



ELITE • MASTERS • 06/07/2019  
KVAM • LILLEHAMMER • NORWAY

2019 UEC MTB MARATHON EUROPEAN CHAMPIONSHIPS

Women Elite  
Men Elite

Women Masters  
Men Masters



Technical guide

(v.6)

Kvam • Lillehammer • Norway  
6 July 2019

Official sponsors



Institutional partners



## ORGANIZATION

Furusjøen Rundt is organised by Kvam idrettslag (sports club)

Furusjøen Rundt AS, Parkvegen 7-9. N-2642 KVAM ([google maps](#))  
+47 909 49 647  
+47 907 78 999  
post@furusjoenrundt.no

Event location: Kvam – 100 km north of Lillehammer.

The venue: In the mountains by Rondablikk at address Breiendsokka 9 ([google maps](#))

## LOCAL ORGANIZING COMMITTEE

President/Race director	Ole Kristian Rudland (NOR)
CEO	Ole-Petter Brendstuen (NOR)
Event	Anette N. Lunde (NOR)

## UEC REPRESENTATIVES

UEC President	Rocco Cattaneo (SUI)
UEC Vice President	Agata Lang (POL)
UEC General Secretary	Enrico Della Casa (ITA)
UEC MTB Commission President	Thierry Marechal (BEL)
UEC Technical Delegate	Heiki Dahle (NOR)
UEC Press Officer	Stefano Bertolotti (ITA)

## COMPOSITION OF THE COMMISSAIRES PANEL

President of the Commissaires Panel:	Bjørn Birkeland (NOR)
Additional Commissaires:	tba

## ANTIDOPING CONTROL

Doping control Officer appointed by the CADF: Angela Brandewinder (GER)  
Anti-Doping Norway: Per Inge Rustad (NOR)

Doping control station: Hotel Rondablikk ([google maps](#))

## TIMEKEEPING

Official timekeeping	Time-keeping by Emit/EQ-systems Use of Emit timing chip is required.
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## GENERAL INFORMATION

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### **TRAVEL AND ACCOMMODATION**

Travel and accommodation expenses to and from Kvam (NOR) must be covered by the National Federations and Teams.

Nearest airports are:

**OSLO AIRPORT GARDEMOEN**

<https://avinor.no/en/airport/oslo-airport/>

Other transportations are:

	Distance to Kvam from arrival
Ferry from Kiel to Oslo	275 km
Ferry from Copenhagen to Oslo	275 km
Ferry from Hirtshals to Larvik	406 km
Oslo Airport Gardemoen	235 km

Transportation to Kvam from arrival:

#### ***TRAIN by NSB***

<https://www.nsb.no/en/frontpage>

From Oslo Central Station (Oslo S) or Oslo Airport (Oslo Lufthavn)

From Larvik, one change/transfer at Oslo Central Station

#### ***BUS by NETTBUSS***

<https://www.nettbuss.com/#/>

From Oslo to Nord-Fron (Kvam E6)

**SHUTTLE SERVICE** from the train/-bus station to your accommodation:

Kvam Taxi

Phone +47 61 29 41 47

### **HOTELS/ACCOMMODATION**

	Distance to venue	Contact/booking/information
<a href="#">Hotel Rondablikk</a>	0,3 km	<a href="mailto:post@rondablikk.no">post@rondablikk.no</a> - Official Race hotel
<a href="#">Rondablikk Hytter</a>	0,3 – 3 km	<a href="mailto:post@rondablikkhytter.no">post@rondablikkhytter.no</a>
<a href="#">Bjørgebu Caravan</a>	0,5 km	<a href="mailto:niloye@online.no">niloye@online.no</a>
<a href="#">Rondaplassen</a>	1 km	<a href="mailto:post@rondaplassen.no">post@rondaplassen.no</a>
<a href="#">Kvamhytta</a>	3 km	<a href="mailto:post@kvamil.no">post@kvamil.no</a>
<a href="#">Kirketeigen Camping</a>	13 km	<a href="mailto:hm@tvemo.no">hm@tvemo.no</a>
<a href="#">Vertshuset Sinclair</a>	13 km	<a href="mailto:post@vertshuset-sinclair.no">post@vertshuset-sinclair.no</a>
<a href="#">Øvre Kjæstad</a>	15 km	<a href="mailto:ok@rudland.no">ok@rudland.no</a>
<a href="#">Per Gynt Lodge</a>	27 km	<a href="mailto:post@pergyntlodge.no">post@pergyntlodge.no</a>
<a href="#">Rondane Fjellstue</a>	45 km	<a href="mailto:fjellstue@rondane.no">fjellstue@rondane.no</a>
Private cabins/houses for rental		<a href="mailto:post@furusjoenrundt.no">post@furusjoenrundt.no</a>

For information on accommodation and transportation you can contact:

**Furusjøen Rundt, P.B. 61, N-2641 Kvam.**  
**Visitingadress: Parkvegen 7, N-2640 Kvam**  
**Phone and email:**

Anette:  
+47 909 49 647  
[anette@furusjoenrundt.no](mailto:anette@furusjoenrundt.no)

Ole-Petter:  
+47 907 78 999  
[post@furusjoenrundt.no](mailto:post@furusjoenrundt.no)

All participants must hold a valid passport or identity card. Visa obligations must be respected.  
All riders and attendants must hold insurance valid in Norway.

### Visas

Each Federation is responsible for obtaining documents for their delegation appropriate entries.  
For all invitation letter requests, please contact the UEC: [mail@uec.ch](mailto:mail@uec.ch)



Photo: Iver Røssum, 2017.

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## MEDICAL – EMERGENCY - LOCAL AUTHORITIES

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### OFFICIAL RACE DOCTOR Sanitary

To be designated  
Nord-Fron Røde Kors Hjelpekors (Red Cross)  
Emergency phone, local Red Cross: +47 958 66 770

### HOSPITAL

Sykehuset i Lillehammer  
Anders Sangvigs gate 17  
N-2609 Lillehammer

Phone: +47 915 06 200  
([google maps](#))

### Doctors office

Vinstra Legekontor  
Nordre Byre 21  
N-2640 Vinstra

Phone: +47 61 21 63 00  
([google maps](#))

### Emergency office, evenings/nights

Local doctors office, outside the ordinary doctoral office opening hours.  
If you need immediate help, call 113

Phone: 116 117

### Emergency ambulance

For emergencies and ambulances, call 113

### POLICE

Vinstra lensmannskontor  
Nedregate 1  
N-2640 Vinstra

Phone: +47 62 53 90 00  
([google maps](#))

Phone: 112

Emergency number only in case of emergency and in need of immediate help.



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## TEAMS / OFFICIALS ACCREDITATION

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Teams and officials' accreditations can be collected starting from Thursday 4<sup>th</sup> July at the venue of the event, located at:

Rudland Fjellsenter  
Breiendsokka 9 [\(google maps\)](#)  
N-2640 Kvam

Opening hours  
Thursday, 4<sup>th</sup> July 3 pm – 6 pm  
Friday, 5<sup>th</sup> July 10 am – 8 pm

Please ensure that you collect your accreditation before arriving at the venue as it will be required for access to all parts of the venue.  
Accreditations must be worn and visible whenever you pass through accreditation controls.

### Team area

Please use the team area booking form - <https://goo.gl/forms/axMowfK0C0s7ymuv1>

### MEDIA

#### **MEDIA PERMANANCE – UEC PRESS CENTER**

The Media - and Press Room are located at:

Hotel Rondablikk  
Rondablikkveien 1208 [\(google maps\)](#)  
N-2642 Kvam

In order to access the UEC Press Center an accreditation is necessary.

#### **MEDIA PERMANANCE – UEC PRESS CENTER OPENING HOURS**

Friday, 5<sup>th</sup> July 2 pm – 4 pm  
Saturday, 6<sup>th</sup> July 8 am – 8 pm  
Subject to changes

#### **Mixed zone**

At the exit of the course after the finish line, there will be a Mixed Zone where media can have a short interview with riders they wish to do so.

#### **Flash interview**

Next to the Awards Ceremony podium, there will be organized a flash interview tent open for the media.

## MEDIA ACCREDITATION

To apply for media accreditation, please visit the UEC website at <http://uec.ch/en/media>

Media accreditation can be collected at the venue of the event, located at:

Rudland Fjellsenter  
Breiendsokka 9 [\(google maps\)](#)  
N-2640 Kvam  
Subject to changes

Opening hours  
Thursday, 4<sup>th</sup> July 3 pm – 6 pm  
Friday, 5<sup>th</sup> July 10 am – 8 pm

For any further inquire please contact: UEC Press Officer:  
Mr Stefano Bertolotti - [s.bertolotti@uec.ch](mailto:s.bertolotti@uec.ch)



*Only one kilometer from the finishline. The views are spectacular. Foto: Fredrik Weikle.*

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## OFFICIAL MEETINGS

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### COMMISSAIRES PANEL MEETING

Friday, 5<sup>th</sup> July 8.00 pm – 9.00 pm, Hotel Rondablikk

### CONFIRMATION / LICENCE CHECK / DISTRIBUTION OF RACE NUMBERS

The license check, the initial confirmation of riders, the check of the national teams clothing the distribution of race numbers and transponders will be organized on

Thursday, 4<sup>th</sup> July 3.00 pm – 6.00 pm

Friday, 5<sup>th</sup> July 10.00 am – 6.00 pm

At the race headquarters located at:

Rudland Fjellsenter

Breiensdokka 9

[\(google maps\)](#)

N-2640 Kvam

Team managers must confirm all starters, presenting all licences and providing a sample of the national teams' apparel.

**Riders' numbers** will be distributed during that procedure. A maximum representation of two representatives per team is requested to attend that meeting.

**Timing transponders** also will be handed out together with start numbers and must be returned immediately after the race to the Race Permanence. If a transponder is not returned a 130 € penalty will be applicable per transponder.

### TEAM MANAGERS MEETING

Friday, 5<sup>th</sup> July 7 pm – 8 pm For all races, all age categories.

Team managers meeting room: Hotel Rondablikk [\(google maps\)](#)



## COMPETITION SCHEDULE

**Saturday, 6<sup>th</sup> July 2019**

MTB Marthon European Championships

Men elite	12.00 am	90 km
Women elite	12.15 pm	70 km
Men masters	11.00 am	73 km
Women masters	11.05 am	57 km

### Starting point

Rudland Fjellsenter  
Breiendsokka 9  
N-2640 Kvam

[\(google maps\)](#)

The venue – start and finish area:



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## RACE SPECIFIC REGULATIONS

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### 1. GENERAL RULES

- 1.1 The 2019 UEC MTB Marathon European Championships are organized by the Union Européenne de Cyclisme (UEC) in cooperation with the Kvam idrettslag (sports club), with support of the Norwegian Cycling Federation.

**Technical director: Mr. Ole Kristian Rudland (NOR)**

- 1.2 The event will be organized in accordance with rules of the Union Cycliste Internationale (UCI) and these rules will be the reference for everything that is not mentioned in the current document.
- 1.3 The UEC MTB Marathon European Championships consist of the following races:  
MTB Marathon (XCM) on the 6<sup>th</sup> July 2019

### 2. TYPE OF THE EVENT

- 2.1 The event is open to athletes in following categories:

✓ MTB Marathon	Men Elite
✓ MTB Marathon	Women Elite
✓ MTB Marathon	Masters Men <b>30-34 / 35-39 / 40-44 / 45-49 / 50-54 55-59 / 60-64 / 65-69 / 70/74 / 75+</b>
✓ MTB Marathon	Masters Women <b>30-34 / 35-39 / 40-44 / 45-49 50-54 / 55-59 / 60+</b>

- 2.2 It is entered on the UCI calendar as a Continental Championships event (CC) and Masters Continental Championships (CCM)

- 2.3 The following final classifications will be produced:

- 1. Men Elite\***
- 2. Women Elite\***
- 3. All masters categories\***

\*The 3 best riders of each category must attend the official awards ceremony.

### 3. PARTICIPATION

#### **3.1 National teams (Elite riders only)**

National Federations may enter the following riders per Championship **free of charge**:

**Women Elite – max. 6 riders**

**Men Elite – max. 6 riders**

#### **These riders have to compete with their National jersey.**

The National Federations have to register their riders directly on the UEC website ([www.uec.ch](http://www.uec.ch)).

Deadline for the registration: **Wednesday 26<sup>th</sup> June 2019 (24:00 CET)**

Applies to riders, staff and NF Official Delegates

**Riders must compete in their national jersey.**

#### **3.2 Other riders**

In accordance with the UCI regulations, the participation is open for European riders only with an annual licence issued by a National Federation affiliated to the UCI.

*Registrations have to be done using the organiser's website: [www.mtbmarathon.no](http://www.mtbmarathon.no)*

*Direct link to registration: <http://www.furusjoenrundt.no/Rittet/Påmelding>*

Group registrations: please contact by e-mail to [post@furusjoenrundt.no](mailto:post@furusjoenrundt.no)

The registration form is available in our website and must be entirely completed, **also indicating the complete UCI ID.**

Payment for registration: Credit card or Invoice (fee applies) at the website

The registration fee:	Elite		NOK 450,- (approx. 47 €)
	Masters	1 <sup>st</sup> March- 29 <sup>th</sup> April	NOK 590,- (approx. 61 €)
		30 April - 26 <sup>th</sup> June	NOK 690,- (approx. 71 €)

Deadline for the registration: **Wednesday 26<sup>th</sup> June 2019 (24:00 CET)**

#### **3.3 Start order**

The start order will be made up applying UCI/UEC regulations.

The riders line up in the order in which they are to be called to the start line. The number of riders on each line is decided by the president of the commissaires' panel and supervised by a commissaire.

The rider himself decides which position on the line to take.

### **3.3.1 Start grid**

1. the reigning XCM world champion
2. the reigning XCM European champion
3. the reigning XCO Elite world champion
4. the reigning XCO Elite European champion
5. the reigning Olympic mountain bike champion
6. the first 50 of the latest UCI MTB marathon series ranking
7. the first 50 of the latest UCI XCO individual ranking
8. other riders as per the latest UCI MTB marathon series ranking;
9. subsequently, as per the latest UCI XCO individual ranking;  
by drawing lots for the other riders.

### **TECHNICAL ASSISTANCE**

The following UCI Regulations will be applicable:

#### 4.2.044

No rider may turn back on the course to reach a feed/technical assistance zone. Any rider doing so is disqualified. Only within the feed/technical assistance zone itself, a rider may turn back without obstructing other competitors

#### 4.2.045

Technical assistance during a race is permitted subject to the conditions below.

#### 4.2.046

Authorised technical assistance during a race consists of repairs to or the replacement of any part of the bicycle other than the frame.

Bike changes are not permitted and the rider must cross the finishing line with the same handlebar number plate that he/she had at the start.

#### 4.2.047

Technical assistance can only be given in the feed/technical assistance zones.

#### 4.2.048

Spare equipment and tools for repairs must be kept in these zones. Repairs and equipment changes can be carried out by the rider himself or with the help of a teammate, team mechanic or neutral technical assistance.

Small items such as an inner tube or a small tool may be handed up from the feed/technical assistance zones.

4.2.049

In addition to technical assistance in feed zones, technical assistance is permitted outside these zones only between riders who are members of the same UCI ELITE MTB team, UCI MTB team or of the same national team.

**During the European Championships, it is only authorised between riders of the same national team.**

Riders may carry tools and spare parts provided that these do not involve any danger to the rider himself or the other competitors.

## 5. AWARDS CEREMONIES

In accordance with articles 1.2.112 and 1.2.113 of the UCI Regulations, the 3 best riders of each category must attend the official awards ceremony, any interviews organized and the press conference. Unless otherwise stated, riders shall appear at official ceremonies wearing competition clothing.

Riders must present themselves at the podium in a maximum of 10 minutes after crossing the finish line.

### 5.1 Awards and prize money

#### Jersey and medals

Every European Championship will be awarded with:

**The 1<sup>st</sup> place: Champion(s) jersey and Gold medal**

**The 2<sup>nd</sup> place: Silver medal**

**The 3<sup>rd</sup> place: Bronze medal**

**Prize money list** (Amounts in Euro):

Place	XCM – ELITE	
	Elite Men	Elite Women
1st	€ 625,00	€ 625,00
2nd	€ 375,00	€ 375,00
3rd	€ 250,00	€ 250,00

*The prize money will be transferred by the UEC directly to the concerned National Federations.*

## 6. ANTIDOPING

The UCI antidoping regulations and the specific Norwegian Antidoping laws are entirely applicable to the event.

The antidoping tests will take place at: Hotel Rondablikk ([google maps](#))

## 7. PENALTIES

The UCI penalty scale is the only one applicable.

## 8. RESPONSIBILITIES

The organizers and UEC will not, under any circumstances, be liable to any accidents or damage that occurs during training and competitions.

The organizers and UEC decline all responsibilities towards the riders and others in case of an accident.

For all cases not covered by these specific regulations, the UCI rules will apply. Any problems will be solved between the organizers, the Commissaires Panel and UEC officials.

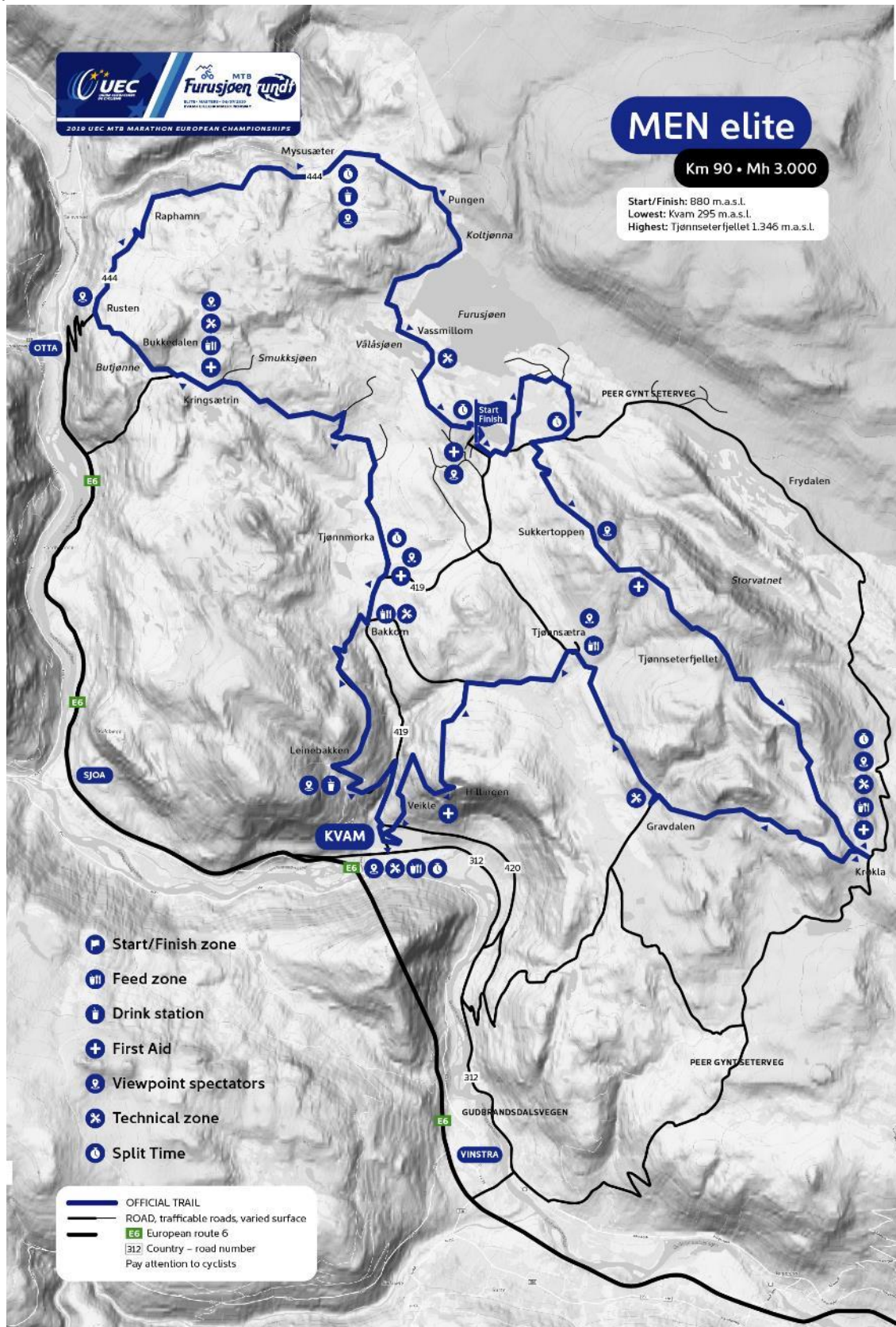
Kvam (NOR), 21<sup>st</sup> February 2019

[www.mtbmarathon.no](http://www.mtbmarathon.no)

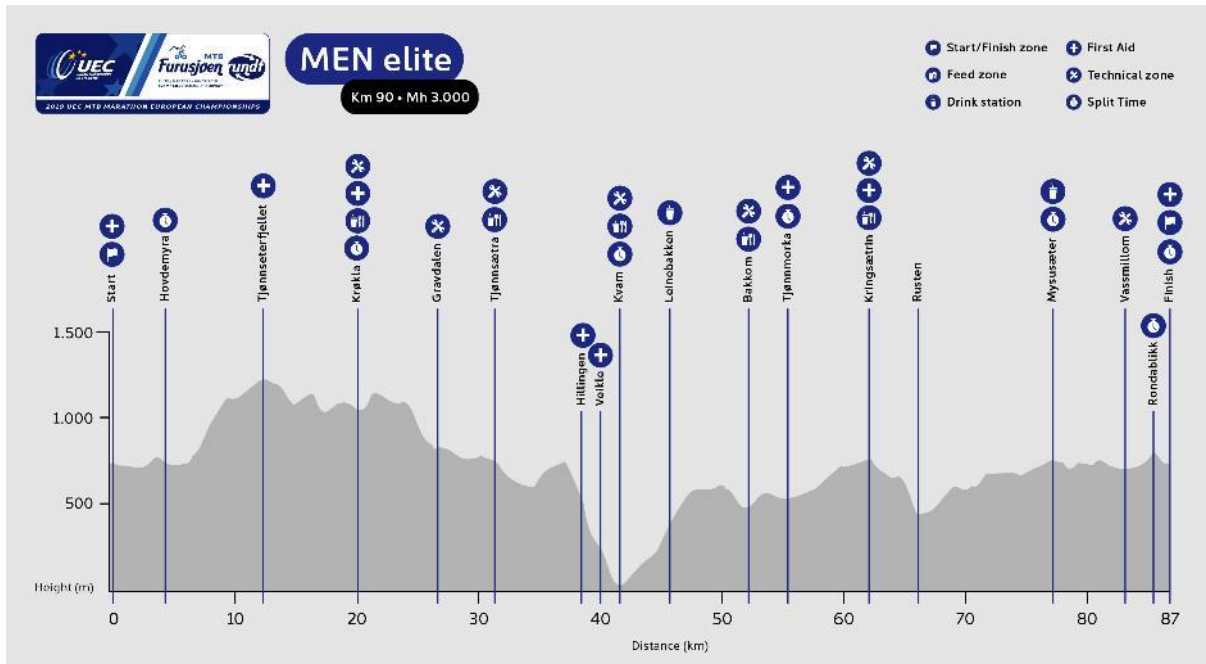
Appendix 1	RACE COURSE MEN ELITE
Appendix 1.1	PROFILE MEN ELITE TIME TABLE
Appendix 2	RACE COURSE WOMEN ELITE
Appendix 2.1	PROFILE WOMEN ELITE TIME TABLE
Appendix 3	RACE COURSE MEN MASTERS
Appendix 3.1	PROFILE WOMEN MASTERS TIME TABLE
Appendix 4	RACE COURSE WOMEN MASTERS
Appendix 4.1	PROFILE WOMEN MASTERS TIME TABLE

Lausanne, 28.05.2019

Appendix 1 RACE COURSE MEN ELITE



Appendix 1.1 PROFILE MEN ELITE

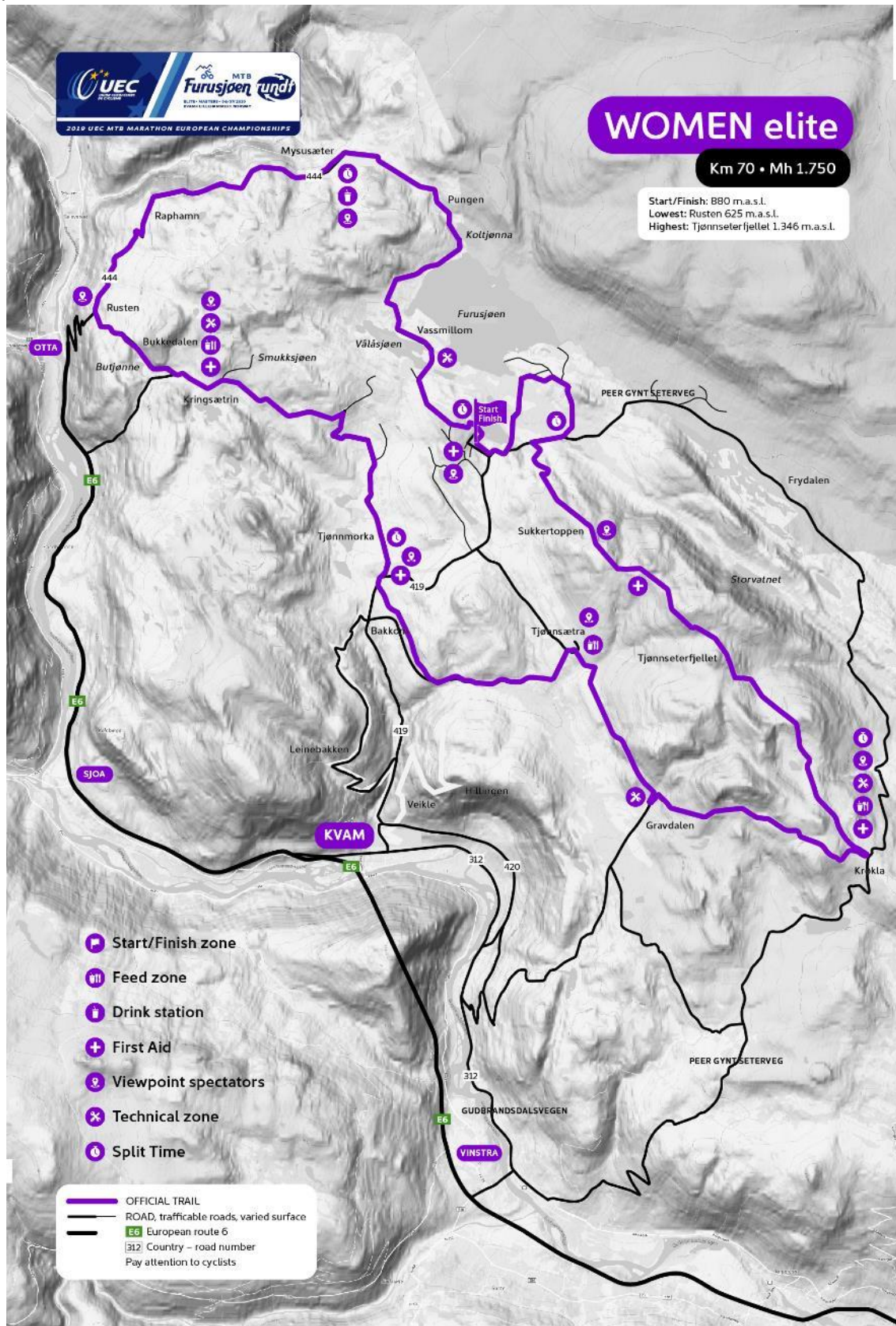


TIME TABLE

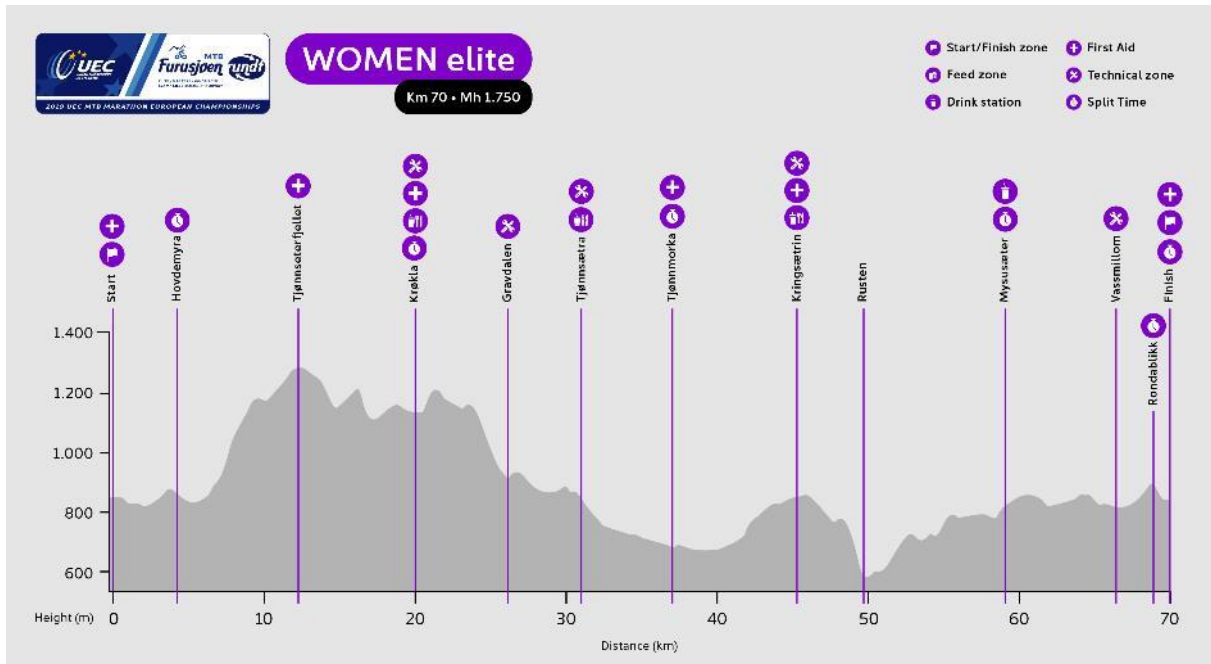
Race Office	Split time	First Aid	Feed zone	Drink station	Technical Zone	Start   finish	Location	Above sea level	Kilometer from start	Based on experience: first rider for passing				Average speed			
										Km/h Split	Split time	Time	Average speed 21.93 km/h	22 km/h	20 km/h	18 km/h	15 km/h
+	+					T	Start, Rondablikk	880	0			00:00	12:00				
							Hovdemyra	880	5	30	00:10	00:10	12:10	12:13	12:15	12:16	12:20
							Tjønnsæterfjellet	1346	12.5	16,5	00:34	00:44	12:44	12:32	12:36	12:43	12:52
							Krøkla	1157	20		00:21	01:06	13:06	12:54	13:00	13:06	13:20
							Gravdalen	962	26.5		00:17	01:24	13:24	13:10	13:18	13:26	13:44
							Tjønnsætra	921	31	21,5	00:13	01:37	13:37	13:24	13:33	13:43	14:03
							Kvam	295	42		00:29	02:06	14:06	13:54	14:06	14:20	14:48
							Leine gård	586	45.5	19	00:18	02:24	14:24	14:02	14:15	14:30	15:00
							Bakkom	656	51.5		00:08	02:32	14:32	14:19	14:33	14:50	15:24
							Tjønnmorka	750	53		00:07	02:40	14:40	14:24	14:39	14:56	15:32
							Kongsætrin	903	61		00:22	03:02	15:02	14:46	15:03	15:23	16:03
							Rondanevegen FV 444	625	65	26	00:21	03:24	15:24	14:57	15:15	15:36	16:19
							Mysusæter	856	74.5		00:12	03:36	15:36	15:21	15:42	16:06	16:56
							Vassmillom	866	82	28	00:15	03:52	15:52	15:43	16:06	16:33	17:28
							Haugsetra	930	84		00:04	03:56	15:56	15:49	16:12	16:40	17:36
+	+					F	Finishline, Rondablikk	880	87	27	00:02	03:58	15:58	15:57	16:21	16:50	17:48



Appendix 2 RACE COURSE WOMEN ELITE



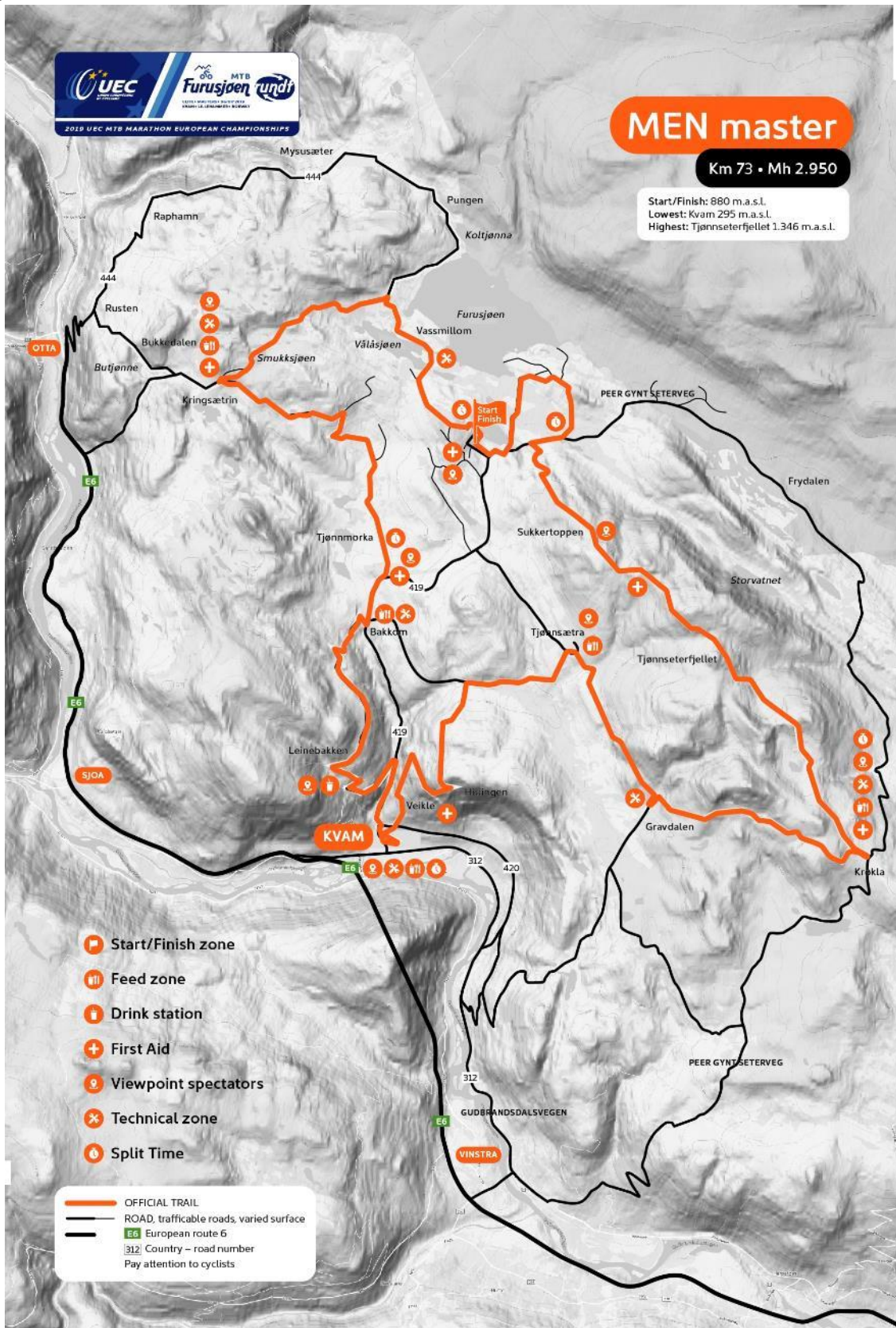
Appendix 2.1 PROFILE WOMEN ELITE



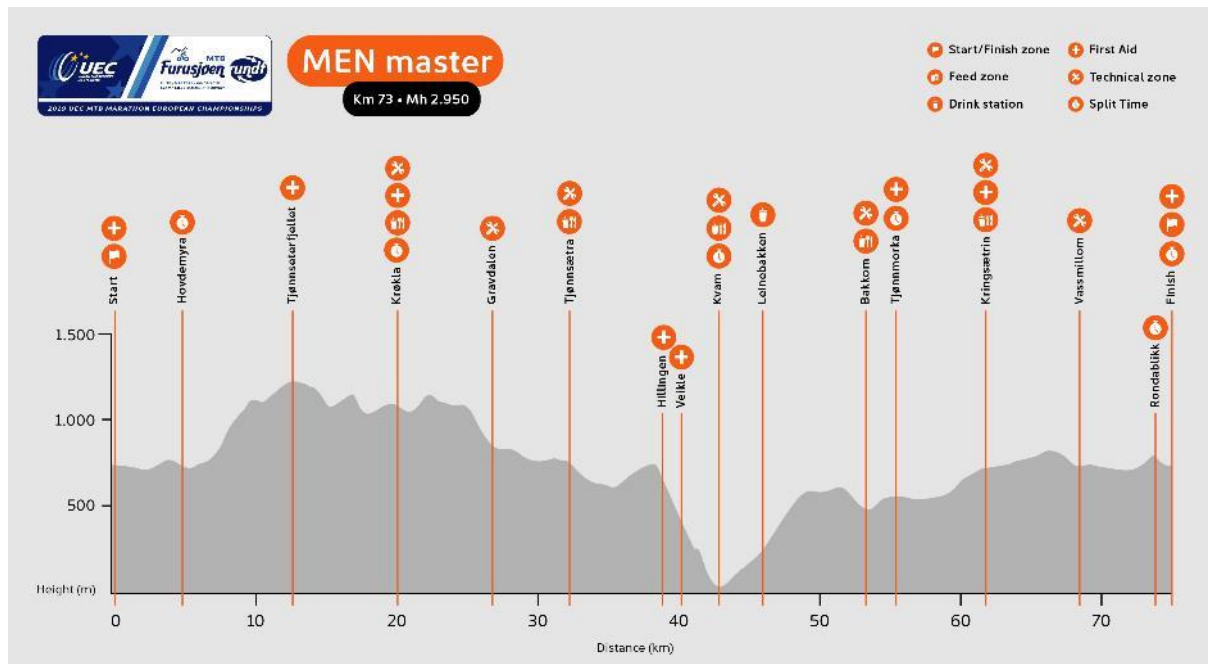
TIME TABLE

Race Office	Split time	First Aid	Feed Zone	Drink station	Technical Zone	Start   finish	Location	Above sea level	Kilometer from start	Based on experience: first rider for passing				Average speed			
										ca. km/h Split	Split time	Time	Average speed 19.10 km/h	22 km/h	20 km/h	18 km/h	15 km/h
		+				P	Start, Rondablikk	880	0			00:00	12:15				
							Hovdemyra	880	5	29,5	00:11	00:11	12:26	12:28	12:15	12:16	12:20
		+					Tjønseterfjellet	1346	12,5	13,5	00:41	00:53	13:08	12:50	12:39	12:43	12:52
		+	F	D	X		Krøkla	1157	20		00:25	01:18	13:33	13:09	13:00	13:06	13:20
					X		Gravdalen	962	26,5		00:19	01:38	13:53	13:25	13:18	13:26	13:44
				D	X		Tjønsetra	921	31	19,5	00:15	01:53	14:08	13:39	13:33	13:43	14:03
		+	F	D	X		Tjønnmorka	750	37		00:18	02:11	14:26	14:39	14:39	14:56	15:32
		+	F	D	X		Kongsætrin	903	45		00:22	02:34	14:49	15:01	15:03	15:23	16:03
							Rondanevegen FV 444	625	49	23	00:24	02:59	00:00	15:12	15:15	15:36	16:19
				D	X		Mysusæter	856	58,5		00:15	03:15	15:30	15:36	15:42	16:06	16:56
					X		Vassmillom	866	66		00:15	03:30	15:45	15:58	16:06	16:33	17:28
							Haugsetra	930	68		00:09	03:39	15:54	16:04	16:12	16:40	17:36
		+	F	D		P	Finishline, Rondablikk	880	71	23,5	00:04	03:43	15:58	16:12	16:21	16:50	17:48

Appendix 3 RACE COURSE MEN MASTERS



Appendix 3.1 PROFILE MEN MASTERS

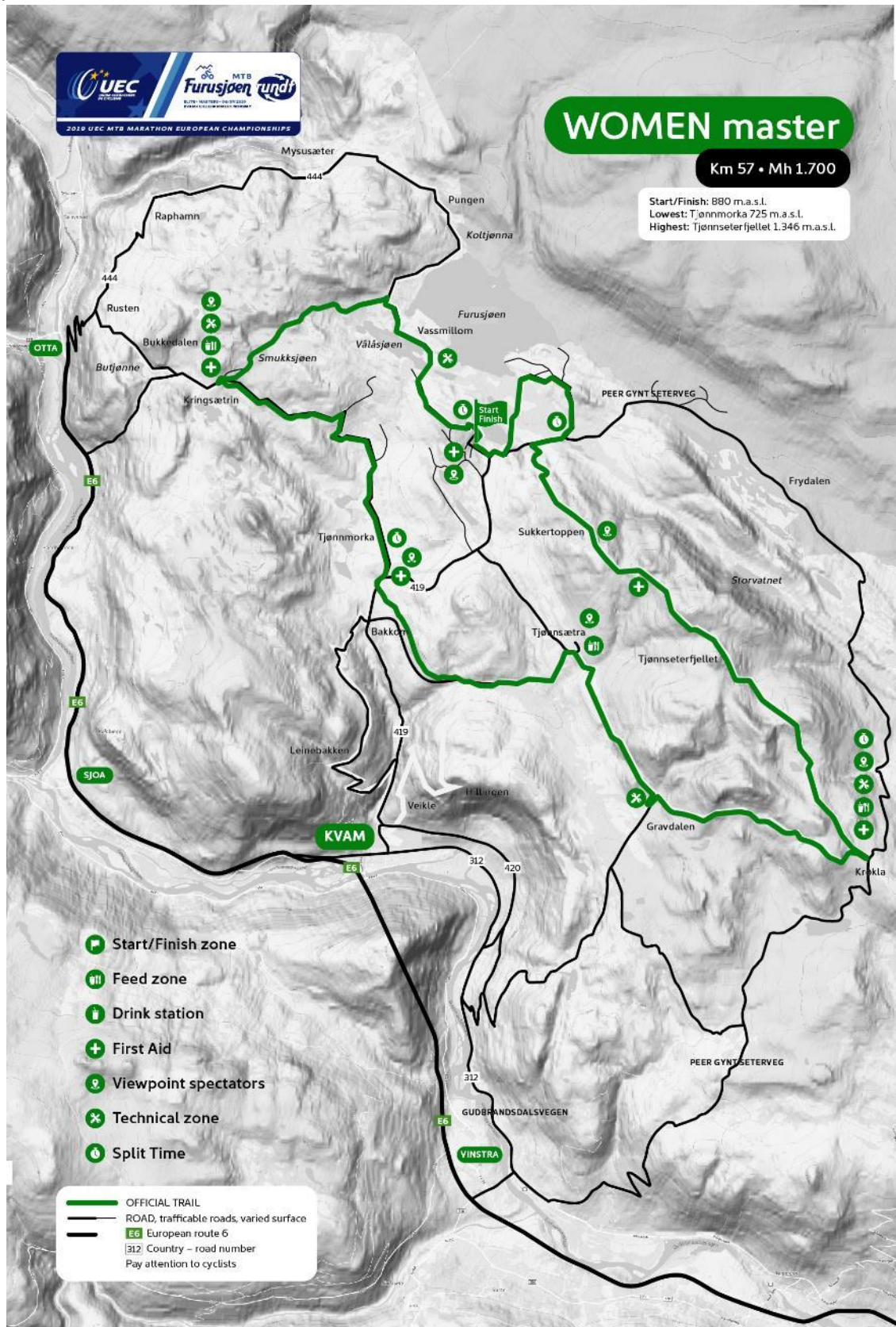


TIME TABLE

Race Office	Split time	First Aid	Feed Zone	Drink station	Technical Zone	Start   finish	Location	Above sea level	Kilometer from start	Based on experience; first rider for passing				Average speed			
										Km/h Split	Split time	Time	Average speed 18,32 km/h	22 km/h	20 km/h	18 km/h	15 km/h
+		+				+	Start, Rondablikk	880	0			00:00	11:00	11:00	11:00	11:00	
	+						Hovdemyra	880	5	30	00:10	00:10	11:10	11:10	11:15	11:16	11:20
		+					Tjønnseterfjellet	1346	12.5	16	00:39	00:49	11:49	11:32	11:36	11:43	11:52
	+	+	+		+		Krøkla	1157	20		00:24	01:14	12:14	11:54	12:00	12:06	12:20
					+		Gravdalen	962	26.5		00:21	01:36	12:36	12:10	12:18	12:26	12:44
			+		+		Tjønnsetra	921	31	18	00:14	01:50	12:50	12:24	12:33	12:43	13:03
	+	+	+		+		Kvam	295	42		00:35	02:26	13:26	12:54	13:06	13:20	13:48
				+			Leine gård	586	45.5		00:17	02:43	13:43	13:02	13:15	13:30	14:00
			+		+		Bakkom	656	51.5	19	00:17	03:01	14:01	13:19	13:33	13:50	14:24
	+	+					Tjønnmorka	750	53		00:05	03:07	14:07	13:24	13:39	13:56	14:32
	+	+	+		+		Kringsætrin	903	61	18	00:22	03:29	14:29	13:46	14:03	14:23	15:03
					+		Vassmillom	866	68	25	00:19	03:49	14:49	14:05	14:24	14:46	15:31
							Haugsetra	930	70	16	00:06	03:55	14:55	14:10	14:30	14:53	15:40
+	+	+	+			+	Finishline, Rondablikk	880	73	27	00:03	03:59	14:59	14:19	14:39	15:03	15:52

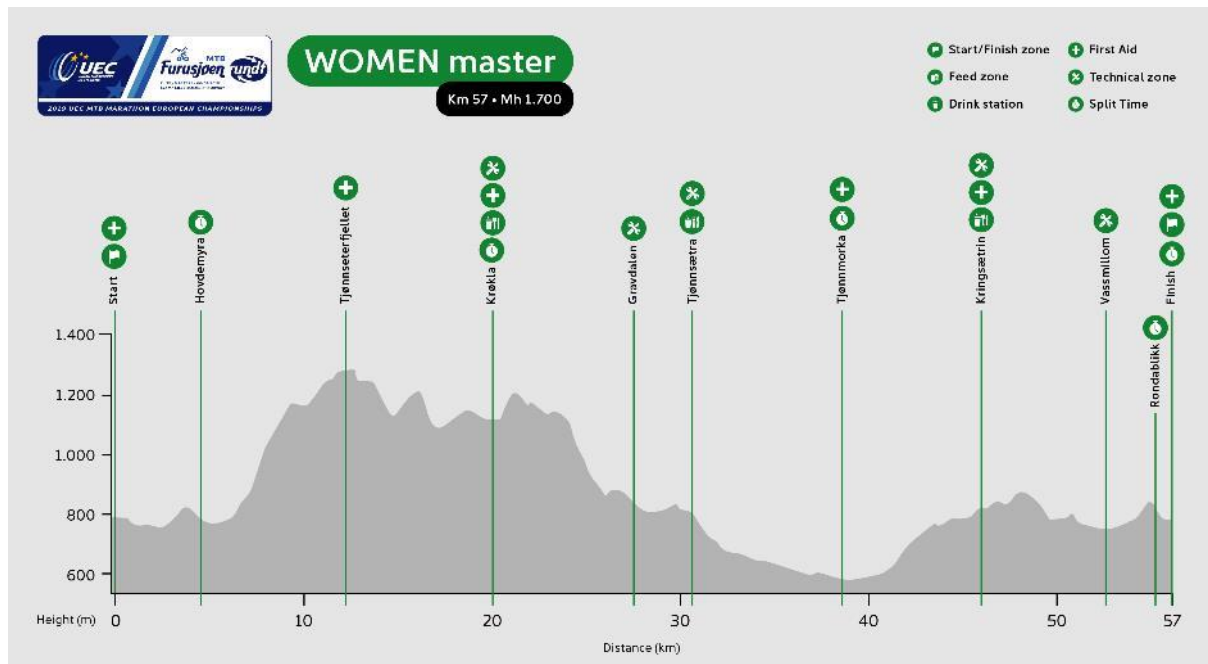
Appendix 4

RACECOURSE WOMEN MASTERS



Appendix 4.1

PROFILE WOMEN MASTERS



TIME TABLE

Race Office	Split time	First Aid	Feed Zone	Technical Zone	Start   finish	Location	Above sea level	Kilometer from start	Based on experience; first rider for passing			Average speed				
									ca. km/h Split	Split time	Time	Average speed 15.06 km/h	22 km/h	20 km/h	18 km/h	15 km/h
		+				Start, Rondablikk	880	0			00:00	11:05	11:05	11:05	11:05	
		+				Hovdemyra	880	5		00:12	00:12	11:17	11:18	11:20	11:21	11:25
		+				Tjønnseterfjellet	1346	12,5	12,5	00:53	01:05	12:10	11:40	11:44	11:48	11:57
		+	i	*		Krøkla	1157	20		00:32	01:38	12:43	11:59	12:05	12:11	12:25
				*		Grøvdalen	962	26,5	15	00:31	02:09	13:14	12:15	12:23	12:31	12:49
			i	*		Tjønnsetra	921	31	24,5	00:18	02:27	13:32	12:29	12:38	12:48	13:08
		+				Tjønnmorka	750	37,5		00:16	02:43	13:48	12:45	12:56	13:08	13:33
		+	i	*		Kringsætrin	903	45	16	00:28	03:12	14:17	13:07	13:20	13:35	14:05
				*		Vassmillom	866	52		00:22	03:34	14:39	13:26	13:41	13:58	14:33
						Haugsetra	930	54	21,5	00:26	03:38	14:43	13:32	13:47	14:05	14:40
		+	i			Finishline, Rondablikk	880	57		00:08	03:47	14:52	13:40	13:56	14:15	14:52