

RACEBOOK



2019



RACEBOOK

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RACEBOOK

WELCOME TO RACE AROUND DENMARK

The following **Racebook** is written, so that all relevant information, other than the rules, is included.

In the Racebook you will find all the stages for the race.

EXTREME riders must ride all the stages.

CHALLENGE riders must ride stages 1-8 and 19.

EXPERIENCE riders will ride one stage, where the last part runs on the CHALLENGE route.

Along with this Racebook there is a **Rulebook**. It is mandatory for all participants to have read this and be familiar with the rules of the race.

Unlike some other races, we will not hand out a **Routebook**. It is our experience, that participants to a very large extent don't use the written Routebooks. If participants wish route directions in writing, we recommend them to go to STRAVA and extract them from this site.

Also, we recommend participants to print the pages of this Racebook, which they find necessary. Therefore, we recommend all our participants to go through the Racebook thoroughly to find the pages they will need, and print them, if they like.

Under the stages description we have added a few notes. Gravel sections are added, also so are a few sections that could be risky. It is by no means a fulfilling list of the places, that could be hazardous. We stress that all participants at all times ride their bike and drive their cars with great caution.

For all other information, we recommend our website: www.racearounddenmark.org



RACEBOOK

RAD PROGRAM

TUESDAY, MAY 28TH

- 15.00 Race area opens
- 15.00 Bike inspection UNSUPPORTED RIDERS: Done when you enroll at race office
- 18.00 Bike and car inspection, ALL OTHER RIDERS starting Wednesday, optional
- 18.00 Info meeting, RAD EXTREME UNSUPPORTED
- 19.00 Dinner for ALL RIDERS
- 20.00 Start RAD EXTREME SOLO WOMEN UNSUPPORTED
- 20.00 Start RAD EXTREME SOLO MEN UNSUPPORTED
- 20.00 Start RAD EXTREME 2 PERSON TEAMS UNSUPPORTED

WEDNESDAY, MAY 29TH

- 13.00-15.00 Bike and car inspection, ALL RIDERS with departure Wednesday
- 15.00-16.00 Info meeting, ALL RIDERS with departure Wednesday
- 17.00 Start RAD EXTREME SOLO MEN SUPPORTED
- 17.00 Start RAD EXTREME 2 PERSON TEAMS SUPPORTED
- 17.00 Start RAD EXTREME 4 PERSON TEAMS SUPPORTED
- 18.00 Start RAD CHALLENGE SOLO WOMEN SUPPORTED
- 18.00 Start RAD CHALLENGE SOLO MEN SUPPORTED



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- 18.00 Start RAD CHALLENGE 2 PERSON TEAMS SUPPORTED
- 18.00 Start RAD CHALLENGE 4 PERSON TEAMS SUPPORTED
- 18.00 Start RAD CHALLENGE SOLO WOMEN UNSUPPORTED
- 18.00 Start RAD CHALLENGE SOLO MEN UNSUPPORTED
- 18.00 Start RAD CHALLENGE 2 PERSON TEAMS UNSUPPORTED
- 19.00 Start RAD EXPERIENCE SOLO UNSUPPORTED
- 19.00 Start RAD EXPERIENCE 2 PERSON TEAMS UNSUPPORTED

THURSDAY, MAY 30TH

- 15.00 CUFOFF: RAD EXPERIENCE 2 PERSON TEAMS UNSUPPORTED
- 19.00 CUTOFF: RAD EXPERIENCE SOLO UNSUPPORTED

FRIDAY, MAY 31ST

- 02.00 CUTOFF: RAD CHALLENGE 4 PERSON TEAM SUPPORTED
- 06.00 CUTOFF: RAD CHALLENGE 2 PERSON TEAMS SUPPORTED
- 07.00 CUTOFF: RAD CHALLENGE SOLO MEN SUPPORTED (RAAM)
- 10.00 CUTOFF: RAD CHALLENGE 2 PERSON TEAMS UNSUPPORTED
- 12.00 CUTOFF: RAD CHALLENGE SOLO WOMEN SUPPORTED (RAAM)
- 18.00 CUTOFF: RAD CHALLENGE SOLO WOMEN SUPPORTED (RAD, not RAAM)
- 20.00 CUTOFF: RAD CHALLENGE SOLO MEN SUPPORTED (RAD, not RAAM)
- 22.00 CUTOFF: RAD CHALLENGE SOLO WOMEN UNSUPPORTED



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18.00 CUTOFF: RAD CHALLENGE SOLO MEN UNSUPPORTED

SATURDAY, JUNE 1ST

16.00 CUTOFF: RAD EXTREME 2 PERSON TEAMS UNSUPPORTED

17.00 CUTOFF: RAD EXTREME 4 PERSON TEAM SUPPORTED

SUNDAY, JUNE 2ND

05.00 CUTOFF: RAD EXTREME 2 PERSON TEAMS SUPPORTED

10.00 CUTOFF: RAD EXTREME SOLO MEN UNSUPPORTED

17.00 CUTOFF: RAD EXTREME SOLO MEN SUPPORTED

20.00 CUTOFF: RAD EXTREME SOLO WOMEN SUPPORTED

22.00 CUTOFF: RAD EXTREME SOLO WOMEN UNSUPPORTED



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STARTING TIMES

TUESDAY, MAY 28TH

RAD EXTREME SOLO UNSUPPORTED

44. Michael Knudsen, Level up Life, DK	20:00
43. Jan Christensen, Sport24, DK	20:02
42. Paul Albæk, Paul Albæk Ultracycling, DK	20:04
41. Radoslav Darula, #nopressurejustjoy, DK	20:06
40. Mikael Mikkelsen, DK	20:08
39. Carsten L. Villadsen, Furesø Cykelmotion, DK	20:10
38. Martin Bergström, Hisingens Cykelklubb, SVE	20:12
37. Åke Haraldsson, Hisingens Cykelklubb, SVE	20:14
36. Johnny Stausholm, Johnny Stausholm Ultra Cycling, NOR	20:16
35. Frank Adler Gottlieb, Di Wine, DK	20:18
34. Leif Westh, Stimorol, DK	20:20
33. Jesper Sørensen, Str. XL, DK	20:22
32. Martin Rosén-Lidholm, SVE	20:24
31. Morten Kjærsgaard, Morten Kjærsgaard Ultra Ride, DK	20:26
30. Elers Christian Boesen, audax-club.dk, DK	20:28



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WEDNESDAY, MAY 29TH

RAD EXTREME SOLO SUPPORTED

25. Thomas Stenby, Team TPT, DK	17:00
24. Karl Haller, CH	17:02
23. Christoffer Petersen, DK	17:04
22. Carsten Eriksen, Carsten Eriksen Ultra Cycling, DK	17:06
21. Peter Jensen, Team Velofit/Cykelnerven Midtjylland, DK	17:08
20. Morten Møllegaard, Team TPT, DK	17:10
14. Søren Borup Andersen, Borup Ultracycling, DK	17:12
2. Søren Rosenkilde, Team Skydog, DK	17:14

RAD EXTREME 2 PERSON TEAM SUPPORTED

50. Jess Dahl Madsen & Brian Lyhne, Team MinCykel, DK	17:20
51. Morten Viborg & Claus Elfrom Hansen, Team Cardiocare.dk, DK	17:22
52. Jimmy Nielsen & Flemming D. Jensen, Team DN-Ultracycling, DK	17:24

RAD CHALLENGE SOLO WOMEN SUPPORTED

60. Kristin Stengård, DK	18:00
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RAD CHALLENGE SOLO MEN SUPPORTED

65. Martin Attermann, DK	18:06
64. Hans-Jürgen Heinzmann, Maris IT, GER	18:08
63. Peter Jensen, Team Velofit/Cykelnerven Midtjylland, DK	18.10
63. Carsten Weber, Weber Ultra Cycling, DK	18:10
62. Karsten Falk, DK	18:12
61. Mikael Falk Andersen, Mikael Falk – Ultracycling, DK	18:14



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WEDNESDAY, MAY 29TH

RAD CHALLENGE SOLO MEN UNSUPPORTED

78. Aske Søby, Aske og cykel, DK	18:20
77. Morten Schrøder, Morsch Photo, DK	18:22
76. Ejvind Kjer, RKCC, DK	18:24
75. Uggi Kaldan, altomcykling.dk, DK	18:26
74. Senne De Schryver, HOL	18:28
73. Tonny Petersen, DK	18:30
72. Michael Jensen, Gråsten Cykel Klub, DK	18:32
71. Brian Larsen, DK	18:34
70. Jonas Lohmann Mikkelsen, Ørum Cykling, DK	18:36

RAD EXPERIENCE SOLO UNSUPPORTED

89. Rasmus Appelt, DK	19:00
88. Matias Uhrenholt, Uhrenholt Ultra Racing, DK	19:02
87. Dennis Kragh Thomsen, Herreholdet Saksild, DK	19:04
86. Steen Andersen, DK	19:06
85. Claus Lund, Team Live Long, DK	19:08
84. Palle Brorsen, DK	19:10
83. Pernille Høgh, Hald Ege Cycling, DK	19:12
82. Michael Franck, Den knogle skøre rytter, DK	19:14
81. Søren Kruse Pedersen, DK	19:16
80. Sif Drachmann Thomsen, VCM, DK	19:18

RAD EXPERIENCE 2 PERSON TEAM UNSUPPORTED

90. Maria Larsen-Rasmussen & Maj Hinrichsen, Nordfyns Højskole, DK	19:20
91. Søren Billesbølle & Jørn Enegaard, Team Sjørn, DK	19:22



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INSPECTION TIMES

ALL UNSUPPORTED RIDERS: BRING INSPECTION PAKERS AND BIKE TO RACE OFFICE, WHEN YOU ENROLL FOR THE RACE

RAD EXTREME SOLO SUPPORTED

25. Thomas Stenby, Team TPT, DK	WEDNESDAY.	13:00
24. Karl Haller, CH	WED.	13:10
23. Christoffer Petersen, DK	WED.	13:20
22. Carsten Eriksen, Carsten Eriksen Ultra Cycling, DK	WED.	13:30
21. Peter Jensen, Team Velofit/Cykelnerven Midtjylland, DK	WED.	13:40
20. Morten Møllegaard, Team TPT, DK	WED.	13:50
14. Søren Borup Andersen, Borup Ultracycling, DK	WED.	14:00
2. Søren Rosenkilde, Team Skydog, DK	WED.	14:10

RAD EXTREME 2 PERSON TEAM SUPPORTED

50. Jess Dahl Madsen & Brian Lyhne, Team MinCykel, DK	WED.	14:10
51. Morten Viborg & Claus E. Hansen, Team Cardio., DK	WED.	14:20
52. Jimmy Nielsen & Flemming D. Jensen, Team DN-U, DK	WED.	14:20

RAD CHALLENGE SOLO WOMEN SUPPORTED

60. Kristin Stengård, DK	WED.	14:30
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RAD CHALLENGE SOLO MEN SUPPORTED

65. Martin Attermann, DK	WED.	14:30
64. Hans-Jürgen Heinzmann, Maris IT, GER	WED.	14:40
63. Carsten Weber, Weber Ultra Cycling, DK	WED.	14:40
62. Karsten Falk, DK	WED.	14:50
61. Mikael Falk Andersen, Mikael Falk – Ultracycling, DK	WED.	14:50



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INSPECTION LIST

Please bring this form SIGNED to the enrollment / inspection.

Name(s) of Rider(s) _____

BIKE INSPECTION (USE SEPARATE SHEET FOR MULTIPLE BIKES)

Bike #1 Brand _____ Bike #2 Brand _____

Race numbers: Yes No _____

On helmet(s) and seat tube? Yes No

Head and taillight? Yes No

Reflectors or tape? Yes No

(All five directions). Please bring additional wheels to the inspection.

SUPPORTED RIDERS ONLY:

Names of Crew

- _____ 7. _____
- _____ 8. _____
- _____ 9. _____
- _____ 10. _____
- _____ 11. _____
- _____ 12. _____

Vehicle Inspection - Highly recommended: take photos of the signage and lighting setup of the vehicle(s).

Vehicle (use separate sheet for multiple vehicles)

Model _____ License # _____

(Circle Yes or No for each choice below.)

Documents? Yes No

Working Lights? Yes No

(Headlights, Taillights, Turn Signals, Emergency Flashers)

Signs? Yes / No

Slow Moving Vehicle Triangle, Caution, Bikes Ahead, Race Around Denmark, Race numbers (all four directions)

Rooftop amber flashers? Yes / No

Reflective vests for crew and rider? Yes / No



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CUT OFF TIMES, SUPPORTED RIDERS

KATEGORI	START DAY DAY DATE TIME	CUTOFF DAY DAY DATE TIME	MAX RIDE TIME HOURS	SPEED, AVG KM/H
<u>"SUPPORTED"</u>				
RAD EXTREME SOLO M: MEN, W: WOMEN RAAM QUALIFICATION	WEDNESDAY 29.05.19 W: 10.00 M: 15.00	SUNDAY 02.06.19 W: 18.00 M: 15.00	RAAM/RAD W: 104 HOURS M: 96 HOURS	W: 14,84 KM/H M: 16,07 KM/H
RAD EXTREME 2 PERSON TEAM	WEDNESDAY 29.05.19 15.00	SUNDAY 02.06.19 03.00	84 HOURS	18,36 KM/H
RAD EXTREME 4 PERSON TEAM	WEDNESDAY 29.05.18 15.00	SATURDAY 01.06.19 15.00	72 HOURS	21,43 KM/H
RAD CHALLENGE SOLO M: MEN, W: WOMEN RAAM QUALIFICATION	WEDNESDAY 29.05.19 W: 17.00 M: 17.00	FRIDAY 31.05.19 W: 17.00 M: 17.00 W: 11.00 M: 06.00	W: 48 HOURS M: 48 HOURS W: 42 HOURS M: 37 HOURS	W: 17,52 KM/H M: 17,52 KM/H W: 20,02 KM/H M: 22,73 KM/H
RAD CHALLENGE 2 PERSON TEAMS	WEDNESDAY 29.05.18 17.00	FRIDAY 31.05.19 05.00	36 HOURS	23,36 KM/H
RAD CHALLENGE 4 PERSON TEAMS	WEDNESDAY 29.05.19 17.00	FRIDAY 31.05.18 01.00	32 HOURS	26,28 KM/H



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CUT OFF TIMES, UNSUPPORTED RIDERS

KATEGORI <u>"UNSUPPORTED"</u>	START DAY DATE TIME	CUTOFF DAY DATE TIME	MAX RIDE TIME HOURS	SPEED, AVG KM/H
RAD EXTREME SOLO	TUESDAY 28.05.19 W: 20.00 M: 20.00	SUNDAY 02.06.19 W: 20.00 M: 08.00	W: 120 HOURS M: 108 HOURS	W: 12,86 KM/H M: 14,29 KM/H
RAD EXTREME 2 PERSON TEAMS	TUESDAY 28.05.19 20.00	SATURDAY 01.06.19 14.00	90 HOURS	17,14 KM/H
RAD CHALLENGE SOLO	WEDNESDAY 29.05.19 W: 17.00 M: 17.00	FRIDAY 31.05.19 W: 17.00 M: 17.00	W: 52 HOURS M: 50 HOURS	W: 16,17 KM/H M: 16,82 KM/H
RAD CHALLENGE 2 PERSON TEAMS	WEDNESDAY 29.05.19 17.00	FRIDAY 31.05.19 9.00	40 HOURS	21,00 KM/H
RAD EXPERIENCE SOLO	WEDNESDAY 29.05.19 19.00	THURSDAY 30.05.19 19.00	24 HOURS	16,96 KM/H
RAD EXPERIENCE 2 PERSON TEAM	WEDNESDAY 29.05.19 19.00	THURSDAY 30.05.19 15.00	20 HOURS	20,35 KM/H



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AGREEMENT TO TERMS AND CONDITIONS

Bring this at the enrollment of the race, **printed and signed.**

Each person involved in Race Around Denmark as rider, crew, or official must complete one form.

In consideration of the acceptance of my participation as a rider, support crew member, film crew, media person, or official in Race Around Denmark, I hereby waive, release, and forever discharge any and all rights and claims for damages, for death, personal injury, or property damage which I may incur, or which may hereafter accrue to me as a result of my participation. This release is intended to discharge in advance the promoters, the sponsors, the officials, any involved municipalities or other public entities (and their respective agents and employees), the Board of Race Around Denmark, from and against any and all liability arising out of or connected in any way with my participation in said event, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above.

I further understand that it is possible for serious accidents to occur during bicycle racing to anyone connected or not connected with the event, and that a rider, support crew member, or anyone could conceivably be injured by a cyclist, person, or criminal action, other vehicle, or acts of nature like rain, heat, cold, or any other injury-producing situation, and sustain mortal or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of ultra-marathon bicycle racing, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages. I have read, understood, and agree to abide by the rules of event as published by the officials in Race Around Denmark. It is further understood and agreed that if I violate any of the rules of the event, I, or the rider I am supporting, can be disqualified. I understand that all motorized vehicles used in the event must have the minimum legal requirements of property damage and bodily injury liability automobile insurance. I also understand and agree that any record of my participation in this event, be it photographic, electronic, or otherwise, can be used to promote the Race Around Denmark and/or appear on merchandise to be sold. I agree to cooperate with any testing for banned substances.

I further understand that in the process of cycling in this event on public highways in a competitive situation, it is possible that some traffic conditions can become very congested and dangerous for driving or cycling. I realize that I am ultimately responsible for my own safety and I will not hold the Race Around Denmark or any of the individuals or entities listed above responsible for anything that could happen to me or a member of my support crew.

Printed Name _____ Birthdate mm. _____ dd. _____ yy. _____
Address _____
City _____
Postal Code _____
Country _____
Phone _____ E-mail _____

Your role in Race Around Denmark (circle one): Rider / Crew / Media

Name of rider you are supporting _____ Team: _____

In case you'll be driving a car, you sign that you have a valid drivers license: Yes / No

I sign that I have all necessary insurances: Yes / No

Signature _____ Date _____



RACEBOOK

STAGES OVERVIEW - EXTREME & CHALLENGE

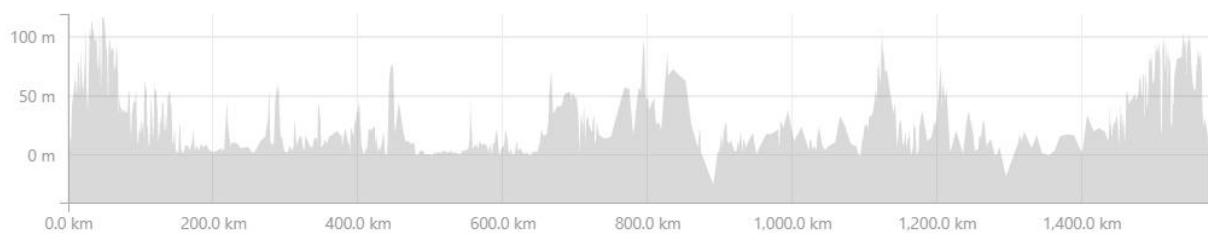
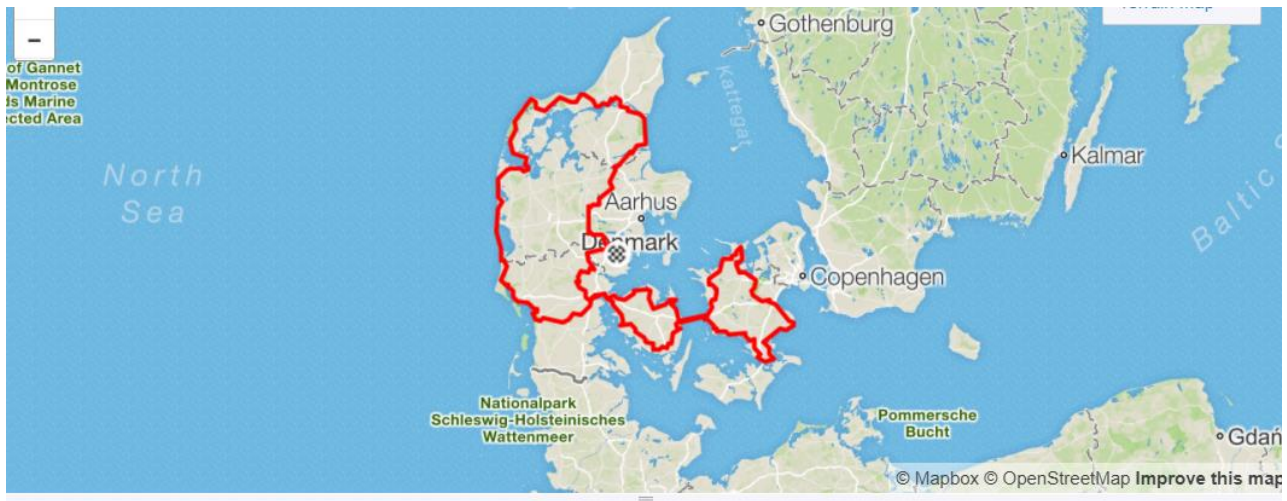
The routes in *EXTREME* and *CHALLENGE* editions are the same.

EXTREME: All stages. **CHALLENGE:** Stages 1-8 and 19. **EXPERIENCE:** One stage of their own.

City **highlighted** is the Timestation

Stage 1: Horsens – Grønbæk	82,1 km	947 hm	Stage 12: Korsør - Vordingborg	90,4 km	426 hm
Stage 2: Grønbæk – Hadsund	78,6 km	672 hm	Stage 13: Vordingborg - Køge	105,8 km	436 hm
Stage 3: Hadsund – Aalborg	68,7 km	182 hm	Stage 14: Køge - Vig	105,2 km	691 hm
Stage 4: Aalborg – Slettestrand	60,8 km	225 hm	Stage 15: Vig - Korsør	93,3 km	483 hm
Stage 5: Slettestrand – Vestervig	112,6 km	545 hm	Stage 16: Korsør - Nyborg	CAR/TRAIN TRANSPORT	
Stage 6: Vestervig – Sdr. Nissum	94,1 km	471 hm	Stage 17: Nyborg - Bogense	89,5 km	297 hm
Stage 7: Sønder Nissum – Esbjerg	110,6 km	319 hm	Stage 18: Bogense - Kolding	53,7 km	472 hm
Stage 8: Esbjerg – Kolding	108,6 km	357 hm	Stage 19: Kolding – Horsens	122,1 km	1.183 hm
Stage 9: Kolding – Haarby	73,5 km	506 hm	Overall	1.543,0 km.	8.934 hm
Stage 10: Haarby – Nyborg	93,4 km	722 hm	(Figures may vary slightly on strava files due to changes because of road work etc.)		
Stage 11: Nyborg - Korsør	CAR/TRAIN TRANSPORT				

COMPLETE ROUTE (Bike): <https://www.strava.com/routes/9344709>





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STAGES & FILES

EXTREME & CHALLENGE

STAGE 1: HORSENS – GRØNBÆK: 82,1 KM, 947 HM

STRAVA: <https://www.strava.com/routes/3896376>

STAGE 2: GRØNBÆK – HADSUND: 78,6 KM, 672 HM

STRAVA: <https://www.strava.com/routes/3776210>

STAGE 3: HADSUND – AALBORG: 68,7 KM, 182 HM.

STRAVA: <https://www.strava.com/routes/9424212>

STAGE 4: AALBORG – SLETTESTRAND: 60,8 KM, 225 HM

STRAVA: <https://www.strava.com/routes/9424357>

STAGE 5: SLETTESTRAND – VESTERVIG: 112,6 KM, 545 HM

STRAVA: <https://www.strava.com/routes/3798115>

STAGE 6: VESTERVIG – SØNDER NISSUM: 94,1 KM, 471 HM

STRAVA: <https://www.strava.com/routes/18789074>

STAGE 7: SØNDER NISSUM – ESBJERG: 110,6 KM, 319 HM

STRAVA: <https://www.strava.com/routes/3798397>

STAGE 8: ESBJERG – KOLDING: 108,6 KM, 357 HM

STRAVA:

BIKE: <https://www.strava.com/routes/9429812>

CAR: <https://www.strava.com/routes/18882860>

STAGE 9: KOLDING – HAARBY: 73,5 KM, 506 HM

STRAVA:

BIKE: <https://www.strava.com/routes/9432808>

CAR: <https://ridewithgps.com/routes/30046362>



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STAGE 10: HAARBY – NYBORG: 93,4 KM, 722 HM.

STRAVA: <https://www.strava.com/routes/3807477>

STAGE 11: NYBORG – KORSØR: 23,7 KM, TRANSPORTATION

STAGE 12: KORSØR – VORDINGBORG: 90,4 KM, 426 HM.

STRAVA: <https://www.strava.com/routes/3834267>

STAGE 13: VORDINGBORG – KØGE: 105,8 KM, 436 HM

STRAVA: <https://www.strava.com/routes/3869188>

STAGE 14: KØGE – VIG: 105,2 KM, 691 HM

STRAVA: <https://www.strava.com/routes/9443555>

STAGE 15: VIG – KORSØR: 93,3 KM, 483 HM

STRAVA: <https://www.strava.com/routes/9456952>

STAGE 16: KORSØR – NYBORG: 23,7 KM, TRANSPORTATION

STAGE 17: NYBORG – BOGENSE: 89,5 KM, 297 HM.

BIKE <https://www.strava.com/routes/13031754>

CAR <https://www.strava.com/routes/9458041>

STAGE 18: BOGENSE – KOLDING: 53,7 KM, 472 HM

STRAVA

BIKE <https://www.strava.com/routes/3813327>

CAR <https://ridewithgps.com/routes/30029176>

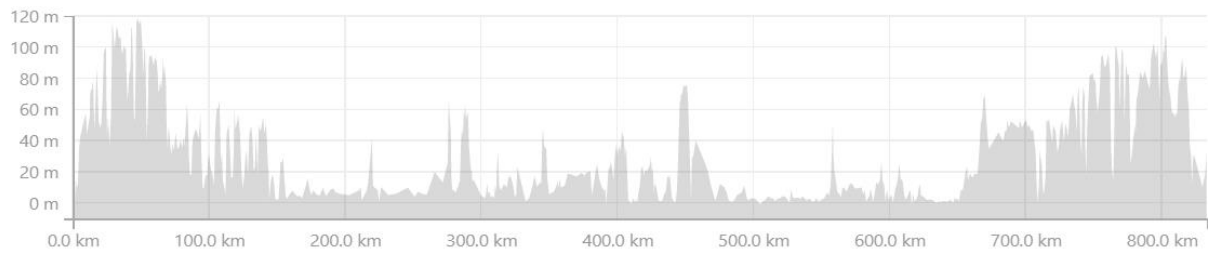
STAGE 19: KOLDING – HORSSENS: 122,1 KM, 1.183 HM.

STRAVA: <https://www.strava.com/routes/9460243>

CHALLENGE ROUTE

COMPLETE ROUTE: 841,3 KM, 4.942 HM.

STRAVA: <https://www.strava.com/routes/12382383>



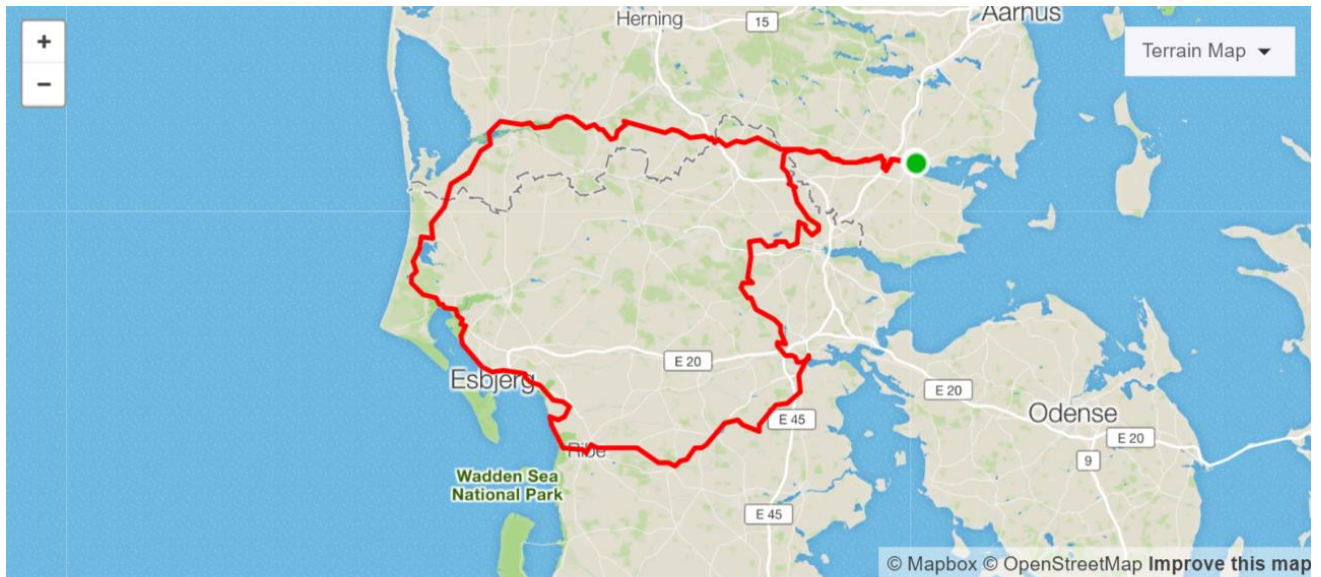


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EXPERIENCE ROUTE

HORSENS-SKJERN-ESBJERG-KOLDING-HORSENS: 407,4 KM, 2.337 HM.

STRAVA: <https://www.strava.com/routes/12382290>





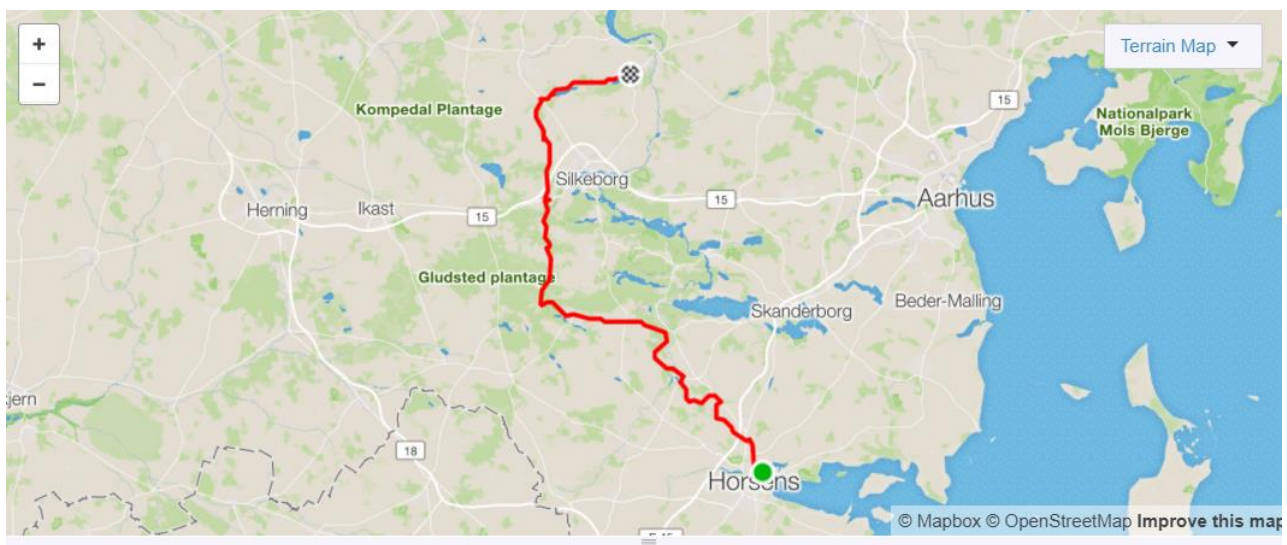
RACEBOOK

ROUTEBOOK

(STAGES, STRAVA LINKS, MAPS, TIMESTATIONS, NOTES)

STAGE 1: HORSENS – **GRØNBÆK**: 82,1 KM, 947 HM

STRAVA: <https://www.strava.com/routes/3896376>



TIMESTATION 1: Grønbæk Kirke

NOTES:

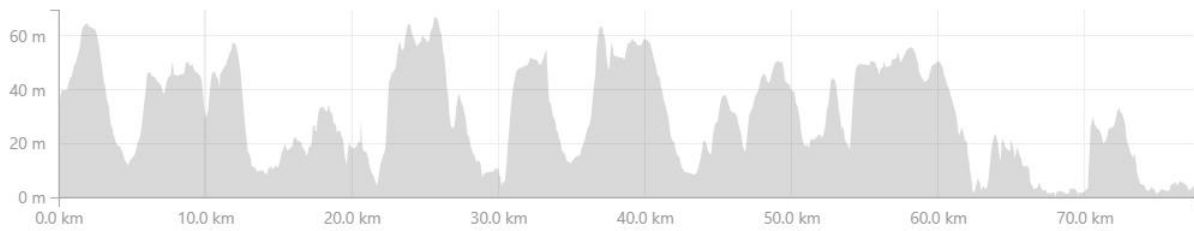
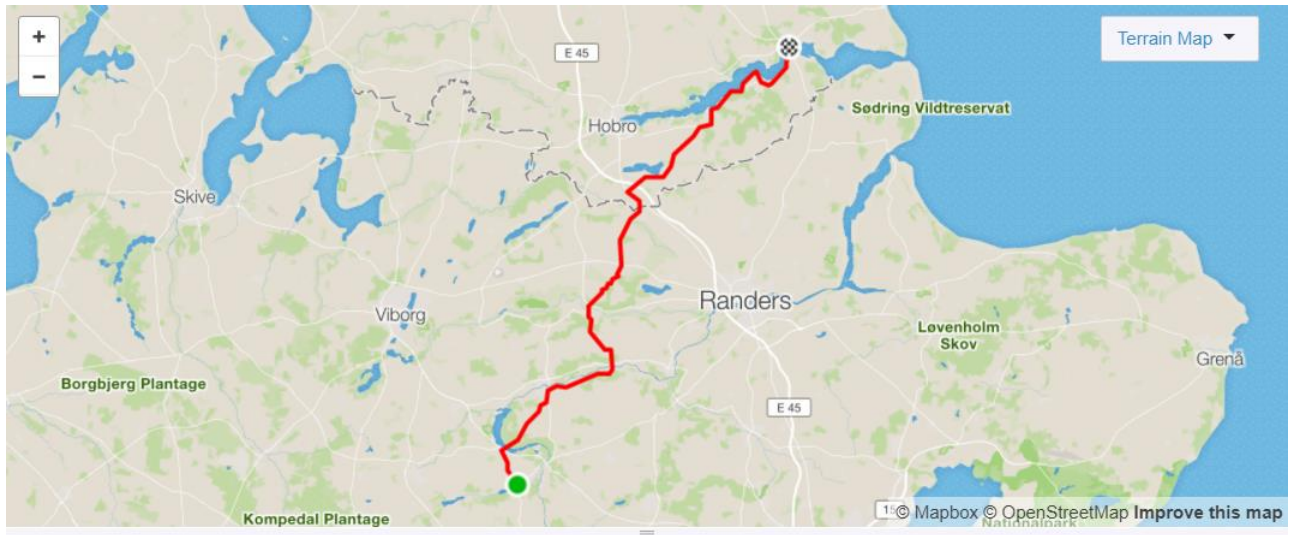
Gravel section from 68-70 kilometers when turning on to Engholmsvej.



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STAGE 2: GRØNBÆK – HADSUND: 78,6 KM, 672 HM

STRAVA: <https://www.strava.com/routes/3776210>



TIMESTATION 2: HADSUND HALLERNE

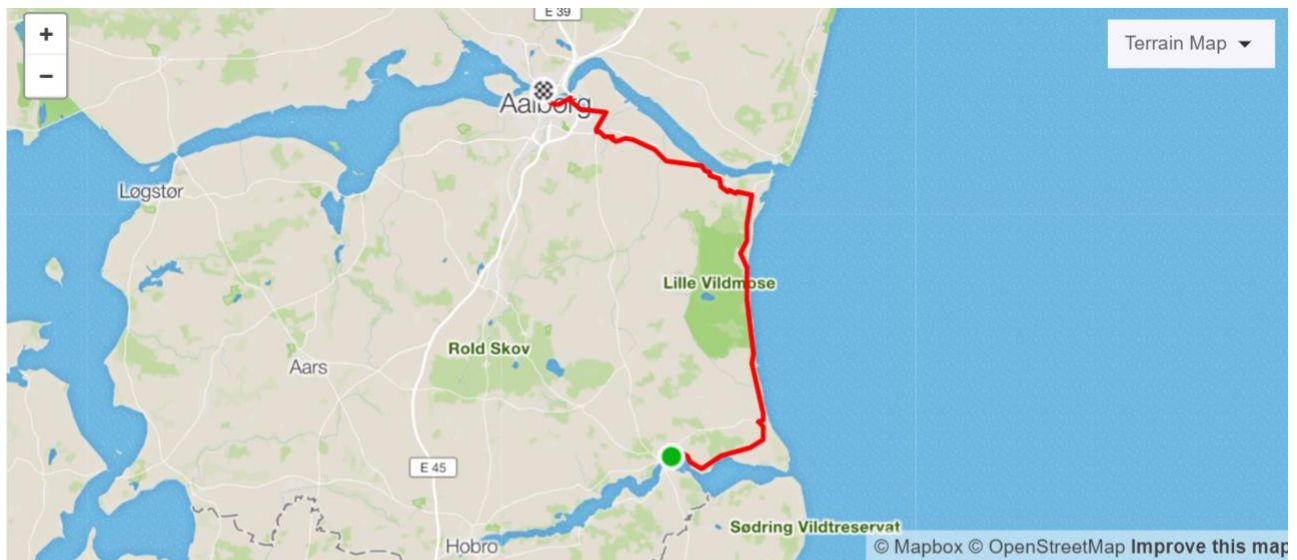
NOTES:



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STAGE 3: HADSUND – AALBORG: 68,7 KM, 182 HM.

<https://www.strava.com/routes/9424212>



TIMESTATION 3: FØTEX (Supermarket) on left hand side

NOTES:

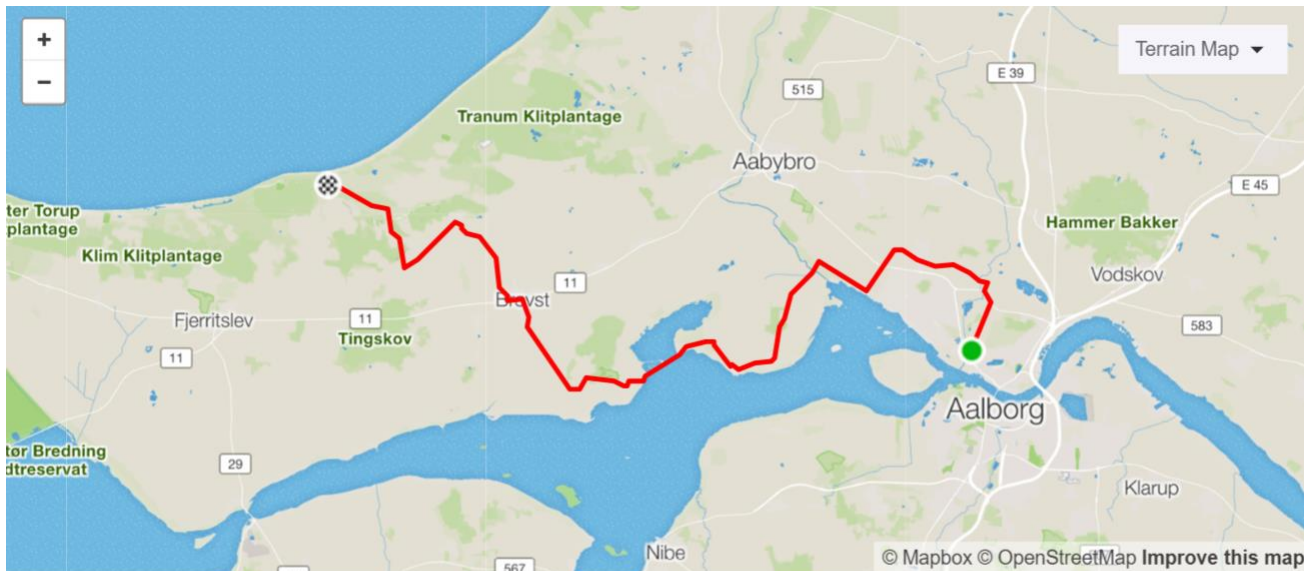
700 meters into the stage: 2 kilometer gravel section turning right on Molhøjvej.



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STAGE 4: AALBORG – SLETTESTRAND: 60,8 KM, 225 HM

STRAVA: <https://www.strava.com/routes/9424357>



TIMESTATION 4: KLITROSEN HOTEL

NOTES:

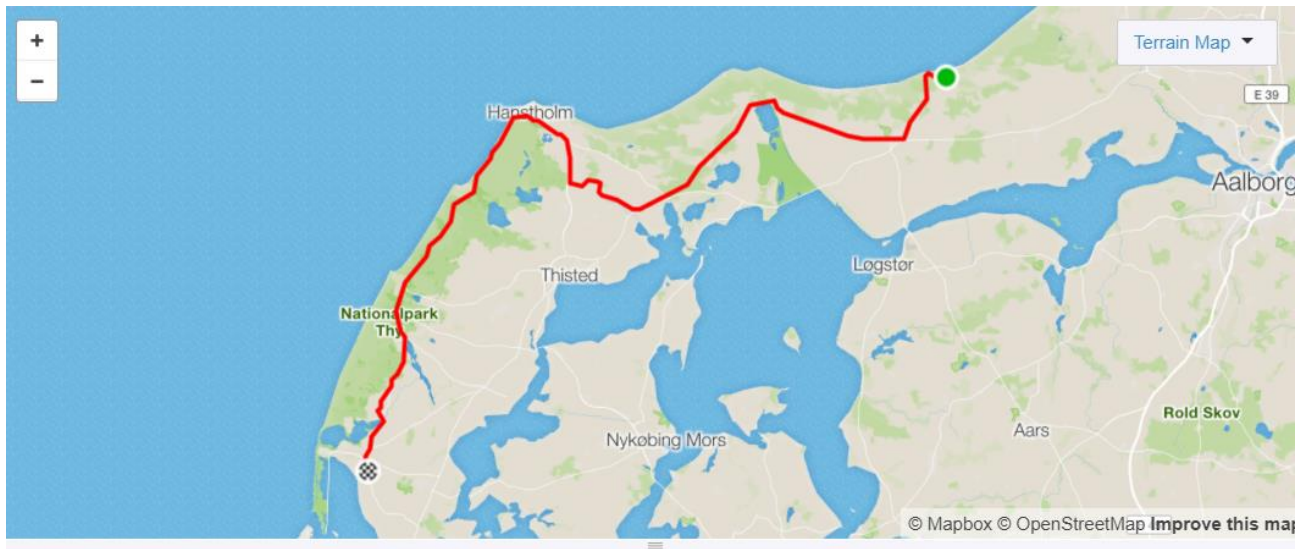
Beware of road work going into Vadum approximately 8-9 kilometers into the stage.



RACEBOOK

STAGE 5: SLETTESTRAND – VESTERVIG: 112,6 KM, 545 HM

STRAVA: <https://www.strava.com/routes/3798115>



TIMESTATION 5: SPAR DAGLIGVARER (Grocery shop)

NOTES:

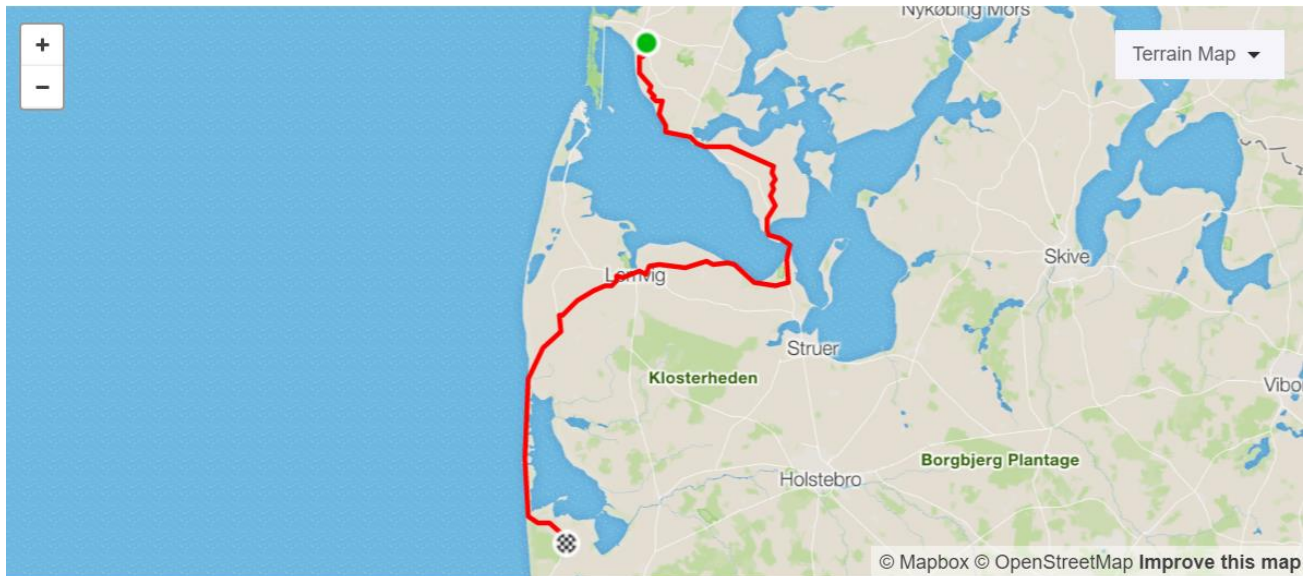
Gravel section from 46,6 – 50,5 kilometers.



RACEBOOK

STAGE 6: VESTERVIG – SØNDER NISSUM: 94,1 KM, 471 HM

STRAVA: <https://www.strava.com/routes/18789074>



TIMESTATION 6: CYCLING CAFÉ, STAFFED

NOTES:

Staffed timestation with refreshment. Unsupported riders, bring cash!

Menu:

Pasta salad with chicken, coffee, cake, toast with ham and egg, drinks

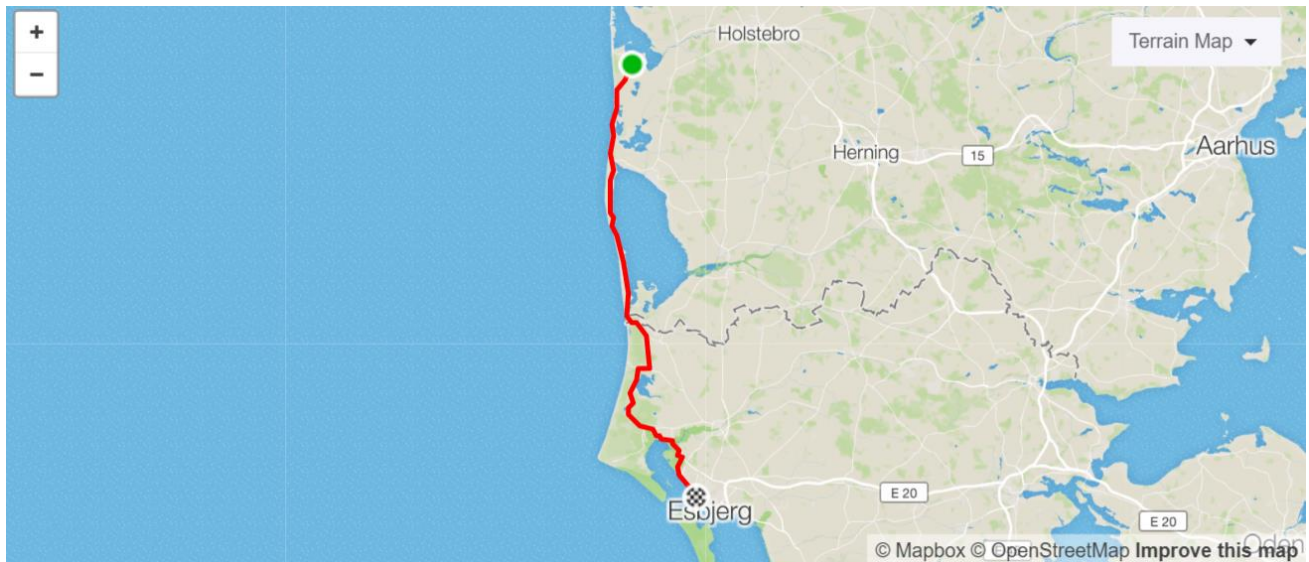
Also the chance to get a shower, a place to sleep (shelter, not a bed), or a massage.



RACEBOOK

STAGE 7: SØNDER NISSUM – ESBJERG: 110,6 KM, 319 HM

STRAVA: <https://www.strava.com/routes/3798397>



TIMESTATION 7: THE FOUR STATUES "MAN BY THE OCEAN"

NOTES:



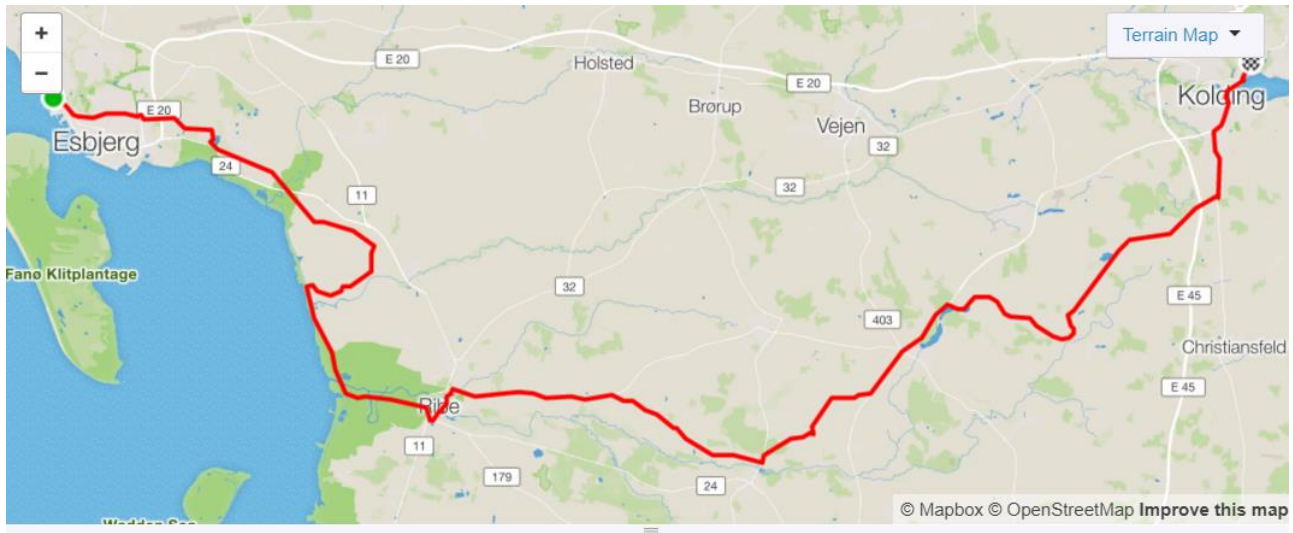
RACEBOOK

STAGE 8: ESBJERG – KOLDING: 108,6 KM, 357 HM

STRAVA:

BIKE: <https://www.strava.com/routes/9429812>

CAR: <https://www.strava.com/routes/18882860>



TIMESTATION: OK GAS STATION

NOTES:

1. Gravel section from approximately 26 – 28 kilometers.

2. When entering Ribe, riders and follow vehicles must separate:

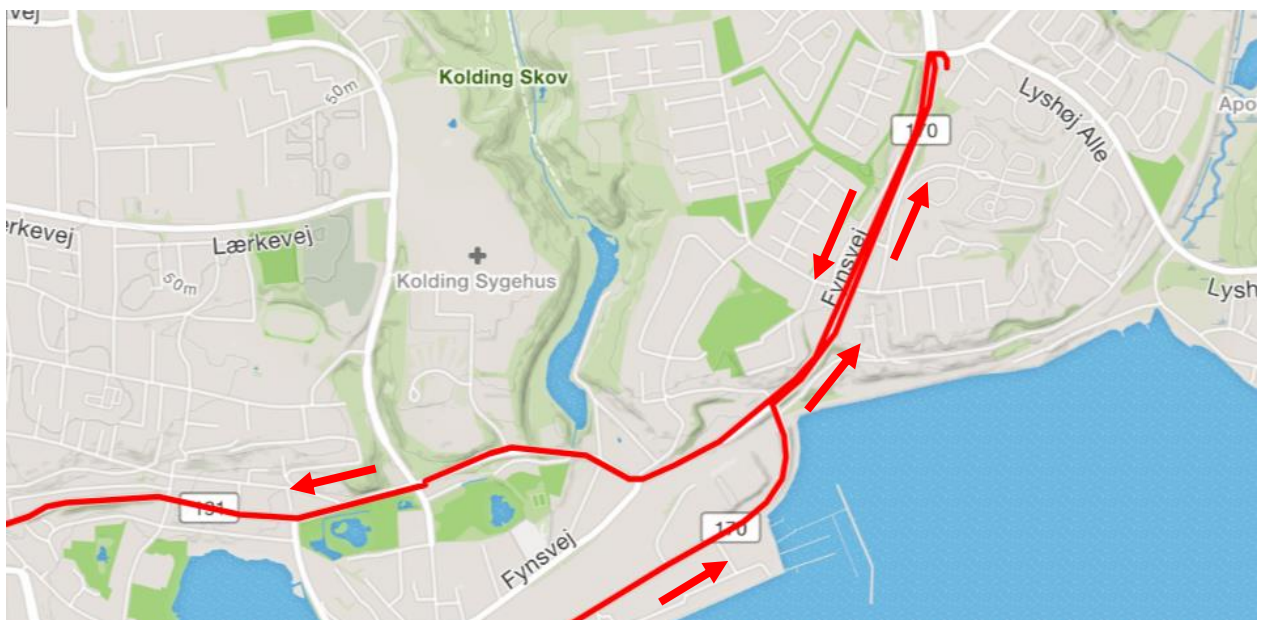
Coming from Bjerrumvej, riders must cross the road (11) and take the bike path. Cars must take a right hand turn from Bjerrumvej on to road 11, then at the roundabout take road 24 and meet the riders again afterwards.



RACEBOOK



3. When moving on to Time Station 8 at the OK Gas Station, ALL CHALLENGE AND EXPERIENCE riders, supported and unsupported, must go all the way to the Time Station.





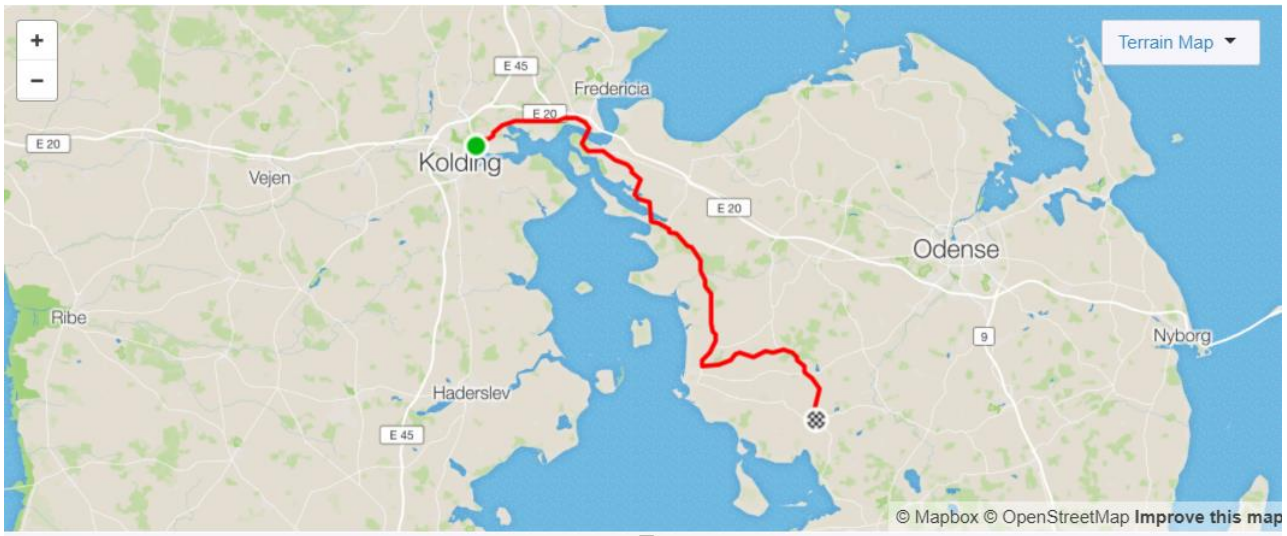
RACEBOOK

STAGE 9: KOLDING – HAARBY: 73,5 KM, 506 HM

STRAVA:

BIKE: <https://www.strava.com/routes/9432808>

CAR: <https://ridewithgps.com/routes/30046362> ** (Ride with GPS file)



TIMESTATION: SHELL GAS STATION

NOTES:

FOLLOW VEHICLE:

Proceed on Gefionvej

Turn left on Birkemose vej

Turn right on Nr. Bjertvej and meet with rider approximate 600 meter further ahead

RIDER:



RACEBOOK

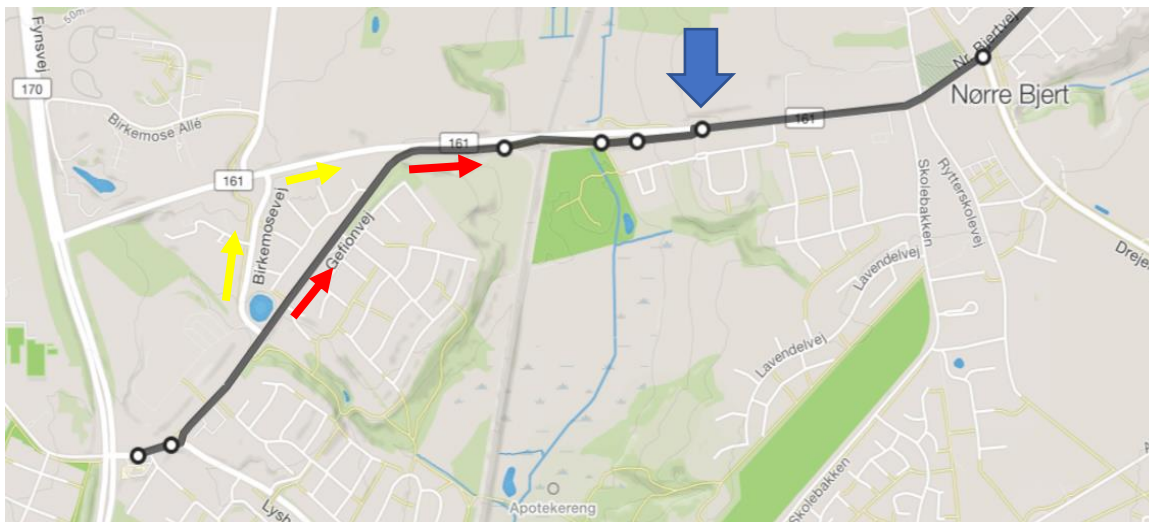
Proceed onto Gefionvej 0.
1

Rider: Beware of downhill and DANGEROUS road obstruction

Proceed uphill 1.
0

Proceed 1.
2

RIDER and **FOLLOW VEHICLE MEET**

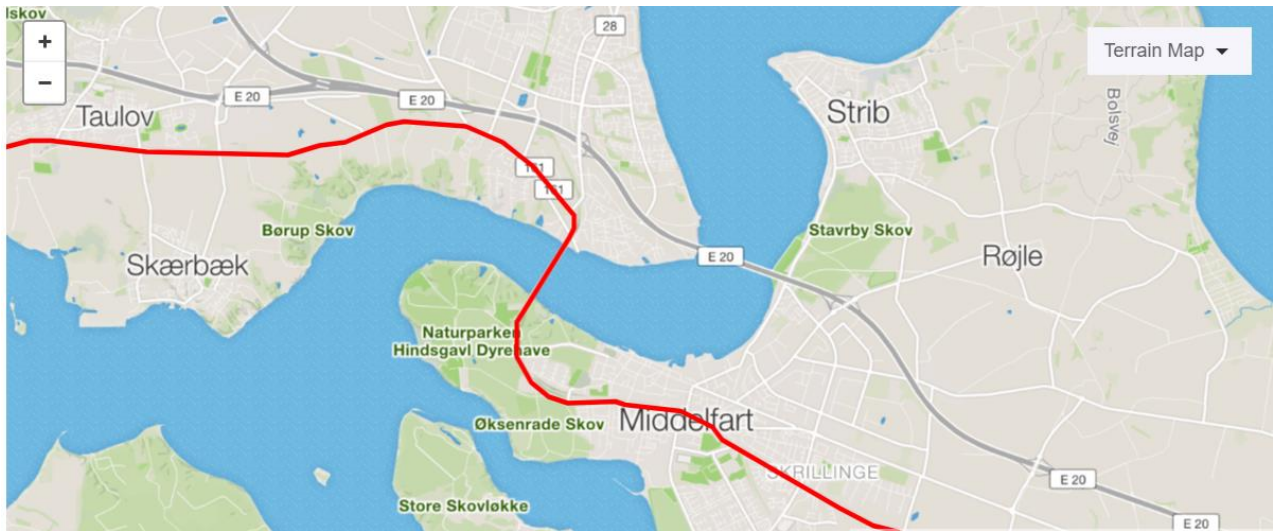




RACEBOOK

Due to the bridge across The Little Belt being closed for motorized vehicles because of road works, cars must take the high way.

Bikes:



Cars:

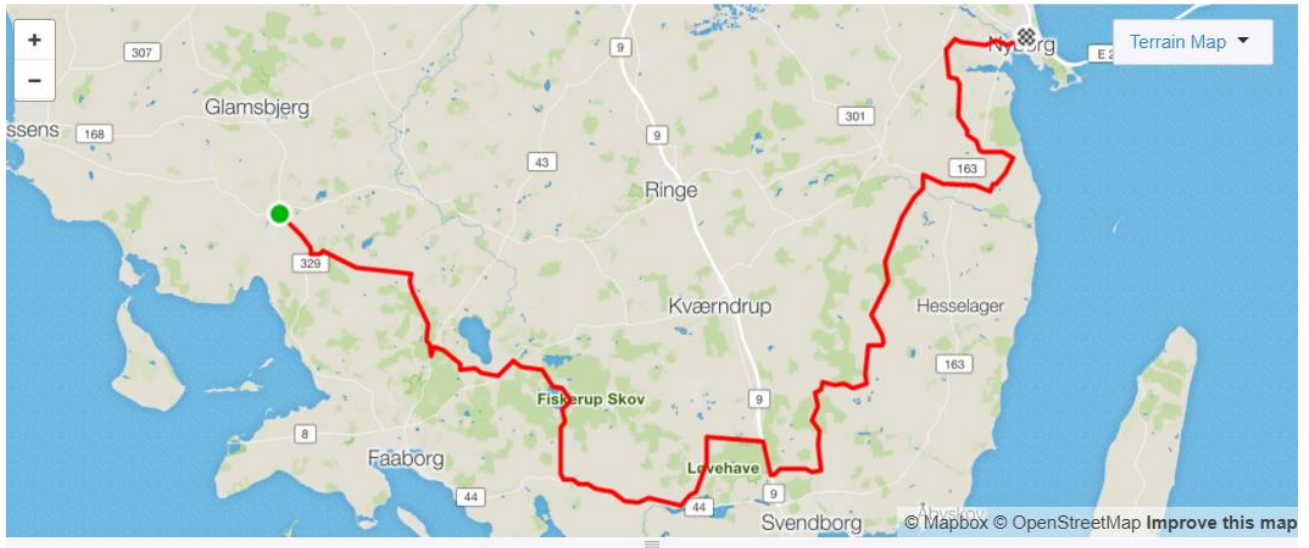




RACEBOOK

STAGE 10: HAARBY – NYBORG: 93,4 KM, 722 HM.

STRAVA: <https://www.strava.com/routes/3807477>



TIMESTATION: NYBORG STATION (Railway station)

NOTES:



RACEBOOK

STAGE 11: NYBORG – KORSØR: 23,7 KM, TRANSPORTATION

SUPPORTED RIDERS: CAR RIDE, NYBORG STATION – KORSØR STATION

UNSUPPORTED RIDERS: TRAIN RIDE, NYBORG STATION – KORSØR STATION

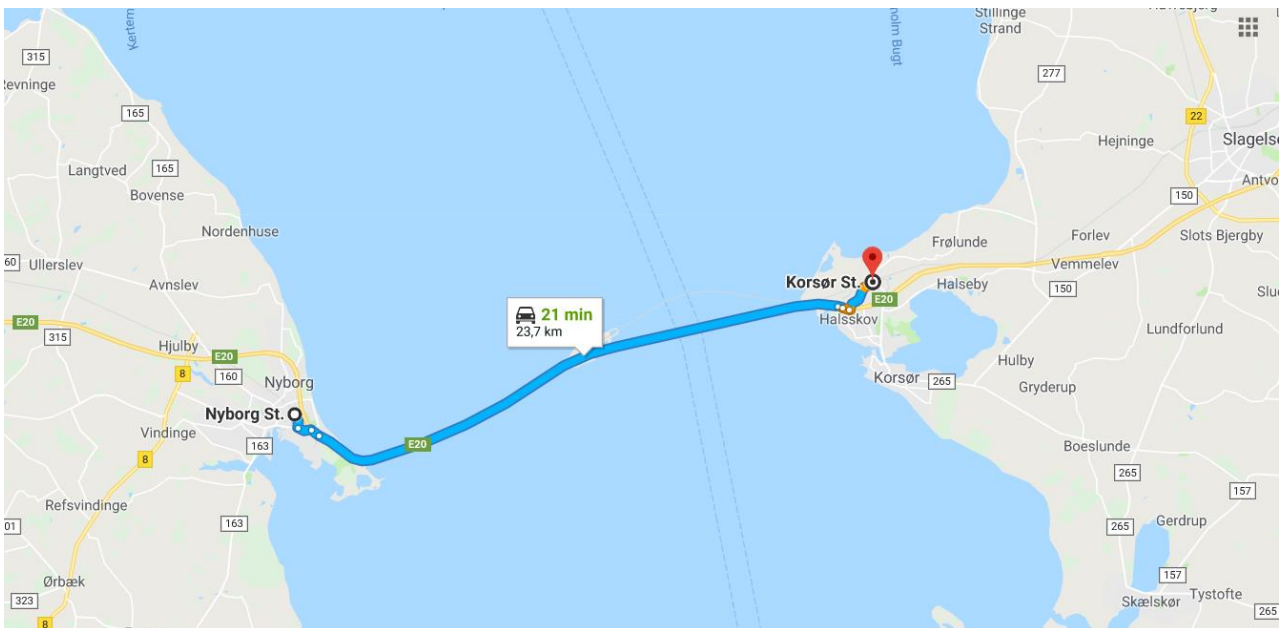
SUPPORTED RIDERS

The rider is picked up and transported to Korsør

Address in Nyborg: Nyborg Station, Banegårdsalleen 100, 5800 Nyborg

Address in Korsør: Storebæltsvej 2, 4220 Korsør

Distance: 23,7 kilometers. Travel time: 21 minutes.



UNSUPPORTED RIDERS

Unsupported riders must take the train from Nyborg Station to Korsør station

TIMESTATION: KORSØR STATION (Railway station)

NOTES:

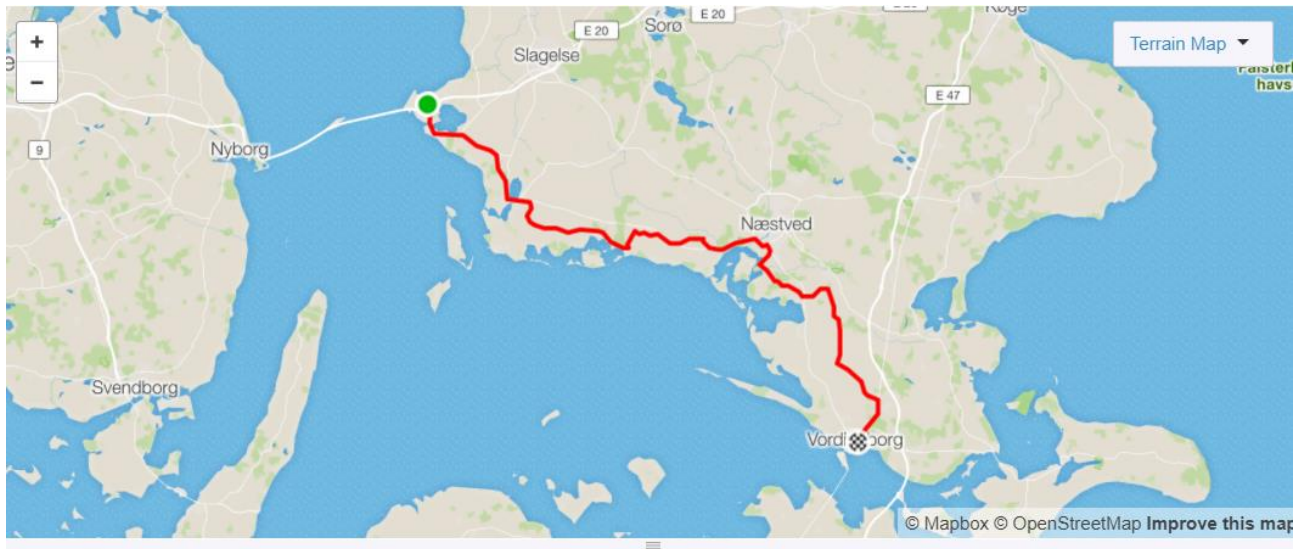
FOR ALL CATEGORIES: THE TIME DOES NOT STOP DURING TRANSPORTATION!



RACEBOOK

STAGE 12: KORSØR – VORDINGBORG: 90,4 KM, 426 HM.

STRAVA: <https://www.strava.com/routes/3834267>



TIMESTATION: SHELL GAS STATION

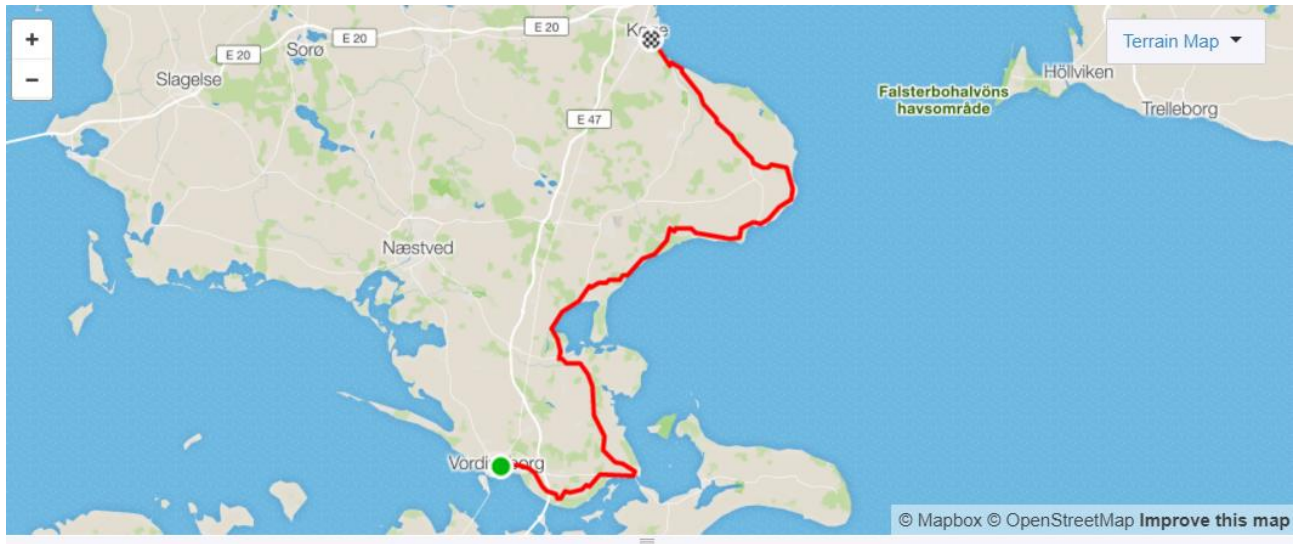
NOTES:



RACEBOOK

STAGE 13: VORDINGBORG – KØGE: 105,8 KM, 436 HM

STRAVA: <https://www.strava.com/routes/3869188>



TIMESTATION: HOTEL COMWELL

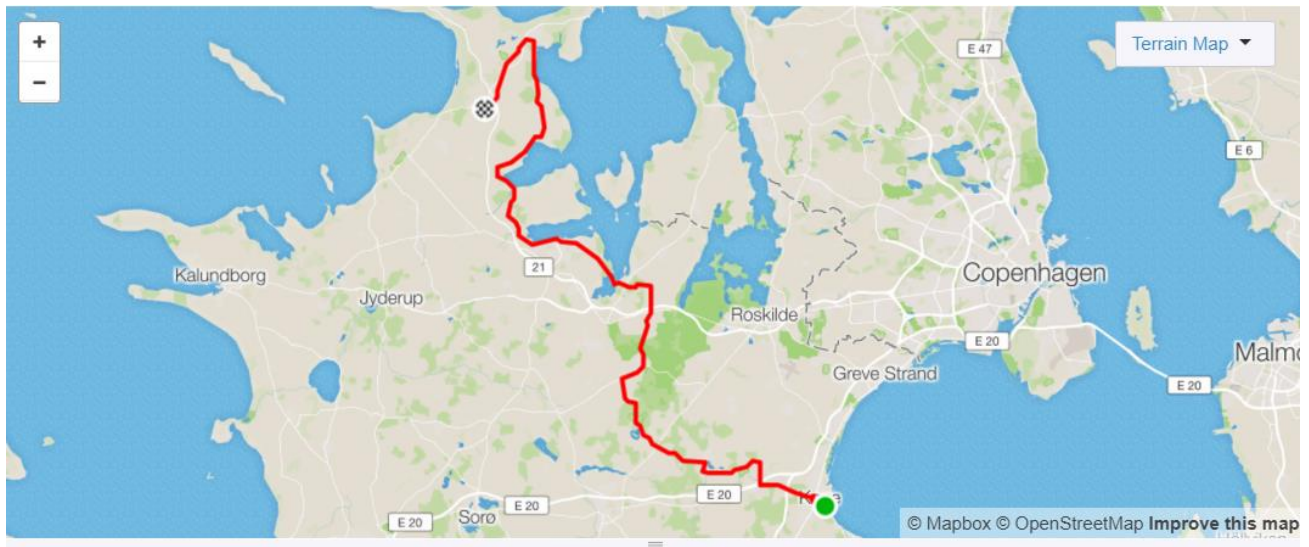
NOTES:



RACEBOOK

STAGE 14: KØGE – VIG: 105,2 KM, 691 HM

STRAVA: <https://www.strava.com/routes/9443555>



TIMESTATION: SUPER BRUGSEN (Grocery store)

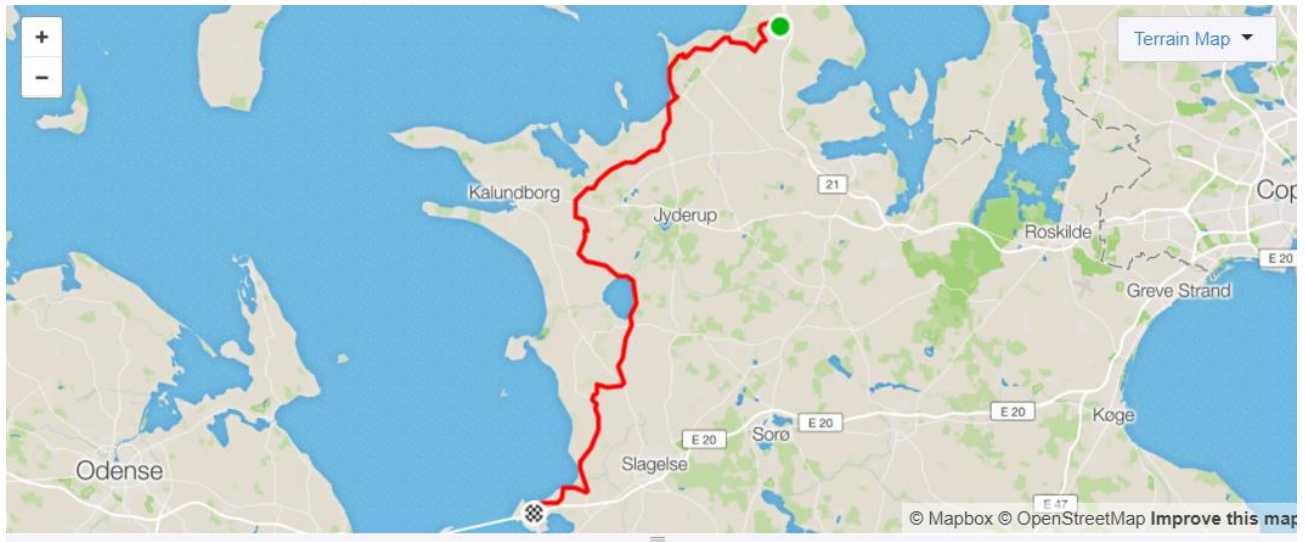
NOTES:



RACEBOOK

STAGE 15: VIG – KORSØR: 93,3 KM, 483 HM

STRAVA: <https://www.strava.com/routes/9456952>



TIMESTATION: KORSØR STATION (Railway station)

NOTES:



RACEBOOK

STAGE 16: KORSØR – NYBORG: 23,7 KM, TRANSPORTATION

SUPPORTED RIDERS: CAR RIDE, KORSØR STATION - NYBORG STATION

UNSUPPORTED RIDERS: TRAIN RIDE, KORSØR STATION - NYBORG STATION

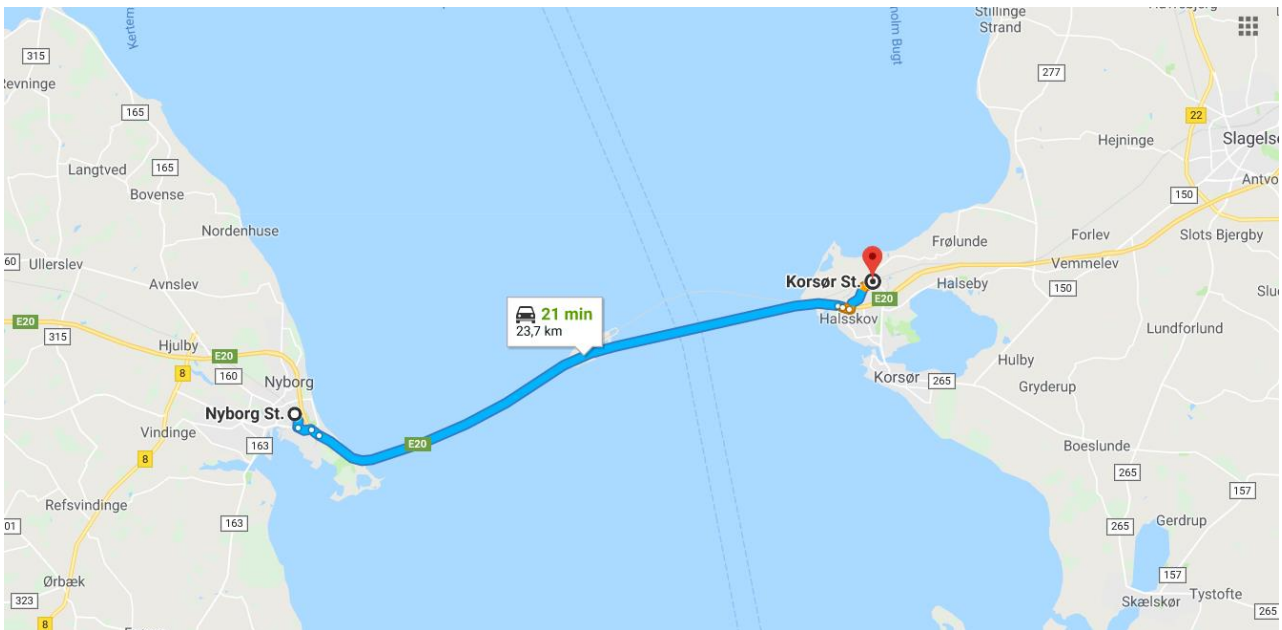
SUPPORTED RIDERS

The rider is picked UP and transported to Nyborg

Address in Korsør: Storebæltsvej 2, 4220 Korsør

Address in Nyborg: Nyborg Station, Banegårdsalleen 100, 5800 Nyborg

Distance: 23,7 kilometers. Travel time: 21 minutes.



UNSUPPORTED RIDER

Unsupported riders must take the train from Korsør station to Nyborg Station.

TIMESTATION: NYBORG STATION (Railway station)

NOTES:

FOR ALL CATEGORIES: THE TIME DOES NOT STOP DURING TRANSPORTATION!



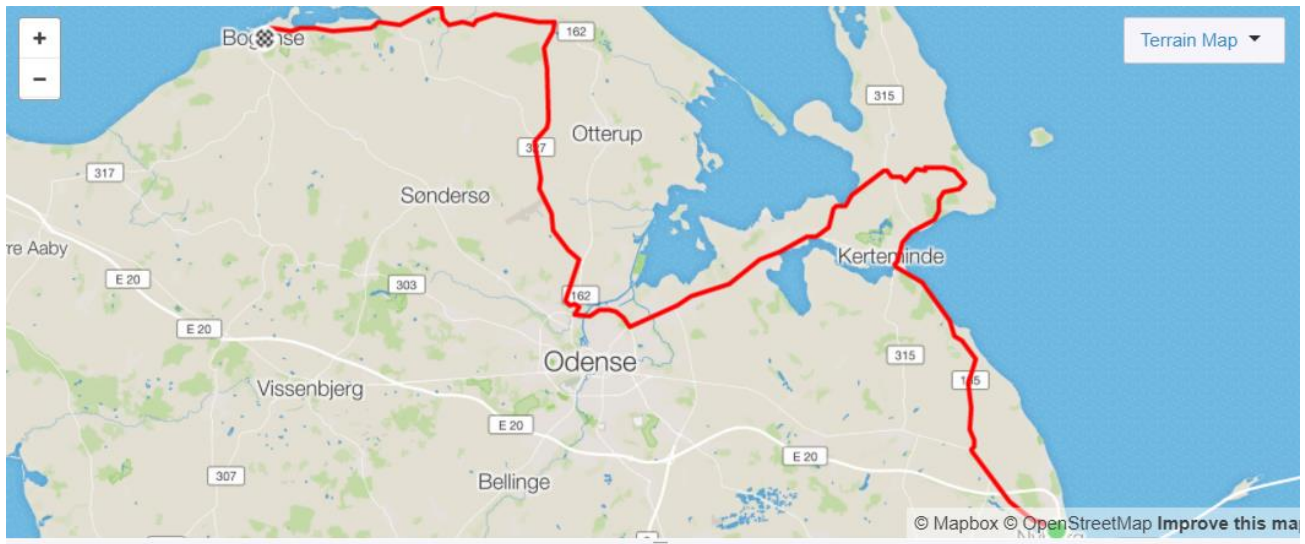
RACEBOOK

STAGE 17: NYBORG – BOGENSE: 89,5 KM, 297 HM.

STRAVA:

BIKE <https://www.strava.com/routes/13031754>

CAR <https://www.strava.com/routes/9458041>



TIMESTATION: NETTO (Grocery store)

NOTES:

In Odense the bike and follow vehicle will be separated. The bikerider needs to take the bike path.

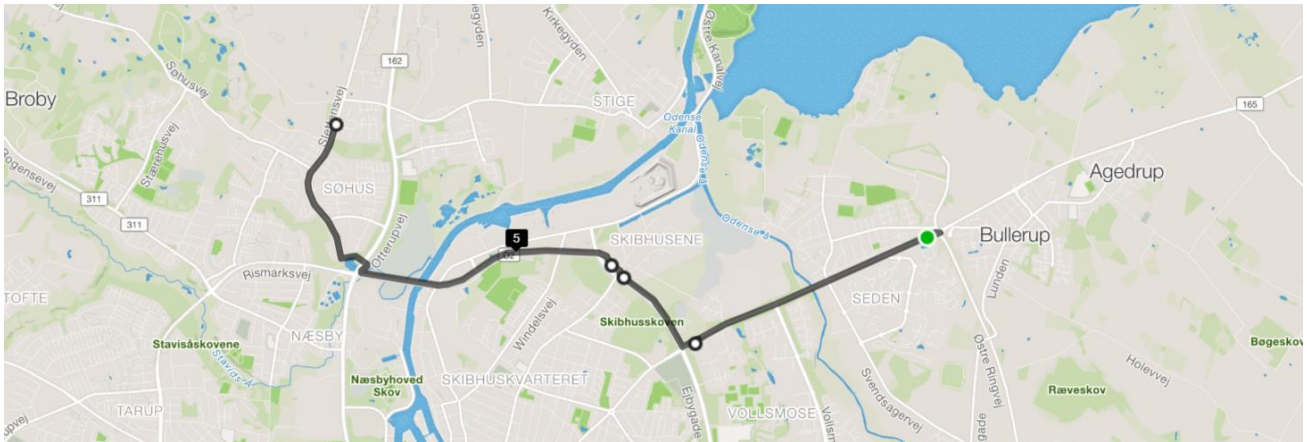
Notice, we have made different routes to be downloaded for the bike and for the follow vehicle.

Also see maps below:

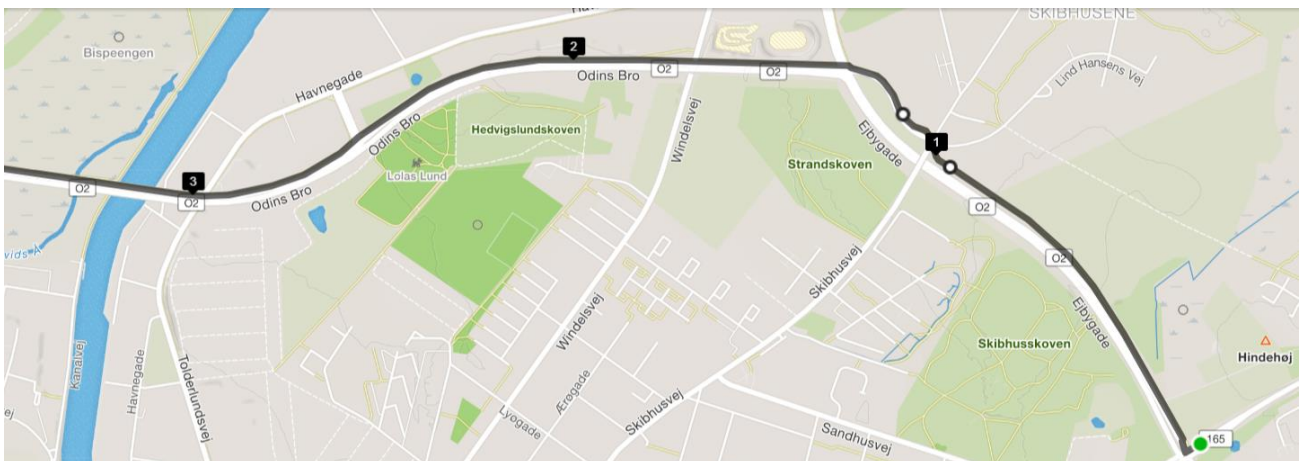


RACEBOOK

Overview (Bike route):



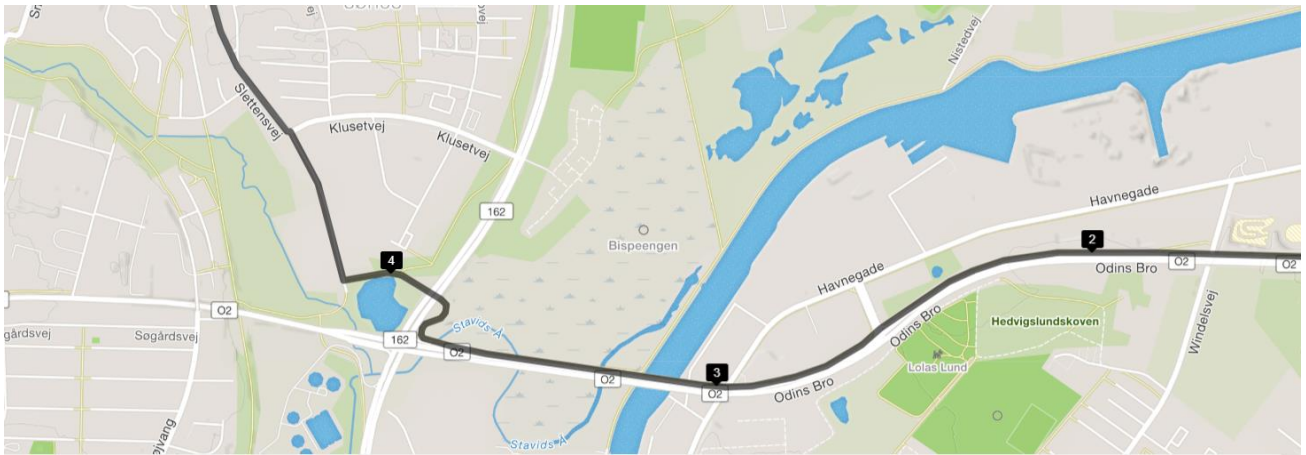
Map specified: The bike must follow the bike path along Ejbygade and Odins Bro. The follow vehicle will drive on these roads.



Map specified: The bike must cross road 162 on the bike path to Slettensvej. The follow vehicle must go along 162, take a left on Klusetvej and meet the rider on Slettensvej.



RACEBOOK





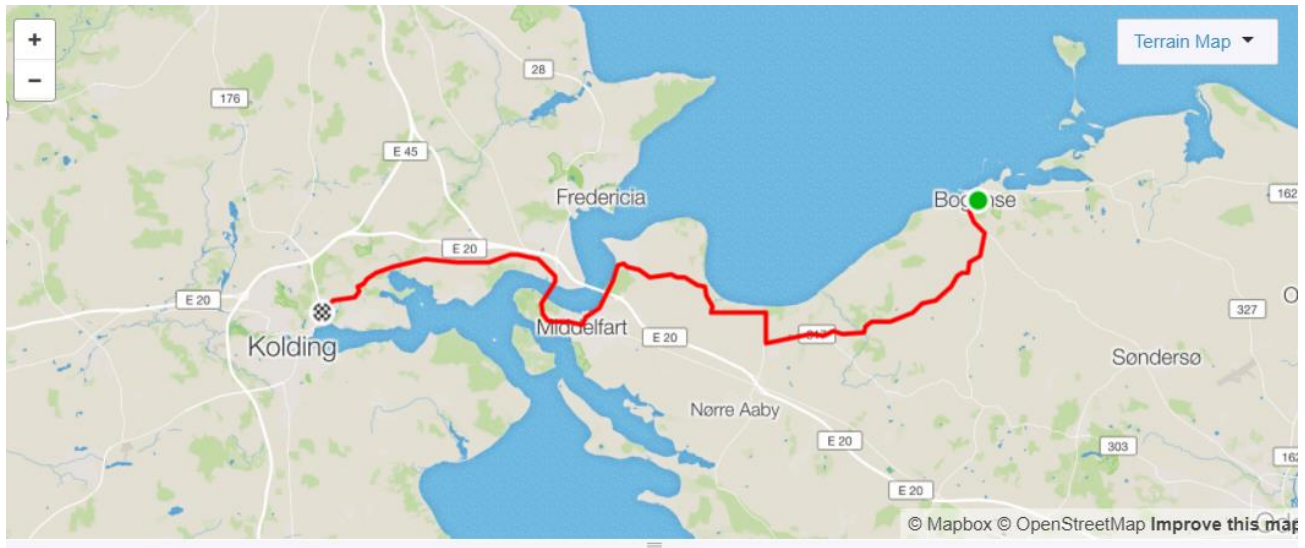
RACEBOOK

STAGE 18: BOGENSE – KOLDING: 53,7 KM, 472 HM

STRAVA

CAR <https://www.strava.com/routes/13032193>

BIKE <https://ridewithgps.com/routes/30029176> (Ride with GPS file)



TIMESTATION: OK GAS STATION

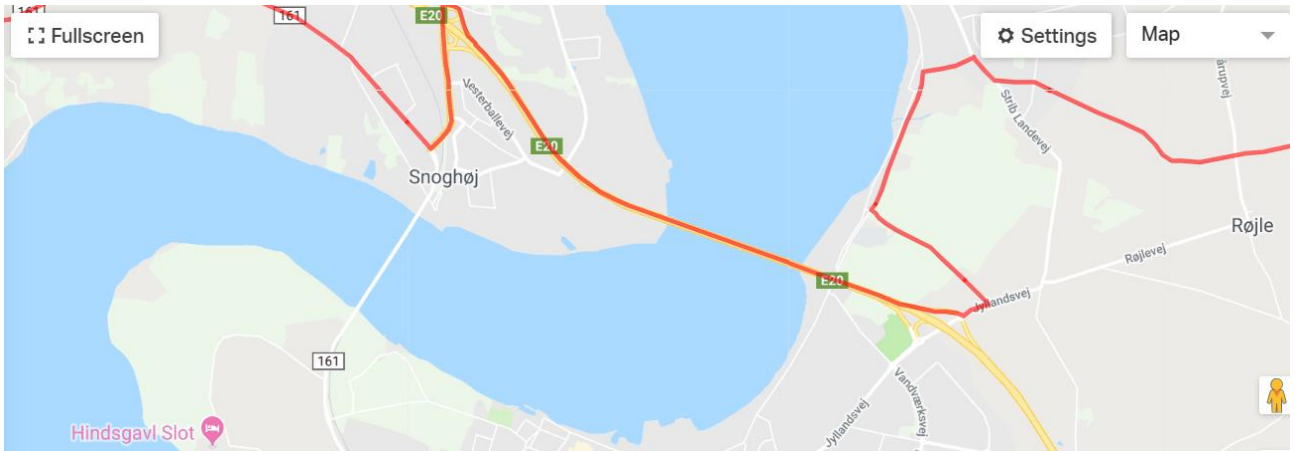
NOTES:

Due to the bridge across The Little Belt being closed for motorized vehicles because of road works, cars must take the high way.

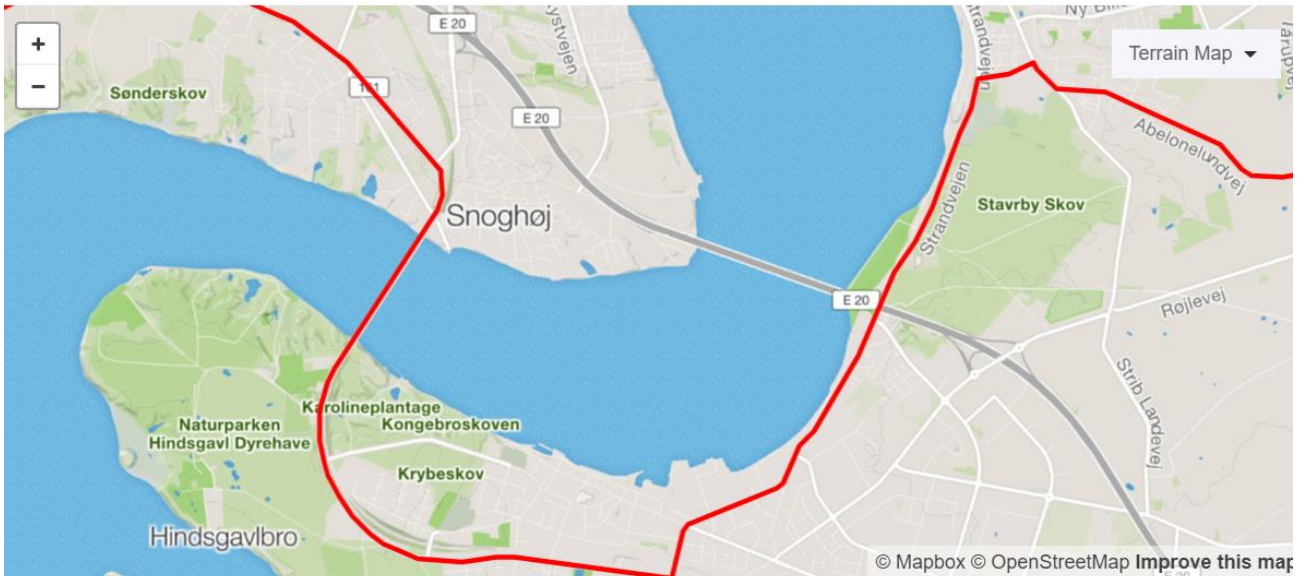
Cars:



RACEBOOK



Bikes:

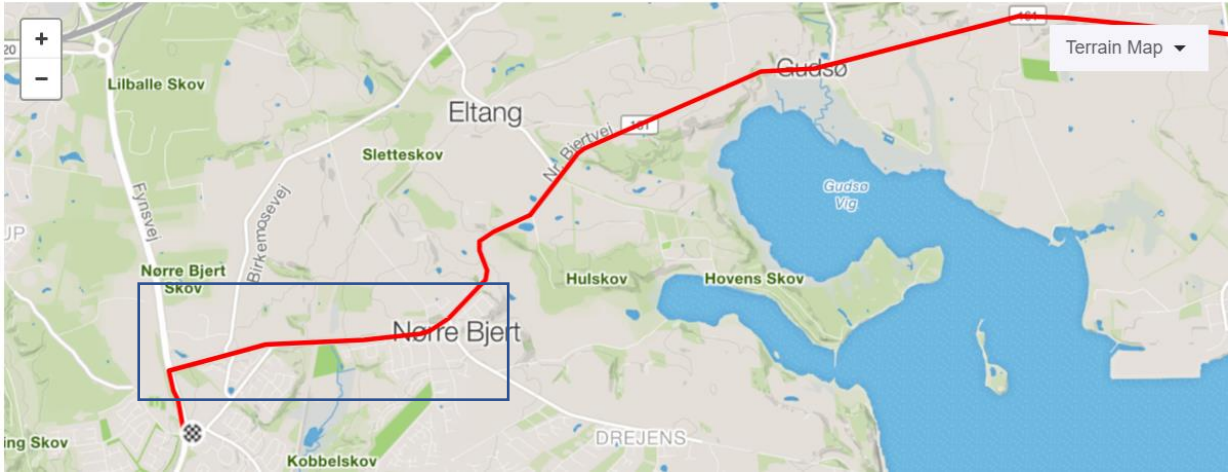




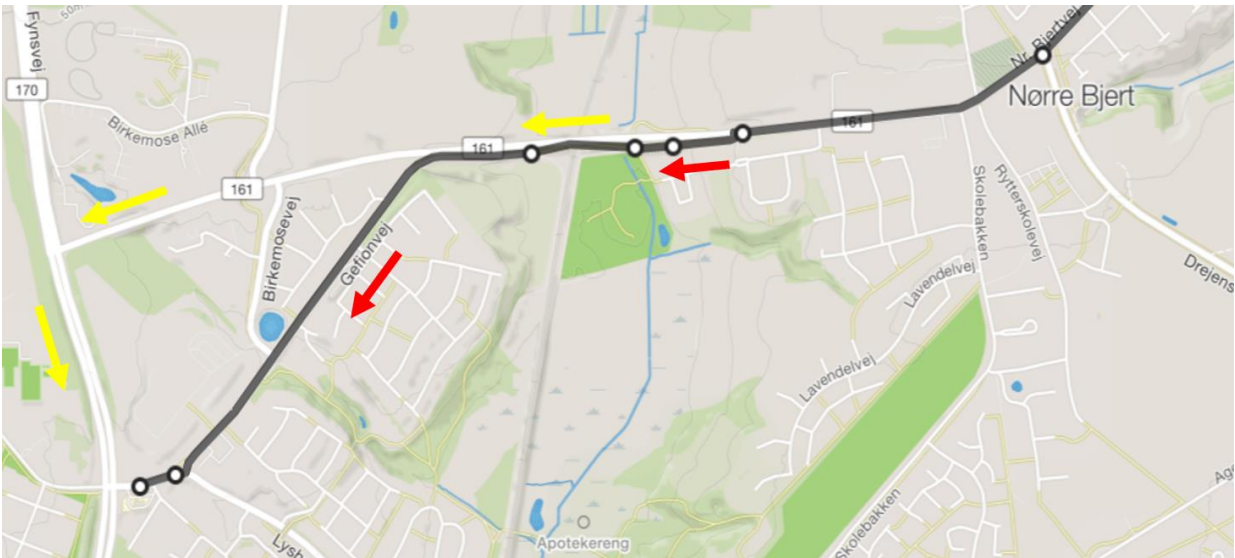
RACEBOOK

When nearing Kolding car and rider must separate:

Car's route



Car's route and riders route

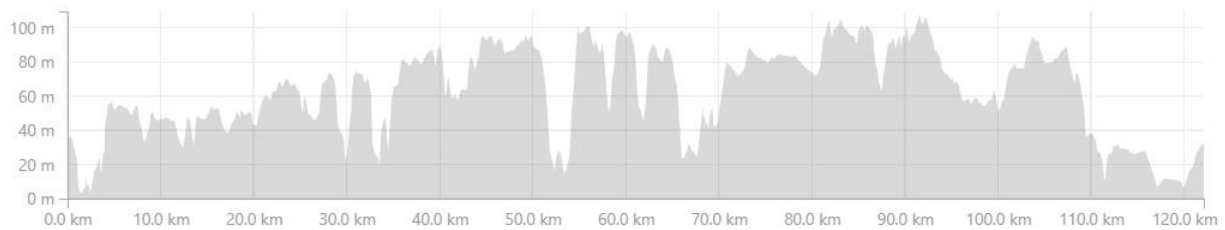
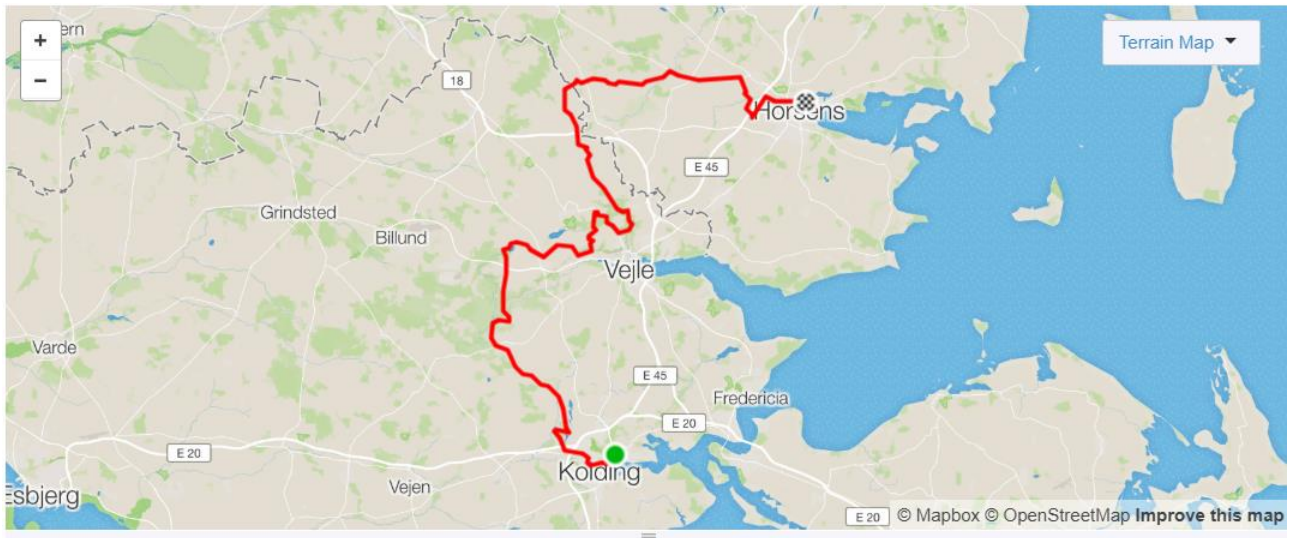




RACEBOOK

STAGE 19: KOLDING – HORSENS: 122,1 KM, 1.183 HM.

STRAVA: <https://www.strava.com/routes/9460243>



TIMESTATION: CASA ARENA HORSENS (FINISH)

NOTES:

At approximately 57 kilometers, Hopballevej: **DANGEROUS DESCENT**: VERY ROUGH COBBLESTONES AT THE BOTTOM OF THE HILL



RACEBOOK

EXPERIENCE ROUTE

HORSENS-SKJERN-ESBJERG-KOLDING-HORSENS: 407,4 KM, 2.337 HM.

STRAVA: <https://www.strava.com/routes/12382290>



NOTES:

1. It is advisable to check out stages 7, 8 and 19, since the EXPERINCE route will follow these.
2. Be very cautious: On the stretch going from Lønborg to Nørre Nebel going on Tarmvej (approximately 112 kilometers into the race) road construction is taking place on the bike path. The signing of this is poor. It is advisable to stay on the road or ride with great caution on the bike path.

