









STAGE 3 : LYGSEIDET (Lyngen Alps) - FINNVIKDALEN (Tromsø)**Samedi 12 août 2017****Distance : 185,5 km****ITINERAIRE HORAIRE****Start meeting point :****Signing-in :****Roll-call :****Neutralised start :****Race start :**

Kilomètres		ITINERAIRE			Horaire		
A parcourir	Total				Moyenne course		
					44 km/h	42 km/h	40 km/h
NORVEGE							
		Parkveien	LYNGSEIDET	Départ fictif	13:50	13:50	13:50
185,5	0,0	R868	LYNGSEIDET	Départ réel	13:55	13:55	13:55
173,5	12,0		FURUFLATEN		14:11	14:12	14:13
168,0	17,5		RASTEBY		14:18	14:20	14:21
159,5	26,0		Tunnelen (150m)		14:29	14:31	14:34
147,0	38,5		OTEREN		14:46	14:49	14:52
138,5	47,0	E6	ØVERGÅRD		14:57	15:01	15:05
129,0	56,5		NORDKJOSBOTN		15:10	15:14	15:19
112,5	73,0	R858	STORSTEINNES		15:31	15:37	15:44
104,5	81,0		VASSÅSEN		15:45	15:51	15:58
103,5	82,0		FEED ZONE		15:46	15:52	15:59
89,0	96,5		MESTERVIK		16:01	16:08	16:15
80,5	105,0	R288	SÆTERLIHAUGEN		16:19	16:26	16:34
77,0	108,5		SKØGLI		16:22	16:29	16:37
66,5	119,0	R286	MORTENHALS		16:33	16:40	16:48
53,0	132,5		ANSNES		16:51	16:59	17:08
48,0	137,5		BROKSKAR		16:58	17:06	17:16
45,0	140,5		BRENTSJORD		17:02	17:10	17:20
38,0	147,5		VIKRAN		17:11	17:20	17:30
34,0	151,5	R858	Rya tunnelen (2000m)		17:16	17:26	17:36
29,5	156,0		RYA TUNNELEN / TISNES		17:22	17:32	17:43
20,5	165,0		WASTE ZONE		17:34	17:45	17:57
17,0	168,5		EIDKJOSEN		17:38	17:50	18:02
12,0	173,5	R862	KVALØYSLETTA		17:45	17:57	18:09
0,0	185,5	Fv58	SKULSFJORD	Arrivée 	18:08	18:20	18:33

Finish line : on Frydenlundgata, at the end of a 390m final straight line road after 1 lap of 10.5km final circuit**Width** : 5m**Doping test** : Mobil-home near the finish line**Race HQ / Media room** : Polaria Museum, Hjalmar Johansens Gate 12**Distance from the finish line** : 17km