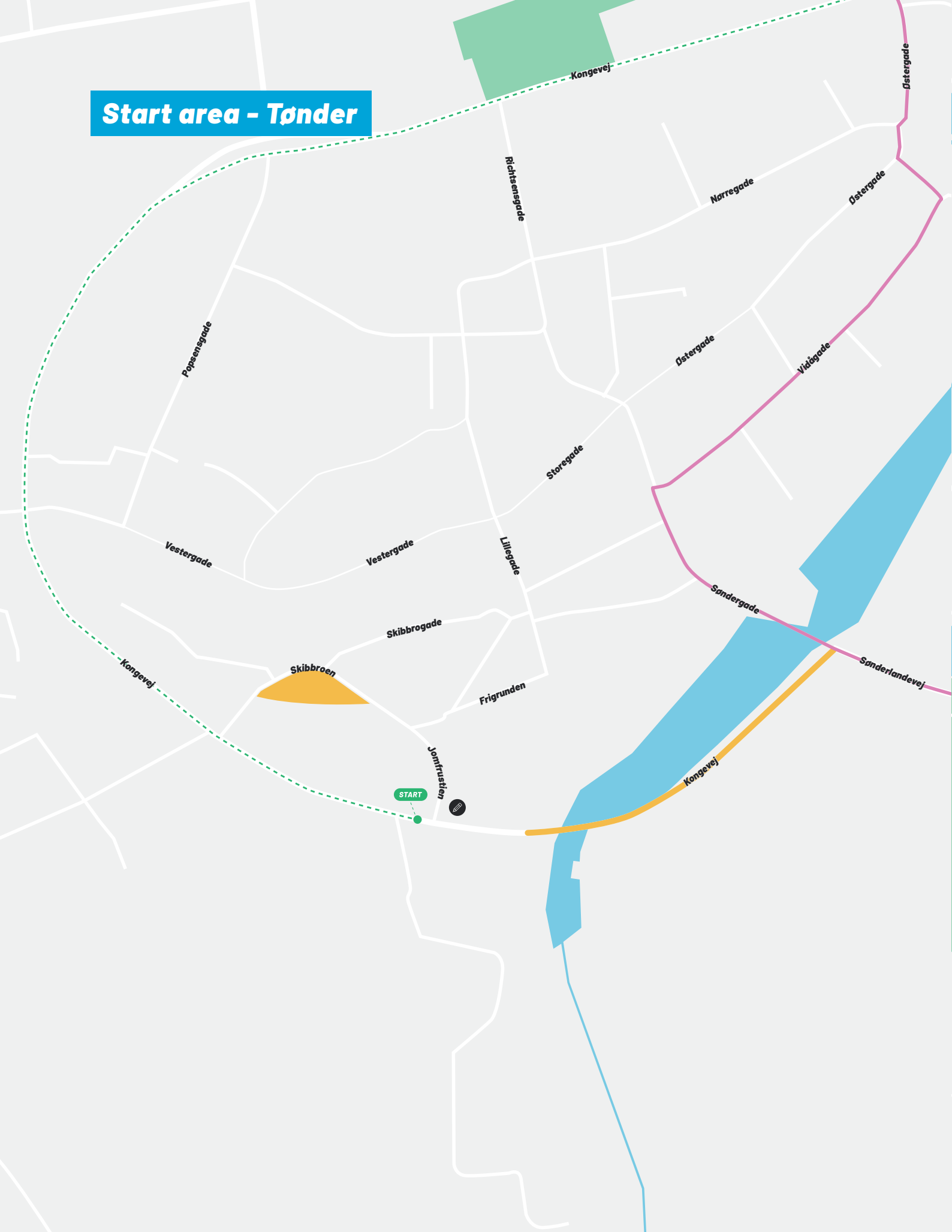


**Tønder - Old cobblestone streets**



**Vejle - Fjordenhus**

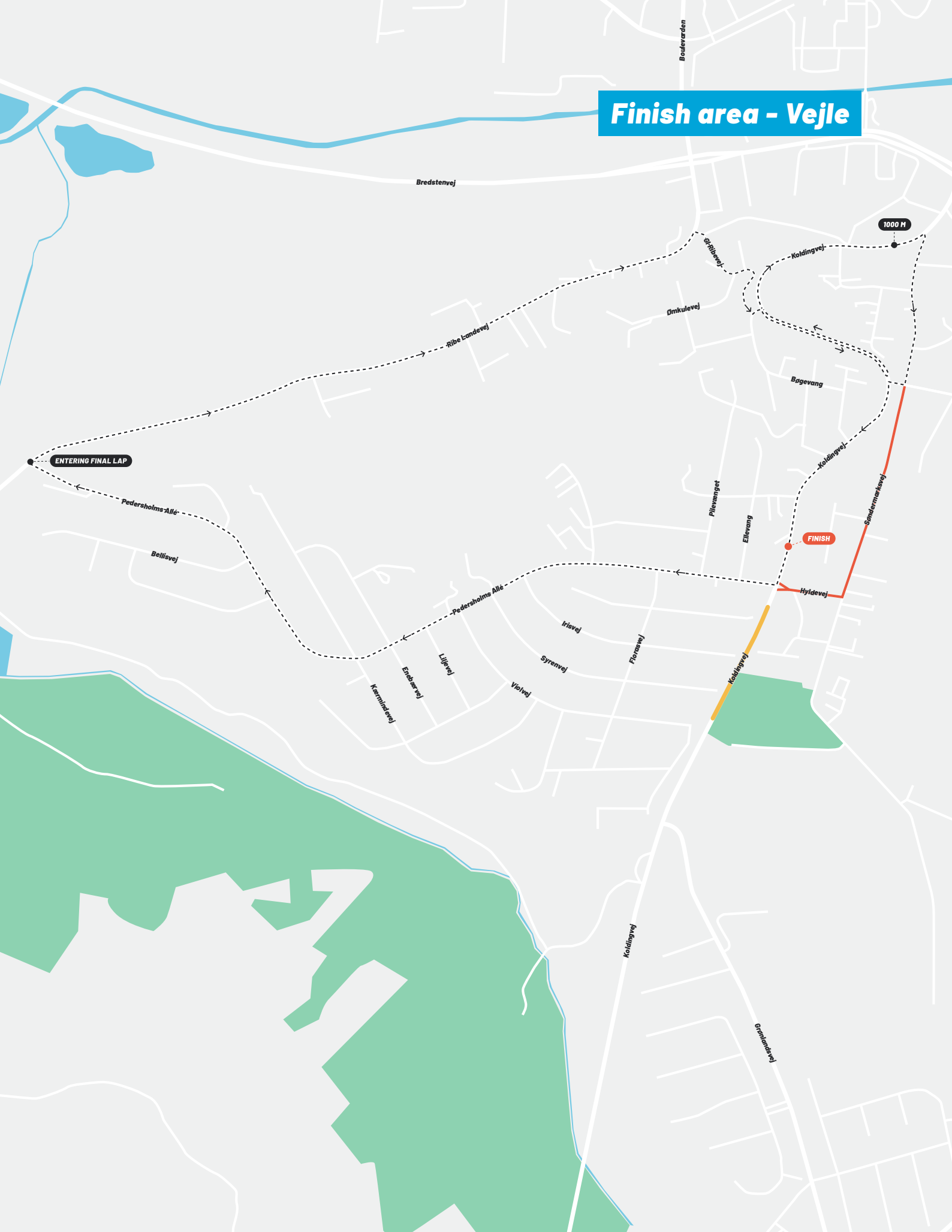
# Start area - Tønder



-  Neutralized start
-  Team parking
-  Road to start
-  Sign-in



# Finish area - Vejle



--- Final lap    — Team parking    — Deviation

# Stage 3: Tønder - Vejle

Grindsted

Bilund

Fredericia

changing diabetes

changing diabetes

Vejle

FINISH

ŠKODA

Feeding Zone

Egtved

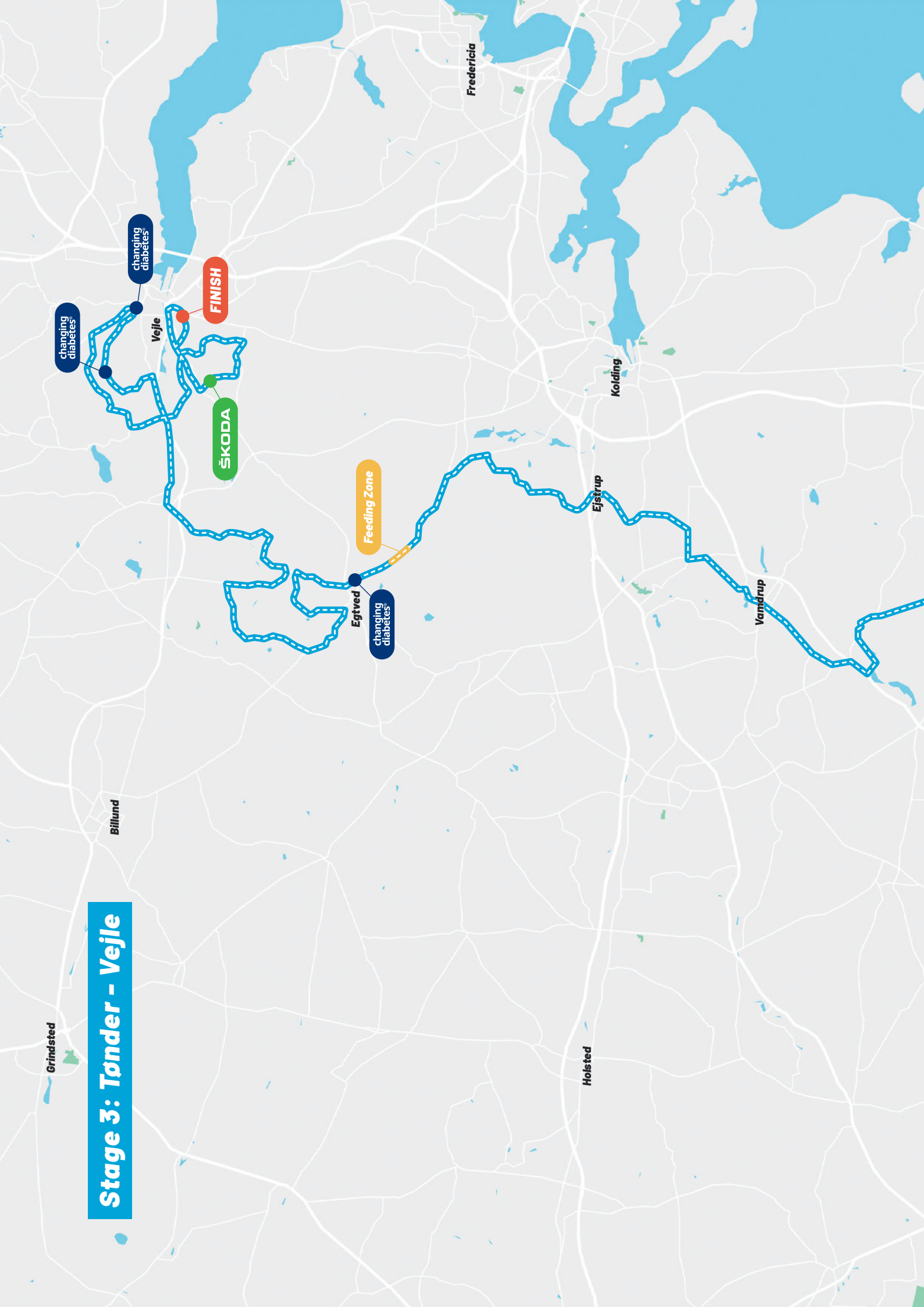
changing diabetes

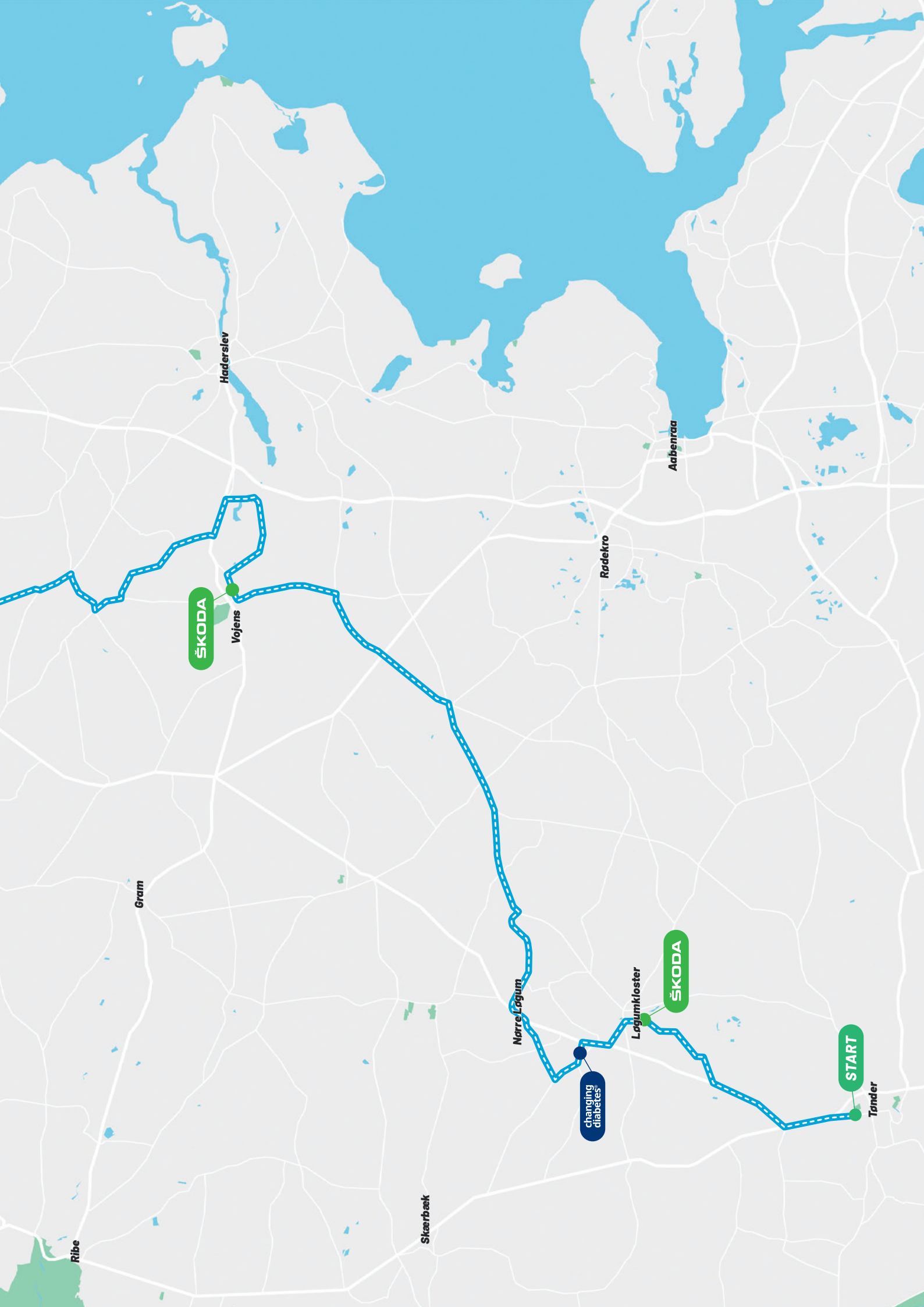
Kolding

Ejstrup

Vamdrup

Holsted





ŠKODA

ŠKODA

START

changing diabetes

Haderslev

Vojens

Nørre Løgum

Løgumkloster

Rodekro

Aabenraa

Gram

Skærbæk

Ribe

Tønder

**Stage 3 - 219,2 km**  
**Tønder - Vejle**  
**Thursday 12. August**

KM covered	KM to go	Direction	Road names, sprints and warnings	42 km/t	44 km/t
-	-		<b>Neutralized start from Wegners Plads, Tønder</b>	12.30	12.30
-	-		Kongevejen	-	-
-	-	↑	Ribe Landevej	-	-
0	219,2		<b>Real start - Ribe Landevej</b>	12.40	12.40
1,1	218,1	←	Roundabout - Ribe landevej route 11	12.41	12.41
2,5	216,7		Entering Abild	12.43	12.43
2,8	216,4	↑	Roundabout - Ribe Landevej route 11	12.44	12.43
3,8	215,4	→	Roundabout - Koldingvej route 25	12.45	12.45
7,1	212,1	↑	Roundabout - Koldingvej route 25	12.50	12.49
8,4	210,8	→	Damhusvej	12.52	12.51
13,1	206,1	→	Tønder Landevej	12.58	12.57
13,2	206		Entering Løgumkloster	12.58	12.58
14	205,2		<b>Skoda Bonus Sprint</b>	13.00	12.59
14,1	205,1	←	Vestergade	13.00	12.59
14,1	205,1		<b>Pavé (200 meters)</b>	13.00	12.59
14,3	204,9	↑	Møllegade	13.00	12.59
14,6	204,6	←	Bredbrovej route 401	13.00	12.59
14,8	204,4	→	Ved Dammen	13.01	13.00
17,6	201,6	←	Vongshøjvej - <b>narrow road</b>	13.05	13.04
18,2	201		<b>Changing Diabetes Hill Sprint</b>	13.06	13.04
18,9	200,3	→	Vinumvej	13.07	13.05
20,1	199,1	→	Vester Terpbyvej - <b>narrow road</b>	13.08	13.07
20,5	198,7	→	Vester Terpvej - <b>narrow road</b>	13.09	13.07
22,1	197,1	↑	Crossing Kløjningvej to Vester Terpvej	13.11	13.10
23,7	195,5	←	Koldingvej route 25	13.13	13.12
24,7	194,5	→	Lemlosevej	13.15	13.13
30,4	188,8	←	Løgumklostervej	13.23	13.21
31,9	187,3		Entering Branderup	13.25	13.23
36,1	183,1	←	Sønderbyen	13.31	13.29
36,1	183,1		Entering Agerskov	13.31	13.29
36,6	182,6	→	Hovedgaden	13.32	13.29

<b>KM covered</b>	<b>KM to go</b>	<b>Direction</b>	<b>Road names, sprints and warnings</b>	<b>42 km/t</b>	<b>44 km/t</b>
36,9	182,3	→	Hovedgaden	13.32	13.30
37,4	181,8	←	Rangstrupvej	13.33	13.31
37,6	181,6	↑	Roundabout Rangstrupvej - direction Haderslev	13.33	13.31
42,1	177,1	←	Over Jerstalvej	13.40	13.37
42,1	177,1		Entering Rangstrup	13.40	13.37
43,5	175,7		<b>Waste zone start</b>	13.42	13.39
44	175,2		<b>Waste zone end</b>	13.42	13.40
46,2	173	↑	Crossing route 24 to Gelsåvej	13.46	13.43
50,4	168,8	←	Roundabout - Vojensvej route 403 - direction Vojens	13.52	13.48
55,2	164	→	Over Jerstalvej	13.58	13.55
55,2	164		Entering Vojens	13.58	13.55
55,7	163,5		<b>Railway crossing</b>	13.59	13.55
55,8	163,4	→	Roundabout Vestergade	13.59	13.56
56,4	162,8		<b>Skoda Bonus Sprint</b>	14.00	13.56
56,6	162,6	↑	Roundabout - Østergade	14.00	13.57
56,9	162,3	↑	Roundabout - Østergade	14.01	13.57
57,3	161,9	→	Jernhytvej	14.01	13.58
59,4	159,8	←	Tørningvej	14.04	14.01
62,4	156,8		<b>Pavè (200 meters) dangerous point</b>	14.09	14.05
63,8	155,4	←	Hammelev Bygade	14.11	14.07
63,9	155,3	←	Ribevej route 47	14.11	14.07
65,8	153,4	→	Kestrupvej	14.14	14.09
65,9	153,3		<b>Bridge max height 3,6 meters</b>	14.14	14.09
72,1	147,1		<b>Bridge max height 3,4 meters</b>	14.23	14.18
72,2	147	→	Tovskovvej	14.23	14.18
73,7	145,5	→	Roundabout - Amtsbanevejen - 1 <sup>st</sup> road to the right	14.25	14.20
74,7	144,5		Entering Sommersted	14.26	14.21
75,1	144,1		<b>Obstacle - peloton on the right side of road</b>	14.27	14.22
76,4	142,8	←	Sommerstedvej	14.29	14.24
76,5	142,7	→	Revsøgårdvej - <b>narrow road</b>	14.29	14.24
78,4	140,8	←	Tågerupvej	14.32	14.26
78,4	140,8	→	Farrisvej	14.32	14.26
83,6	135,6		Entering Farris	14.39	14.34
83,5	135,7		<b>Waste zone start</b>	14.39	14.33
83,8	135,4		<b>Under bridge</b>	14.39	14.34

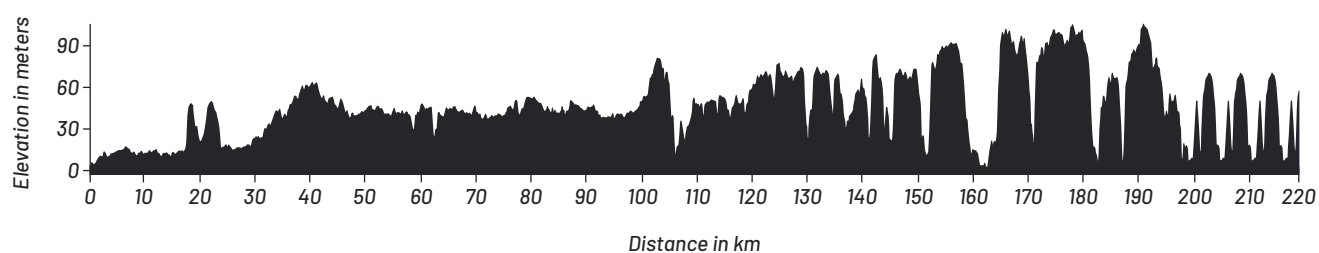
KM covered	KM to go	Direction	Road names, sprints and warnings	42 km/t	44 km/t
84	135,2		<b>Waste zone end</b>	14.40	14.34
84,3	134,9	←	Farrisvej	14.40	14.34
84,6	134,6	←	Over Jelsvej - <b>narrow road</b>	14.40	14.35
87,2	132	→	Koldingvej	14.44	14.38
88,2	131	←	Roundabout - Koldingvej direction Bastrup	14.46	14.40
92,0	127,2		Entering Bastrup	14.51	14.45
93,3	125,9	→	Roundabout - Jernbanegade direction Kolding	14.53	14.47
95,2	124		<b>Bridge max height 3,8 meters</b>	14.56	14.49
95,4	123,8	←	Klebækvej	14.56	14.50
98,2	121	←	Gl. Lunderskovvej route 469	15.00	14.53
99,1	120,1	→	Roundabout Kastanie Allé direction Skanderup	15.01	14.55
99,6	119,6		Entering Skanderup	15.02	14.55
100,5	118,7	←	Egeskovvej	15.03	14.57
103,3	115,9	←	Gelballevej	15.07	15.00
103,6	115,6		Entering Gelballe	15.08	15.01
103,8	115,4	→	Vranderupvej	15.08	15.01
105,6	113,6	←	Ejstrupvej	15.10	15.04
106,2	113		Entering Ejstrup	15.11	15.04
106,3	112,9		<b>Bridge max height 3,4 meters</b>	15.11	15.04
106,5	112,7	←	Nedervej	15.12	15.05
106,6	112,6	→	Hvilestedvej	15.12	15.05
107,2	112		Crossing Esbjergvej route 191 to Fynslundvej	15.13	15.06
108,1	111,1	→	Risbøge - direction Ferup	15.14	15.07
108,1	111,1		Entering Højrup	15.14	15.07
110,2	109		Entering Ferup	15.17	15.10
111,9	107,3	→	Elkærholmvej	15.19	15.12
113,5	105,7		<b>Crossing bridge - dangerous point</b>	15.22	15.14
113,9	105,3		Entering Vester Nebel	15.22	15.15
114,3	104,9	←	Koldingvej	15.23	15.15
116,9	102,3	←	Egtvedvej	15.27	15.19
120,1	99,1		Entering Bølling	15.31	15.23
120,9	98,3		<b>Waste zone start</b>	15.32	15.24
121,3	97,9		<b>Feeding zone start</b>	15.33	15.25
122,3	96,9		<b>Feeding zone end</b>	15.34	15.26
122,9	96,3		<b>Waste zone end</b>	15.35	15.27
123,2	96		Entering Egtved	15.36	15.28

<b>KM covered</b>	<b>KM to go</b>	<b>Direction</b>	<b>Road names, sprints and warnings</b>	<b>42 km/t</b>	<b>44 km/t</b>
123,4	95,8	↑	Roundabout - Søndergade	15.36	15.28
124,1	95,1	→	Smalfort	15.37	15.29
124,4	94,8	→	Østergade	15.37	15.29
124,5	94,7		<b>Changing Diabetes Hill Sprint</b>	15.37	15.29
125,4	93,8	→	Kirkevej	15.39	15.31
125,7	93,5	↑	Roundabout - Vorkvej	15.39	15.31
128,1	91,1	←	Refsgårdvej	15.43	15.34
132,3	86,9	→	Peder Platz Vej	15.49	15.40
132,6	86,6	→	Bøgvadvej	15.49	15.40
135,3	83,9	→	Bindballevej	15.53	15.44
140,1	79,1	→	Tingkærvej	16.00	15.51
142,3	76,9	→	Tørskinvej	16.03	15.54
146,3	72,9	←	Vorkvej	16.09	15.59
147,6	71,6	←	Vorkvej	16.10	16.01
148,3	70,9		Entering Vork	16.11	16.02
149,6	69,6	←	Ravningvej	16.13	16.04
153,2	66		Entering Ravning	16.18	16.08
155,7	63,5	→	Bredstenvej route 176	16.22	16.12
155,7	63,5		<b>Obstacle - peloton on right side of road</b>	16.22	16.12
155,8	63,4	←	Balle Vestvej - peloton on right side of road	16.22	16.12
155,9	63,3	→	Bredstenvej / Kirkegade	16.22	16.12
156,2	63		Entering Bredsten	16.23	16.13
159,1	60,1	←	Bredstenvej	16.27	16.16
159,4	59,8		<b>Obstacle - peloton on right side of road</b>	16.27	16.17
162,6	56,6	←	Buldalen	16.32	16.21
162,8	56,4	→	Vardevej	16.32	16.22
163,1	56,1	←	Bygvænget	16.33	16.22
163,1	56,1		Entering Knapperup	16.33	16.22
163,3	55,9	←	Knabberupvej	16.33	16.22
163,9	55,3	→	<b>Østergårdvej - uphill 8,2 % - max 17,3 % - narrow road</b>	16.34	16.23
165,2	54		<b>Changing Diabetes Hill Sprint</b>	16.36	16.25
165,3	53,9		<b>Waste zone start</b>	16.36	16.25
165,8	53,4		<b>Waste zone end</b>	16.36	16.26
165,9	53,3	→	Høgsholtvej	16.37	16.26
168,8	50,4		Entering Vejle	16.41	16.30
168,9	50,3	↑	Høgsholtvej - crossing Hovedtoften	16.41	16.30

KM covered	KM to go	Direction	Road names, sprints and warnings	42 km/t	44 km/t
169,6	49,6	←	Høgsholtvej/Petersmindevej	16.42	16.31
169,7	49,5	→	Jellingvej route 442	16.42	16.31
170,8	48,4	←	<b>Gl. Kongevej - uphill 12,9 % - max 19,1 %</b>	16.44	16.32
171,1	48,1	→	Chr. Winthersvej	16.44	16.33
171,4	47,8		<b>Changing Diabetes Hill Sprint</b>	16.44	16.33
171,5	47,7	←	Søvej	16.45	16.33
171,6	47,6	→	Bøgevej	16.45	16.34
172,2	47	→	Jellingvej route 442	16.46	16.34
173,6	45,6	←	Hover Kirkevej	16.48	16.36
177,6	41,6	→	Høgsholtvej	16.53	16.42
178,4	40,8	←	Rugballevej	16.54	16.43
180,3	38,9		Entering Jennum	16.57	16.45
180,4	38,8	←	Jennumvej	16.57	16.46
181,5	37,7		Entering Skibet	16.59	16.47
182,1	37,1	↑	Crossing route 28 - Bredstenvej to Skibetvej	17.00	16.48
184,3	34,9		Entering Nr. Vilstrup	17.03	16.51
184,6	34,6	←	Gl. Skibetvej	17.03	16.51
184,7	34,5	←	Sandagervej - <b>downhill narrow road</b>	17.03	16.51
186,7	32,5	←	Ribe Landevej route 417	17.06	16.54
187,1	32,1	→	<b>Højen Skovvej - uphill 7,5 % - max 12,3 % - narrow road</b>	17.07	16.55
189,9	29,3	↑	Tårnvej	17.11	16.58
190,3	28,9		Entering Gl. Højen	17.11	16.59
191,4	27,8	→	Gl. Højenvej	17.13	17.01
192,7	26,5	→	Højenvej	17.15	17.02
195,3	23,9		<b>Skoda Bonus Sprint</b>	17.19	17.06
195,5	23,7	→	Ribe Landevej route 417	17.19	17.06
196,5	22,7		<b>Waste zone start</b>	17.20	17.07
197	22,2		<b>Waste zone end</b>	17.21	17.08
198,1	21,1		Entering Vejle	17.23	17.10
198,2	21		Entering Final Circuit	17.23	17.10
199,7	19,5	→	Gl. Ribevej	17.25	17.12
200,1	19,1	→	Koldingvej	17.25	17.12
200,3	18,9	↷	180-degree turning point - Koldingvej	17.26	17.13
201,1	18,1	→	<b>Kiddesvej - 21 % uphill</b>	17.27	17.14
201,6	17,6	→	Foran Møllen	17.28	17.14
201,7	17,5	←	Koldingvej	17.28	17.15



KM covered	KM to go	Direction	Road names, sprints and warnings	42 km/t	44 km/t
202,1	17,1		<b>1<sup>st</sup> crossing of the finish line - 3 laps to go</b>	17.28	17.15
202,2	17	→	Pedersholms Allè	17.28	17.15
203,9	15,3	→	Ribe Landevej	17.31	17.18
205,4	13,8	→	Gl. Ribevej	17.33	17.20
205,8	13,4	→	Koldingvej	17.34	17.20
206	13,2	↻	180-degree turning point - Koldingvej	17.34	17.20
206,8	12,4	→	<b>Kiddesvej - uphill 21%</b>	17.35	17.22
207,3	11,9	→	Foran Møllen	17.36	17.22
207,4	11,8	←	Koldingvej	17.36	17.22
207,8	11,4		<b>2<sup>nd</sup> crossing of the finish line - 2 laps to go</b>	17.36	17.23
213,5	5,7		<b>3<sup>rd</sup> crossing of the finish line - 1 lap to go</b>	17.45	17.31
219,2	0		<b>Finish</b>	17.53	17.38



## Stage 4 - 188,4 km

# Holbæk - Kalundborg

Friday 13. August

### Start

Ahlgade, Holbæk

### Presentation and sign-in

12.15 - 13.05

### Neutralized start

13.15

### Feeding zones

74,5 km  
94,0 km  
113,5 km  
133 km  
152,5 km

### Waste zones

39,0 km  
74,0 km  
93,5 km  
113,0 km  
129,5 km  
152 km  
172 km

### Skoda Bonus Sprint

44,2 km  
89,2 km

### Changing Diabetes Hill Sprint

19,2 km  
98,2 km

### Final 1000 meters

The last 1000 meters are flat. 800 meters before the finish line a slight right turn. 500 meters before the finish line a 90-degree right turn and 400 meters before the finish line a 90-degree left turn.

### Dangerous points

4,5 km	9 obstacles in 1,2 km
43,9 km	Railway crossing
71,6 km	Railway crossing
77,8 km	Narrow road
79,4 km	Narrow road
97,3 km	Narrow road
98,9 km	Narrow road
116,8 km	Narrow road
118,4 km	Narrow road
136,3 km	Narrow road
137,9 km	Narrow road
155,8 km	Narrow road
157,4 km	Narrow road
175,3 km	Narrow road
176,9 km	Narrow road

### List of hospitals

If a rider has to go to the hospital the Sports Director or a staff member will receive a note from the ambulance with the name of the hospital.



Holbæk Sygehus  
Smedelundsgade 60  
4300 Holbæk  
Phone: 0045 5948 4000

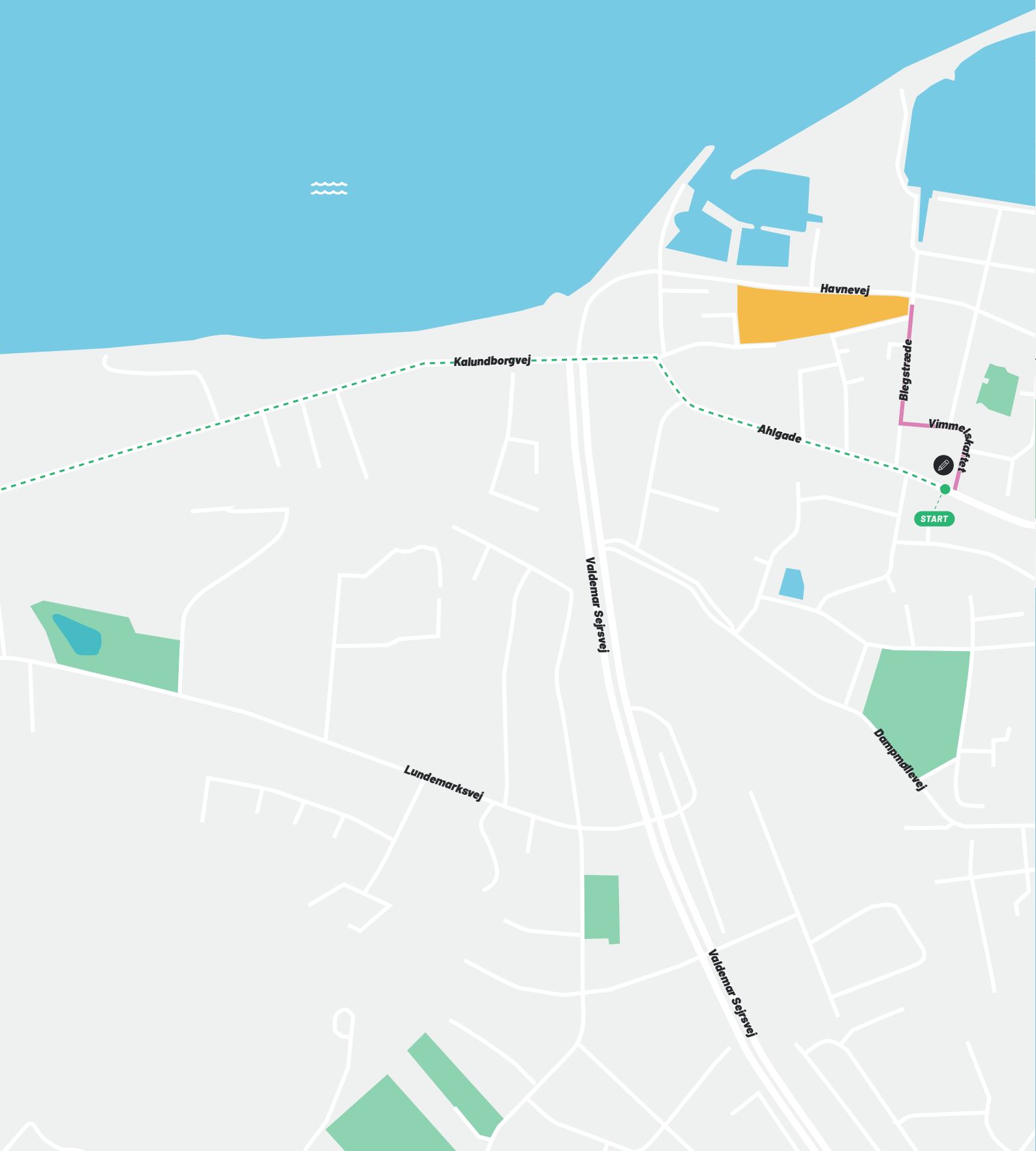


**Holbæk - Old ships at the harbour**



**Kalundborg - Røsnæs from above**

# Start area - Holbæk



- Neutralized start
- Team parking
- Road to start
- Sign-in

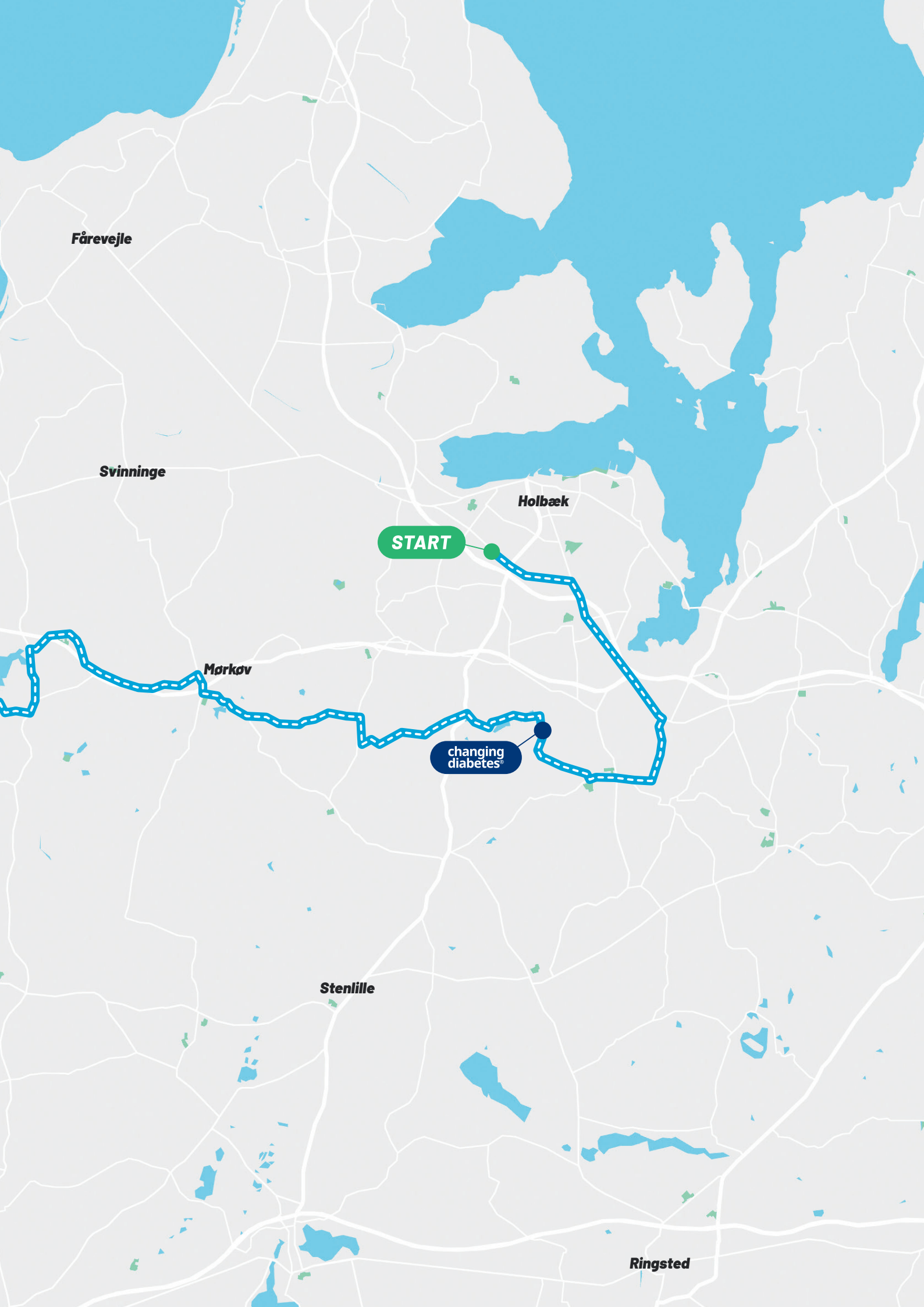
# Finish area - Kalundborg



- Final lap
- Team parking
- Road to team parking
- Deviation

## Stage 4: Holbæk - Kalundborg





Fårevejle

Svinninge

Holbæk

START

Mørkov

changing diabetes

Stenlille

Ringsted

## Stage 4 - 188,4 km

# Holbæk - Kalundborg

Friday 13. August

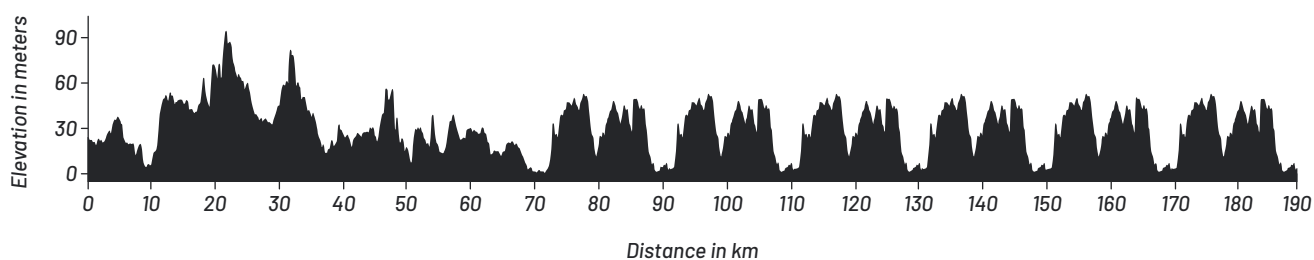
KM covered	KM to go	Direction	Road names, sprints and warnings	42 km/t	44 km/t
-	-		<b>Neutralized start from Ahlgade, Holbæk</b>	13.15	13.15
-	-	↑	Kalundborgvej	-	-
-	-	←	Stenhusvej	-	-
-	-	↑	Roundabout Stenhusvej	-	-
-	-	←	Route 155	-	-
-	-	←	Direction Holbæk Sportsby	-	-
-	-	←	Route 155	-	-
0	188,4		<b>Real start Omfartsvejen route 155 - outside Holbæk Sportsby</b>	13.30	13.30
0,9	187,5	↑	Crossing route 57 - Omfartsvej	13.31	13.31
3,5	184,9	→	Roskildevej route 155	13.35	13.34
4,3	184,1		Entering Vipperød	13.36	13.35
5,6	182,8	↑	Roundabout - Roskildevej route 155	13.38	13.37
7,8	180,6	↑	Roundabout - Roskildevej route 155	13.41	13.40
10,1	178,3	→	Kvarmløsevej - direction Tølløse	13.44	13.43
10,8	177,6	→	Fristrupvej	13.45	13.44
12,3	176,1	←	Lunderødvej	13.47	13.46
13	175,4	←	Hjortholmvej	13.48	13.47
14,2	174,2	→	Tølløsevej	13.50	13.49
15,6	172,8	→	Nybyvej	13.52	13.51
16,3	172,1	←	Ingegårdsvej - direction Tjørnede	13.53	13.52
18	170,4	→	Tjørnedevej	13.55	13.54
19,6	168,8		<b>Changing Diabetes Hill Sprint</b>	13.58	13.56
19,8	168,6	←	Maglesøvej	13.58	13.57
23	165,4	→	Ringstedvej route 57 - direction Holbæk	14.02	14.01
23,1	165,3	←	Mogenstrupvej	14.03	14.01
26,9	161,5		Entering Søndersted	14.08	14.06
27,8	160,6	→	Holbækvej - direction Nr. Jernløse	14.09	14.07
28,9	159,5	←	Kagerupvej	14.11	14.09
33,3	155,1	→	Ringstedvej route 231 - direction Mørkøv	14.17	14.15
35,2	153,2		Entering Mørkøv	14.20	14.18
35,5	152,9	→	Skamstrupvej route 231	14.20	14.18



KM covered	KM to go	Direction	Road names, sprints and warnings	42 km/t	44 km/t
36,2	152,2	←	Holbækvej	14.21	14.19
39	149,4		<b>Waste zone start</b>		
39,5	148,9		<b>Waste zone end</b>		
41,5	146,9		Entering Jyderup	14.29	14.26
43,9	144,5		Crossing Railway	14.32	14.29
44,3	144,1	←	Sølystvej	14.33	14.30
47	141,4	→	Møllevvej	14.37	14.34
49,5	138,9	←	Møllevvej - direction Strids Mølle	14.40	14.37
49,8	138,6	→	Åvej - direction Svebølle	14.41	14.37
51,9	136,5		Entering Gl. Svebølle	14.44	14.40
54,5	133,9		Entering Svebølle	14.47	14.44
54,6	133,8	↑	Crossing Frederiksberg - Pacelvej	14.48	14.44
55	133,4		<b>Skoda Bonus Sprint</b>	14.48	14.45
56	132,4	←	Viskingevejen	14.50	14.46
58,6	129,8		Entering Forsinge	14.53	14.49
58,9	129,5	←	Rugtvedvej	14.54	14.50
59,5	128,9	→	Vørslevvej	14.55	14.51
61,3	127,1		Entering Vørslev	14.57	14.53
61,5	126,9	→	Vørslev Bygade	14.57	14.53
61,8	126,6	←	Langemosevej	14.58	14.54
63,2	125,2	↑	Kærbyvej	15.00	14.56
64,1	124,3		Entering Kærby	15.01	14.57
64,9	123,5	→	Tingvejen	15.02	14.58
66,6	121,8	←	Holbækvej route 23 - direction Kalundborg	15.05	15.00
68,1	120,3	↑	Roundabout Hovvejen route 23	15.07	15.02
69	119,4	↑	Roundabout Hovvejen route 23	15.08	15.04
69,8	118,6		Entering Kalundborg	15.09	15.05
70,4	118	→	Slagelsesvej	15.10	15.06
71,6	116,8		<b>Crossing railway</b>	15.12	15.07
71,8	116,6	↑	Roundabout	15.12	15.07
72	116,4	←	Roundabout Sct. Jørgensbjerg	15.12	15.08
72,3	116,1	↑	Sct. Jørgensbjerg	15.13	15.08
72,5	115,9	→	<b>Bryggervænget - entering final circuit</b>	15.13	15.08
72,9	115,5	↑	Møllebakken	15.14	15.09
73,0	115,4	←	Valentin Jensensvej	15.14	15.09
73,1	115,3	←	Nørre Allé	15.14	15.09
73,6	114,8	→	Klosterparkvej	15.15	15.10
74,0	114,4		<b>Waste zone start</b>	15.15	15.10

KM covered	KM to go	Direction	Road names, sprints and warnings	42 km/t	44 km/t
74,5	113,9		<b>Feeding zone start</b>	15.16	15.11
75,5	112,9		<b>Feeding zone end</b>	15.17	15.12
75,9	112,5		<b>Waste zone end</b>	15.18	15.13
76,0	112,4	→	Hestehavebakken	15.18	15.13
76,0	112,4	←	Raklev Skillevej	15.18	15.13
76,6	111,8	→	Gammel Nyrupvej	15.19	15.14
77,8	110,6	→	Kallerup Bakkevej - <b>narrow road</b>	15.21	15.16
79,4	109	←	Nostrupvej - <b>narrow road</b>	15.23	15.18
81,7	106,7	←	Røsnæsvej	15.26	15.21
85,0	103,4	←	Bøgebakken	15.31	15.25
85,2	103,2	←	Bøgebakken	15.31	15.26
85,4	103		<b>Changing Diabetes Hill Sprint</b>	15.32	15.26
85,6	102,8	→	Nyrupvej	15.32	15.26
87,6	100,8	→	Røsnæsvej	15.35	15.29
88,1	100,3	←	Roundabout - Kysttoften	15.35	15.30
88,5	99,9	←	Kystvejen	15.36	15.30
89,2	99,2		<b>Skoda Bonus Sprint</b>	15.37	15.31
89,5	98,9	←	Gisselørevej	15.37	15.32
89,7	98,7	→	Lundevej	15.38	15.32
90,1	98,3	→	Roundabout - Lundevej	15.38	15.32
90,4	98	→	Hærvigsgade	15.39	15.33
90,5	97,9	←	Vestre Havnevej	15.39	15.33
91	97,4		<b>1<sup>st</sup> crossing of the finish line - 5 laps to go</b>	15.40	15.34
91,1	97,3	←	Banegårdspladsen / Vænget	15.40	15.34
91,2	97,2	→	Bredgade	15.40	15.34
91,6	96,8	←	Nygade	15.40	15.34
91,8	96,6	→	Kordilgade	15.41	15.35
91,9	96,5	←	Bryggervænget	15.41	15.35
92,0	96,4	↑	Møllebakken	15.41	15.35
92,4	96	←	Valentin Jensensvej	15.42	15.36
92,5	95,9	←	Nørre Allé	15.42	15.36
92,7	95,7		Obstacle	15.42	15.36
93,0	95,4	→	Klosterparkvej	15.42	15.36
93,4	95		<b>Waste zone start</b>	15.43	15.37
93,8	94,6		<b>Feeding zone start</b>	15.44	15.37
94,8	93,6		<b>Feeding zone end</b>	15.45	15.39
95,4	93		<b>Waste zone end</b>	15.46	15.40

KM covered	KM to go	Direction	Road names, sprints and warnings	42 km/t	44 km/t
95,5	92,9	→	Hestehavebakken	15.46	15.40
95,5	92,9	←	Raklev Skillevej	15.46	15.40
96,1	92,3	→	Gammel Nyrupvej	15.47	15.41
97,2	91,2	→	Kallerup Bakkevej - <b>narrow road</b>	15.48	15.42
98,9	89,5	←	Nostrupvej - <b>narrow road</b>	15.51	15.44
101,2	87,2	←	Røsnæsvej	15.54	15.48
104,5	83,9	←	Bøgebakken	15.59	15.52
104,6	83,8	←	Bøgebakken	15.59	15.52
105,1	83,3	→	Nyrupvej	16.00	15.53
107,1	81,3	→	Røsnæsvej	16.03	15.56
107,6	80,8	←	Roundabout - Kysttoften	16.03	15.56
107,9	80,5	←	Kystvejen	16.04	15.57
108,9	79,5	←	Gisselørevej	16.05	15.58
109,1	79,3	→	Lundevej	16.05	15.58
109,6	78,8	→	Roundabout - Lundevej	16.06	15.59
109,9	78,5	→	Hærvigsgade	16.07	15.59
110,0	78,4	←	Vestre Havnevej	16.07	16.00
110,4	78		<b>2<sup>nd</sup> crossing of the finish line - 4 laps to go</b>	16.07	16.00
129,9	58,5		<b>3<sup>rd</sup> crossing of the finish line - 3 laps to go</b>	16.35	16.27
149,4	39		<b>4<sup>th</sup> crossing of the finish line - 2 laps to go</b>	17.03	16.53
168,9	19,5		<b>5<sup>th</sup> crossing of the finish line - 1 lap to go</b>	17.31	17.20
188,4	0		<b>Finish</b>	17.59	17.46



**Stage 5 - 10,8 km**

# **Frederiksberg Time Trial**

**Saturday 14. August**

**Start**

Frederiksberg Allé, Copenhagen

**First rider start**

14.00

**Last rider finish**

17.15

**Final 1000 meters**

The last 1000 meters are flat. 600 meters before the finish line there is a 90-degree right turn and 400 meters before there is another 90-degree right turn. Last 400 meters are straight ahead.

**List of hospitals**

If a rider has to go to the hospital the Sports Director or a staff member will receive a note from the ambulance with the name of the hospital.



Rigshospitalet  
Blegdamsvej 9  
2100 Østerbro  
Phone: 0045 3545 3545



Bispebjerg Hospital  
Bispebjergbakke 23  
2400 København NV.  
Phone: 0045 3863 5000



Hvidovre Hospital  
Kettegård Alle 30  
2650 Hvidovre  
Phone: 0045 3862 3862



**Frederiksberg Allé**

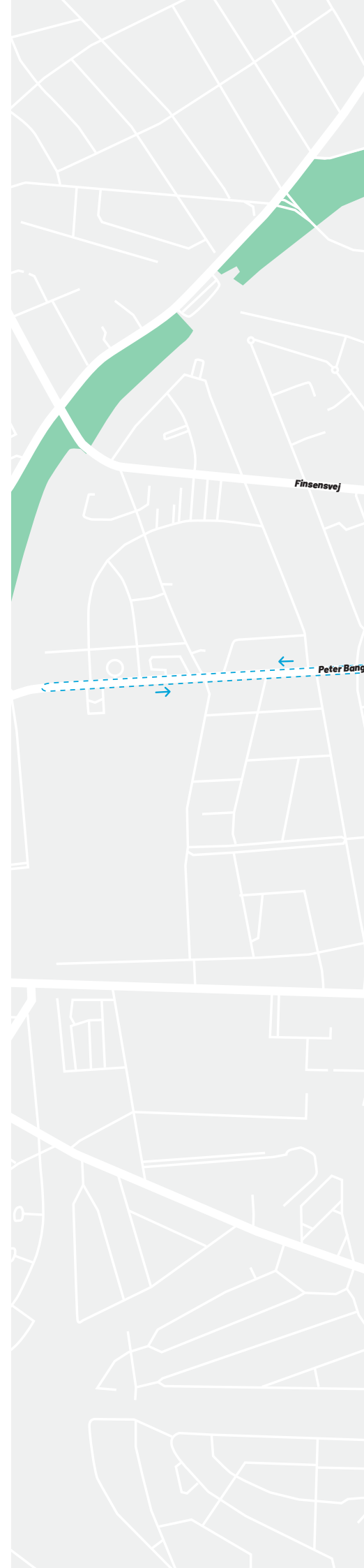
# Start & finish area - Frederiksberg

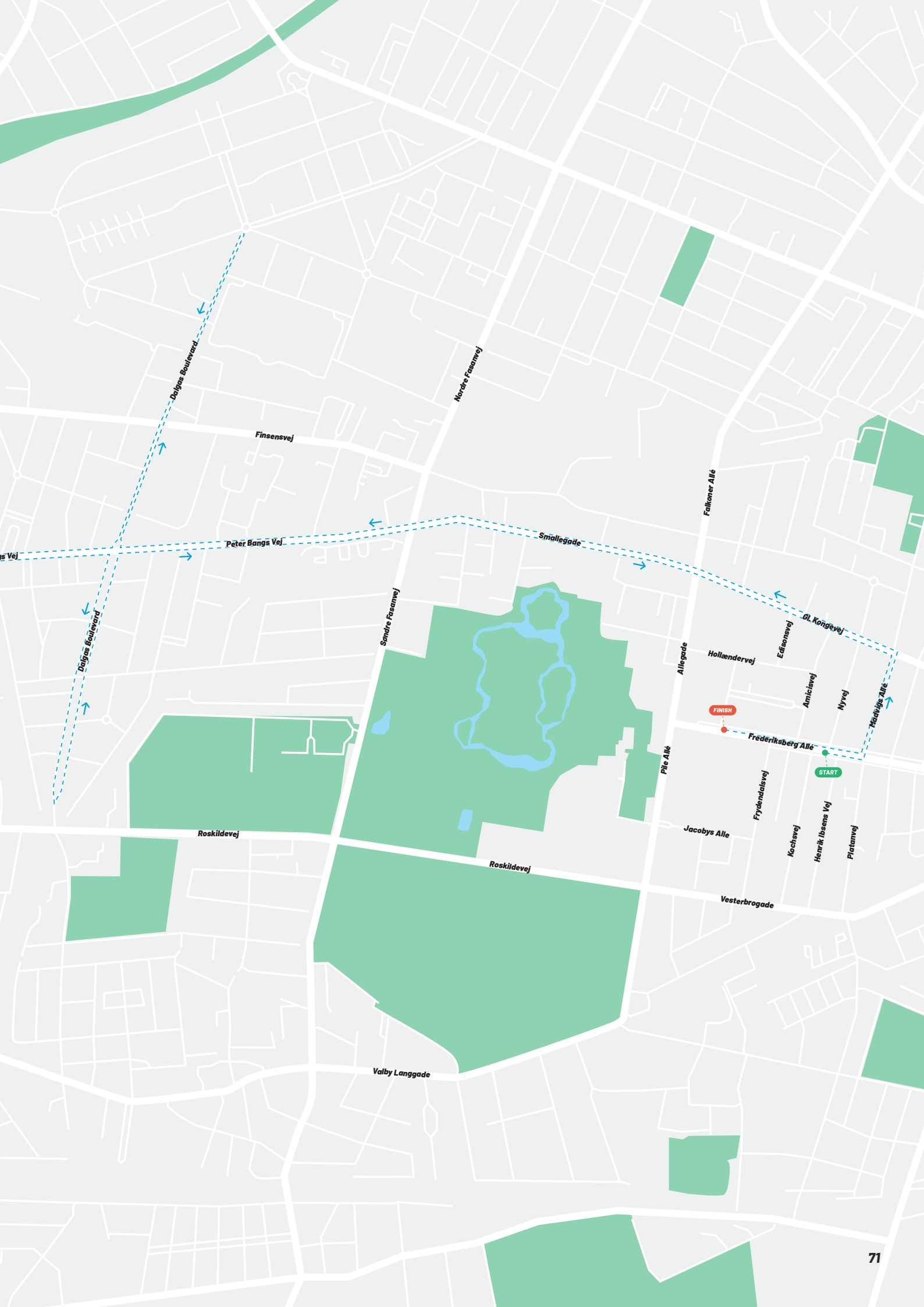


- Deviation
- Team parking
- Road to start

**Stage 5 - 10,8 km**  
**Frederiksberg**  
**Time Trial**  
**Saturday 14. August**

KM covered	KM to go	Direction	Road names
0,0	10,8		<b>Start - Frederiksberg Allè</b>
0,2	10,6	←	Madvigs Allè
0,4	10,4	←	Gl. Kongevej
1,0	9,8	↑	Smallegade
1,8	9,0	↑	Peter Bangsvej
2,5	8,3	→	Dalgas Boulevard
3,4	7,4	↷	Dalgas Boulevard
4,4	6,4	→	Peter Bangsvej
5,4	5,4	↷	Peter Bangsvej
6,5	4,3	→	Dalgas Boulevard
7,2	3,6	↷	Dalgas Boulevard
8,0	2,8	→	Peter Bangsvej
8,8	2,0	↑	Smallegade
9,5	1,3	↑	Gl. Kongevej
10,1	0,7	→	Madvigs Allè
10,4	0,4	→	Frederiksberg Allè
10,8	0,0		<b>Finish</b>





Dalgas Boulevard

Finsensvej

Nordre Fasanvej

Peter Bangs Vej

Smallegade

Falkoner Allé

Dalgas Boulevard

Søndre Fasanvej

Allégade

Hollændervej

Edisonsvej

Gl. Kongevej

Amicisvej

Nyvej

Hasbøjs Allé

FINISH

Frederiksberg Allé

START

Roskildevej

Pile Allé

Jacobys Allé

Frydendalsvej

Kochersvej

Henrik Ibsens Vej

Pletanvej

Roskildevej

Vesterbrogade

Valby Langgade

# Race Regulations

## ARTICLE 1. ORGANIZATION

PostNord Danmark Rundt / Tour of Denmark is organized by Danmarks Cykle Union (DCU), Idraettens Hus, DK - 2605 Broendby. Tel. + 45 43 26 28 02, under the regulations of the International Cycling Union. The race is to be held from 10<sup>th</sup>-14<sup>th</sup>. August 2021.

## ARTICLE 2. TYPE OF EVENT

The event is open to athletes of the Men Elite and Under 23 categories. The event is entered on the UCI Europe Tour calendar and is registered as a UCI PRO-Series event. In conformity with the UCI rules, points are awarded as follows for the World Ranking and the Europe Tour ranking:

Position	Final classification	Stages
1	200	20
2	150	10
3	125	5
4	100	
5	85	
6	70	
7	60	
8	50	
9	40	
10	35	
11	30	
12	25	
13	20	
14	15	
15	10	
16-30	5	
31-40	3	

PostNord leader in the General individual Classification per stage: 5 points.

## ARTICLE 3. PARTICIPATION

As per article 2.1.005 of the UCI regulations, the event is open to the following teams: UCI World Teams (max 70 %), UCI Pro Teams, UCI Continental Teams of the country (Denmark), UCI cyclo-cross professional teams of the country (Denmark), foreign UCI continental teams and National Team of the country (Denmark). All teams must be formed of 7 riders. (Minimum 5 and maximum 7 riders)

## ARTICLE 4. RACE HEADQUARTERS

At the start, the race headquarters, located at the official hotel: Grand Hotel Struer (Smedegade 2, 7600 Struer) will be open starting August 9<sup>th</sup> from 13.00 (see schedule for Race Office page 7). Team representatives are requested to confirm their starters and collect race numbers and time transponders at the race headquarters from 15.00 to 16.45 on August 9<sup>th</sup>.

The team managers' meeting, organized in accordance with article 1.2.087 and 1.2.088 of the UCI regulations, in the presence of the Members of the Commissaries' Panel, is scheduled for 17.00 at the official hotel: Grand Hotel Struer (Smedegade 2, 7600 Struer).

## ARTICLE 5. STARTING ORDER FOR STAGE 5 - TIME TRIAL

In the time trial, stage 5, the riders shall start at one-minute intervals, but the last 10 riders at two minutes intervals, this also includes the 10th and 11th last starting rider. The riders will start in groups of 14 riders - like mentioned above with one minute interval and two minutes between the last 10 riders. After rider number 14 there will be 5 minutes break before rider number 15 and so forth. This is to assure the best safety of each rider - because every rider then will have one police MC and one Race Marshall in front of them. The starting order of the riders will be the reverse order of the general classification following stage 4.

## ARTICLE 6. RADIO-TOUR

Race information will broadcast in English on the following frequency: 173.9000MHz

## ARTICLE 7. NEUTRAL TECHNICAL SUPPORT

The neutral technical support service is handled by 3 Shimano service cars. The cars are marked "Neutral Service 1, 2 and 3".

## ARTICLE 8. RACE INCIDENTS OCCURRING IN THE LAST 3 KILOMETERS

In the case of a duly noted fall, puncture or mechanical incident in the last three kilometers of a road race stage, the rider or riders involved shall be credited with the time of the rider or riders in whose company they were riding at the moment of the accident. His or



their placing shall be determined by the order in which he or they actually cross the finishing line.

If, as the result of a duly noted fall in the last three kilometers, a rider cannot cross the finishing line, he shall be placed last in the stage and credited with the time of the rider or riders in whose company he was riding at the time of the accident. However, in conformity with article 2.6.027 of the UCI rules, the above provisions are not applicable at stage 3 as the stage finishes on top of a hill-climb.

#### **ARTICLE 9. FINISHING TIME LIMITS**

Taking into account the characteristics of each stage, the finishing time limits have been set as follows:

- Stage 1, 2, 3, and 4 the time limit is the winner's time + 15 %.
- Stage 5 - time trial - the time limit is the winner's time + 25 %.

In exceptional cases only, unpredictable and of force majeure, the commissaires panel may extend the finishing time limits after consultation with the organiser according to the article 2.6.032.

Riders riding alone or in small groups (1-3 riders) being more than 12 minutes behind the main bunch, can be taken out by the organization.

#### **ARTICLE 10. CLASSIFICATIONS - TIME BONUSES - POSTINGS**

The following classifications will be a part of PostNord Danmark Rundt / Tour of Denmark:

- Individual general classification - GC jersey - Sponsored by PostNord
- Individual points classification - point jersey - Sponsored by Skoda
- Hill classification - hill jersey - Sponsored by Changing Diabetes
- Best young rider classification - white jersey - Sponsored by WA00
- Fighter classification - Sponsored by PostNord
- Team classification - Sponsored by Uno-X

This order (a-d) is also the priority order of the jerseys. Riders must wear their official jersey. After the 1st stage, the riders shall wear the leaders' jerseys as mentioned in these regulations. If the same rider holds more than one jersey, the organizer may require another rider next on the relevant classification to

wear a jersey which is not being worn by the leader of that classification. However, if this rider must wear his world or national champion's jersey, or the leader's jersey of a UCI cup, circuit, series or classification, he shall wear that jersey.

In the situation where the leader of a classification does not take the start of a stage, the virtual leader of the relevant classification is allowed to wear the related distinctive jersey, subject to the consent of both the organizer and the president of the commissaires' panel. According to UCI article 2.6.018.

#### **Individual classification**

The times as recorded by the timekeeper-commissaires shall be entered in the general time classifications. Bonuses are only taken into consideration for the individual general classification.

Where two or more riders make the same time in the general individual time placings, the fractions of a second registered during individual time trials shall be added back into the total time to decide the order. If the result is still tied the placings obtained in each stage shall be added and, as a last resort, the place obtained in the last stage ridden shall be taken into consideration. According to UCI article 2.6.015.

#### **Skoda Points classification**

Individual points classification is drawn up after each stage by calculating the points won. On each stage the 12 first riders will be awarded points according to the following scale:

No.1	15 points	No.7	6 points
No.2	12 points	No.8	5 points
No.3	10 points	No.9	4 points
No.4	9 points	No.10	3 points
No.5	8 points	No.11	2 points
No.6	7 points	No.12	1 points

Furthermore, there will be points awarded for the point classification in the Skoda Bonus Sprints, there will be 2 sprints on the stages 1 and 4, and 3 sprints on the stages 2 and 3. In each sprint 5, 3, and 1 points shall be awarded to the three first placed in these sprints. In the sprints, time bonuses of 3, 2 and 1 second shall also be awarded to the first three riders to cross the line. The time bonus will count in the overall classification but not in the stage result.

If riders finish equal on points, the UCI rule 2.6.017 shall apply by using the following criteria:

1. Number of stage wins
  2. Number of wins in the intermediate sprints counting for the general classification on points
  3. Final individual general classification by time
- The leader of this classification shall wear the Skoda point jersey.

#### **Changing Diabetes Hill classification**

Changing Diabetes Hill classification will be rewarded for designated hill climb sprints during the race. In each sprint 12, 8 and 4 hill-points will be given to 1st, 2nd and 3rd. The overall winner will be the rider who scores most hill-points. On stage 1, 2 and 4 there will be 2 hill sprints on each stage. On stage 3 there will be 4 hills sprints.

Should riders finish equal on points the UCI rule 2.6.017 shall apply by the following criteria:

1. Number of hill climb sprints won
2. Best individual place on time

The leading rider of this classification shall wear the Changing Diabetes hill jersey.

#### **WAOO best young rider classification**

Young rider classification is open for riders born in 1999 or later. The regulations follow the individual classification.

The leading rider in the best young rider classification shall wear the WAOO young rider jersey.

#### **PostNord Fighter classification**

The Fighter classification result will be decided by an "expert panel" from the organization who after each stage will award 12, 8, and 4 point to the 3 "most aggressive riders of the day". The panel may decide not to award all points. The rider who at the end of the stage race has the most points is the overall winner of the "most aggressive rider" competition. If riders are equal, the panel will make the final decision. The "Fighter" competition is sponsored by PostNord.

#### **Team classification**

In accordance with article 2.6.016 of the UCI regulations, the team classification for the day shall be calculated on the basis of the sum of the three best individual times from each team. Times including the time bonuses on each stage.

In the event of a tie, the following criteria shall be applied:

1. the sum of the places acquired by their three best times on the stage
2. best placed rider on the stage

The team general classification shall be calculated on the basis of the sum of the three best individual times from each team in each stage ridden. In the event of a draw, the following criteria shall be applied in order until the teams are separated:

1. number of first places in the daily team classifications
2. number of second places in the daily team classifications, etc.

The Team Classification is sponsored by Uno-X.

#### **Time bonuses**

Stage finish: During stage 1, 2, 3 and 4 following time bonuses will be given to the first three riders.

No.1= 10 seconds / No.2= 6 seconds / No.3= 4 seconds

Skoda Bonus Sprints: During stage 1, 2, 3 and 4 the following time bonuses will be given in each Skoda Bonus Sprint:

No.1= 3 seconds / No.2 = 2 seconds / No.3= 1 second

The time bonus will count in the overall classification but not in the stage result.

#### **Stage finish with a circuit section**

Stage 1, 2 and 3 finishes with three laps on a circuit and stage 4 with 5 laps of 20 kilometres. Riders or groups of riders who are lapped must not join overtaking groups. Dropped riders must obey the instructions of the commissaries at the circuit entrance and may have to wait prior to entering the circuit. All riders must complete the entire distance of each stage including the circuits to be included on the classifications. According to UCI article 2.6.008.

#### **ARTICLE 11. PENALTIES**

The UCI penalty scale is the only one applicable.

#### **Article 12. ENVIRONMENT**

The riders and followers must show respect in all circumstances relative to the environment. The disposal of waste, drinking bottles and other objects is not allowed in the great outdoors. Each stage (except stage 5) is provided with waste zones (see list on each stage description).

# Award ceremony

*In accordance with article 1.2.112 and 1.2.113 of the UCI rules, the following riders must attend the official awards ceremony after stage 1, 2,3 and 4:*

- a) The winner of the stage*
- b) The PostNord Fighter of the stage*

*And the leaders of the following classifications:*

- c) Individual classification - blue jersey - PostNord*
- d) Individual points classification - points jersey - Skoda*
- e) Hill classification - hill jersey - Changing Diabetes*
- f) Young rider classification - white jersey - WA00*

*The riders shall present themselves at the Flash and Mixed zone next to the podium immediately after they cross the finish line (no later than 5 minutes after).*

*There will be a tent for changing into dry clothes before the ceremony.*

*The entire leading team in the Uno-X Team classification must present themselves at the pre-race sign-in the following day.*

*After stage 5 the following riders must present themselves at the final awards ceremony:*

- a) Winner of stage 5*
- b) Winner of the general classification - blue jersey - PostNord*
- c) No. 2 in the general classification*
- d) No. 3 in the general classification*
- e) Winner of points classification - points jersey - Skoda*
- f) Winner of hill classification - hill jersey - Changing Diabetes*
- g) Winner of the young rider classification - white jersey - WA00*
- h) Winner of the Fighter classification - PostNord Fighter jersey*
- i) Winner of the Uno-X team classification*

# Prize money

## Stage 1 to 5

Placement	Euro €
1	3.615
2	1.805
3	905
4	455
5	365
6	270
7	270
8	180
9	180
10-20	95
<b>Total</b>	<b>€ 9.090</b>

## General classification

Placement	Euro €
1	9.040
2	4.515
3	2.265
4	1.140
5	915
6	675
7	675
8	450
9	450
10-20	240
<b>Total</b>	<b>€ 22.765</b>



**PostNord Blue Leader Jersey**

PostNord blue leader jersey after stage 1, 2, 3 and 4 (4 x 150 EURO) 600

**Skoda points jersey**

No. 1 - Skoda points jersey - overall 300

No. 2 - Skoda points jersey - overall 200

No. 3 - Skoda points jersey - overall 100

Leader of the Skoda points jersey after stage 1, 2, 3 and 4 (4 x 100 EURO) 400

**Novo Nordisk Changing Diabetes hill jersey**

No. 1 - Changing Diabetes hill jersey - overall 300

No. 2 - Changing Diabetes hill jersey - overall 200

No. 3 - Changing Diabetes hill jersey - overall 100

Leader of the Changing Diabetes Hill jersey after stage 1, 2, 3 and 4 (4 x 100 EURO) 400

**WA00 best young rider jersey**

No. 1 - WA00 best young rider jersey - overall 300

No. 2 - WA00 best young rider jersey - overall 200

No. 3 - WA00 best young rider jersey - overall 100

Leader of the WA00 best young rider jersey after stage 1, 2, 3 and 4 (4 x 100 EURO) 400

**PostNord fighter classification**

No. 1 - PostNord fighter jersey - overall 300

No. 2 - PostNord fighter jersey - overall 200

No. 3 - PostNord fighter jersey - overall 100

Leader of the PostNord fighter jersey after stage 1, 2, 3 and 4 (4 x 100 EURO) 400

**Uno X team classification**

Winner of the team classification - overall 300

The leading team after stage 1, 2, 3 and 4 (4 x 100 EURO) 200

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**Prize money in total****€ 72.915**

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# Officials and crew

## **Management**

Frank Hyltdgaard  
Martin Elleberg  
Lars Moss  
Jens Kasler

## **Jury**

Christopher Enzi (PCP)  
Jakob Knudsen  
Kenneth Simonsen  
Sanne Schmidt  
Gary McIlroy  
Søren Knudsen  
Bent Meyer

## **Anti-doping commissaire**

Ole Olsen

## **Finishing judge**

Kristoffer Nemmestam

## **Sprint judge**

Dennis Nymann Christiansen  
Willy Frederiksen  
Mads Rasmussen  
Alan Lange

## **Time keeping and results**

Henrik M. Kristensen  
Sportstiming

## **Course and signing**

Jørgen Gasberg  
Frederik Nymann Christiansen  
Ian Gottlieb  
Preben Morratz  
Hans Posselt  
Gustav Poblete  
Jens Lausten Hansen

## **Start area**

Martin Engbjerg  
John Engbjerg  
Karina Brock Wilhelm  
Lars Uffe Nielsen

## **Finish area**

Kent Fløe  
Jens Krøyer  
Marc Petersen  
Lasse Bang  
Carsten Søndergaard  
Marcus Kølbæk  
Thomas Timmerby  
Nikolaj Timmerby  
Frede Madsen  
Gitte Zimmermann  
Katrine Kammeyer  
Lars Moeslund Nielsen  
Steen Jensen

## **VIP start**

Jette Pøpenphant  
Julie Kristiansen

## **VIP Finish**

Rikke Pedersen  
Søs Christiansen  
Claus Christiansen  
Katrine Kammeyer  
Heidi Jensen  
Sofie Uhre

## **Race office**

Solveig Uhre  
Søren Uhre  
Julie Kristiansen  
Sofie Uhre

## **Media and Press**

Ulrich Gorm  
Troels Markussen  
Milou van Beek  
Camilla Broe Sørensen  
Lars Uffe Nielsen

## **Official Photo**

Thomas Sjørup

## **Hotel electrician**

Morten Steen Madsen



**Award ceremony**

Lars Moss  
Solveig Uhre  
Heidi Jensen

**Speaker - start and finish**

Carsten Ritter  
Dennis Ritter

**Speaker in front of peloton**

Klaus Bach  
Benny Bo Nielsen

**Audio and sound**

Lars Moeslund - Schmidt Radio

**Radio Tour**

Steffen Møller

**Radio Communication - Zenitel**

Michael Nedergaard Jensen  
Mark Nedergaard Jensen

**MC info**

Michael Trankjær  
Keld Kjærulf Christensen (Pilot)  
Line Kristoffersen  
Torben Sølvér Larsen (Pilot)

**Leading car**

Jan Lorentzen  
Mikkel Pagh

**Neutral service**

Shimano

**Drivers and MC pilots in Race Convoy**

Steffan Bill  
Jens Jensen  
Karsten Bang  
Tayeb Braikia  
Henning Jørgensen  
Bruno Petersen  
Jens Ranneries  
Morten Phillipsen  
Carsten Raahauge  
Mogens Laursen  
Carsten Hansen  
Michel Rasmussen  
Thomas Guldhammer

**VIP cars**

Michael Vestergaard  
Bjarne Kratholm  
Alex Pedersen

**Race Doctors**

Lars Juel  
Casper Winther

**Ambulance**

Jimmy Hartmann  
Michael Rasmussen

**Police**

Axel Sørensen  
Jørgen Rath Nielsen  
Michael Ipsen  
Jens Christian Larsen  
Tom Danielsen  
Søren Sommer  
Jesper Knak  
Finn Bisgaard  
Finn Sekula  
Martin Kopp Pedersen  
Torben Hyldgaard Hansen  
Morten Uldall Thyssen  
Flemming Dalsgaard Stie-Svendsen  
Peter Bloksgaard  
Allan Winther Dichmann  
Morten Rune Jensen

**Race marshalls**

Jesper Olesen  
Lars Vallentin  
Brian Frederiksen  
Michael Rahbæk  
Keld Petersen  
Keld Therkelsen  
Carsten Franck  
Ronnie Krause  
Kim Hansen  
Knud Rømer  
Stig Thomsen  
Lars Rasmussen  
Michael Juul  
Carsten Wärme  
Bo Haulrich  
Flemming Jensen  
Rene Hansen  
Maria Nybroe



# Statistics

1985-2001



## Most stage wins

### 9 victories

Matti Breschel (DEN)

### 5 victories

Jesper Skibby (DEN) and Nicola Minali (ITA)

### 4 victories

Ivan Basso (ITA) and Magnus Cort (DEN)

### 3 victories

Jean-Paul van Poppel (NED), Rolf Sørensen (DEN), Jann Kirsipuu (EST) and Mark Cavendish (GBR)



## Most days in the leader jersey

### 12 stages

Matti Breschel (DEN)

### 11 stages

Rolf Sørensen (DEN)

### 7 stages

Jakob Fuglsang (DEN) and Kim Andersen (DEN)

### 6 stages

Jakob Piil (DEN) and Marc Streel (BEL)

### 5 stages

Fabrizio Guidi (ITA), Ivan Basso (ITA), Phil Anderson (AUS) and Jesper Worre (DEN)

### 4 stages

Bjarne Riis (DEN), Simon Gerrans (AUS), Magnus Cort (DEN) and Moreno Argentin (ITA)

### 3 stages

Jelle Nijdam (NED), Servais Knaven (NED), Ralf Grabsch (GER) and Stuart O'Grady (AUS)





## Number of starts per city

- 10** Aarhus
- 7** Slagelse
- 6** Odense, Esbjerg and Aalborg
- 5** Kolding, Korsør and Silkeborg
- 4** Kalundborg, Holstebro and Ribe
- 3** Frederikshavn, Roskilde, Hillerød, Herning and Aabenraa
- 2** Holbæk, Ebeltoft, Odder, Taastrup, Varde, Thisted, Ringsted, Aars, Sorø, Randers, Ringe, Høng, Struer, Skive, Hobro, Skanderborg, Nyborg, Ringkøbing and Viborg
- 1** Tønder, Køge, Horsens, Nordborg, Hundige, Frederikssund, Ikast, Lalandia, Vordingborg, Fredericia, Kerteminde, Skagen, Hammel, Assens, København, Næstved, Middelfart, Aalestrup, Gilleleje, Vejle, Skælskør, Præstø, Skjern, Padborg, Hirtshals, Vildbjerg, Hadsten, Grindsted, Løgstør, Sønderborg, Vejle, Frederiksberg, Svendborg, Rømø, Karrebæksminde, Otterup and Faxe



## Number of finishes per city

- 24** Frederiksberg
- 21** Vejle
- 18** Aarhus
- 15** Odense
- 7** Aalborg
- 6** Esbjerg and Sønderborg
- 5** Holstebro
- 4** Kolding, Roskilde, Kerteminde, Næstved and Randers
- 3** København, Svendborg, Køge, Middelfart and Helsingør
- 2** Slagelse, Horsens, Faaborg, Viborg, Ringsted, Holbæk, Frederiksværk, Nyborg, Nykøbing Falster, Asnæs Indelukke and Silkeborg
- 1** Tåstrup, Nykøbing Sjælland, Frederikshavn, Haderslev, Grindsted, Sorø, Ballerup, Nakskov, Farum, Fredericia, Skive, Hillerød, Rebild, Geels Bakke Rudersdal, Varde, Mariager, Kalundborg and Vordingborg

# Podiums since 1985

## 1985

1. **Moreno Argentin (ITA)**

2. **Kim Andersen (DEN) +0.21**

3. **Etienne De Wilde (BEL) +0.58**

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## 1986

1. **Jesper Worre (DEN)**

2. **Jørgen V. Pedersen (DEN) +0.04**

3. **Jelle Nijdam (NL) +0.13**

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## 1987

1. **Kim Andersen (DEN)**

2. **Rolf Sørensen (DEN) +0.06**

3. **Søren Lilholt (DEN) +0.24**

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## 1988

1. **Phil Anderson (AUS)**

2. **Rolf Sørensen (DEN) +0.05**

3. **Søren Lilholt (DEN) +0.47**

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## 1995

1. **Bjarne Riis (DEN)**

2. **Bo Hamburger (DEN) +1.02**

3. **Kaspar Ozers (LET) +2.05**

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## 1996

1. **Fabrizio Guidi (ITA)**

2. **Rolf Sørensen (DEN) +0.12**

3. **Bjarne Riis (DEN) +1.02**

---

## 1997

1. **Servais Knaven (NL)**

2. **Peter Meinert (DEN) +0.10**

3. **Jesper Skibby (DEN) +0.24**

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## 1998

1. **Marc Streel (DEL)**

2. **Rolf Sørensen (DEN) +0.54**

3. **Peter Meinert (DEN) +1.19**

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## 1999

1. **Tyler Hamilton (USA)**

2. **Rolf Sørensen (DEN) +0.18**

3. **Martin Hvastija (SLO) +0.45**

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## 2000

1. **Rolf Sørensen (DEN)**

2. **Andreas Klöden (GER) +0.30**

3. **Stéphane Barthe (FRA) +0.44**

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## 2001

1. **David Millar (ENG)**

2. **Jann Kirsipuu (EST) +0.07**

3. **Daniele Nardello (ITA) +0.18**

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## 2002

1. **Jakob Piil (DEN)**

2. **Kurt-Asle Arvesen (NOR) +1.12**

3. **Laszlo Bodrogi (HUN) +1.45**

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## 2003

1. **Sebastian Lang (GER)**

2. **Jurgen Van Goolen (BEL) +0.02**

3. **Laurent Brochard (FRA) +0.19**

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## 2004

1. **Kurt-Asle Arvesen (NOR)**

2. **Jens Voigt (GER) +0.02**

3. **Stuart O'Grady (AUS) +0.49**

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## 2005

1. **Ivan Basso (ITA)**

2. **Kurt-Asle Arvesen (NOR)** +2.21

3. **Rory Sutherland (AUS)** +2.51

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## 2006

1. **Fabian Cancellara (SUI)**

2. **Stuart O'Grady (AUS)** +0.20

3. **Thomas Ziegler (GER)** +0.53

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## 2007

1. **Kurt-Asle Arvesen (NOR)**

2. **Enrico Gasparotto (ITA)** +0.14

3. **Matti Breschel (DEN)** +0.27

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## 2008

1. **Jakob Fuglsang (DEN)**

2. **Steven Cummings (GBR)** +0.09

3. **Tom Stamsnijder (NED)** +0.15

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## 2009

1. **Jakob Fuglsang (DEN)**

2. **Maurizio Biondo (ITA)** +0.03

3. **Roger Hammond (GBR)** +0.47

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## 2010

1. **Jakob Fuglsang (DEN)**

2. **Svein Tuft (CAN)** +0.27

3. **Matthew Busche (USA)** +1.35

---

## 2011

1. **Simon Gerrans (AUS)**

2. **Daniele Bennati (ITA)** +0.09

3. **Michael Mørkøv (DEN)** +0.29

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## 2012

1. **Liewe Westra (NED)**

2. **Ramunas Navardauskas (LTU)** +0.10

3. **Manuele Boaro (ITA)** +0.14

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## 2013

1. **Wilco Kelderman (NED)**

2. **Lars Bak (DEN)** +0.11

3. **Matti Breschel (DEN)** +0.15

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## 2014

1. **Michal Valgren Andersen (DEN)**

2. **Lars Bak (DEN)** +0.15

3. **Manuele Boaro (ITA)** +0.17

---

## 2015

1. **Christoffer Juul Jensen (DEN)**

2. **Lars Bak (DEN)** +0.45

3. **Marco Marcato (ITA)** +0.49

---

## 2016

1. **Michael Valgren (DEN)**

2. **Magnus Cort (DEN)** +0.10

3. **Mads Würtz Schmidt (DEN)** +0.57

---

## 2017

1. **Mads Pedersen (DEN)**

2. **Michael Valgren (DEN)** +0.15

3. **Casper Pedersen (DEN)** +0.46

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## 2018

1. **Wout van Aert (NL)**

2. **Rasmus Quaade (DEN)** +0.32

3. **Lasse Normann (DEN)** +0.36

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## 2019

1. **Niklas Larsen (DEN)**

2. **Jonas Vingegaard (DEN)** + 0.11

3. **Rasmus Quaade (DEN)** +0.12

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## 2020

Cancelled due to COVID-19

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# Stage winners through the years

<b>Aert, Wout van (NED)</b>	1	<b>Bodrogi, Laszlo (HUN)</b>	1
02.08.2018	Stage 2, Viborg-Vejle	16.08.2002	Stage 5, Kerteminde (TT)
<b>Aggiano, Elio (ITA)</b>	1	<b>Boem, Nicola (ITA)</b>	1
16.08.2002	Stage 4, Fredericia-Odense	10.08.2014	Stage 6, Kalundborg-Frederiksberg
<b>Alonso, Aitor Galdos (SPA)</b>	1	<b>Bongiorno, Guillermo Ruben (ARG)</b>	2
02.08.2006	Stage 1, Frederikshavn-Viborg	30.07.2008	Stage 1, Holstebro-Holstebro
		02.08.2008	Stage 4, Ringe-Odense
<b>Andersen, Kim (DEN)</b>	1	<b>Bontempi, Guido (ITA)</b>	1
04.08.1985	Stage 2, Odense-Odense	07.08.1985	Stage 5, Aalborg-Aarhus
<b>Anderson, Phil (AUS)</b>	1	<b>Boom, Lars (NED)</b>	1
04.08.1988	Stage 3, Esbjerg-Vejle	04.08.2015	Stage 1, Struer-Holstebro
<b>Arvesen, Kurt-Asle (NOR)</b>	2	<b>Bos, Theo (NED)</b>	1
15.08.2002	Stage 3, Aarhus-Vejle	07.08.2011	Stage 6, Hillerød-Frederiksberg
03.08.2007	Stage 3, Aarhus-Vejle		
<b>Baldato, Fabio (ITA)</b>	1	<b>Brändle, Matthias (AUT)</b>	1
11.08.1999	Stage 2, Odder-Grindsted	15.09.2017	Stage 4, Randers (TT)
<b>Basso, Ivan (ITA)</b>	4	<b>Breschel, Matti (DEN)</b>	9
03.08.2005	Stage 1, Skive-Skive	02.08.2007	Stage 2, Aars-Aarhus
04.08.2005	Stage 2, Viborg-Aarhus	31.07.2008	Stage 2, Skjern-Sønderborg
05.08.2005	Stage 3, Aarhus-Vejle	01.08.2008	Stage 3, Padborg-Vejle
06.08.2005	Stage 5, Nyborg (TT)	29.07.2009	Stage 1, Hirtshals-Rebild
		06.08.2010	Stage 3, Hadsten-Vejle
<b>Bauhaus, Phil (GER)</b>	1	01.08.2013	Stage 2, Ribe-Sønderborg
31.07.2016	Stage 5, Karrebæksminde-Frederiksberg	02.08.2013	Stage 3, Sønderborg-Vejle
		06.08.2015	Stage 3, Vejle-Vejle
<b>Bennati, Daniele (ITA)</b>	1	07.08.2015	Stage 4, Slagelse-Frederiksværk
27.07.2016	Stage 1, Herning-Esbjerg		
<b>Benoot, Tiesj (BEL)</b>	2	<b>Cancellara, Fabian (SUI)</b>	2
21.08.2019	Stage 1, Silkeborg-Silkeborg	03.08.2006	Stage 2, Aalestrup-Vejle
		05.08.2006	Stage 5, Kronborg-Helsingør (TT)
<b>Biondo, Maurizio (ITA)</b>	1	<b>Capiot, Johan (BEL)</b>	1
01.08.2009	Stage 5, Roskilde (TT)	07.08.1986	Stage 3, Frederikshavn-Aarhus
<b>Boaro, Manuele (ITA)</b>	1	<b>Casagrande, Stefano (ITA)</b>	1
08.08.2014	Stage 3, Skanderborg-Vejle	16.08.2001	Stage 3, Silkeborg-Odense
<b>Boasson Hagen, Edvald (NOR)</b>	1	<b>Casper, Jimmy (FRA)</b>	1
05.08.2015	Stage 2, Ringkøbing-Aarhus	08.08.2004	Stage 6, Taastrup-Frederiksberg

<b>Cavendish, Mark (GBR)</b>	3	<b>Greipel, Andre (GER)</b>	3
05.08.2007	Stage 6, Præstø-Frederiksberg	07.08.2005	Stage 6, Slagelse-Frederiksberg
26.08.2012	Stage 6, Slagelse-Frederiksberg	22.08.2012	Stage 1, Randers-Randers
04.08.2013	Stage 6, Roskilde-Frederiksberg	23.08.2012	Stage 2, Løgstør-Aarhus
<b>Chicchi, Francesco (ITA)</b>	2	<b>Grillo, Paride (ITA)</b>	1
01.08.2007	Stage 1, Thisted-Aalborg	06.08.2005	Stage 4, Assens-Odense
04.08.2007	Stage 4, Skælskør - Ringsted	<b>Guardini, Andrea (ITA)</b>	2
<b>Cort, Magnus (DEN)</b>	4	07.08.2014	Stage 2, Skive-Aarhus
31.07.2013	Stage 1, Silkeborg-Varde	04.08.2014	Stage 4, Nyborg-Odense
03.08.2013	Stage 4, Høng-Asnæs Indelukke	<b>Guidi, Fabrizio (ITA)</b>	2
06.08.2014	Stage 1, Hobro-Mariager	09.08.1996	Stage 3, Aarhus-Horsens
28.07.2016	Stage 2, Rømø-Sønderborg	05.08.2004	Stage 2, Varde-Aarhus
<b>Cusin, Rémi (FRA)</b>	1	<b>Haedo, Juan José (ARG)</b>	1
04.08.2011	Stage 2, Grindsted-Aarhus	03.08.2008	Stage 6, Slagelse-Frederiksberg
<b>Devos, Werner (BEL)</b>	1	<b>Hamburger, Bo (DEN)</b>	1
09.08.1987	Stage 6, Næstved-Frederiksberg	03.08.1995	Stage 3 A, Aarhus-Vejle
<b>De Buyst, Jasper (BEL)</b>	1	<b>Hamilton, Tyler (USA)</b>	1
24.08.2019	Stage 4, Korsør-Asnæs Indelukke	13.08.1999	Stage 4 B, Ballerup (TT)
<b>Eeckhout, Nico (BEL)</b>	1	<b>Hansen, Lasse Norman (DEN)</b>	2
15.08.2001	Stage 2, Aalborg-Aarhus	01.08.2018	Stage 1, Aalborg-Aalborg
<b>Eriksen, Kim (DEN)</b>	1	23.08.2021	Stage 3, Holstebro-Vejle
07.08.1988	Stage 6, Køge-Frederiksberg	<b>Harings, Peter (NED)</b>	1
<b>Flens, Rick</b>	1	07.08.1987	Stage 4, Aalborg-Aarhus
04.08.2007	Stage 5, Næstved (TT)	<b>Heirweg, Dirk (BEL)</b>	1
<b>Förster, Robert (GER)</b>	2	05.08.1985	Stage 3 A, Odense-Esbjerg
04.08.2006	Stage 3, Kolding-Odense	<b>Henn, Christian (GER)</b>	1
06.08.2006	Stage 6, Gilleleje-Frederiksberg	08.08.1997	Stage 3 A, Nordborg-Sønderborg
<b>Freuler, Urs (SUI)</b>	1	<b>Holm, Brian (DEN)</b>	1
02.08.1988	Stage 1, Aarhus-Holstebro	13.08.1998	Stage 3, Odder-Svendborg
<b>Frison, Herman (BEL)</b>	1	<b>Hondo, Danilo (GER)</b>	1
03.08.1988	Stage 2, Holstebro-Esbjerg	14.08.2001	Stage 1, Thisted-Aalborg
<b>Fuglsang, Jakob (DEN)</b>	2	<b>Hunt, Jeremy (GBR)</b>	1
31.07.2009	Stage 3, Aarhus-Vejle	01.08.2009	Stage 4, Korsør-Køge
05.08.2011	Stage 3, Aarhus-Vejle	<b>Jacobs, Gert (NED)</b>	1
<b>Gardeyn, Gorik</b>	1	04.08.1987	Stage 1 A, Odense-Kolding
17.08.2001	Stage 4, Kerteminde-Køge	<b>Juul Jensen, Christoffer (DEN)</b>	1
<b>Goss, Matthew (AUS)</b>	1	07.08.2015	Stage 5, Helsingør (TT)
04.08.2010	Stage 1, Holstebro-Holstebro	<b>Kasputis, Arturas (LTU)</b>	1
		17.08.2000	Stage 4 B Nysted-Nykøbing F. (TT)

<b>Kelderman, Wilco (NED)</b>	1	<b>Minali, Nicola (ITA)</b>	5
03.08.2013	Stage 5, Holbæk (TT)	01.08.1995	Stage 1, Esbjerg-Holstebro
		04.08.1995	Stage 4, Kolding-Odense
<b>Kirsipuu, Jann (EST)</b>	3	06.08.1995	Stage 6, Roskilde-Frederiksberg
05.08.2000	Stage 5, Vordingborg-Frederiksberg	11.08.1996	Stage 5, Ringsted-Frederiksberg
18.08.2001	Stage 6, Hillerød-Frederiksberg	06.08.1997	Stage 1, Horsens-Esbjerg
16.08.2003	Stage 6, Korsør-Frederiksberg		
<b>Koerts, Jans (NED)</b>	2	<b>Mithluschenko, Yuri (UKR)</b>	1
15.08.1998	Stage 5, Hundige-København	13.08.2003	Stage 2, Hobro-Aarhus
15.08.2003	Stage 4, Middelfart-Faaborg		
<b>Kristoff, Alexander (NOR)</b>	1	<b>Modolo, Sacha (ITA)</b>	2
25.08.2012	Stage 4, Ringe-Odense	03.08.2011	Stage 1, Esbjerg-Esbjerg
		06.08.2011	Stage 4, Sorø-Frederiksværk
<b>Larsson, Gustav (SWE)</b>	1	<b>Museeuw, Johan (BEL)</b>	1
02.08.2008	Stage 5, Kerteminde (TT)	14.08.2003	Stage 3, Hammel-Kolding
<b>Loda, Nicola (ITA)</b>	1	<b>Mørkøv, Michael (DEN)</b>	1
12.08.1999	Stage 3, Esbjerg-Vejle	08.08.2015	Stage 6, Hillerød-Frederiksberg
<b>Lombardi, Giovanni (ITA)</b>	2	<b>Nielsen, Michael Steen (DEN)</b>	2
07.08.1997	Stage 2, Ribe-Sønderborg	14.08.1998	Stage 4 A, Odense-Ringsted
10.08.1997	Stage 5, Slagelse-København	14.08.1999	Stage 5, Frederikssund-Frederiksberg
<b>Lutsenko, Alexey (KAZ)</b>		<b>Nijdam, Jelle (NED)</b>	2
09.08.2014	Stage 5, Middelfart (TT)	05.08.1986	Stage 1, Gentofte-Nykøbing Sj.
		03.08.1987	Prologue, Odense
<b>Maassen, Frans (NED)</b>	1	<b>Nordhaug, Lars-Petter (NOR)</b>	1
05.08.1987	Stage 2, Kolding-Silkeborg	24.08.2012	Stage 3, Silkeborg-Vejle
<b>Madsen, Martin Toft (DEN)</b>	1	<b>O'Grady, Stuart (AUS)</b>	1
22.08.2021	Stage 2, Grindsted (TT)	04.08.2004	Stage 1, Aabenraa-Esbjerg
<b>Marcussen, Jørgen (DEN)</b>	1	<b>Pedersen, Casper (DEN)</b>	1
08.08.1986	Stage 4, Aarhus-Kolding	12.09.2017	Stage 1, Frederiksberg-Kalundborg
<b>McCormack, Mark (USA)</b>	1	<b>Pedersen, Mads (DEN)</b>	2
13.08.1999	Stage 4 A, Odense-Sorø	14.09.2017	Stage 3, Otterup-Vejle
		04.08.2018	Stage 4, Nykøbing Falster (TT)
<b>Merlier, Tim (BEL)</b>	3	<b>Peschel, Uwe (GER)</b>	1
03.08.2018	Stage 3, Næstved-Vordingborg	08.08.1997	Stage 3 B, Middelfart (TT)
05.08.2018	Stage 5, Faxe-Frederiksberg		
25.08.2021	Stage 5, Roskilde-Frederiksberg		
		<b>Piil, Jakob (DEN)</b>	1
<b>Michaelsen, Lars (DEN)</b>	1	13.08.2002	Stage 1, Ribe-Sønderborg
02.08.2000	Stage 2, Ikast-Horsens		
		<b>Pollack, Olaf (GER)</b>	2
<b>Mickiewicz, Jacek (POL)</b>	1	17.08.2002	Stage 6, Slagelse-Frederiksberg
09.08.1997	Stage 4, Kolding-Odense	05.08.2006	Stage 4, Sorø-Hillerød
<b>Millar, David</b>	1	<b>Porte, Richie (AUS)</b>	1
17.08.2001	Stage 5, Farum (TT)	06.08.2011	Stage 5, Helsingør (TT)
		<b>Prim, Tommy (SWE)</b>	1
		05.08.1985	Stage 3 B, Esbjerg (TT)

<b>Renshaw, Mark (AUS)</b>	1	<b>Van Bondt, Geert (BEL)</b>	1
07.08.2010	Stage 4, Nyborg-Odense	03.08.2000	Stage 3, Skanderborg-Faaborg
<b>Riis, Bjarne (DEN)</b>	1	<b>Van der Hulst, Marco (NED)</b>	1
03.08.1995	Stage 3 B, Vejle (TT)	10.08.1986	Stage 6, Korsør-Frederiksberg
<b>Rosola, Paolo (ITA)</b>	2	<b>Van Dijck, Stefan (HOL)</b>	1
08.08.1985	Stage 6 B, Criterium Christiansborg	14.08.2002	Stage 2, Aabenraa-Aarhus
06.08.1988	Stage 5 B, Slagelse-Køge	<b>Van Lancker, Eric (BEL)</b>	1
<b>Roulston, Hayden (NZL)</b>	1	03.08.1985	Stage 1, København-Slagelse
08.08.2010	Stage 6, Høng-Rudersdal	<b>Van Petegem, Peter (BEL)</b>	1
<b>Sandstød, Michael (DEN)</b>	1	08.08.1995	Stage 2, Aalborg-Aarhus
07.08.1996	Stage 1, Frederikshavn-Aalborg	<b>Van Poppel, Jean-Paul (NED)</b>	3
<b>Scanlon, Mark (IRL)</b>	1	08.08.1985	Stage 6 A, Kalundborg-Tåstrup
12.08.2003	Stage 1, Skagen-Aalborg	09.08.1986	Stage 5 A, Kolding-Odense
<b>Siedler, Sebastian (GER)</b>	1	06.08.1987	Stage 3, Silkeborg-Aalborg
02.08.2009	Stage 6, Ringsted-Frederiksberg	<b>Van Stayen, Michael (BEL)</b>	1
<b>Skibby, Jesper (DEN)</b>	5	05.08.2010	Stage 2, Vildbjerg-Randers
04.08.1987	Stage 1 B, Kolding (TT)	<b>Vanderaerden, Eric (BEL)</b>	1
06.08.1988	Stage 5 A, Korsør-Slagelse (TT)	08.08.1987	Stage 5, Kalundborg-Næstved
02.08.1995	Stage 2, Herning-Aarhus	<b>Vanhaerens, Eddy (BEL)</b>	1
05.08.1995	Stage 5, Korsør-Roskilde	06.08.1986	Stage 2, Ebeltoft-Frederikshavn
10.08.1996	Stage 4 A, Kalundborg-Holbæk	<b>Voigt, Jens (GER)</b>	1
<b>Sonne, Morten (DEN)</b>	1	06.08.2004	Stage 4, Fredericia (TT)
12.08.1998	Stage 2, Randers-Aarhus	<b>Walscheid, Maximilian (GER)</b>	1
<b>Streel, Marc (BEL)</b>	2	16.09.2017	Stage 5, Ebeltoft-Aarhus
11.08.1998	Stage 1, Herning-Randers	<b>Westra, Liewe (NED)</b>	1
14.08.1998	Stage 4 B, Roskilde (TT)	25.08.2012	Stage 5, Kerteminde (TT)
<b>Sørensen, Nicki (DEN)</b>	1	<b>Wiss, Benno (SUI)</b>	1
30.07.2009	Stage 2, Aars-Aarhus	06.08.1985	Stage 4, Esbjerg-Aalborg
<b>Sørensen, Rolf (DEN)</b>	3	<b>Worre, Jesper (DEN)</b>	1
05.08.1988	Stage 4, Vejle-Svendborg	02.08.1985	Prologue, Langelinie
10.08.1996	Stage 4 B, Næstved (TT)	<b>Würtz Schmidt, Mads (ITA)</b>	1
10.08.1999	Stage 1, Aalborg-Aarhus	30.07.2016	Stage 2, Nyborg (TT)
<b>Tombak, Janek (EST)</b>	1	<b>Zanette, Denis (ITA)</b>	1
06.08.2004	Stage 3, Aarhus- Vejle	01.08.2000	Stage 4, Ringkøbing-Viborg (TT)
<b>Tuft, Sven (CAN)</b>	1	<b>Zanotti, Marco (ITA)</b>	1
07.08.2010	Stage 5, Middelfart (TT)	04.08.2000	Stage 4 A, Lalandia-Nakskov
<b>Vaitkus, Tomas (LTU)</b>	2	<b>Ørsted, Hans-Henrik (DEN)</b>	2
15.08.2003	Stage 5, Svendborg (TT)	04.08.1986	Prologue, Christiansborg
07.08.2004	Stage 5, Odense-Roskilde	09.08.1986	Stage 5 B, Odense-Kerteminde (TT)
<b>Valgren, Michael (DEN)</b>	1		
29.07.2016	Stage 3, Aabenraa-Vejle		

**postnord**

# Stolt hovedsponsor for dansk cykelsport siden 1994



**30 år**

## Tillykke med de 30 år

I år er det 30. gang, feltet bevæger sig gennem landet, mens over en halv million tilskuere følger kampen på de fem etaper. Det er et vigtigt løb for topryttere fra både Danmark og udlandet – og altid spændende at følge.

PostNord har siden 1994 været sponsor for Danmarks største etapeløb, som arrangeres af Danmarks Cykle Union. Det er vi, fordi vi ønsker at støtte sporten, og fordi vi tror på fightere, der kæmper for sagen. På vejene, i samfundet og hos os selv.



**postnord**



PostNord  
Danmark  
Rundt