

9-14 AUGUST  
TOUR OF SCANDINAVIA

# ROAD BOOK



TOUR OF  
SCANDINAVIA

-BATTLE OF THE NORTH-



UCI



WOMEN'S  
WORLDTOUR



Eco-lighthouse®

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## ORGANIZATION

<b>General Director</b>	Roy Moberg	+47 906 49 339
<b>Race Director</b>	Anders Eia Linnestad	+47 900 68 423
<b>Safety director</b>	Bjørn Erik Tuv	+47 419 00 400
<b>Assistant race dir, Denmark</b>	Jens Kasler	+45 303 29 079
<b>Race coordinator, Denmark</b>	Frank Hyltdgaard	+45 306 81 820
<b>Arena manager</b>	Marius Jørgensen	+47 959 94 909
<b>Arena manager, start</b>	Roger Mørby	+47 974 61 900
<b>Convoy manager</b>	Tobias Haga	+47 975 66 596
<b>Race Headquarters</b>	Hanne Hatlelid	+47 402 11 112
<b>Media</b>	Kjell-Erik Kristiansen	+47 465 42 820
<b>Accommodation</b>	Caroline Nguyen	+47 952 15 862
<b>Race doctor</b>	Harald Lystad	+47 970 58 824
<b>Radio Tour</b>	Skjalge Kraglund	+47 906 60 354
<b>Timing/results</b>	Votrecourse	+33 649745873
<b>Doping control officer</b>	Bente Nygaard - ADNO	+47 936 95 240
<b>Regulator</b>	Gregory De Schrijver (BEL)	

## COLLEGE OF COMMISSAIRES

<b>President of the commissaires panel:</b>	Joey Ermens (NED)
<b>Member of the jury:</b>	Kenneth Simonsson (SWE)
<b>Member of the jury:</b>	Elita Grasina (LAT)
<b>Member of the jury:</b>	Kristoffer Nennestam (SWE)
<b>Moto commissaire 1:</b>	Turid Foss (NOR)
<b>Moto commissaire 2:</b>	Morgan Grindalen (NOR)
<b>Finish judge:</b>	Rune Torkildsen (NOR)
<b>Timekeeper:</b>	
<b>Assistant commissaire:</b>	Henning Andresen (NOR)

## ANTI-DOPING CONTROLS

Anti-doping controls will be held at a mobile Anti-doping unit close to the finish line on each stage. In Denmark in a nearby location close to the finish line. Selected riders will be notified in person by a chaperon after crossing the finish line.



## HOTEL OVERVIEW

### 8 - 9 AUGUST

#### KONVENTUM HOTEL OG KONFERENCECENTER,

Erling Jensens Vej 1,  
3000 Helsingør, Denmark  
www.konventum.dk

The following teams/groups are accommodated at this hotel:

RACE DIRECTION  
COMMISSAIRES  
DRIVERS  
NEUTRAL SERVICE  
MEDICAL TEAM  
MOVISTAR TEAM WOMEN  
CANYON//SRAM RACING  
FDJ NOUVELLE-AQUITAINE FUTUROSCOPE  
LIV RACING XSTRA  
TEAM BIKEEXCHANGE - JAYCO  
TEAM DSM  
TEAM JUMBO-VISMA  
TEAM SD WORX  
TREK - SEGAFREDO  
UAE TEAM ADQ  
UNO-X PRO CYCLING TEAM  
ROLAND COGEAS EDELWEISS SQUAD  
LE COL-WAHOO  
PARKHOTEL VALKENBURG  
TEAM COOP - HITEC PRODUCTS  
VALCAR - TRAVEL & SERVICE  
AG INSURANCE - NXTG TEAM  
PLANTUR-PURA  
NATIONAL TEAM OF NORWAY  
NATIONAL TEAM OF DENMARK

### 9 - 10 AUGUST

#### QUALITY HOTEL SARPSBORG

Bjørnstadveien 20, 1713 Sarpsborg  
+47 69 10 15 00  
q.sarpsborg@choice.no  
<https://www.nordicchoicehotels.no/hotell/norge/sarpsborg/quality-hotel-sarpsborg/>

The following teams/groups are accommodated at this hotel:  
POLICE

#### SCANDIC SARPSBORG

Sandesundsveien 1, 1706 Sarpsborg  
+47 69 12 42 00  
<https://www.scandichotels.no/hotell/norge/sarpsborg/scandic-sarpsborg>

The following teams/groups are accommodated at this hotel:  
MOBILE ESCORT

#### THON HOTEL HALDEN

Langbrygga 1, 1767 Halden  
+47 69 21 33 00  
halden@thonhotels.no  
<https://www.thonhotels.no/hoteller/norge/halden/thon-hotel-halden/>

The following teams/groups are accommodated at this hotel:  
MEDICAL TEAM (Ambulances)

#### PROFILHOTELS HALMSTAD PLAZA

Anna Lindhs plts 1, 30266 Halmstad, Sweden  
+46 352401000  
halmstadplaza@profilhotels.se  
<https://ligula.se/profilhotels/profilhotels-halmstad/>

The following teams/groups are accommodated at this hotel:  
RACE DIRECTION  
COMMISSAIRES  
DRIVERS  
NEUTRAL SERVICE  
MEDICAL TEAM  
CANYON//SRAM RACING  
TEAM BIKEEXCHANGE - JAYCO  
TEAM JUMBO-VISMA  
TEAM SD WORX  
TREK - SEGAFREDO  
UAE TEAM ADQ  
UNO-X PRO CYCLING TEAM

#### HOTELL MÅRTENSON

Storgatan 52, 302 43 Halmstad, Sweden  
+46 35177575  
info@hotellmartenson.se  
<https://hotellmartenson.se/en-US>

The following teams/groups are accommodated at this hotel:  
MOVISTAR TEAM WOMEN  
FDJ NOUVELLE-AQUITAINE FUTUROSCOPE  
LIV RACING XSTRA  
TEAM DSM  
ROLAND COGEAS EDELWEISS SQUAD  
LE COL-WAHOO  
PARKHOTEL VALKENBURG  
TEAM COOP - HITEC PRODUCTS  
VALCAR - TRAVEL & SERVICE  
AG INSURANCE - NXTG TEAM  
PLANTUR-PURA  
NATIONAL TEAM OF NORWAY  
NATIONAL TEAM OF DENMARK

## HOTEL OVERVIEW

### 10 - 11 AUGUST

#### QUALITY HOTEL SARPSBORG

Bjørnstadveien 20  
1713 Sarpsborg  
+47 69 10 15 00  
q.sarpsborg@choice.no  
<https://www.nordicchoicehotels.no/hotell/norge/sarpsborg/quality-hotel-sarpsborg/>

The following teams/groups are accommodated at this hotel:  
POLICE  
CANYON//SRAM RACING  
TEAM BIKEEXCHANGE - JAYCO  
TEAM DSM  
TEAM JUMBO-VISMA  
TREK - SEGAFREDO  
UAE TEAM ADQ

#### THON HOTEL HALDEN

Langbrygga 1, 1767 Halden  
+47 69 21 33 00  
halden@thonhotels.no  
<https://www.thonhotels.no/hoteller/norge/halden/thon-hotel-halden/>

The following teams/groups are accommodated at this hotel:  
MOVISTAR TEAM WOMEN  
FDJ NOUVELLE-AQUITAINE FUTUROSCOPE  
LIV RACING XSTRA  
LE COL-WAHOO  
PARKHOTEL VALKENBURG  
TEAM COOP - HITEC PRODUCTS  
VALCAR - TRAVEL & SERVICE  
AG INSURANCE - NXTG TEAM  
PLANTUR-PURA  
NATIONAL TEAM OF NORWAY  
NATIONAL TEAM OF DENMARK

#### FREDRIKSTEN HOTELL

Generalveien 25, 1769 Halden  
+47 69 02 10 10  
post@fredrikstenhotell.no  
<https://www.fredrikstenhotell.no/>

The following teams/groups are accommodated at this hotel:  
RACE DIRECTION  
COMMISSAIRES  
DRIVERS  
TEAM SD WORX  
UNO-X PRO CYCLING TEAM  
ROLAND COGEAS EDELWEISS SQUAD

#### SCANDIC SARPSBORG

Sandesundsveien 1, 1706 Sarpsborg  
+47 69 12 42 00  
<https://www.scandichotels.no/hotell/norge/sarpsborg/scandic-sarpsborg>

The following teams/groups are accommodated at this hotel:  
MOBILE ESCORT

#### SCANDIC BRENNEMOEN

Brennemoen 20, 1850 Mysen  
+47 64 87 90 00  
brennemoen@scandichotels.com  
<https://www.scandichotels.no/hotell/norge/mysen/scandic-brennemoen>

The following teams/groups are accommodated at this hotel:  
NEUTRAL SERVICE  
MEDICAL TEAM

### 11 - 12. AUGUST

#### THON HOTEL HALDEN

Langbrygga 1, 1767 Halden  
+47 69 21 33 00  
halden@thonhotels.no  
<https://www.thonhotels.no/hoteller/norge/halden/thon-hotel-halden/>

The following teams/groups are accommodated at this hotel:  
MOVISTAR TEAM WOMEN  
FDJ NOUVELLE-AQUITAINE FUTUROSCOPE  
LIV RACING XSTRA  
LE COL-WAHOO  
PARKHOTEL VALKENBURG  
TEAM COOP - HITEC PRODUCTS  
PLANTUR-PURA  
NATIONAL TEAM OF NORWAY  
NATIONAL TEAM OF DENMARK

#### QUALITY HOTEL SARPSBORG

Bjørnstadveien 20  
1713 Sarpsborg  
+47 69 10 15 00  
q.sarpsborg@choice.no  
<https://www.nordicchoicehotels.no/hotell/norge/sarpsborg/quality-hotel-sarpsborg/>

The following teams/groups are accommodated at this hotel:  
POLICE

#### SCANDIC BRENNEMOEN

Brennemoen 20, 1850 Mysen  
+47 64 87 90 00  
brennemoen@scandichotels.com  
<https://www.scandichotels.no/hotell/norge/mysen/scandic-brennemoen>

The following teams/groups are accommodated at this hotel:  
CANYON//SRAM RACING  
TEAM BIKEEXCHANGE - JAYCO  
TEAM DSM  
TEAM JUMBO-VISMA  
TREK - SEGAFREDO  
UAE TEAM ADQ  
ROLAND COGEAS EDELWEISS SQUAD  
VALCAR - TRAVEL & SERVICE

#### SCANDIC SARPSBORG

Sandesundsveien 1, 1706 Sarpsborg  
+47 69 12 42 00  
<https://www.scandichotels.no/hotell/norge/sarpsborg/scandic-sarpsborg>

The following teams/groups are accommodated at this hotel:  
MOBILE ESCORT

#### QUALITY HOTEL ENTRY

Lienga 11, 1414 Kolbotn  
+47 66 99 78 00  
q.entry@chioce.no  
<https://www.nordicchoicehotels.no/hotell/norge/kolbotn/quality-hotel-entry/>

The following teams/groups are accommodated at this hotel:  
RACE DIRECTION  
COMMISSAIRES  
DRIVERS  
NEUTRAL SERVICE  
MEDICAL TEAM  
TEAM SD WORX  
UNO-X PRO CYCLING TEAM  
AG INSURANCE - NXTG TEAM



# HOTEL OVERVIEW

## 12 - 13 AUGUST

### QUALITY HOTEL SARPSBORG

Bjørnstadveien 20  
1713 Sarpsborg  
+47 69 10 15 00  
q.sarpsborg@choice.no  
<https://www.nordicchoicehotels.no/hotell/norge/sarpsborg/quality-hotel-sarpsborg/>

The following teams/groups are accommodated at this hotel:

POLICE  
MOVISTAR TEAM WOMEN  
FDJ NOUVELLE-AQUITAINE FUTUROSCOPE  
LIV RACING XSTRA

### SCANDIC BRENNEMOEN

Brennemoenveien 20, 1850 Mysen  
+47 64 87 90 00  
brennemoen@scandichotels.com  
<https://www.scandichotels.no/hotell/norge/mysen/scandic-brennemoen>

The following teams/groups are accommodated at this hotel:

CANYON//SRAM RACING  
TEAM BIKEEXCHANGE - JAYCO  
TEAM DSM  
TEAM JUMBO-VISMA  
TREK - SEGAFREDO  
UAE TEAM ADQ  
ROLAND COGEAS EDELWEISS SQUAD  
VALCAR - TRAVEL & SERVICE  
LE COL-WAHOO  
PARKHOTEL VALKENBURG  
TEAM COOP - HITEC PRODUCTS  
PLANTUR-PURA  
NATIONAL TEAM OF NORWAY  
NATIONAL TEAM OF DENMARK

### QUALITY HOTEL ENTRY

Lienga 11, 1414 Kolbotn  
+47 66 99 78 00  
q.entry@chioce.no  
<https://www.nordicchoicehotels.no/hotell/norge/kolbotn/quality-hotel-entry/>

The following teams/groups are accommodated at this hotel:

RACE DIRECTION  
COMMISSAIRES  
DRIVERS  
NEUTRAL SERVICE  
MEDICAL TEAM  
TEAM SD WORX  
UNO-X PRO CYCLING TEAM  
AG INSURANCE - NXTG TEAM

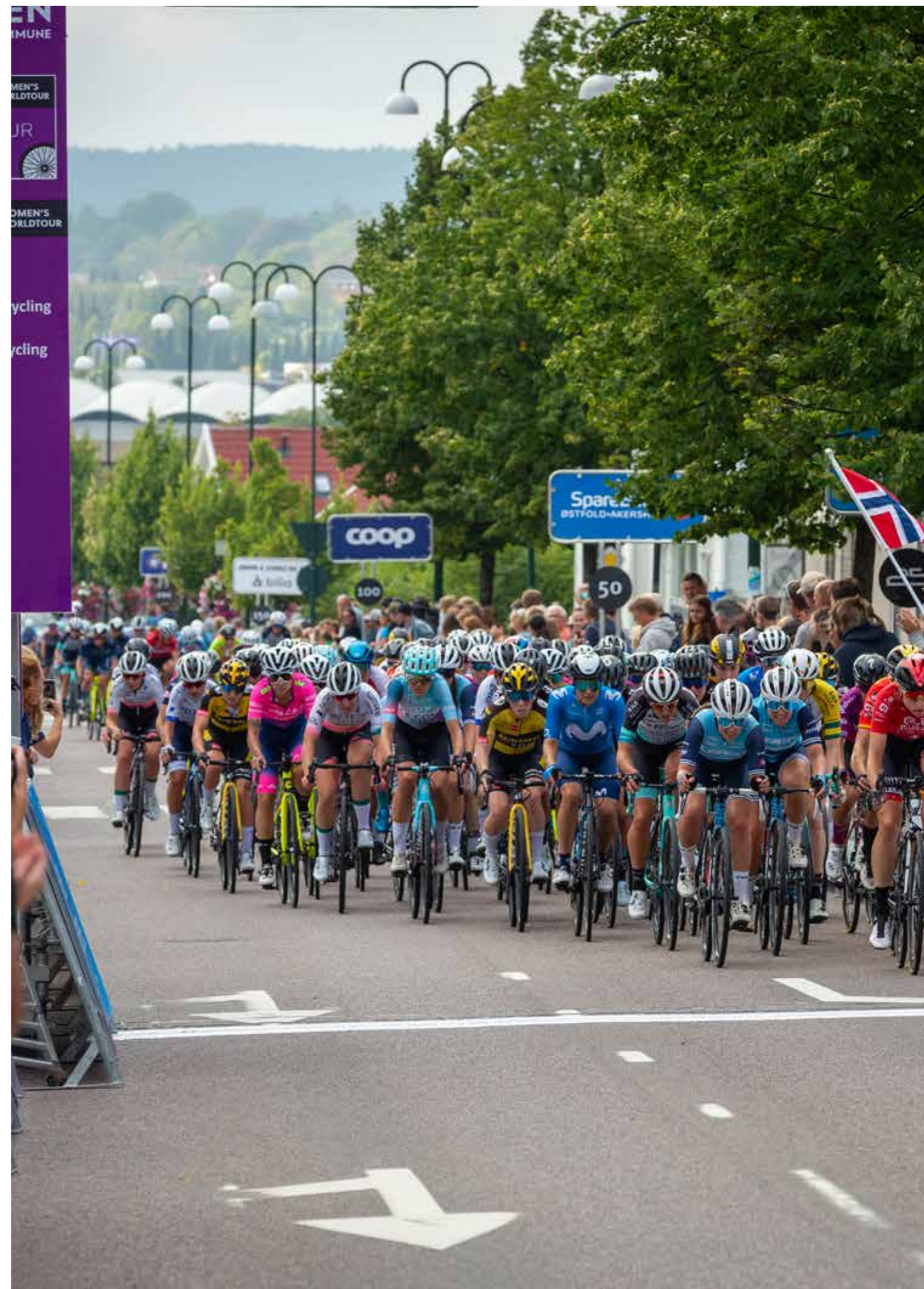
## 13 - 14 AUGUST

### NOREFJELL SKI & SPA

Bøseter, 3543 Noresund  
+47 32 14 82 00  
<https://norefjellskiogspa.no/>

The following teams/groups are accommodated at this hotel:

RACE DIRECTION  
COMMISSAIRES  
DRIVERS  
NEUTRAL SERVICE  
MEDICAL TEAM  
MOBILE ESCORT  
POLICE  
MOVISTAR TEAM WOMEN  
CANYON//SRAM RACING  
FDJ NOUVELLE-AQUITAINE FUTUROSCOPE  
LIV RACING XSTRA  
TEAM BIKEEXCHANGE - JAYCO  
TEAM DSM  
TEAM JUMBO-VISMA  
TEAM SD WORX  
TREK - SEGAFREDO  
UAE TEAM ADQ  
UNO-X PRO CYCLING TEAM  
ROLAND COGEAS EDELWEISS SQUAD  
LE COL-WAHOO  
PARKHOTEL VALKENBURG  
TEAM COOP - HITEC PRODUCTS  
VALCAR - TRAVEL & SERVICE  
AG INSURANCE - NXTG TEAM  
PLANTUR-PURA  
NATIONAL TEAM OF NORWAY  
NATIONAL TEAM OF DENMARK





## DISTANCES TO START FROM THE HOTELS

### Stage 1:

**Hotel to start:**

Konventum hotel og Konferenecenter: 48, 2km. Approximately 45 minutes

### Stage 2:

**Hotel to start:**

Halmstad (all hotels): 225km. Approximately 2h 34 minutes.  
Scandic Sarpsborg: 175km. Approximately 2h 10 minutes.

### Stage 3:

**Hotel to start:**

Thon Hotel Halden: 61,8 km. Approximately 48 minutes.  
Fredriksten hotell: 66km. Approximately 52 minutes.  
Quality hotel Sarpsborg: 34,6 km. Approximately 26 minutes.  
Scandic Sarpsborg: 39,1 km. Approximately 30 minutes.

### Stage 4:

**Hotel to start:**

Thon Hotel Halden: 64 km. Approximately 58 minutes.  
Scandic Brennemoen: 8,1 km. Approximately 10 minutes.  
Quality hotel Sarpsborg: 40,3 km. Approximately 40 minutes.  
Scandic Sarpsborg: 42,6 km. Approximately 42 minutes.  
Quality hotel Entry: 42,5 km. Approximately 36 minutes

### Stage 5:

**Hotel to start:**

Scandic Brennemoen: 128 km. Approximately 1h 53 minutes.  
Quality hotel Entry: 97,3 km. Approximately 1 h 22 minutes.  
Quality hotel Sarpsborg: 145 km. Approximately 2 h.  
Scandic Sarpsborg: 150 km. Approximately 2 h 3 minutes.

### Stage 6:

**Hotel to start:**

Norefjell ski & spa: 139 km. Approximately 2 h 10 minutes

## DISTANCES FROM FINISH TO THE HOTELS

### Stage 1:

**Finish to hotel:**

Halmstad (all hotels): 94, 8 km. Approximately 1 hour, 44 minutes (Ferry from Helsingør to Helsingborg). Take note of special arrangement for parking in Halmstad.

### Stage 2:

**Finish to hotel:**

Thon hotel Halden: 31,1 km. Approximately 30 minutes.  
Fredriksten hotell: 32,6 km. Approximately 32 minutes.  
Quality hotel Sarpsborg: 46,5 km. Approximately 35 minutes.  
Scandic Sarpsborg: 45,3 km. Approximately 36 minutes.

### Stage 3:

**Finish to hotel:**

Scandic Brennemoen: 47 km. Approximately 45 minutes.  
Scandic Sarpsborg: 0 km.  
Quality hotel Sarpsborg: 3,9 km. Approximately 7 minutes  
Scandic Brennemoen: 47,2 km. Approximately 44 minutes.  
Quality hotel Entry: 78km. Approximately 53 minutes

### Stage 4:

**Finish to hotel:**

Scandic Brennemoen: 5,4 km. Approximately 8 minutes.  
Quality hotel Entry: 54 km. Approximately 40 minutes.  
Scandic Sarpsborg: 42,5 km. Approximately 43 minutes.  
Quality hotel Sarpsborg: 45 km. Approximately 45 minutes.

### Stage 5:

**Finish to hotel:**

Norefjell ski & spa: 0 min

## HOSPITALS

**Hospital, stage 1:**

First part (Neutral zone – km 25): Gentofte Hospital Gentofte Hospitalsvej 2B, st. 2900 Hellerup Telephone: +45 38 67 38 67

Mid part (km 25. – km 42): Nordsjællands Hospital - Hillerød Dyrehavevej 29 (indgang 04, indkørsel via Bakkedraget) 3400 Hillerød Telephone: +45 48 29 48 29.

Last part (km 42 – finish): Nordsjællands Hospital - Sundhedshuset Helsingør Murergade 5 3000 Helsingør Telephone: +45 48 29 40 60

**Hospital, stage 2:**

First part: Norra Älvsborgs Länssjukhus Lärketorpsvägen 20 461 73 Trollhättan Telephone +4610-4350000

Last part: Sykehuset Østfold Kalnesveien 300, 1714 Grålum Telephone: +47 69 86 00 00

**Hospital, stage 3:**

Sykehuset Østfold Kalnesveien 300, 1714 Grålum Telephone: +47 69 86 00 00

**Hospitals stage 4:**

Sykehuset Østfold Kalnesveien 300, 1714 Grålum Telephone: + 47 69 86 00 00

**Hospitals stage 5:**

First part: Drammen sykehus Dronninggata 28, 3004 Drammen Telephone: +47 32 80 30 00

Last part: Ringerike sykehus Arnold Dybsjords vei 1, 3511 Hønefoss Telephone: +47 32 11 60 00

**Hospitals stage 6:**

First part: Ahus: Sykehusveien 25, Lørenskog Telephone: +47 67 96 00 00

Last part: Sykehuset Østfold Kalnesveien 300, 1714 Grålum Telephone: + 47 69 86 00 00





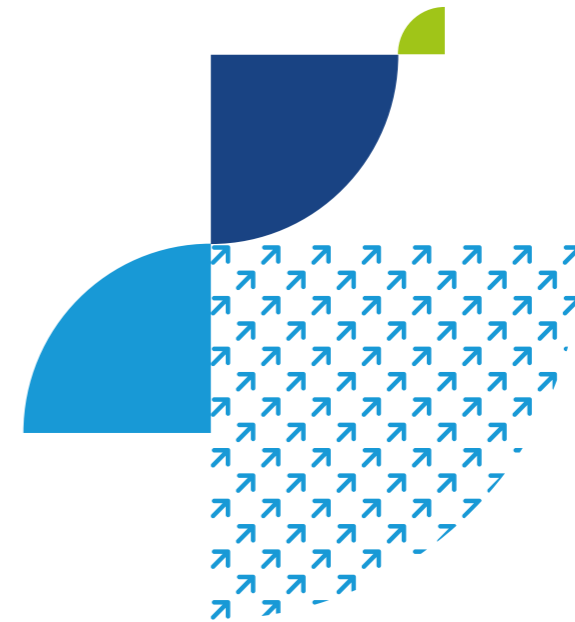


**JOIN THE  
UCI WOMEN'S  
WORLDTOUR  
COMMUNITY**



**f UCI**  
**u uciwomencycling**  
**t UCI\_WWT**  
**g www.uci.org**

**#UCIWWT**



## We are Eco-lighthouse certified

This means that our company has fulfilled strict requirements within the following areas: Waste sorting and recycling  
Sustainable procurement including local foods, drinks and accommodation  
| Environmental transportation  
Energy efficiency | HES and work environment

We take sustainability seriously – and continually



Eco-Lighthouse is Norway's most widely used environmental management and certification scheme. It is recognized by the EU-commission and meets high international environmental standards.  
[www.eco-lighthouse.org](http://www.eco-lighthouse.org)



# TEAMS



MOVISTAR TEAM WOMEN



CANYON//SRAM RACING



FDJ NOUVELLE-AQUITAINE FUTUROSCOPE



LIV RACING XSTRA



TEAM BIKEEXCHANGE - JAYCO



TEAM DSM



TEAM JUMBO-VISMA



TEAM SD WORX



TREK - SEGAFREDO



UAE TEAM ADQ



UNO-X PRO CYCLING TEAM



ROLAND COGEAS EDELWEISS SQUAD



LE COL-WAHOO



PARKHOTEL VALKENBURG



TEAM COOP - HITEC PRODUCTS



VALCAR - TRAVEL & SERVICE



AG INSURANCE - NXTG TEAM



PLANTUR-PURA



NATIONAL TEAM OF NORWAY



NATIONAL TEAM OF DENMARK

# LEADER JERSEYS



UNO-X YELLOW JERSEY



ØSTFOLD ENERGI POINTS JERSEY



THON HOTELS QOM JERSEY



FLYR YOUTH JERSEY

## BEST DANISH, SWEDISH AND NORWEGIAN RIDER AWARD (PODIUM ONLY)



# SPECIFIC REGULATIONS

## Article 1. Organization

Tour of Scandinavia is organized by the company Ladies Tour of Norway AS, under the regulations of the UCI. It is to be held from 9th to 14th of August 2022.

Ladies Tour of Norway AS  
Svinesundsveien 332, 1788 Halden,  
Phone: +47 906 49 339  
Email: roy@battlenor.eu

## Article 2. Type of Event

Tour of Scandinavia is categorized as a UCI Women's Worldtour Event, class 2.WWT

In conformity with UCI regulations articles 2.10.033 and 2.10.034, points are awarded as follows for the UCI Women's WorldTour ranking:

Final GC:	
1. 400 points	10. 68 points
2. 320 points	11. 56 points
3. 260 points	12. 48 points
4. 220 points	13. 40 points
5. 180 points	14. 32 points
6. 140 points	15. 28 points
7. 120 points	16.-20. 24 points
8. 100 points	21.-30. 16 points
9. 80 points	31.-40. 8 points

Stages:	
1. 50 points	
2. 40 points	
3. 30 points	
4. 25 points	
5. 20 points	
6. 18 points	
7. 15 points	
8. 10 points	
9. 8 points	
10. 6 points	

Wearing the leader's jersey per stage  
8 points

Best young rider (U23, based at final GC):

1. 6 points
2. 4 points
3. 2 points

## Article 3. Participation

The competing teams must be of the following kind: UCI Women's World teams (min. 8), UCI Women's continental teams, UCI cyclo-cross professional teams and national teams of Denmark and Norway (agreement of the UCI) (according to the UCI article 2.1.005).

As per article 2.2.003 and 2.2.003 bis of the UCI regulations, teams must be formed of minimum 4 and maximum 6 riders.

## Article 4. Race Headquarters and Team Managers' Meeting

The race headquarters/permanence is located at:

Konventum hotel og Konferencecenter,  
Erling Jensens Vej 1,  
3000 Helsingør, Denmark  
www.konventum.dk

The opening hours are:

Monday 8th of August; 14:00 to 19:00

A mobile HQ-unit will be situated at all start (close to the signing-in podium).

The commissaries meeting is scheduled to take place at the permanence, from 14:00 to 15:00, the 8th of August.

Team representatives are requested to confirm their starters and collect their race numbers at the permanence from 15:30 to 16:30, the 8th of August. An overview of the order of each team for the registration will be issued.

The team managers' meeting is scheduled for 17:00, the 8th of August, at the permanence.

## Article 5. Radio-Tour

Race information will be broadcasted in English on Radio-Tour, frequency 154.925 MHz.

## Article 6. Neutral Technical Support

The neutral support is taken care of by two cars and one motorbike.

## Article 7. Finishing time limits

Considering the characteristics of each stage, the finishing time limits have been set as follows: Stage 1, 2, 3, 4 and 6: 10 %. Stage 5: 20%.

The time limit may, in exceptional circumstances, be increased by the Commissaries' Panel in agreement with the organizer in accordance with article 2.6.032.

## Article 8. Classifications and time bonuses

The following classifications will be issued:

1. Individual Classification – Uno-X - yellow jersey
2. Individual Points Classification – Østfold energi - green jersey
3. QOM Classification – Thon - QOM jersey
4. Best Young Rider – Flyr - white jersey
5. Team classification

This order (a-d) is also the priority order of the jerseys.

After stage 1, the riders must wear the leaders' jerseys as mentioned in these regulations. If the same rider holds more than one jersey, she shall wear the most significant and the next rider in the competition must wear its respective leader's jersey etc.

*Individual classification by time*

The winner of Tour of Scandinavia is the rider who, after completed all 6 stages have the lowest accumulated time, including bonuses and penalties (if any). (Ref. UCI Reg. Part 12). The yellow jersey shall be worn by the current leader on time. Where two or more riders make the same time in the general individual placing, the placing will be set according to UCI regulations 2.6.015.

*Individual classification by points*

The Individual classification by points is drawn up after each stage by calculating the points won. On each stage except stage 5 which is a summit finish, the first six riders at the finish line will be awarded points according to the the following scale:

1st: 7p 2nd: 5p 3rd: 4p 4th: 3p 5th: 2p 6th: 1p

Furthermore, there will be points awarded for the point's classification in the intermediate sprints. There will be intermediate sprints on each stage. In each sprint 4, 3, 2 and 1 points will be awarded to the four first riders. If riders finish on equal points, the UCI regulation 2.6.017 shall apply by using the following criteria:

1. Number of stage wins
2. Number of wins in the intermediate sprints
3. General individual classification by time

The leader of the point's classification must wear the green jersey.

*QThe QOM classification will be rewarded for designated QOM summits during the race, and at the finish line of stage 5.*

*Points will be awarded as follows:*

*Category 1 climbing points: 10,9,8,7,6 & 5 points*  
*Category 2 climbing points: 6,5,4,3,2 & 1 point*  
*Category 3 climbing points: 4,3,2 & 1*

*The rider with highest number of points and who completes the whole race is the winner of the Queen of the mountain's classification. In the event of a tie in the Queen of the mountain's classification, the following criteria shall be applied in order until the riders are separated (the UCI regulation 2.6.017):*

- Number of first places in the highest category climbs
- Number of first places on climbs in the next inferior category and so on
- General individual classification by time

*The leading rider in this classification must wear the QOM jersey.*

*Best young rider classification*

Young rider classification is open for riders born on 1st of January 2000 or later. The regulations follow the same as the individual classification by time.

The leading rider in the best young rider classification must wear the white jersey.

*Best Danish, Swedish and Norwegian rider award*

The best Danish, Swedish and Norwegian rider award is open for riders who are Danish, Swedish or Norwegian citizens.

Stage 1: The best Danish rider at the stage will be the winner of the award

Stage 2: The best Swedish rider at the stage will be the winner of the award

Stage 3-6: The best Norwegian riders at each of these stages will be the winner of the award.

The jersey of this award is for podium use only, and not to be worn during the race.

*Team Classification*

In accordance with article 2.6.016 of the UCI regulations, the team classification for the day shall be calculated based on the sum of the three best individual times from each team. 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. The placing of their best rider on the stage classification

The winner of the overall team classification will be determined by adding the team result of every stage. In the event of a tie, the following criteria shall be applied:

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

*Time bonuses*

Stage finish: 10-6-4 seconds to the first three riders.

## Article 9. Stages finishing on a circuit

All stages but stage 2, 4 and 5 finish on a circuit, and 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.

## Article 10. Race Incidents Occurring in the Last 3 km

In the case of a duly noted fall, puncture or mechanical incident in the last 3 kilometers of a road race stage, the rider(s) involved shall be credited with the time of the rider(s) in whose company



## SPECIFIC REGULATIONS

they were riding at the moment of the accident. Her or their placing shall be determined by the order in which she or they actually cross the finishing line.

If, as the result of a duly noted in the last 3 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 she was riding at the time of the accident.

This article does not apply to stage 5 which has a summit finish.

### Article 11. Prizes

The following prizes are awarded: See page XX. A grand total of € 36570,- will be awarded in prize money at the event.

### Article 12. Anti-Doping

The UCI anti-doping regulations are entirely applicable to the event. Moreover, and in conformity with the law of Denmark, Sweden and Norway, the Danish, Swedish and Norwegian anti-doping legislation is applicable in addition to the UCI anti-doping regulations. The anti-doping controls will be organized by Antidoping Norway on behalf of ITA.

The anti-doping tests will take place at the Anti-Doping Unit that will be located adjacent to the finish of each stage daily. A chaperon will notify and follow each selected rider after the finish of each stage.

### Article 13. Awards ceremony

Ceremony will be held immediately after the results are approved.

The following riders must attend the official awards ceremony:

Riders placed number 1, 2 and 3 on the stage, and the leaders of the following secondary classifications:

1. Individual general classification
2. Individual points classification
3. QOM Classification
4. Best young rider classification
5. Best Danish, Swedish and Norwegian rider classification (Ref. award overview).

Moreover, at the conclusion of the event after the last stage, the following riders must also present themselves at the final awards ceremony:

1. The first three riders in the individual classification by time
2. The leader of the UCI Women's Worldtour
3. The leader of the UCI Women's Worldtour U23
4. The winner of the individual classification by points
5. The winner of the QOM classification
6. The winner of the best young rider's classification
7. The winner of the team classification

### Article 14. Penalties

The UCI scale of penalties is the only one applicable.

### Article 15. In-race communications

A secure communications and information system (the «ear-piece») is authorized and may be used for safety reasons and to assist riders (UCI art 2.2.024). The frequencies must be approved by the Norwegian Communications Authority.

### Article 16. Environmental protection

The organizer organizes collection areas, which are specifically designated to recover waste. These waste zones are placed before and after the feeding zones. According to the UCI-regulations there will also be signposted waste zones at approximately each 40th km at the race route.

Riders must only dispose of their waste, water bottles or any other object in these specially equipped areas.

Riders and followers must behave responsibly with regards to the environment in all circumstances and respect the legal provisions in force.

### Article 15. Race numbers and transponders

Each rider must put on two body numbers and one frame number at every stage. It is strictly forbidden to fold, cut or mutilate the race numbers in any way. Information about time transponders will be given at the permanence on the 8th of August when picking up the race numbers.

The time transponders must be returned at the finish line after finishing stage 6 (Delivered to Votrecourse).

### Article 18. Infection control measures

The UCI Covid-19 protocol is applicable for this event. A special protocol for the event will be issued.

### Article 19. Special instructions

*Responsible driving:*

Riders and all cars in the convoy must follow the instructions of Police, race-marshals and respect the Danish, Swedish and Norwegian traffic rules. All roads are open for normal traffic, but there will be a rolling closure of each stage. All drivers/pilots must in addition to their official driver's license have an approved license from their respective national federation (including a UCI license number). Only vehicles with a yellow sticker (Official, team, media) are allowed between the first and last car of the race (red and green flag).

1. Switch on the lights. Low-beam headlights are required at all times (even if your vehicle is equipped with daytime running lights)

2. Always wear a seatbelt. Seatbelts are mandatory for occupants

both in front and back seats of the vehicle.

3. Check your speed: 30/50 kph max in built-up areas, depending on signs, 50 kph max on stretches of road where there are large numbers of spectators. 80 kph max outside built-up areas, even if there are few spectators.

4. Use of mobile phones is forbidden while driving, hands-free shall be used.

5. Zero alcohol limit: 0,0g/liter of blood. Alcohol and drug tests may be carried out during the event.

*Team presentation and sign-on*

It will be held a team presentation along with the sign-on before all stages, where each team is given a specific time of presentation. The time schedule will be handed out at the team managers meeting before stage 1 and then together with the daily results. We kindly ask the teams to respect the schedule and meet as a complete team to the presentation!



## PRIZE MONEY SCALE




Ranking	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	GC
1st	€ 735	€ 735	€ 735	€ 735	€ 735	€ 735	€ 2 205
2nd	€ 440	€ 440	€ 440	€ 440	€ 440	€ 440	€ 1 320
3rd	€ 310	€ 310	€ 310	€ 310	€ 310	€ 310	€ 930
4th	€ 280	€ 280	€ 280	€ 280	€ 280	€ 280	€ 840
5th	€ 265	€ 265	€ 265	€ 265	€ 265	€ 265	€ 795
6th	€ 240	€ 240	€ 240	€ 240	€ 240	€ 240	€ 720
7th	€ 200	€ 200	€ 200	€ 200	€ 200	€ 200	€ 600
8th	€ 170	€ 170	€ 170	€ 170	€ 170	€ 170	€ 510
9th	€ 170	€ 170	€ 170	€ 170	€ 170	€ 170	€ 510
10th	€ 170	€ 170	€ 170	€ 170	€ 170	€ 170	€ 510
11th	€ 110	€ 110	€ 110	€ 110	€ 110	€ 110	€ 330
12th	€ 110	€ 110	€ 110	€ 110	€ 110	€ 110	€ 330
13th	€ 110	€ 110	€ 110	€ 110	€ 110	€ 110	€ 330
14th	€ 110	€ 110	€ 110	€ 110	€ 110	€ 110	€ 330
15th	€ 110	€ 110	€ 110	€ 110	€ 110	€ 110	€ 330
16th	€ 80	€ 80	€ 80	€ 80	€ 80	€ 80	€ 240
17th	€ 80	€ 80	€ 80	€ 80	€ 80	€ 80	€ 240
18th	€ 80	€ 80	€ 80	€ 80	€ 80	€ 80	€ 240
19th	€ 80	€ 80	€ 80	€ 80	€ 80	€ 80	€ 240
20th	€ 80	€ 80	€ 80	€ 80	€ 80	€ 80	€ 240
<b>Total:</b>	<b>€ 3 930</b>	<b>€ 3 930</b>	<b>€ 3 930</b>	<b>€ 3 930</b>	<b>€ 3 930</b>	<b>€ 3 930</b>	<b>€ 11 790</b>

Points classification	Best young rider	Climbers Classification	Best team Classification
Winner final GC	Winner final GC	Winner final GC	Winner final GC
€ 300	€ 300	€ 300	€ 300

-  Start
-  Intermediate sprint
-  Official start
-  QOM summit
-  Finish
-  Feeding zone
-  Parking front vehicles
-  Waste zone

## RACE MAP

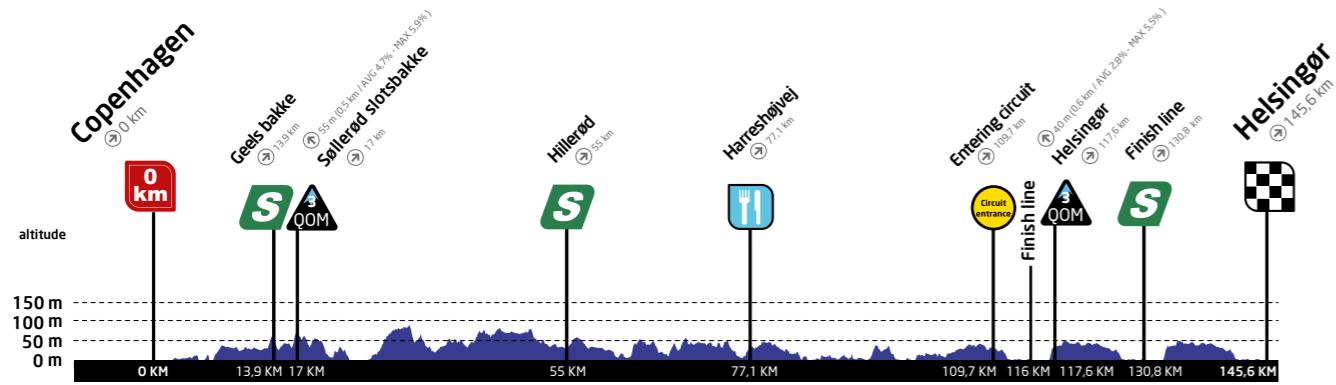


-  Mandatory passing point
-  Parking team
-  1 km to the finish
-  Parking VIP/guest
-  Technical zone
-  Parking organization
-  Parking media
-  Parking safety



# STAGE 1: COPENHAGEN - HELSINGØR, 145,6 KM

## Stage profile



## Start area

PPO: Kongens Nytorv 26, København. GPS: Lat.: 55.681446 Long.: 12.585251



# STAGE 1: COPENHAGEN - HELSINGØR, 145,6 KM

## Race route

Feeding zone: Harreshøjvej 80, Tikøb. GPS: Lat.: 56.038058 Long.: 12.410730

**Off Race Route Direct :** Follow Borgergade, Sølvgade, Webersgade, Fredensgade, Tagensvej, Nørre Alle and Lyngbyvej. Then enter road 19 and continue at road E55 and then E47. Take exit 3. Then follow road 235 direction Hornbæk. Enter the race route at Tikøb and follow the race route until the feeding zone. <https://ridewithgps.com/routes/40123626>

**Off Race Route Feeding Zone:** Follow Borgergade, Sølvgade, Webersgade, Fredensgade, Tagensvej, Nørre Alle and Lyngbyvej. Then enter road 19 and continue at road E55 and then E47. Take exit 4. Then follow road 213 direction Ålgårde. Enter the race route at Nygård and follow the race route until the deviation point in the finish area. No access to the parking at the finish in other directions. <https://ridewithgps.com/routes/40123609>



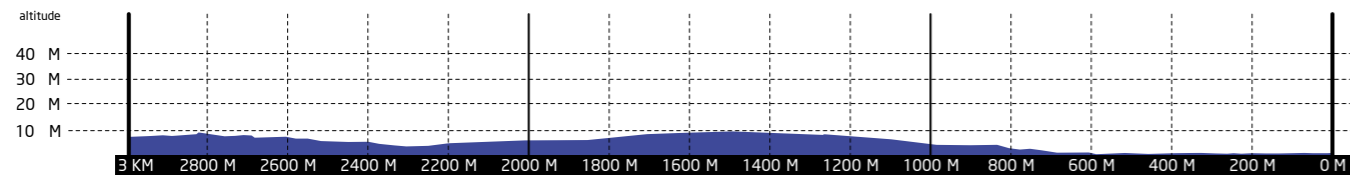


# STAGE 1: COPENHAGEN - HELSINGØR, 145,6 KM

## Final circuit



## Last 3 kilometer



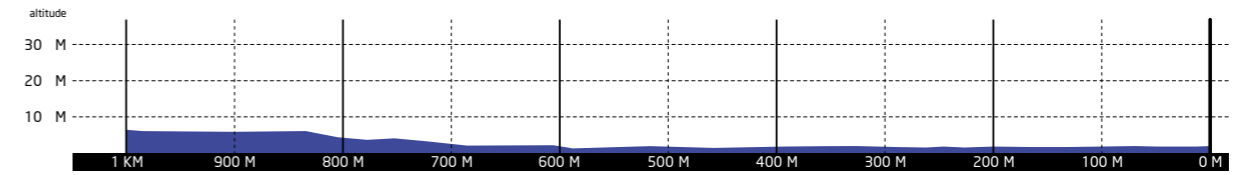
# STAGE 1: COPENHAGEN - HELSINGØR, 145,6 KM

## Finish area

**Final circuit:** 2 laps of 14,8 km  
**Finish straight:** Finish straight 700 meters flat. Width: 6 meters  
**Address finish line:** Nordre Strandvej 23 A, Helsingør. **GPS:** Lat.: 56.048023 Long.: 12.597217



## Last kilometer



### Other stage info:

Online maps and GPX: [www.tourofscandinavia.eu](http://www.tourofscandinavia.eu)



**Route description**

	Direction	From start	To finish	40 KM/H	38 KM/H	36 KM/H
<b>Start - Kongens nytorv - København</b>		<b>-10</b>		<b>13:50</b>	<b>13:50</b>	<b>13:50</b>
<b>Official start - Strandvejen</b>		<b>0</b>	<b>145,6</b>	<b>14:20</b>	<b>14:20</b>	<b>14:20</b>
Taarbæk		2,1	143,5	14:23	14:23	14:23
Skodsborg		5,6	140	14:28	14:28	14:29
Junction Skodeborg Strandvej/Skodsborgvej	Left	6,1	139,5	14:29	14:29	14:30
Nærum		8,4	137,2	14:32	14:33	14:33
Roundabout Skodsborgvej	First exit	11,6	134	14:37	14:38	14:39
Virum		12,9	132,8	14:39	14:40	14:41
Junction Skodsborgvej/Kongevejen	Right	12,9	132,7	14:39	14:40	14:41
<b>Intermediate sprint - Geels bakke, Virum</b>		<b>13,9</b>	<b>131,7</b>	<b>14:40</b>	<b>14:41</b>	<b>14:43</b>
Junction Kongevejen/Øverødvej	Right	14,6	131	14:41	14:43	14:44
Holte		14,7	131	14:41	14:43	14:44
Roundabout Øverødvej/Vangebovej	First exit	14,8	130,8	14:42	14:43	14:44
Junction Vangebovej/Mothsvej	Left	16,5	129,1	14:44	14:46	14:47
QOM climb start - 495m - AVG 4,7%/MAX 5,9%		16,5	129,1	14:44	14:46	14:47
<b>QOM cat 3 - Søllerød slotsbakke</b>		<b>17</b>	<b>128,7</b>	<b>14:45</b>	<b>14:46</b>	<b>14:48</b>
Junction Søllerød Slotsvej/Søllerødvej	Right	17	128,6	14:45	14:46	14:48
Junction Søllerødvej/Attemosevej	Left	17,8	127,8	14:46	14:48	14:49
Junction Attemosevej/Øverødvej	Right	19,8	125,9	14:49	14:51	14:52
Gammel Holte		20,1	125,6	14:50	14:51	14:53
Junction Langhaven/Kohavej	Right	20,9	124,7	14:51	14:53	14:54
Trørød		21,7	124	14:52	14:54	14:56
Junction Kohavej/Trørødvej	Left	22	123,6	14:53	14:54	14:56
Roundabout Trørødvej	Second exit	22,2	123,4	14:53	14:55	14:56
Vedbæk		24	121,6	14:56	14:57	15:00
Junction Trørødvej/Vedbæk Strandvej	Left	24,1	121,5	14:56	14:58	15:00
Junction Vedbæk Strandvej/Gøngehusvej	Left	24,5	121,1	14:56	14:58	15:00
Junction Gøngehusvej	Right	27,5	118,2	15:01	15:03	15:05
Høsterkøb		30,3	115,3	15:05	15:07	15:10
Junction Høsterkøbvej/Ravnsnæsvej	Left	32,3	113,4	15:08	15:10	15:13
Roundabout Ravnsnæsvej	First exit	32,8	112,8	15:09	15:11	15:14
Birkerød		33,6	112	15:10	15:13	15:16
Junction Ravnsnæsvej/Byagervej	Right	34,2	111,4	15:11	15:14	15:17
Junction Byagervej/Stenhøjgårdsvej	Right	36,2	109,4	15:14	15:17	15:20
Junction Stenhøjgårdsvej/Birkerød Kongevej	Right	36,4	109,2	15:14	15:17	15:20
Blovstrød		39	106,6	15:18	15:21	15:25
Junction Kongevejen/Sandholmgårdsvej	Right	40,1	105,6	15:20	15:23	15:26
Junction Sjælsmarkvej/Kettingevej	Left	42,4	103,3	15:23	15:26	15:30
Waste zone		42,4	103,2	15:23	15:27	15:30
Junction Kettingevej/Stumpedsyssevej	Left	43,8	101,8	15:25	15:29	15:32
Junction Stumpedsyssevej/Kongevejen	Right	46,5	99,2	15:29	15:33	15:37
Roundabout Kongevejen	Third exit	47,2	98,5	15:30	15:34	15:38
Junction Kirkeltevej/Frederiksborgvej	Right	48,5	97,1	15:32	15:36	15:40
Hillerød		52,4	93,2	15:38	15:42	15:47
Junction Søndre Jernbanevej/Hostrupsvej	Right	53,5	92,1	15:40	15:44	15:49
<b>Intermediate sprint - Hillerød</b>		<b>55</b>	<b>90,7</b>	<b>15:42</b>	<b>15:46</b>	<b>15:51</b>

	Direction	From start	To finish	40 KM/H	38 KM/H	36 KM/H
Junction Hillerødvejen/Sørupsvej	Left	60,1	85,5	15:50	15:54	16:00
Attention: Narrow road		60,3	85,4	15:50	15:55	16:00
Attention: Narrow point		60,4	85,2	15:50	15:55	16:00
Sørup		60,9	84,7	15:51	15:56	16:01
Attention: Narrow points - repeated		62,5	83,2	15:53	15:58	16:04
Fredensborg castle		63	82,6	15:54	15:59	16:04
Junction Slotsvænget/Slotsgade	Left	63,1	82,5	15:54	15:59	16:05
Junction Slotsgade/Jernbanegade	Right	63,2	82,4	15:54	15:59	16:05
Junction Jernbanegade/Wiedeveltsvej	Left	63,3	82,3	15:54	15:59	16:05
Junction Rosingsvej/Wendorfsvej	Left	63,6	82	15:55	16:00	16:05
Junction Wendorfsvej/Tinghusvej	Right	63,7	81,9	15:55	16:00	16:06
Junction Tinghusvej/Helsingørsvej	Left	63,8	81,8	15:55	16:00	16:06
Junction Helsingørsvej/Endrupsvej	Left	64,1	81,5	15:56	16:01	16:06
Endrup		65,6	80,1	15:58	16:03	16:09
Junction Fredensborgvej/Fiskedamsvej	Right	68,1	77,5	16:02	16:07	16:13
Junction Fiskedamsvej/Danstrupsvej	Left	69,1	76,5	16:03	16:09	16:15
Junction Danstrupsvej/Kathøjvej	Right	70,2	75,4	16:05	16:10	16:16
Junction Kathøjvej/Hornbækvej	Left	71,4	74,2	16:07	16:12	16:18
Tikøb		72,3	73,3	16:08	16:14	16:20
Junction Hornbækvej/Kvitsgårdvej	Left	72,4	73,2	16:08	16:14	16:20
Junction Kvitsgårdvej/Fredensborgvej	Left	72,7	72,9	16:09	16:14	16:21
Junction Fredensborgvej/Guldsmedvej	Right	73,9	71,7	16:10	16:16	16:23
Junction Guldsmedvej/Esrum Søvej		74,8	70,9	16:12	16:18	16:24
Waste zone		76,8	68,8	16:15	16:21	16:28
Junction Esrum Søvej/Harreshøjvej	Right	77,1	68,5	16:15	16:21	16:28
<b>Feeding zone</b>		<b>77,1</b>	<b>68,5</b>	<b>16:15</b>	<b>16:21</b>	<b>16:28</b>
Waste zone		77,5	68,1	16:16	16:22	16:29
Harreshøj		78,6	67,1	16:17	16:24	16:30
Junction Harreshøjvej/Lottesmindevej	Left	78,9	66,7	16:18	16:24	16:31
Junction Lottesmindevej/Esrumsvej	Left	80,1	65,5	16:20	16:26	16:33
Junction Esrumsvej/Bøtterupsvej	Right	80,2	65,4	16:20	16:26	16:33
Junction Bøtterupsvej/Klosterrisvej	Left	82,1	63,6	16:23	16:29	16:36
Havreholm		82,9	62,8	16:24	16:30	16:38
Junction Klosterrisvej/Plejeltvej	Right	83	62,7	16:24	16:31	16:38
Junction Havreholmvej/Hellebjergvej	Left	83,2	62,4	16:24	16:31	16:38
Villingerød		85,4	60,2	16:28	16:34	16:42
Junction Hellebjergvej	Left	85,5	60,1	16:28	16:34	16:42
Junction Hellebjergvej/Villingerødvej	Left	85,6	60,1	16:28	16:35	16:42
Esrum		88,1	57,6	16:32	16:39	16:46
Junction Villingerødvej/Esrum Hovedgade	Right	88,2	57,4	16:32	16:39	16:46
Attention: Narrow point - then sharp turn right		88,7	56,9	16:33	16:40	16:47
Junction Esrum Hovedgade/Sødemarksvej	Right	88,8	56,8	16:33	16:40	16:47
Junction Sødemarksvej/Gillelejevej	Right	92,3	53,3	16:38	16:45	16:53
Junction Hillerødvejen/Dragestrupvej	Right	93,3	52,3	16:39	16:47	16:55
Dragestrup		93,5	52,2	16:40	16:47	16:55
Junction Rødkildevej/Munkerup Strandvej	Right	97	48,7	16:45	16:53	17:01
Dronningmølle		97,8	47,8	16:46	16:54	17:03



## STAGE 1: COPENHAGEN - HELSINGØR, 145,6 KM

### Route description

	Direction	From start	To finish	40 KM/H	38 KM/H	36 KM/H
Junction Villingebæk Strandvej/Horneby Fælledvej	Right	99,2	46,4	16:48	16:56	17:05
Villingebæk		99,3	46,3	16:49	16:56	17:05
Attention: Narrow point		99,5	46,1	16:49	16:57	17:05
Junction Villingebækvej/Hornebyvej	Right	102,6	43,1	16:53	17:01	17:10
Junction Hornbækvej/Svingårdsvej	Left	104	41,6	16:56	17:04	17:13
Junction Svingårdsvej/Borsholmvej	Left	104,9	40,7	16:57	17:05	17:14
Borsholm		105,1	40,5	16:57	17:05	17:15
Junction Borsholmvej/Nørregårdsvej	Left	105,3	40,3	16:57	17:06	17:15
Saunte		106,5	39,1	16:59	17:08	17:17
Junction Nørregårdsvej/Saunte Bygade	Right	106,7	38,9	17:00	17:08	17:17
Attention: Narrow point		107,1	38,5	17:00	17:09	17:18
Junction Saunte Bygade/Rosendalsvej	Left	107,2	38,5	17:00	17:09	17:18
Skibstrup		108,5	37,1	17:02	17:11	17:20
Junction Gørlundevej/Skindersøvej	Left	109,7	35,9	17:04	17:13	17:22
<b>Entering final circuit</b>		<b>109,7</b>	<b>35,9</b>	<b>17:04</b>	<b>17:13</b>	<b>17:22</b>
Hellebæk - first passing		111,4	34,2	17:07	17:15	17:25
Junction Krogebakke/Nordre Strandvej	Right	111,5	34,1	17:07	17:16	17:25
<b>Finish line - 2 laps to go</b>		<b>116</b>	<b>29,7</b>	<b>17:13</b>	<b>17:23</b>	<b>17:33</b>
Junction Sct Anna Gade/Claessensvej	Right	116,9	28,7	17:15	17:24	17:34
QOM climb start - 660m - AVG 2,8% / MAX 5,5 %		117	28,7	17:15	17:24	17:34
Junction Claessensvej/Marienlyst Alle	Right	117,1	28,6	17:15	17:24	17:35
Junction Marienlyst Alle/Øvrebakken	Left	117,1	28,5	17:15	17:24	17:35
Junction Øvrebakken/Esrumsvej	Right	117,4	28,2	17:16	17:25	17:35
<b>QOM cat 3 - Helsingør</b>		<b>117,6</b>	<b>28,1</b>	<b>17:16</b>	<b>17:25</b>	<b>17:35</b>
Roundabout Esrumsvej	First exit	119,2	26,4	17:18	17:28	17:38
Roundabout Esrumsvej	First exit	119,7	25,9	17:19	17:29	17:39
Waste zone		120,1	25,5	17:20	17:29	17:40
Nygård - first passing		122,2	23,4	17:23	17:32	17:43
Roundabout Esrumsvej/Skindersøvej	First exit	122,3	23,4	17:23	17:33	17:43
Passing circuit entrance point		124,6	21,1	17:26	17:36	17:47
Hellebæk - second passing		126,2	19,4	17:29	17:39	17:50
<b>Intermediate sprint - finish line</b>		<b>130,8</b>	<b>14,8</b>	<b>17:36</b>	<b>17:46</b>	<b>17:57</b>
Finish line - 1 lap to go		130,8	14,8	17:36	17:46	17:57
Nygård - last passing		137,1	8,5	17:45	17:56	18:08
Hellebæk - last passing		141,1	4,5	17:51	18:02	18:15
<b>Finish - Helsingør</b>		<b>145,6</b>	<b>0</b>	<b>17:58</b>	<b>18:09</b>	<b>18:22</b>

## AFTER STAGE 1: FERRY INFORMATION

After the finish of stage 1 in Helsingør/Elsinore there will be a ferry crossing to Helsingborg in Sweden.

The crossing takes approximately 20 minutes.

The official race car accreditation stickers will give all team and official vehicles free access to the crossing.

Travel time from the finish line to the ferry terminal in Helsingør/Elsinore:

Approximately 8 minutes (3 km).

There is a ferry every 20-30 minutes. No special departure for the race vehicles.

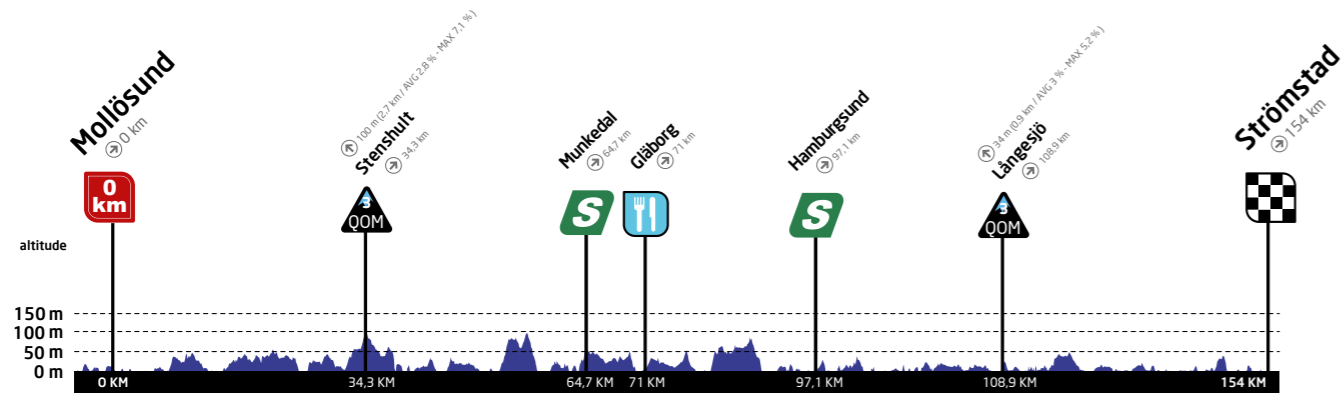
Ferry schedule: <https://www.forsea.dk/schedule/?date=2022-08-09&route=>





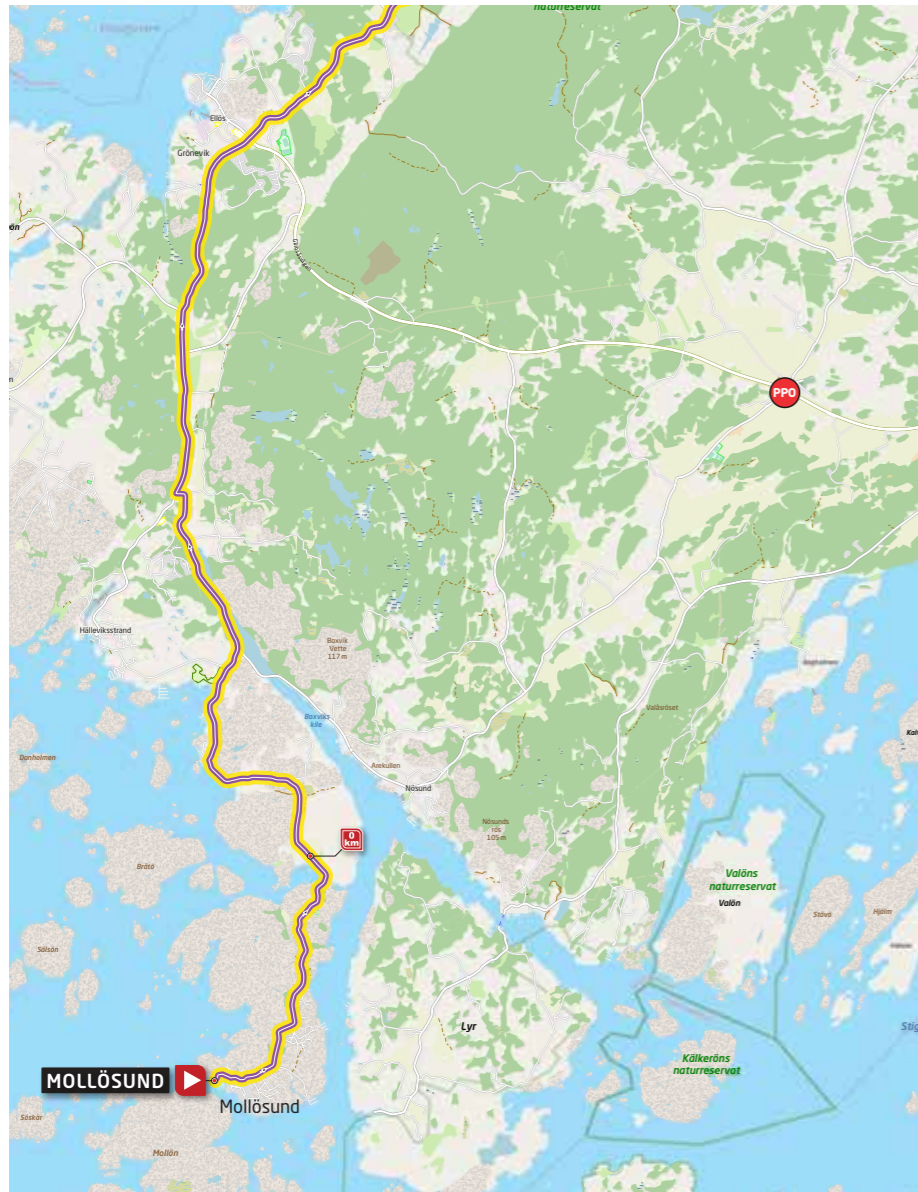
## STAGE 2: MOLLÖSUND – STRÖMSTAD, 153,8 KM

### Stage profile



### Start area

PPD: Tegneby Korsväg GPS: lat.: 58.149476 Long.: 11.589580



## STAGE 2: MOLLÖSUND – STRÖMSTAD, 153,8 KM

### Race route

Feeding zone: Färlev. Lat.: 58.480318 Long.: 11.570170

**Off Race Route Feeding Zone:** Follow the race route until Sollidkär. Then follow signs towards Nösund. Then follow signs towards Henån. At Henån follow road 160 until Roteviksbro. Then follow road 161 towards E6. Enter E6 direction Oslo. Take exit 101, and follow signs towards Lysekil. After the last car of the race has passed the feeding zone, go in the opposite direction and enter E6 direction Oslo again. Take exit 112 direction Strömstad. N. Follow road 176 until entering the parking area at the finish.  
<https://ridewithgps.com/routes/40123869>

**Off Race Route Direct:** Follow the race route until Sollidkär. Then follow signs towards Nösund. Then follow signs towards Henån. At Henån follow road 160 until Roteviksbro. Then follow road 161 towards E6. Enter E6 direction Oslo. Take exit 112 direction Strömstad. N. Follow road 176 until entering the parking area at the finish.  
<https://ridewithgps.com/routes/40123851>

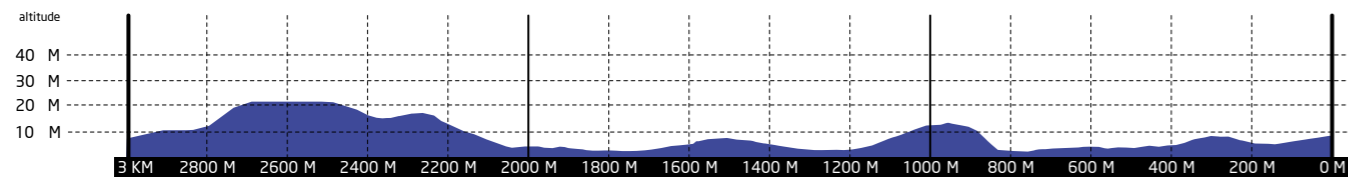




**Last 3 kilometer**

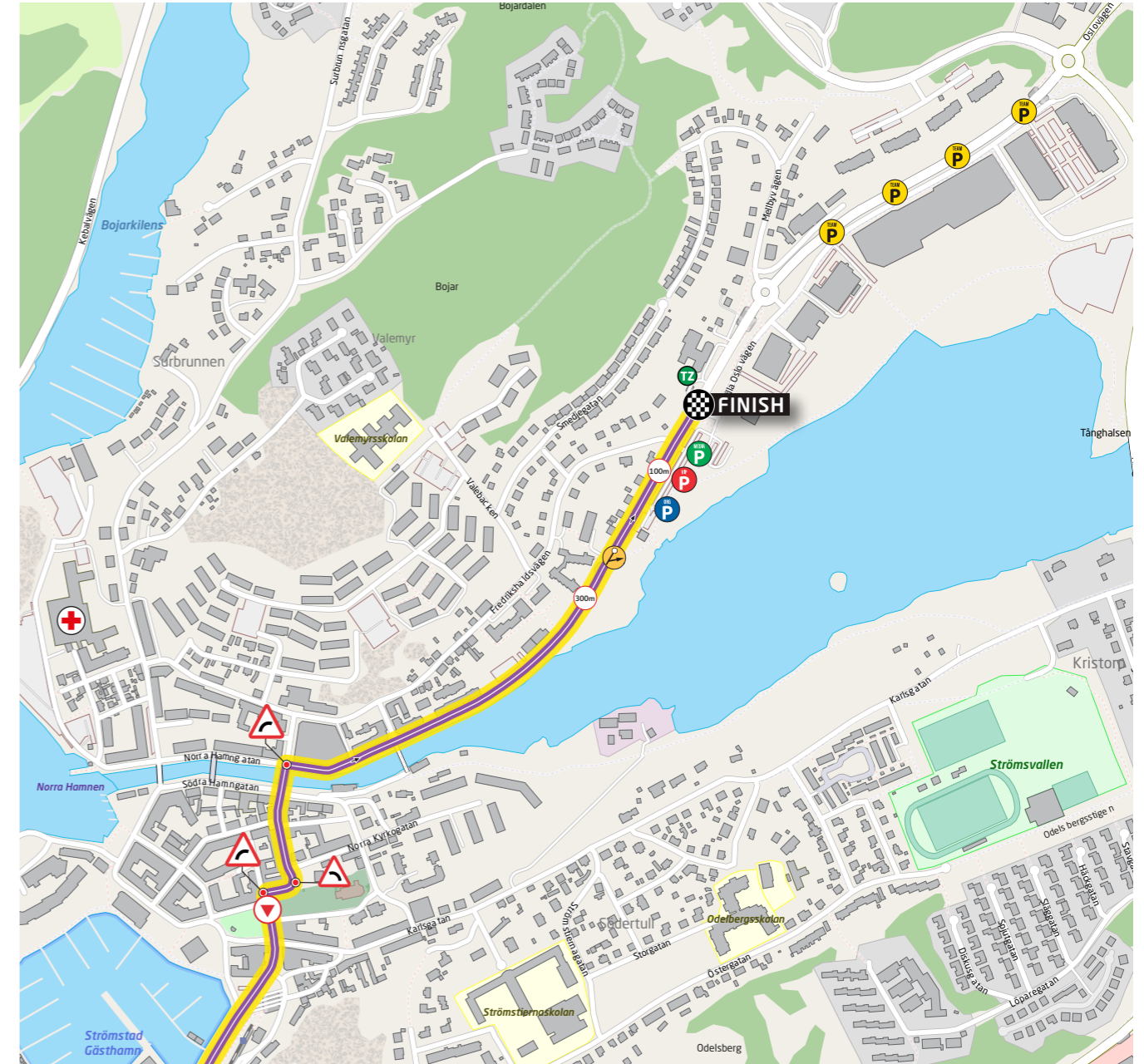


**Last 3 kilometer**

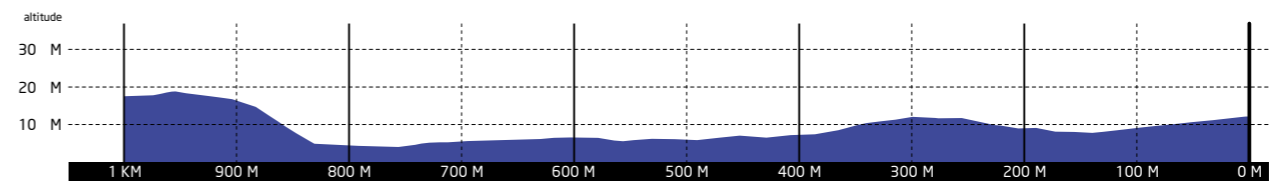


**Finish area**

**Finish straight:** Finish straight 500 meters flat. Width: 6 meters.  
**Address finish line:** Oslovägen 42, Strömstad. GPS: Lat.: 58.944131 Long.: 11.184182.



**Last kilometer**









**Other stage info:**

Online maps and GPX: [www.tourofscandinavia.eu](http://www.tourofscandinavia.eu)




## STAGE 2: MOLLÖSUND – STRÖMSTAD, 153,8 KM

### Route description

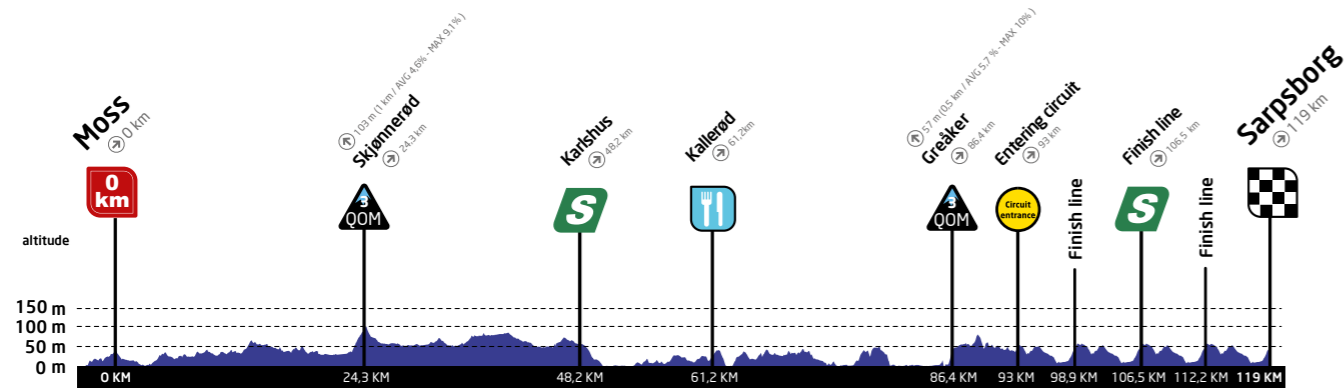
	Direction	From start	To finish	40 KM/H	38 KM/H	36 KM/H
<b>Start - Mollösund</b>		<b>-3,9</b>		<b>14:00</b>	<b>14:00</b>	<b>14:00</b>
 <b>Official start - Mollösund</b>		<b>0</b>	<b>153,8</b>	<b>14:05</b>	<b>14:05</b>	<b>14:05</b>
Hällevikstrand		3,1	150,7	14:09	14:09	14:10
Junction Landsvägen	Right	5,8	148	14:13	14:14	14:14
Ellös		10,2	143,6	14:20	14:21	14:21
Henån		25,8	128	14:43	14:45	14:47
Junction Röravägen/Stenungsundsvägen	Right	25,9	127,8	14:43	14:45	14:48
Junction Stenungsundsvägen/Torpvägen	Left	26,8	126,9	14:45	14:47	14:49
QOM climb start - 2,7 km - AVG 2,8% / MAX 7,1%		31,9	121,9	14:52	14:55	14:58
 <b>QOM summit, cat 3 - Stenshult</b>		<b>34,5</b>	<b>119,2</b>	<b>14:56</b>	<b>14:59</b>	<b>15:02</b>
Stenshult		35,6	118,1	14:58	15:01	15:04
Junction Uddevallavägen(Länsväg 160)	Right	37,2	116,6	15:00	15:03	15:06
Attention: Tunnel - 565m		38,7	115	15:03	15:06	15:09
Sundsandvik		40,1	113,7	15:05	15:08	15:11
Rotviksbro		44,5	109,3	15:11	15:15	15:19
Roundabout Länsväg 160	Second exit	44,6	109,2	15:11	15:15	15:19
Skredsvik		50,1	103,7	15:20	15:24	15:28
Saltkällan		57,5	96,2	15:31	15:35	15:40
Roundabout Saltkällemotet	Second exit	59,3	94,5	15:33	15:38	15:43
Roundabout Saltkällemotet	Second exit	59,6	94,2	15:34	15:39	15:44
Roundabout Saltkällemotet	First exit	60	93,8	15:34	15:39	15:44
Munkedal		61,4	92,3	15:37	15:42	15:47
Roundabout Uddevallavägen	Second exit	64	89,8	15:41	15:46	15:51
 <b>Intermediate sprint - Munkedal</b>		<b>64,7</b>	<b>89,1</b>	<b>15:42</b>	<b>15:47</b>	<b>15:52</b>
Roundabout Håbymotet	Second exit	66,6	87,2	15:44	15:50	15:55
Roundabout Håbymotet	First exit	66,8	86,9	15:45	15:50	15:56
Håby		67	86,8	15:45	15:50	15:56
Roundabout Gläborgmotet	First exit	69,3	84,4	15:48	15:54	16:00
Waste zone		70,7	83	15:51	15:56	16:02
 <b>Feeding zone</b>		<b>71</b>	<b>82,8</b>	<b>15:51</b>	<b>15:57</b>	<b>16:03</b>
Waste zone		72,3	81,5	15:53	15:59	16:05
Roundabout Länsväg 162	First exit	74,9	78,9	15:57	16:03	16:09
Junction Länsväg 171	Right	79,2	74,6	16:03	16:10	16:16
Junction Nedre Runden/Øvre Runden	Left	79,9	73,9	16:04	16:11	16:18
Junction Arslätt/Länsväg 174	Straight ahead	86,9	66,9	16:15	16:22	16:29
Gerlesborg		89,2	64,6	16:18	16:25	16:33
 <b>Intermediate sprint - Hamburgsund</b>		<b>97,1</b>	<b>56,7</b>	<b>16:30</b>	<b>16:38</b>	<b>16:46</b>
Hamburgsund		97,4	56,4	16:31	16:38	16:47
Junction Hamburgsund	Left	98,1	55,7	16:32	16:39	16:48
Fjällbacka		104,9	48,8	16:42	16:50	16:59
Roundabout Dinglevägen	First exit	105	48,8	16:42	16:50	17:00
QOM climb start - 918m - AVG 3% / MAX 5,2%		107,8	45,9	16:46	16:55	17:04
 <b>QOM summit, cat 3 - Långesjö</b>		<b>108,9</b>	<b>44,9</b>	<b>16:48</b>	<b>16:56</b>	<b>17:06</b>
Waste zone		114,8	38,9	16:57	17:06	17:16
Grebbestad		117	36,8	17:00	17:09	17:19
Tanumshede		122,6	31,2	17:08	17:18	17:29

## STAGE 2: MOLLÖSUND – STRÖMSTAD, 153,8 KM

	Direction	From start	To finish	40 KM/H	38 KM/H	36 KM/H
Roundabout Länsväg 163	Second exit	122,9	30,9	17:09	17:19	17:29
Junction Länsväg 163	Left	124,5	29,3	17:11	17:21	17:32
Roundabout Kil	Second exit	135,2	18,6	17:27	17:38	17:50
Roundabout O990/O1030	Second exit	141,1	12,7	17:36	17:47	18:00
Waste zone		146,6	7,2	17:44	17:56	18:09
Daftö resort		147,4	6,4	17:46	17:57	18:10
Roundabout Holkedalen	Third exit	150,9	2,9	17:51	18:03	18:16
 <b>Finish Strömstad</b>		<b>153,8</b>	<b>0</b>	<b>17:55</b>	<b>18:07</b>	<b>18:21</b>

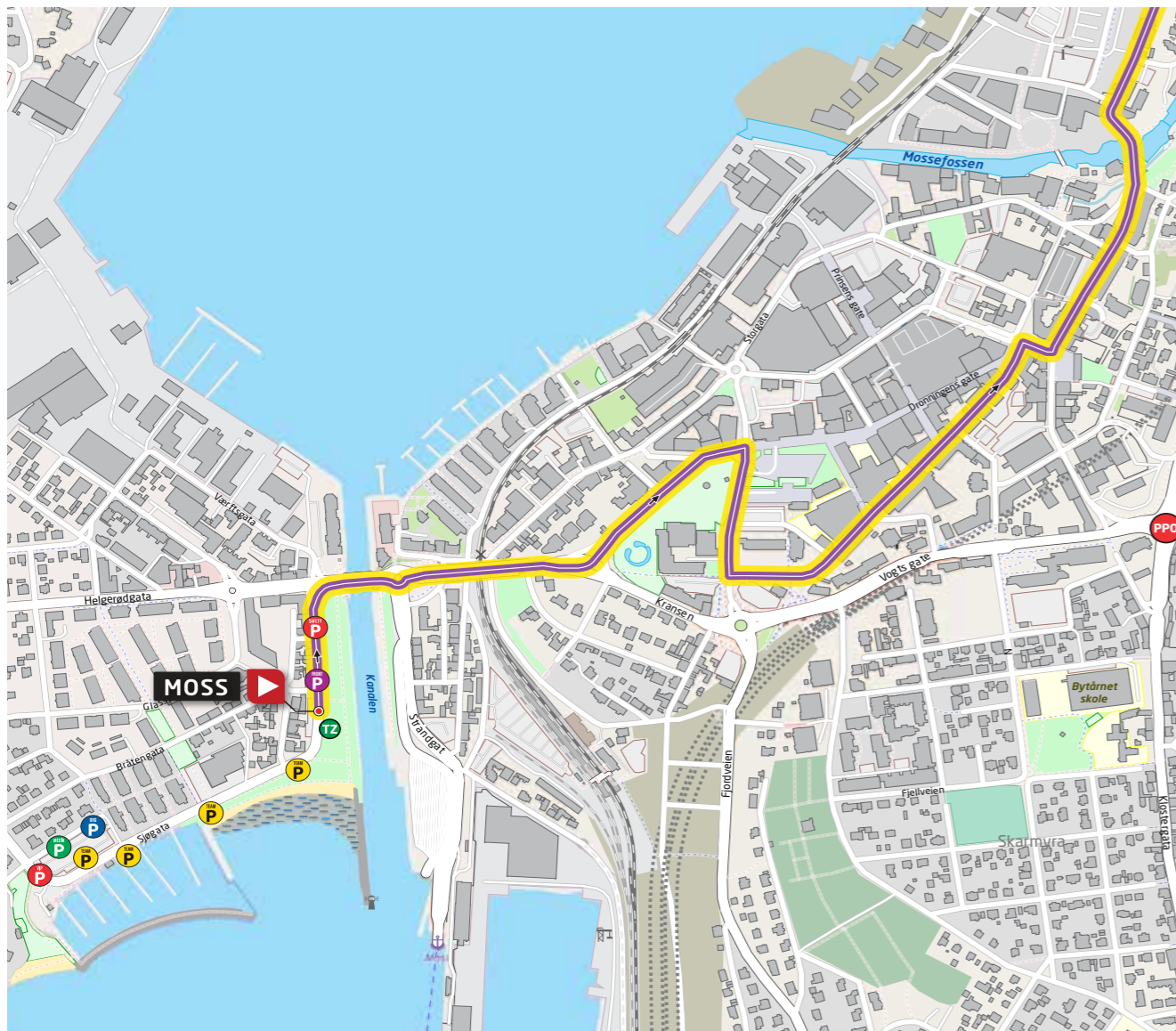
## STAGE 3: MOSS – SARPSBORG, 119 KM

### Stage profile



### Start area

**PPO:** Kongens gate 42, Moss. **GPS:** Lat: 59.434458 Long: 10.670160



## STAGE 3: MOSS – SARPSBORG, 119 KM

### Race route

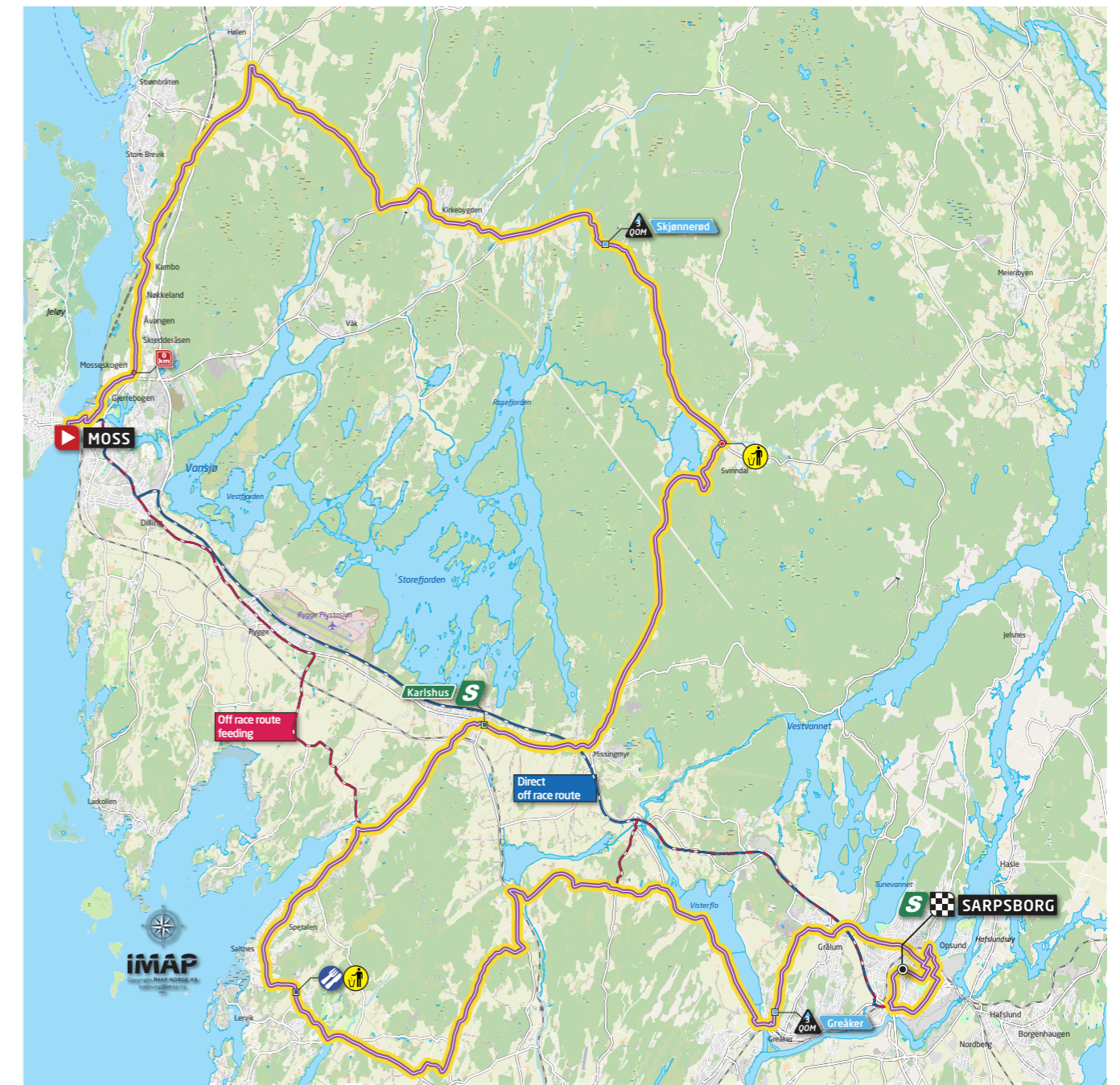
**Feeding zone:** Saltnesveien, Fredrikstad **GPS:** Lat: 59.277714 Long: 10.773774

**Off Race Route Feeding Zone:** Follow signs direction road 118. Then follow road 118 direction Råde. Continue at road 116 direction Saltnes, and follow this road until the feeding zone. Follow the race route after the feeding zone until Liane. Follow signs towards Solli. Enter E6 direction Gøteborg. At E6, take exit 6 direction Sarpsborg. Enter the race route at Sandesund. Follow the race route until the deviation point at the finish line.

<https://ridewithgps.com/routes/40124146>

**Off Race Route Direct:** Follow signs direction road 118. Then follow road 118 direction Råde. Then follow signs E6 direction Gøteborg, and enter E6. At E6, take exit 6 direction Sarpsborg. Enter the race route at Sandesund. Follow the race route until the deviation point at the finish line. Bus access to team parking: Go through the following route in Sarpsborg: Sandesundsveien 83 to Sandesundsveien 13.

<https://ridewithgps.com/routes/40124132>



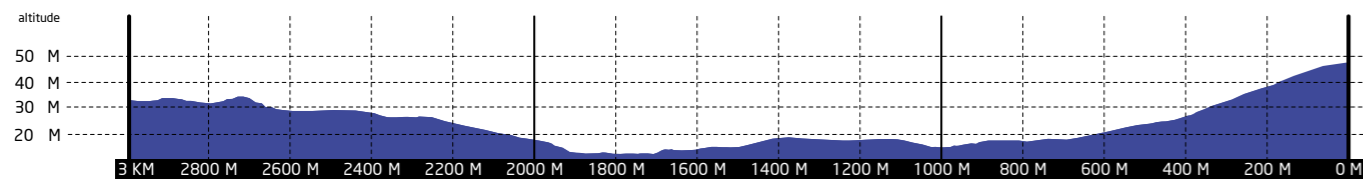


# STAGE 3: MOSS – SARPSBORG, 119 KM

## Final circuit



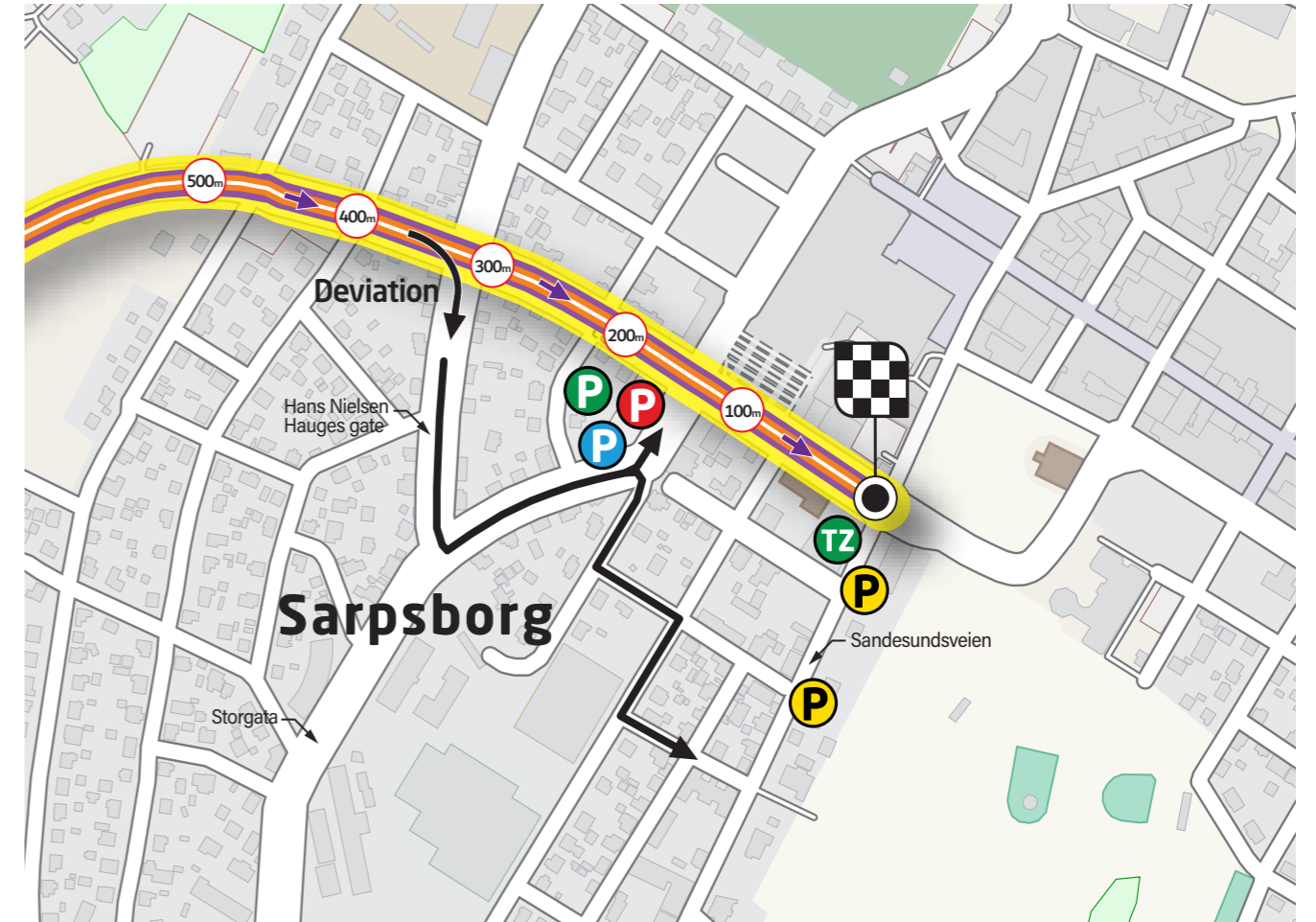
## Last 3 kilometer



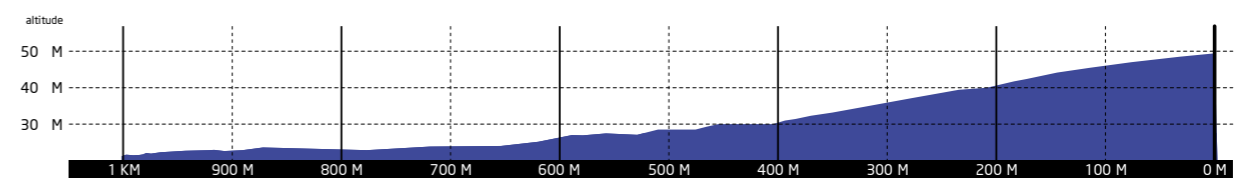
# STAGE 3: MOSS – SARPSBORG, 119 KM

## Finish area

**Final circuit:** 3 laps of 6,7 km.  
**Finish straight:** Finish straight 400 meters slight uphill. Width: 6 meters.



## Last kilometer



### Other stage info:

Online maps and GPX: [www.tourofscandinavia.eu](http://www.tourofscandinavia.eu)

**Route description**

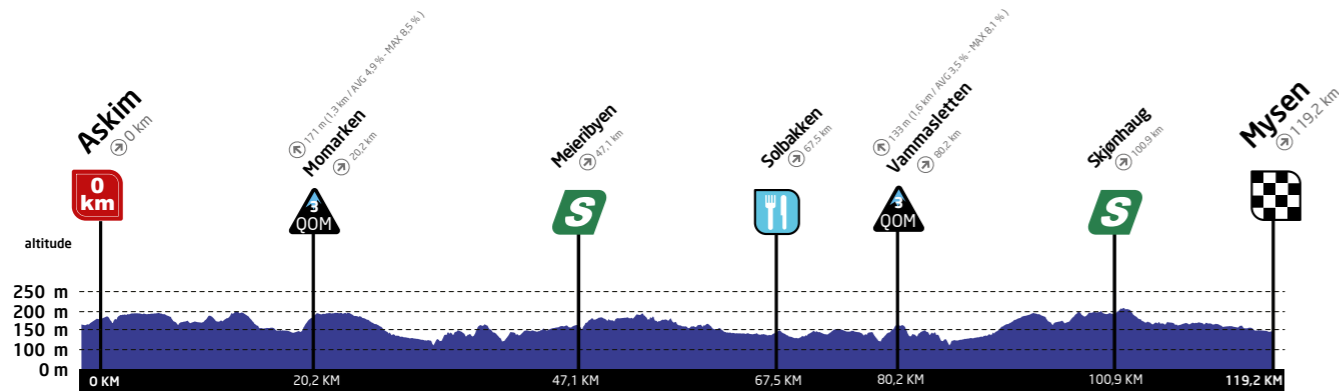
	Direction	From start	To finish	40 KM/H	38 KM/H	36 KM/H
<b>Start - Moss</b>		<b>-3,3</b>		<b>14:55</b>	<b>14:55</b>	<b>14:55</b>
Junction KV3760/FV313	Right	-3,1				
Roundabout FV317/RV19	Second exit	-3,1				
Junction RV19/KV4720	Left	-2,9				
Junction KV1840/KV3440	Right	-2,6				
Junction KV3440/KV4940	Left	-2,4				
Junction KV5920/KV3560	Right	-1,9				
Junction KV3560/KV3560	Left	-1,8				
Attention: Narrow road		-1,5				
Roundabout KV4300/FV316	Left side	-0,2				
<b>Official start - Tigerplassen</b>		<b>0</b>	<b>118,9</b>	<b>15:05</b>	<b>15:05</b>	<b>15:05</b>
Roundabout FV316	2. exit	1,7	117,2	15:07	15:07	15:07
Kambo		3,2	115,7	15:09	15:09	15:10
Entering Vestby municipality		5,1	113,8	15:12	15:13	15:13
Roundabout FV1/FV151	1. exit	8,1	110,8	15:17	15:17	15:18
Tegnebyholtet		8,3	110,6	15:17	15:18	15:18
Junction FV151/FV151	Right	10,5	108,4	15:20	15:21	15:22
Junction FV151/FV6	Right	10,6	108,3	15:20	15:21	15:22
Junction FV220/FV120	Left	16,7	102,2	15:30	15:31	15:32
Vollengen		16,8	102,1	15:30	15:31	15:33
Torsheim		18,1	100,8	15:32	15:33	15:35
Junction FV120/FV121	Right	18,1	100,8	15:32	15:33	15:35
Kirkebygda		19,5	99,4	15:34	15:35	15:37
Junction FV121/FV243	Right	20,5	98,4	15:35	15:37	15:39
QOM climb start - AVG 4,6% / MAX 9,1%		24,3	94,6	15:41	15:43	15:45
<b>QOM summit, cat 3 - Skjønnerød</b>		<b>25,3</b>	<b>93,6</b>	<b>15:42</b>	<b>15:44</b>	<b>15:47</b>
Svinndal		32,8	86,1	15:54	15:56	15:59
Junction FV115/FV279	Right	32,9	86	15:54	15:56	15:59
Waste zone		33	85,9	15:54	15:57	16:00
Roundabout FV279/FV118	First exit	44,8	74,1	16:12	16:15	16:19
Roundabout FV118/EV6	Second exit	45,5	73,4	16:13	16:16	16:20
<b>Intermediate sprint - Karlshus</b>		<b>48,2</b>	<b>70,7</b>	<b>16:17</b>	<b>16:21</b>	<b>16:25</b>
Karlshus		48,4	70,5	16:17	16:21	16:25
Roundabout FV118/RV110	Third Exit	48,4	70,5	16:17	16:21	16:25
Junction RV110/FV349	Right	49,1	69,8	16:18	16:22	16:26
Junction FV349/FV1078	Left	49,8	69,1	16:19	16:23	16:27
Tomb church		53,8	65,1	16:25	16:29	16:34
Junction FV349/FV116	Left	54	64,9	16:26	16:30	16:35
Saltnes		59,2	59,7	16:33	16:38	16:43
Waste zone		61,1	57,8	16:36	16:41	16:46
<b>Feeding zone</b>		<b>61,2</b>	<b>57,7</b>	<b>16:36</b>	<b>16:41</b>	<b>16:46</b>
Junction FV116/FV1098	Left	63	55,9	16:39	16:44	16:49
Junction FV116/KV71369	Left	65,9	53	16:43	16:49	16:54
Onsøy		67	51,9	16:45	16:50	16:56
Junction KV71369/FV1102	Left	67,1	51,8	16:45	16:50	16:56
Junction FV1102/RV110	Left	72,1	46,8	16:53	16:58	17:05

	Direction	From start	To finish	40 KM/H	38 KM/H	36 KM/H
Ørmen		72,1	46,8	16:53	16:58	17:05
Junction RV110/FV1084	Right	74	44,9	16:55	17:01	17:08
Attention: Narrow bridge - sharp turn		74,1	44,8	16:56	17:01	17:08
Junction FV1084/FV112	Right	79,8	39,1	17:04	17:10	17:17
Junction FV112	Right	84,9	34	17:12	17:19	17:26
Rolvøy		85,1	33,8	17:12	17:19	17:26
Junction FV112/FV109	Left	85,2	33,7	17:12	17:19	17:26
Junction FV109/FV1168	Left	85,6	33,3	17:13	17:20	17:27
FV1168/KV47900	Right	85,7	33,2	17:13	17:20	17:27
QOM climb start - 561m -AVG 5,7 / MAX 10%		85,8	33,1	17:13	17:20	17:28
<b>QOM summit, cat 3 - Greåker</b>		<b>86,4</b>	<b>32,5</b>	<b>17:14</b>	<b>17:21</b>	<b>17:28</b>
Junction KV47900/FV1170	Right	89,1	29,8	17:18	17:25	17:33
Grålum		89,7	29,2	17:19	17:26	17:34
Junction FV1170/FV114	Straight ahead	89,9	29	17:19	17:26	17:34
Junction KV55500/KV32710	Right	90,2	28,7	17:20	17:27	17:35
Junction KV55500/FV118	Right	90,7	28,2	17:21	17:28	17:36
Sarpsborg		92,9	26	17:24	17:31	17:39
Junction FV118/FV1164	Left	93	25,9	17:24	17:31	17:39
<b>Entering final circuit</b>		<b>93</b>	<b>25,9</b>	<b>17:24</b>	<b>17:31</b>	<b>17:39</b>
Junction Rosenkrantz gt/Oskars gt	Left	94,6	24,3	17:26	17:34	17:42
Attention: Narrow point		96,7	22,2	17:30	17:37	17:46
Junction FV109	Left, then right	96,8	22,1	17:30	17:37	17:46
Sandesund - first passing		96,8	22,1	17:30	17:37	17:46
Junction Torsbekkveien	Right	97,1	21,8	17:30	17:38	17:46
Waste zone		97,1	21,8	17:30	17:38	17:46
Roundabout Torsbekkveien	First exit	97,9	21	17:31	17:39	17:48
<b>Finishline - 3 laps to go</b>		<b>98,9</b>	<b>20</b>	<b>17:33</b>	<b>17:41</b>	<b>17:49</b>
Junction Glengsgate/Kirkegata	Straight ahead	99,1	19,8	17:33	17:41	17:50
Junction Glengsgata/Sigvat Skalds gate	Left	99,4	19,5	17:34	17:41	17:50
Roundabout Sigvat Skalds gate	First exit	99,5	19,4	17:34	17:42	17:50
Junction Roald Amundsens gt/Olav Haraldssons gt	Straight ahead	99,7	19,2	17:34	17:42	17:51
Junction Bryggeriveien/Opsundveien	Right	100,3	18,6	17:35	17:43	17:52
Junction Opsundveien/St Nikolaoas gt	Right	100,7	18,2	17:36	17:44	17:52
Junction St Nikolaoas gt/Rosenkrantz gt	Right	101	17,9	17:36	17:44	17:53
Junction Oskars gt/Oscar Pedersens vei	Right	101,5	17,4	17:37	17:45	17:54
Passing circuit entrance point		101,7	17,2	17:37	17:45	17:54
Sandesund - second passing		103,5	15,4	17:40	17:48	17:57
<b>Intermediate sprint - finish line</b>		<b>105,5</b>	<b>13,4</b>	<b>17:43</b>	<b>17:51</b>	<b>18:00</b>
Finish line - 2 laps to go		105,5	13,4	17:43	17:51	18:00
Sandesund - third passing		110,2	8,7	17:50	17:59	18:08
Finish line - 1 lap to go		112,2	6,7	17:53	18:02	18:12
Sandesund - last passing		116,9	2	18:00	18:09	18:19
<b>Finish Sarpsborg</b>		<b>118,9</b>	<b>0</b>	<b>18:03</b>	<b>18:12</b>	<b>18:23</b>



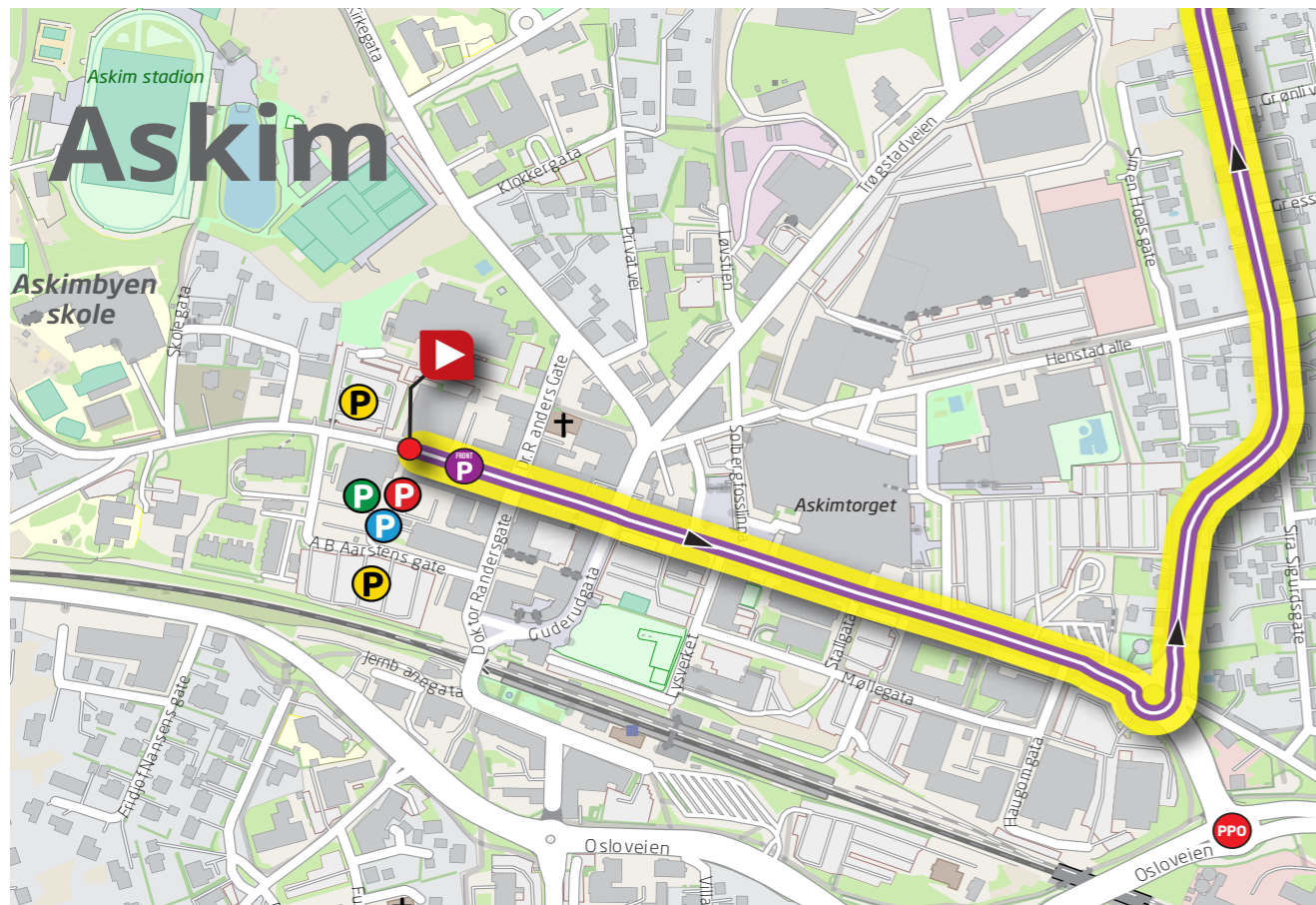
## STAGE 4: ASKIM – MYSEN, 119 KM

### Stage profile



### Start area

PPO | GPS Coordinates: Lat: 59.581060 Long: 11.170790



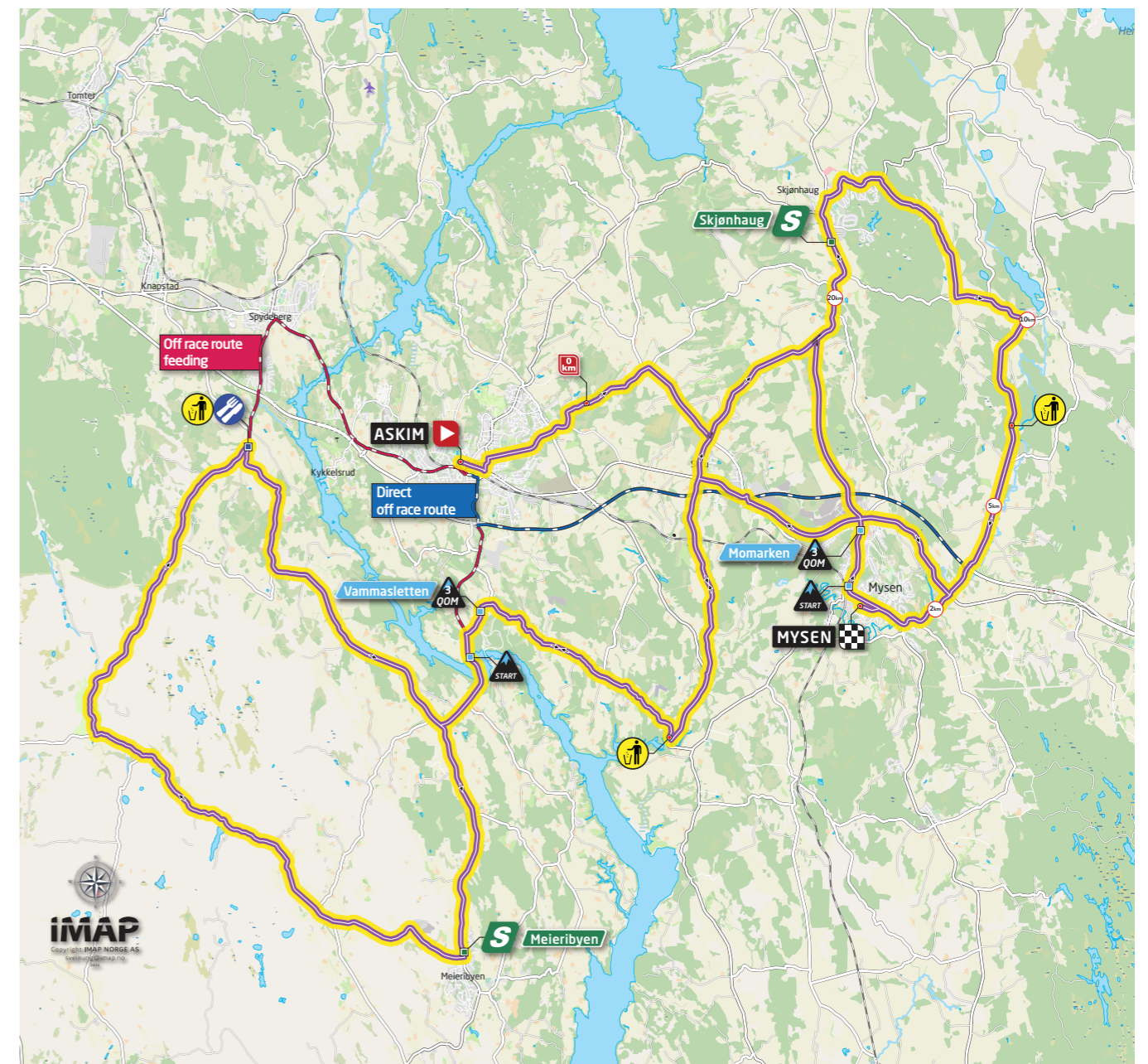
## STAGE 4: ASKIM – MYSEN, 119 KM

### Race route

Feeding zone: GPS: Lat.: 59.670951 Long.: 11.098825

**Off Race Route Feeding Zone:** Follow signs towards road 128 and Spydeberg. Enter road 128 and follow until Spydeberg. At Spydeberg follow road 122 direction Skiptvedt. Follow this road until enter the race route and continue to the feeding zone. After the feeding, follow the race route until Vammeli. At Vammeli continue at road 115 until E18. Enter E18 direction Ørje. Follow E18 until the exit direction road 22 and Rakkestad. Enter the race route and follow until the deviation point at the finish line.  
<https://ridewithgps.com/routes/40147547>

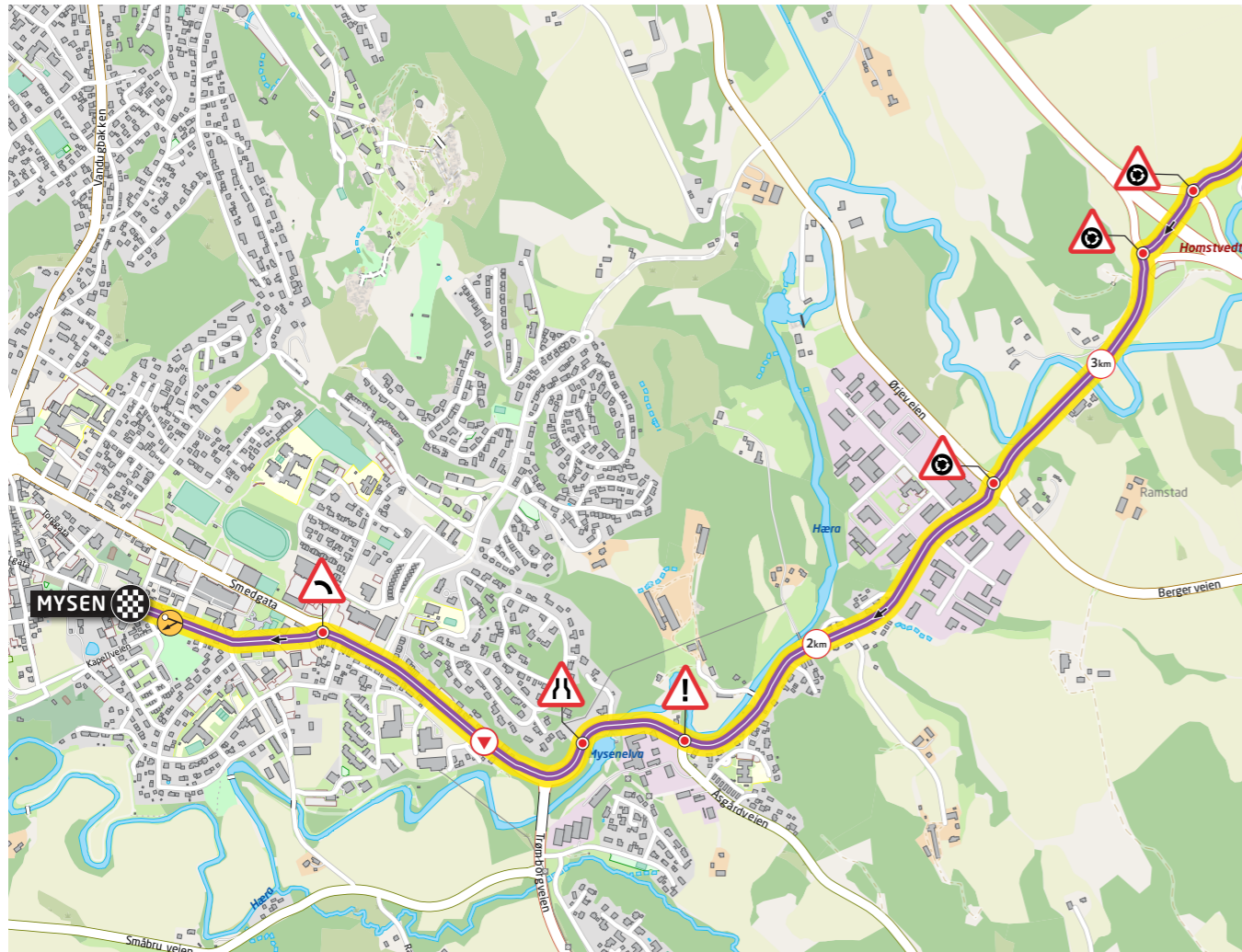
**Off Race Route Direct:** Follow signs towards E18. Enter E18 direction Ørje. Follow E18 until the exit direction road 22 and Rakkestad. Enter the race route and follow until the deviation point at the finish line.  
<https://ridewithgps.com/routes/40147537>



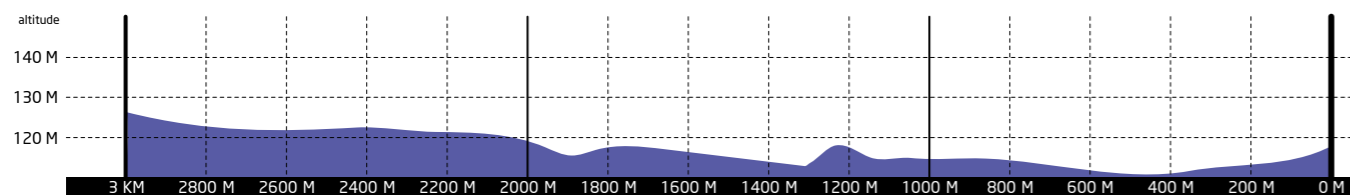


## STAGE 4: ASKIM - MYSEN, 119 KM

### Last 3 kilometer



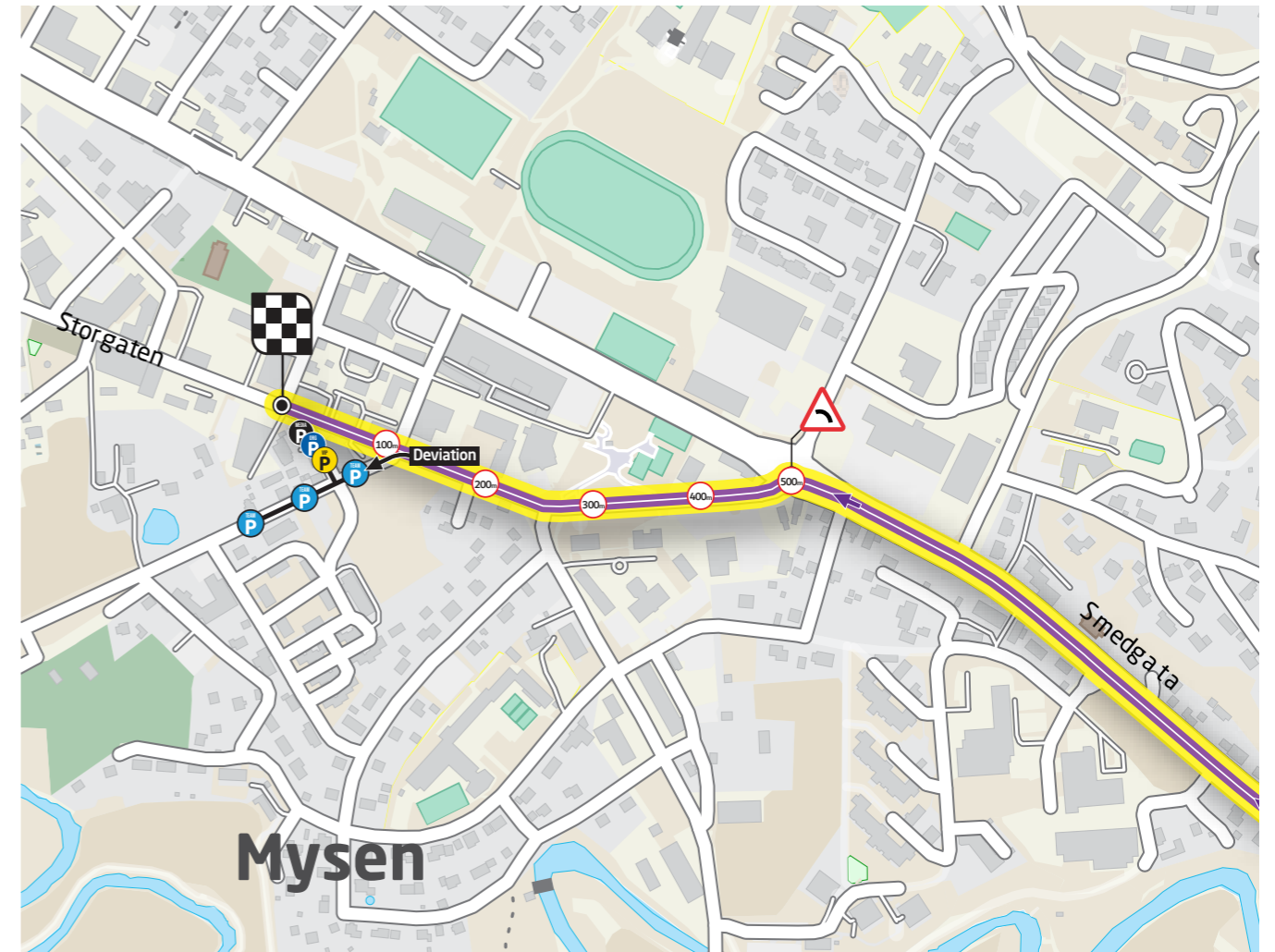
### Last 3 kilometers



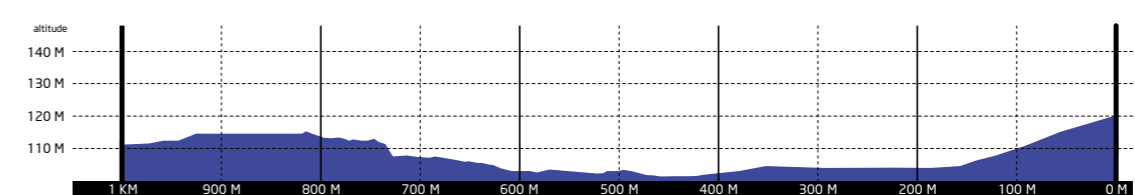
## STAGE 4: ASKIM - MYSEN, 119 KM

### Finish area

**Finish straight:** Finish straight 450 meters slight uphill. Width: 6 meters.  
**Address finish line:** Storgata 17, Mysen. GPS: Lat.: 11.098825 Long.: 11.332227



### Last kilometer



**Other stage info:**  
[www.tourofscandinavia.eu](http://www.tourofscandinavia.eu)



## STAGE 4: ASKIM – MYSEN, 119 KM

### Route description

	Direction	From start	To finish	40 KM/H	38 KM/H	36 KM/H
<b>Start Askim</b>		<b>-4</b>		<b>14:50</b>	<b>14:50</b>	<b>14:50</b>
Roundabout Eidsbergveien	Second exit	-3,5				14:50
<b>Official start - Askim</b>		<b>0</b>	<b>119,1</b>	<b>15:00</b>	<b>15:00</b>	<b>15:00</b>
Junction Fv 1262/FV1246	Left	4	115,2	15:05	15:06	15:06
Junction FV 1246/RV 22	Right	7,6	111,5	15:11	15:11	15:12
Roundabout FV129/FV128	Third exit	12,3	106,8	15:18	15:19	15:20
Roundabout FV128/RV22	First exit	15,4	103,7	15:23	15:24	15:25
Attention: Central reservation		16,6	102,5	15:24	15:26	15:27
Attention: Narrow road		16,9	102,3	15:25	15:26	15:28
Junction RV22/FV129	Straight ahead	17	102,2	15:25	15:26	15:28
Roundabout FV129/Storgata	Second exit	17,5	101,6	15:26	15:27	15:29
Attention: Speed bumps		17,8	101,4	15:26	15:28	15:29
Mysen - første passering		18	101,2	15:26	15:28	15:29
Roundabout Smedgata/Vandugveien	First exit	18,4	100,7	15:27	15:29	15:30
QOM climb start - 1,3 km - AVG 4,9%/MAX 8,5%		18,8	100,3	15:28	15:29	15:31
<b>QOM summit, cat3 - Momarken</b>		<b>20,2</b>	<b>98,9</b>	<b>15:30</b>	<b>15:31</b>	<b>15:33</b>
Roundabout FV129/FV128	Third exit	20,3	98,8	15:30	15:32	15:33
Roundabout FV128/Ev18	First exit	23,3	95,9	15:34	15:36	15:38
Roundabout FV128/Ev18	Second exit	23,4	95,7	15:35	15:37	15:39
Slitu		24,6	94,6	15:36	15:38	15:40
Junction FV128/FV1246	Left	24,6	94,5	15:36	15:38	15:40
Junction FV124/FV1242	Right	31,4	87,7	15:47	15:49	15:52
Lekum mølle		31,5	87,6	15:47	15:49	15:52
Waste zone		31,6	87,5	15:47	15:49	15:52
Skjørtensvingen		37,4	81,7	15:56	15:59	16:02
Junction FV1242/KV28400	Left	37,4	81,7	15:56	15:59	16:02
Junction KV28400/FV1242	Right	37,4	81,7	15:56	15:59	16:02
Junction KV28400/FV115	Left	38,5	80,6	15:57	16:00	16:04
Entering Skiptvedt municipality		39,5	79,6	15:59	16:02	16:05
Passing river Glomma		39,6	79,5	15:59	16:02	16:06
Junction FV115/FV122	Left	41,2	78	16:01	16:04	16:08
Meieribyen		46,6	72,5	16:09	16:13	16:17
Junction FV115/FV1036	Right	47,1	72	16:10	16:14	16:18
<b>Intermediate sprint - Meieribyen</b>		<b>47,1</b>	<b>72</b>	<b>16:10</b>	<b>16:14</b>	<b>16:18</b>
Entering Indre Østfold municipality		54,6	64,5	16:21	16:26	16:31
Mørk		58,5	60,6	16:27	16:32	16:37
Junction FV1036/FV1034	Right	58,7	60,5	16:28	16:32	16:37
Junction FV1034/FV122	Right	67,3	51,8	16:40	16:46	16:52
Waste zone		67,4	51,7	16:41	16:46	16:52
<b>Feeding zone</b>		<b>67,5</b>	<b>51,6</b>	<b>16:41</b>	<b>16:46</b>	<b>16:52</b>
Entering Skiptvedt municipality		74,4	44,8	16:51	16:57	17:03
Junction FV122/FV115	Left	76,6	42,6	16:54	17:00	17:07
Entering Skiptvedt municipality		78,3	40,8	16:57	17:03	17:10
Entering Indre Østfold municipality		78,4	40,7	16:57	17:03	17:10
QOM climb start - 1,6km - AVG 3,5% / MAX 8,1%		78,6	40,5	16:57	17:04	17:10
Junction FV115/KV28400	Right	79,4	39,7	16:59	17:05	17:12

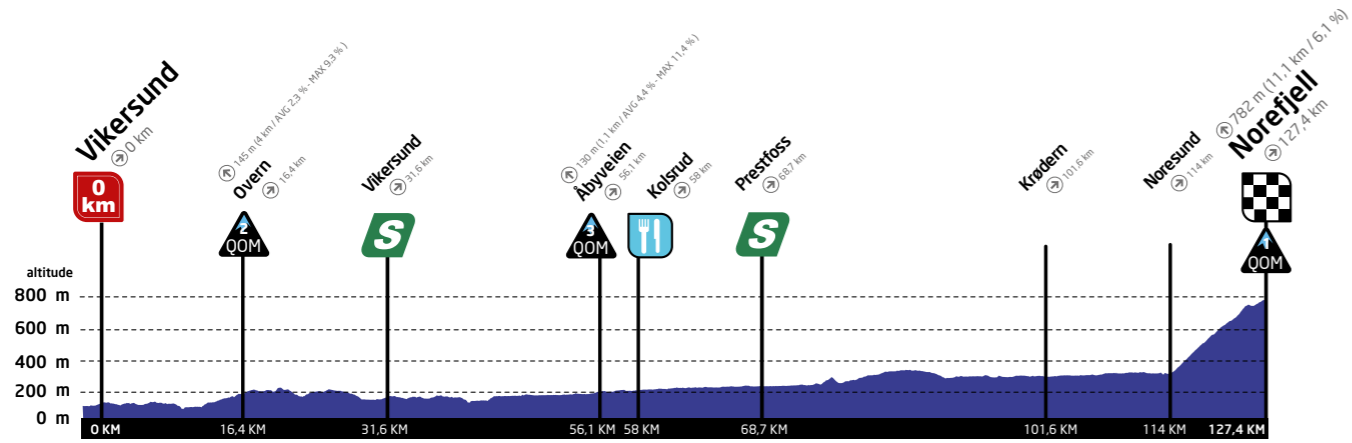
## STAGE 4: ASKIM – MYSEN, 119 KM

	Direction	From start	To finish	40 KM/H	38 KM/H	36 KM/H
<b>QOM summit, cat 3 - Vammasletten</b>		<b>80,2</b>	<b>38,9</b>	<b>17:00</b>	<b>17:06</b>	<b>17:13</b>
Skjørtensvingen		80,5	38,6	17:00	17:07	17:14
Waste zone		86,3	32,8	17:09	17:16	17:23
Junction FV1242/FV124	Left	86,5	32,7	17:09	17:16	17:24
Junction FV1246/FV128	Straight ahead	93,3	25,9	17:19	17:27	17:35
Slitu		93,5	25,6	17:20	17:27	17:35
Junction FV 1246/RV 22	Left	98,2	20,9	17:27	17:35	17:43
<b>Intermediate sprint - Skjønhaug</b>		<b>100,9</b>	<b>18,2</b>	<b>17:31</b>	<b>17:39</b>	<b>17:48</b>
Skjønhaug		101,6	17,6	17:32	17:40	17:49
Junction RV22/FV115	Right	102	17,2	17:32	17:41	17:49
Junction FV115/FV1298	Right	103,6	15,5	17:35	17:43	17:52
Junction FV1298/FV1300	Left	107,3	11,8	17:40	17:49	17:58
Risbråthekrysset		107,4	11,7	17:41	17:49	17:58
Junction FV1300/FV123	Right	109,2	9,9	17:43	17:52	18:02
Waste zone		112,1	7	17:48	17:57	18:06
Roundabout FV123/Ev18	Second exit	115,6	3,5	17:53	18:02	18:12
Ramstadkrysset - second passing		115,7	3,4	17:53	18:02	18:12
Roundabout RV22/Ev18	First exit	115,8	3,3	17:53	18:02	18:12
Attention: Roundabout		116,5	2,6	17:54	18:04	18:14
Roundabout RV22	Second exit	116,6	2,6	17:54	18:04	18:14
Junction FV129/Storgata	Left	118,6	0,5	17:57	18:07	18:17
Attention: Sharp turn		118,7	0,4	17:58	18:07	18:17
<b>Finish - Mysen</b>		<b>119,2</b>	<b>-0,1</b>	<b>17:58</b>	<b>18:08</b>	<b>18:18</b>



# STAGE 5: VIKERSUND - NOREFJELL, 127,4 KM

## Stage profile



## Start area

PP0: Exit direction Vikersund S at road 350. GPS: Lat.: 59.964737 Long.: 9.981879



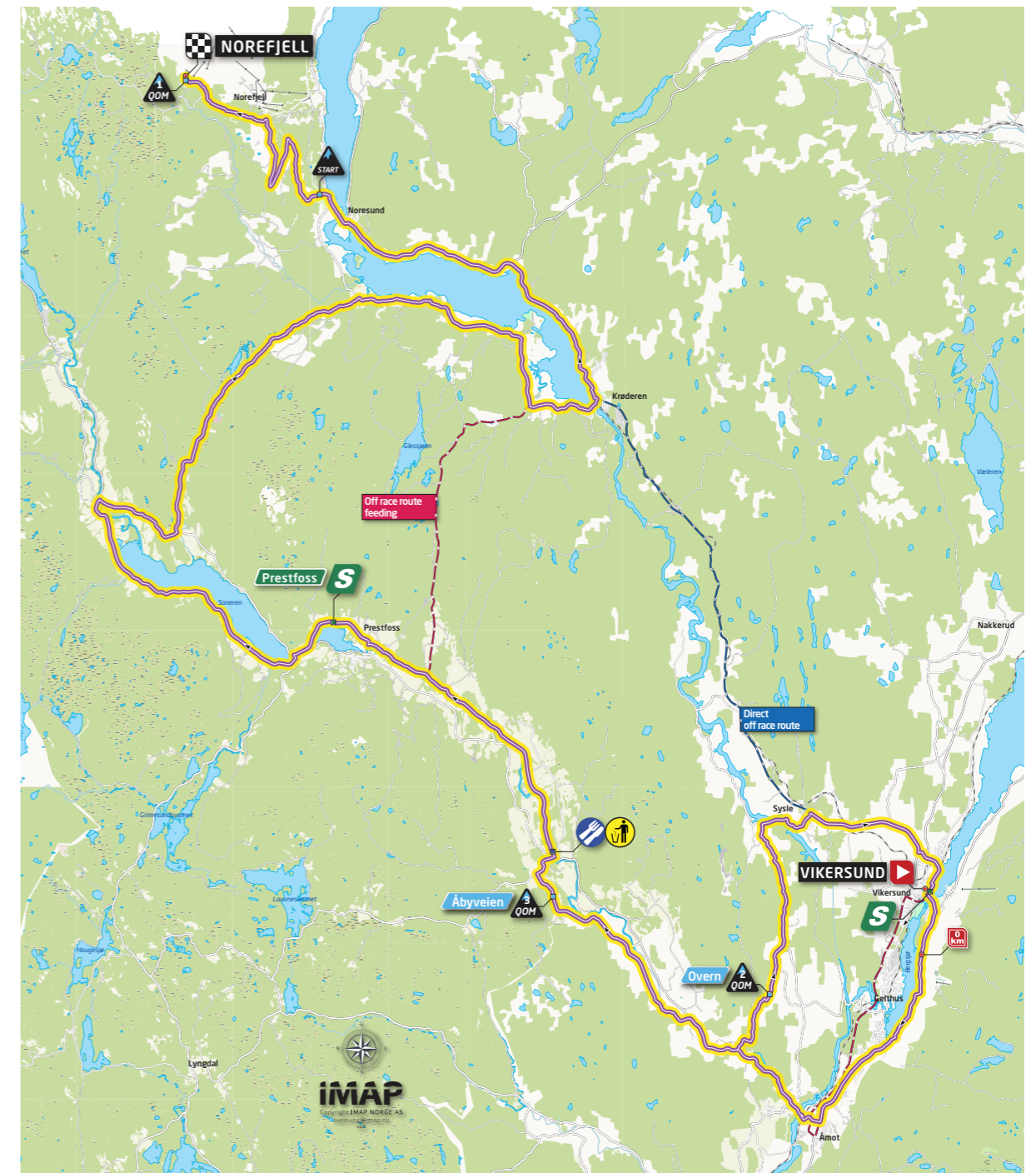
# STAGE 5: VIKERSUND - NOREFJELL, 127,4 KM

## Race route

Feeding zone: Kolsrud bru. GPS: Lat.: 59.978351 Long.: 9.755973

**Off Race Route Direct:** Follow signs towards road 350. Enter road 350/280 direction Gol. All vehicles must leave 15 minutes before the start, or wait until after the passing of Vikersund at 11:30 as the first part of the off race route is at the opposite direction of the race route. Follow road 280 until Krødern and enter the race route. Follow the race route until the deviation point at the finish line. Bus access to team parking/hotel parking: Passing the finish line, do not follow the deviation. <https://ridewithgps.com/routes/40148635>

**Off Race Route Feeding Zone:** Follow signs towards road 350. Enter road 350 direction Hokksund. Leave road 350 at Åmot, follow signs towards Åmot S. Enter the race route at Åmot (minimum 15 minutes before the race), and stay at the race route until the feeding zone. After the feeding, continue at the race route. Leave the race route at Rogneberg, and follow signs towards Krødern. Enter the race route again and follow to the deviation point at the finish line. <https://ridewithgps.com/routes/40148654>

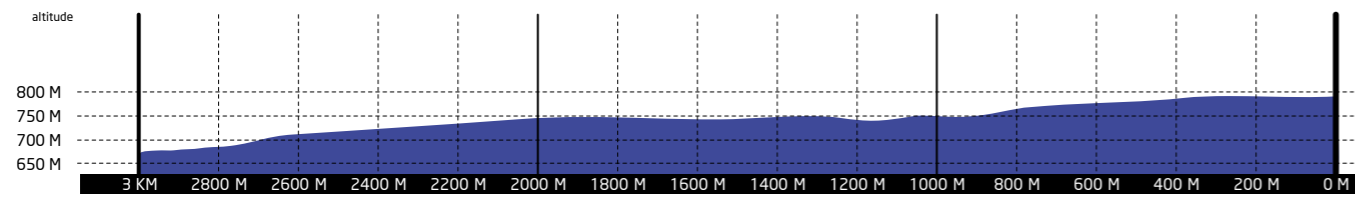


# STAGE 5: VIKERSUND - NOREFJELL, 127,4 KM

## Last 3 kilometer



## Last 3 kilometer



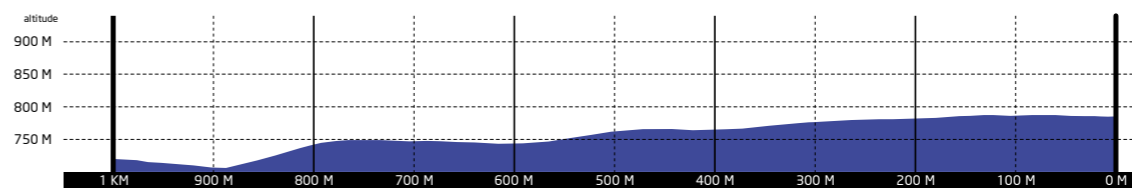
# STAGE 5: VIKERSUND - NOREFJELL, 127,4 KM

## Finish area

**Finish straight:** 250 m slight uphill. Width: 5,5 meters.  
**Address finish line:** Bøseter, 3543 Noresund. GPS: Lat.: 60.226363 Long.: 9.519954



## Last kilometer



**Other stage info:**  
[www.tourofscandinavia.eu](http://www.tourofscandinavia.eu)



**Route description**

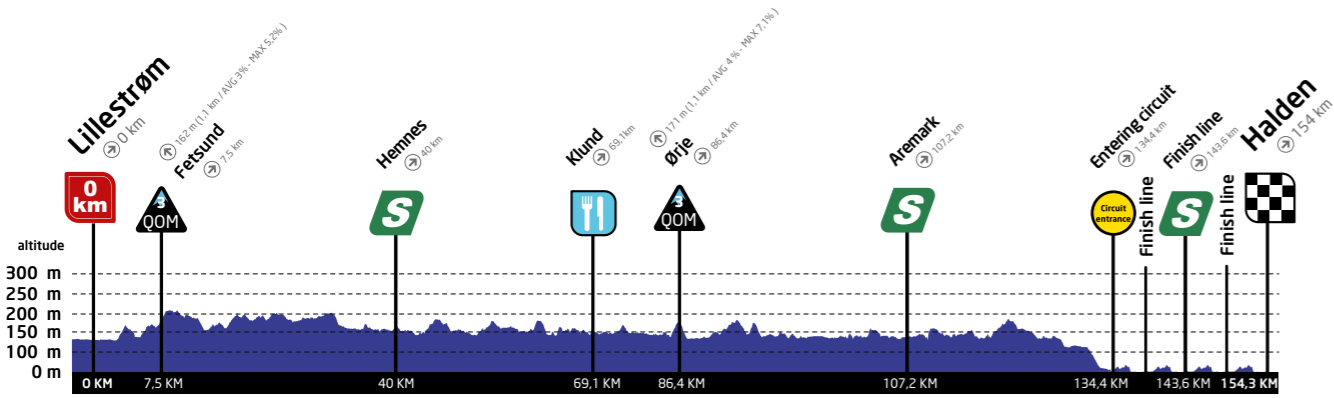
	Direction	From start	To finish	38 KM/H	36 KM/H	34 KM/H
<b>Start Vikersund</b>		<b>-1,5</b>		<b>10:40</b>	<b>10:40</b>	<b>10:40</b>
Junction KV2798/FV284	Left	-0,9				
Junction FV284/FV2832	Right	-0,2				
<b>Official start - Vikersund</b>		<b>0</b>	<b>127,4</b>	<b>10:45</b>	<b>10:45</b>	<b>10:45</b>
Vikersund ski flying hill		2,5	124,9	10:48	10:49	10:49
Åmot - first passing		8,9	118,5	10:59	10:59	11:00
Junction FV2832/FV287	Right	9	118,5	10:59	10:59	11:00
Attention: Sharp turn - narrow road		9,6	117,8	11:00	11:00	11:01
Åmot - Corkscrew		9,8	117,6	11:00	11:01	11:02
QOM climb start - 4km, AVG 2,3% MAX 9,3%		12,3	115,1	11:04	11:05	11:06
Blaafarveværket		12,4	115	11:04	11:05	11:06
Junction FV287/FV2836	Right	13,5	113,9	11:06	11:07	11:08
<b>QOM summit, cat 2 - Overn</b>		<b>16,4</b>	<b>111,1</b>	<b>11:10</b>	<b>11:12</b>	<b>11:13</b>
Amundrud		18,4	109	11:13	11:15	11:17
Junction FV2840	Right	22,8	104,6	11:21	11:23	11:25
Attention: Narrow bridge		23,6	103,8	11:22	11:24	11:26
Sysle		25	102,4	11:24	11:26	11:29
Junction FV2840/FV280	Right	25	102,4	11:24	11:26	11:29
Attention: Railway crossing		26,5	100,9	11:26	11:29	11:31
Junction FV280/RV350	Left	29,5	97,9	11:31	11:34	11:37
Attention: Fast decent		29,8	97,6	11:31	11:34	11:37
Junction RV350/KV2604	Straight ahead	30	97,4	11:32	11:35	11:37
Vikersund		30,1	97,3	11:32	11:35	11:38
<b>Intermediate sprint - Vikersund</b>		<b>31,6</b>	<b>95,8</b>	<b>11:34</b>	<b>11:37</b>	<b>11:40</b>
Junction KV2798/FV284	Left	31,7	95,7	11:35	11:37	11:40
Junction FV284/FV2832	Right	32,4	95	11:35	11:37	11:40
Vikersund ski flying hill		35,1	92,3	11:40	11:43	11:46
Åmot - second passing		41,5	85,9	11:50	11:54	11:58
Junction FV2832/FV287	Right	41,6	85,8	11:50	11:54	11:58
Åmot Corkscrew		42,4	85	11:51	11:55	11:59
Blaafarveværket		45	82,4	11:56	12:00	12:04
Junction FV287/FV2836	Straight ahead	46,1	81,3	11:57	12:01	12:06
Simostranda		48,4	79,1	12:01	12:05	12:10
Junction FV287/FV2846	Left	48,4	79	12:01	12:05	12:10
QOM climb start - 1,1km - AVG 4,4%, MAX 11,4%		54,9	72,5	12:11	12:16	12:21
<b>QOM summit, cat 3 - Åbyveien</b>		<b>56,1</b>	<b>71,3</b>	<b>12:13</b>	<b>12:18</b>	<b>12:23</b>
Junction FV2846/FV2816	Right	56,9	70,5	12:14	12:19	12:25
Kolsrud bru		57,8	69,6	12:16	12:21	12:27
Junction FV2816/FV287	Left	57,9	69,5	12:16	12:21	12:27
Waste zone		57,9	69,5	12:16	12:21	12:27
<b>Feeding zone</b>		<b>58</b>	<b>69,4</b>	<b>12:16</b>	<b>12:21</b>	<b>12:27</b>
Waste zone		58,6	68,8	12:17	12:22	12:28
Prestfoss		68,5	58,9	12:33	12:39	12:45
<b>Intermediate sprint - Prestfoss</b>		<b>68,7</b>	<b>58,7</b>	<b>12:33</b>	<b>12:39</b>	<b>12:46</b>
Junction FV287/FV2820	Straight ahead	68,9	58,5	12:33	12:39	12:46
Junction FV287/FV2820	Right	72,1	55,3	12:38	12:45	12:52

	Direction	From start	To finish	38 KM/H	36 KM/H	34 KM/H
Junction FV2820	Left	72,3	55,1	12:39	12:45	12:52
Junction FV2820/KV1012	Right	78,7	48,7	12:49	12:56	13:03
Entering Krødsherad municipality		86,2	41,2	13:01	13:08	13:17
Attention: Cattle grid		90,1	37,3	13:07	13:15	13:24
Junction KV1008/FV2896	Right	90,5	36,9	13:07	13:15	13:24
Junction FV2896/FV2894	Left	99,4	28	13:21	13:30	13:40
Krøderen		101,6	25,8	13:25	13:34	13:44
Attention: Railway passing		102,7	24,7	13:27	13:36	13:46
Junction FV2894/FV280	Left	102,7	24,7	13:27	13:36	13:46
Hamremoens		108,4	19	13:36	13:45	13:56
Roundabout FV280	Second exit	108,4	19	13:36	13:45	13:56
Noresund		114	13,4	13:45	13:55	14:06
Roundabout FV280/FV2896	Third exit	115,1	12,4	13:46	13:56	14:08
Junction FV2896/SV20	Left	116,3	11,1	13:48	13:58	14:10
Start final climb - QOM		116,3	11,1	13:48	13:58	14:10
Junction SV20	Straight ahead	124,9	2,5	14:02	14:13	14:25
Junction SV20	Right	126,5	0,9	14:04	14:15	14:28
<b>QOM summit, cat 1</b>		<b>127,4</b>	<b>0</b>	<b>14:06</b>	<b>14:17</b>	<b>14:29</b>
<b>Finish Norefjell</b>		<b>127,4</b>	<b>0</b>	<b>14:06</b>	<b>14:17</b>	<b>14:29</b>



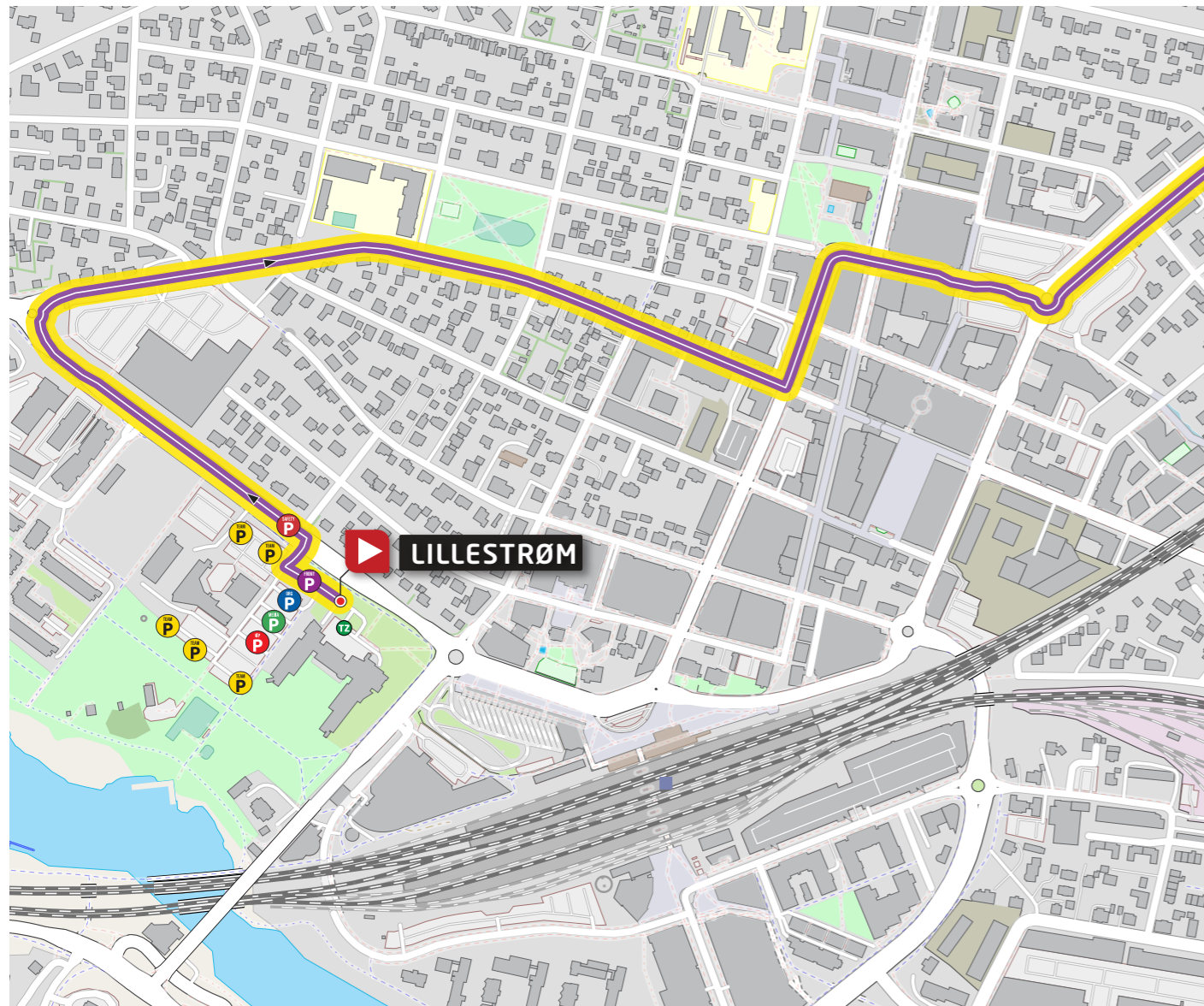
## STAGE 6: LILLESTRØM - HALDEN, 154,3 KM

### Stage profile



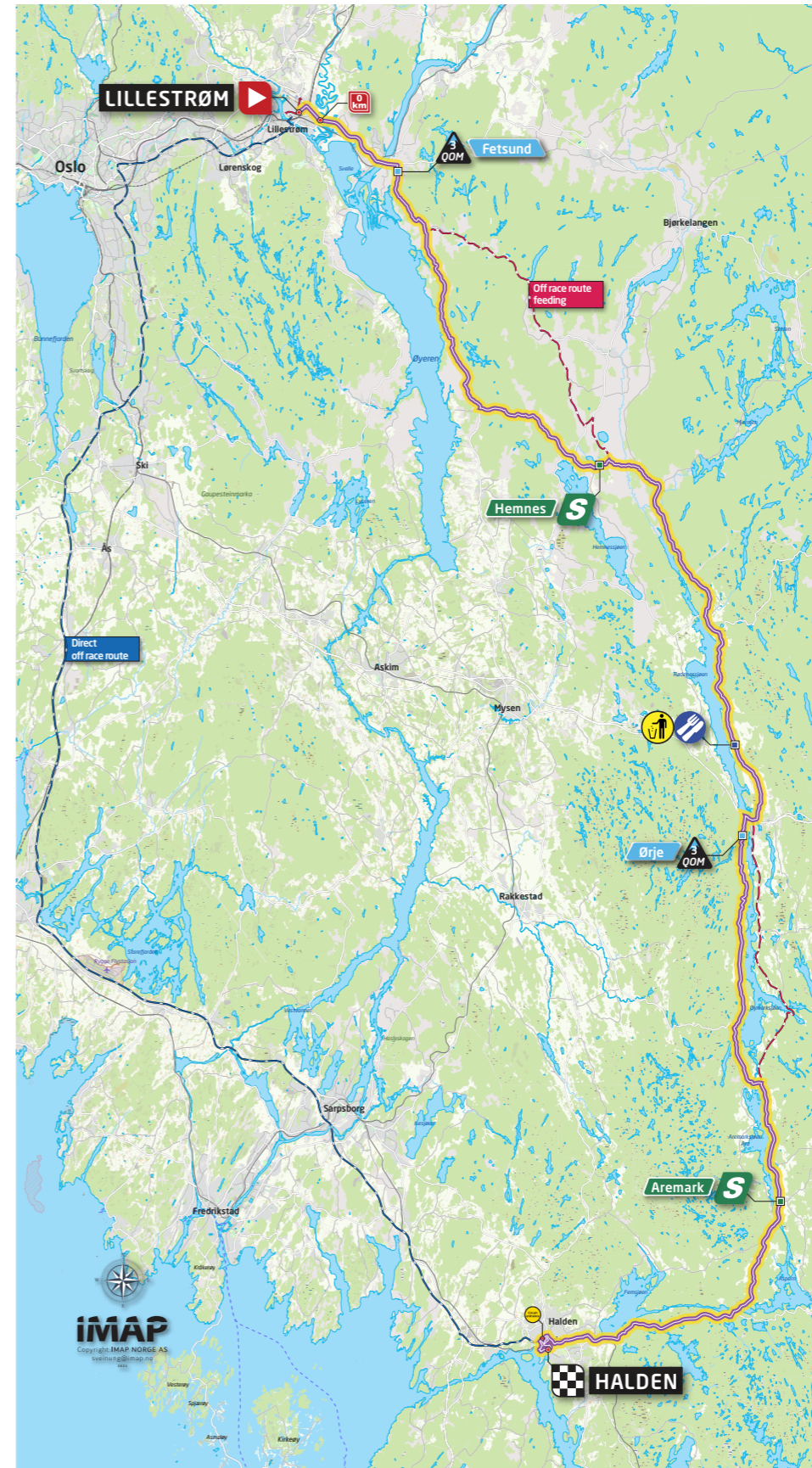
### Start area

**PPO:** Roundabout at road 159. Follow signs towards Strømmen. **GPS:** Lat: 59.949314 Long: 11.044386



## STAGE 6: LILLESTRØM - HALDEN, 154,3 KM

### Race route



**Feeding zone:** Klund. GPS: Lat: 59.525292 Long: 11.640296

**Off Race Route Direct:** Follow signs towards road 120 Enebakk and then road 159 direction Oslo. Stay at 159 until E6. Enter E6 direction Oslo. Then follow signs towards E6 and Gøteborg. Enter E6 direction Gøteborg. Leave E6 at exit 2 direction Halden. Follow RV204 direction Halden. Follow signs direction Halden stadion and enter the race route. Follow the race route until the deviation point at the finish line.  
<https://ridewithgps.com/routes/40148718>

**Off Race Route Feeding Zone:** Follow the race route until Gan. At the roundabout follow road 169. At Momoen follow signs towards road 115 and Holsjaren. Then enter 115 direction Bjørkelangen. At Skogen follow signs towards Furulund. Then enter the race route at Hennes and follow until the feeding zone. After the feeding follow the race route until Ørje. Follow road 21 to pass the race. Enter the race route again at Strømsfoss. Follow the race route until the deviation point at the finish line.  
<https://ridewithgps.com/routes/40148755>

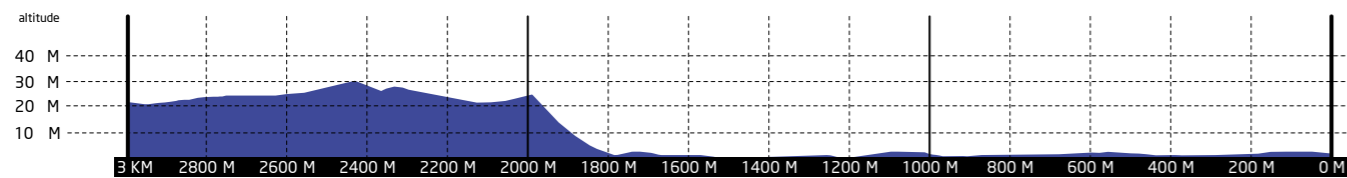


# STAGE 6: LILLESTRØM - HALDEN, 154,3 KM

## Final circuit



### Last 3 kilometer



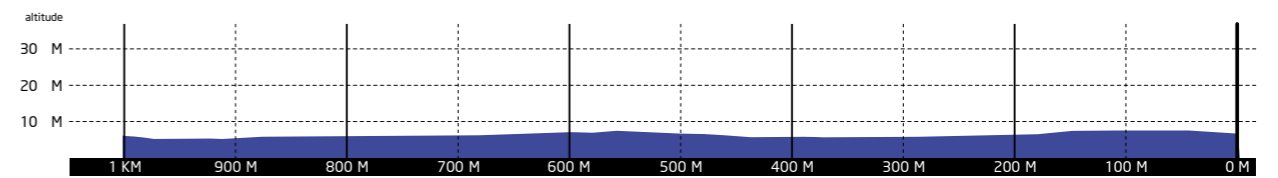
# STAGE 6: LILLESTRØM - HALDEN, 154,3 KM

## Finish area

**Finish straight:** 200 m flat. Width 6 meters.  
**Final circuit:** 3 laps of 5,4 km.  
**Address finish line:** Langbrygga 1, 1767 Halden. Lat.: 59.118989 Long.: 11.388039



### Last kilometer




**Other stage info:**  
[www.tourofscandinavia.eu](http://www.tourofscandinavia.eu)





## STAGE 6: LILLESTRØM - HALDEN, 154,3 KM

### Route description

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

## STAGE 6: LILLESTRØM - HALDEN, 154,3 KM

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







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