

KM TOTAL	AVERAGE SPEED H1	IDEAL TIME H1	AVERAGE SPEED H2	IDEAL TIME H2	AVERAGE SPEED H3	IDEAL TIME H3	AVERAGE SPEED H4	IDEAL TIME H4
203,35	35	0:00:00	40	0:00:00	45	0:00:00	50	0:00:00
203,74	35	0:00:40	40	0:00:35	45	0:00:31	45	0:00:28
204,41	45	0:01:49	50	0:01:35	60	0:01:24	65	0:01:21
204,80	55	0:02:20	65	0:02:03	75	0:01:48	85	0:01:43
206,58	55	0:04:16	65	0:03:42	75	0:03:13	85	0:02:58
207,78	65	0:05:35	75	0:04:48	85	0:04:11	95	0:03:49
210,66	60	0:08:14	70	0:07:06	80	0:06:13	90	0:05:38
212,78	50	0:10:21	55	0:08:55	65	0:07:48	70	0:07:03
213,55	50	0:11:17	55	0:09:46	65	0:08:31	65	0:07:43
215,16	55	0:13:13	65	0:11:31	75	0:10:00	85	0:09:12
215,55	55	0:13:38	65	0:11:53	75	0:10:19	85	0:09:28
216,32	45	0:14:29	50	0:12:35	60	0:10:56	65	0:10:01
216,55	20	0:14:47	20	0:12:52	20	0:11:09	20	0:10:14
216,88	20	0:15:47	20	0:13:51	20	0:12:09	20	0:11:13
217,30	50	0:17:02	60	0:15:07	70	0:13:24	80	0:12:29
217,67	50	0:17:29	60	0:15:29	70	0:13:43	80	0:12:45
218,08	45	0:17:58	50	0:15:54	60	0:14:05	65	0:13:04
218,43	40	0:18:26	45	0:16:19	50	0:14:26	60	0:13:23
218,83	55	0:19:02	65	0:16:51	75	0:14:54	85	0:13:47
221,79	55	0:22:16	65	0:19:35	75	0:17:16	85	0:15:52
223,82	50	0:24:29	55	0:21:27	65	0:18:54	70	0:17:18
224,16	55	0:24:53	65	0:21:50	75	0:19:13	85	0:17:36
225,89	40	0:26:47	45	0:23:25	50	0:20:36	60	0:18:49
226,48	65	0:27:40	75	0:24:13	85	0:21:18	95	0:19:25
228,27	55	0:29:19	65	0:25:38	75	0:22:34	85	0:20:32
230,79	55	0:32:04	65	0:27:58	75	0:24:35	85	0:22:19
232,14	50	0:33:32	55	0:29:13	65	0:25:40	70	0:23:16
233,03	40	0:34:36	45	0:30:11	50	0:26:29	60	0:24:02
233,73	50	0:35:39	55	0:31:07	65	0:27:19	70	0:24:44
237,25	35	0:39:53	40	0:34:57	45	0:30:34	50	0:27:45
238,21	30	0:41:31	35	0:36:24	40	0:31:51	45	0:28:54
238,41	35	0:41:55	40	0:36:44	45	0:32:09	50	0:29:10
239,05	40	0:43:01	45	0:37:42	50	0:33:00	60	0:29:56
239,93	45	0:44:21	50	0:38:52	60	0:34:04	65	0:30:49
240,75	35	0:45:26	40	0:39:51	45	0:34:53	50	0:31:35
241,19	40	0:46:11	45	0:40:31	50	0:35:28	60	0:32:06
241,97	50	0:47:22	55	0:41:33	65	0:36:24	70	0:32:53
244,80		0:50:45		0:44:39		0:39:01		0:35:19

KM TOTAL	AVERAGE SPEED H1	IDEAL TIME H1	AVERAGE SPEED H2	IDEAL TIME H2	AVERAGE SPEED H3	IDEAL TIME H3	AVERAGE SPEED H4	IDEAL TIME H4
271,72	40	0:00:00	45	0:00:00	50	0:00:00	60	0:00:00
271,88	40	0:00:14	45	0:00:12	50	0:00:11	60	0:00:09
272,37	45	0:00:58	50	0:00:52	60	0:00:46	65	0:00:39
272,78	50	0:01:31	55	0:01:21	65	0:01:11	70	0:01:01
273,29	50	0:02:08	60	0:01:54	70	0:01:39	80	0:01:27
273,49	50	0:02:22	55	0:02:06	65	0:01:49	70	0:01:36
273,74	50	0:02:40	55	0:02:23	65	0:02:03	70	0:01:49
274,25	50	0:03:17	55	0:02:56	65	0:02:32	70	0:02:16
275,05	50	0:04:14	60	0:03:49	70	0:03:16	80	0:02:57
275,97	50	0:05:20	55	0:04:44	65	0:04:03	70	0:03:38
276,38	45	0:05:50	50	0:05:11	60	0:04:26	65	0:03:59
277,82	45	0:07:45	50	0:06:54	60	0:05:52	65	0:05:19
278,61	50	0:08:48	60	0:07:51	70	0:06:40	80	0:06:03
278,90	45	0:09:09	50	0:08:09	60	0:06:55	65	0:06:16
279,21	45	0:09:34	50	0:08:31	60	0:07:13	65	0:06:33
279,70	45	0:10:13	50	0:09:06	60	0:07:43	65	0:07:00
280,01	45	0:10:38	50	0:09:28	60	0:08:01	65	0:07:17
280,47	40	0:11:15	45	0:10:02	50	0:08:29	60	0:07:43
281,04	50	0:12:06	55	0:10:47	65	0:09:10	70	0:08:17
282,63	35	0:14:01	40	0:12:31	45	0:10:38	50	0:09:39
283,04	35	0:14:43	40	0:13:08	45	0:11:11	50	0:10:08
283,30	35	0:15:10	40	0:13:32	45	0:11:31	50	0:10:27
284,04	35	0:16:26	40	0:14:38	45	0:12:31	50	0:11:20
284,51	35	0:17:14	40	0:15:20	45	0:13:08	50	0:11:54
284,66	25	0:17:29	30	0:15:34	35	0:13:20	40	0:12:05
285,09	35	0:18:31	40	0:16:26	45	0:14:05	50	0:12:43
285,33	35	0:18:56	40	0:16:47	45	0:14:24	50	0:13:01
285,92	45	0:19:57	50	0:17:40	60	0:15:11	65	0:13:43
286,92	35	0:21:17	40	0:18:52	45	0:16:11	50	0:14:39
287,69	45	0:22:36	50	0:20:02	60	0:17:13	65	0:15:34
288,13	50	0:23:11	55	0:20:33	65	0:17:39	70	0:15:58
288,45	50	0:23:34	60	0:20:54	70	0:17:57	80	0:16:15
290,97	60	0:26:36	70	0:23:25	80	0:20:06	90	0:18:08
291,58	55	0:27:12	65	0:23:57	75	0:20:34	85	0:18:33
293,92	55	0:29:45	65	0:26:06	75	0:22:26	85	0:20:12
295,50		0:31:29		0:27:34		0:23:42		0:21:19

KM TOTAL	AVERAGE SPEED H1	IDEAL TIME H1	AVERAGE SPEED H2	IDEAL TIME H2	AVERAGE SPEED H3	IDEAL TIME H3	AVERAGE SPEED H4	IDEAL TIME H4
329,07	30	0:00:00	35	0:00:00	40	0:00:00	45	0:00:00
329,92	30	0:01:42	35	0:01:27	40	0:01:16	45	0:01:08
330,72	30	0:03:18	35	0:02:49	40	0:02:28	45	0:02:12
331,13	20	0:04:07	20	0:03:31	20	0:03:05	20	0:02:44
331,45	20	0:05:04	20	0:04:29	20	0:04:03	20	0:03:42
331,62	50	0:05:35	60	0:05:00	70	0:04:33	80	0:04:13
335,77	40	0:10:34	45	0:09:09	50	0:08:07	60	0:07:19
336,06	50	0:11:00	60	0:09:32	70	0:08:27	80	0:07:37
336,97	50	0:12:05	60	0:10:26	70	0:09:14	70	0:08:18
337,57	60	0:12:49	70	0:11:02	80	0:09:45	90	0:08:48
339,29	70	0:14:32	80	0:12:31	90	0:11:02	100	0:09:57
341,45	70	0:16:23	80	0:14:08	90	0:12:29	100	0:11:15
342,75	70	0:17:30	80	0:15:07	90	0:13:21	100	0:12:02
343,14	40	0:17:50	45	0:15:24	50	0:13:36	50	0:12:16
343,75	40	0:18:45	45	0:16:13	50	0:14:20	60	0:13:00
344,63	35	0:20:04	40	0:17:23	45	0:15:24	50	0:13:53
345,15	55	0:20:57	65	0:18:10	75	0:16:05	85	0:14:30
345,94	55	0:21:49	65	0:18:54	75	0:16:43	85	0:15:03
346,82	70	0:22:47	80	0:19:43	90	0:17:26	100	0:15:41
349,32	60	0:24:55	70	0:21:35	80	0:19:06	90	0:17:11
349,91	60	0:25:31	70	0:22:05	80	0:19:32	90	0:17:34
351,49	60	0:27:05	70	0:23:27	80	0:20:43	90	0:18:38
351,76	60	0:27:22	70	0:23:41	80	0:20:55	90	0:18:48
352,09	45	0:27:41	50	0:23:58	60	0:21:10	65	0:19:02
352,43	20	0:28:09	20	0:24:22	25	0:21:31	25	0:19:20
352,59	55	0:28:37	65	0:24:51	75	0:21:54	85	0:19:43
353,69	50	0:29:49	55	0:25:52	65	0:22:46	65	0:20:30
354,13	55	0:30:21	65	0:26:21	75	0:23:11	85	0:20:54
355,15	35	0:31:28	40	0:27:17	45	0:24:00	50	0:21:38
355,39	50	0:31:53	55	0:27:39	65	0:24:19	70	0:21:55
355,83	50	0:32:24	55	0:28:07	65	0:24:43	70	0:22:17
356,57	55	0:33:17	65	0:28:56	75	0:25:24	85	0:22:56
358,44	65	0:35:20	75	0:30:39	85	0:26:54	100	0:24:15
360,00	55	0:36:46	65	0:31:54	75	0:28:00	85	0:25:11
360,58	25	0:37:24	30	0:32:26	35	0:28:28	35	0:25:35
360,80	25	0:37:56	30	0:32:53	35	0:28:51	35	0:25:58
361,09	50	0:38:38	60	0:33:28	70	0:29:20	70	0:26:28
362,67	45	0:40:31	50	0:35:02	60	0:30:42	65	0:27:49
363,08	45	0:41:04	50	0:35:32	60	0:31:06	60	0:28:12
364,07	45	0:42:23	50	0:36:43	60	0:32:06	65	0:29:11
364,72	50	0:43:15	55	0:37:30	65	0:32:45	70	0:29:47
364,98	50	0:43:34	55	0:37:47	65	0:32:59	70	0:30:01
365,67	25	0:44:24	30	0:38:32	35	0:33:37	40	0:30:36
365,95	65	0:45:04	75	0:39:06	85	0:34:06	100	0:31:01
367,71	60	0:46:42	70	0:40:30	80	0:35:21	90	0:32:05
368,27		0:47:15		0:40:59		0:35:46		0:32:27

KM TOTAL	AVERAGE SPEED H1	IDEAL TIME H1	AVERAGE SPEED H2	IDEAL TIME H2	AVERAGE SPEED H3	IDEAL TIME H3	AVERAGE SPEED H4	IDEAL TIME H4
391,51	45	0:00:00	50	0:00:00	60	0:00:00	65	0:00:00
392,12	45	0:00:48	50	0:00:43	60	0:00:36	65	0:00:33
392,69	45	0:01:34	50	0:01:24	60	0:01:10	65	0:01:05
393,19	50	0:02:14	60	0:02:00	70	0:01:40	80	0:01:33
394,08	25	0:03:18	30	0:02:54	35	0:02:26	35	0:02:13
394,24	35	0:03:41	40	0:03:13	45	0:02:43	50	0:02:29
394,37	45	0:03:54	55	0:03:25	65	0:02:53	70	0:02:38
394,69	40	0:04:20	45	0:03:46	50	0:03:11	60	0:02:55
394,84	50	0:04:33	60	0:03:58	70	0:03:21	70	0:03:04
396,27	50	0:06:16	55	0:05:24	65	0:04:35	70	0:04:17
396,88	65	0:07:00	75	0:06:03	85	0:05:09	100	0:04:49
397,63	55	0:07:42	65	0:06:39	75	0:05:41	85	0:05:16
398,07	45	0:08:11	50	0:07:04	60	0:06:02	65	0:05:34
398,55	50	0:08:49	55	0:07:38	65	0:06:30	70	0:06:01
398,92	50	0:09:16	55	0:08:03	65	0:06:51	70	0:06:20
399,32	50	0:09:45	55	0:08:29	65	0:07:13	70	0:06:41
399,92	50	0:10:28	55	0:09:08	65	0:07:46	70	0:07:11
400,64	50	0:11:20	55	0:09:55	65	0:08:26	70	0:07:48
401,09	20	0:11:52	20	0:10:25	20	0:08:51	20	0:08:12
401,33	20	0:12:35	20	0:11:08	20	0:09:34	20	0:08:55
401,60	50	0:13:24	55	0:11:56	65	0:10:23	70	0:09:43
401,94	50	0:13:48	55	0:12:19	65	0:10:42	70	0:10:01
402,64	45	0:14:39	50	0:13:04	60	0:11:21	65	0:10:37
403,34	30	0:15:35	35	0:13:55	40	0:12:03	45	0:11:16
403,95	50	0:16:48	60	0:14:58	70	0:12:57	80	0:12:04
404,24	50	0:17:09	60	0:15:15	70	0:13:12	80	0:12:18
405,04	45	0:18:06	50	0:16:03	60	0:13:54	65	0:12:54
405,43	45	0:18:38	50	0:16:31	60	0:14:17	65	0:13:15
406,09	50	0:19:30	60	0:17:19	70	0:14:57	80	0:13:52
407,27	50	0:20:55	60	0:18:29	70	0:15:57	80	0:14:45
407,75	50	0:21:30	55	0:18:58	65	0:16:22	70	0:15:06
408,05	40	0:21:51	45	0:19:18	50	0:16:38	60	0:15:22
409,25	40	0:23:39	45	0:20:54	50	0:18:05	60	0:16:34
409,75	40	0:24:24	45	0:21:34	50	0:18:41	60	0:17:04
409,93	30	0:24:41	35	0:21:48	40	0:18:54	40	0:17:15
410,33	40	0:25:29	45	0:22:29	50	0:19:30	60	0:17:51
410,67	40	0:25:59	45	0:22:57	50	0:19:54	60	0:18:11
411,01	30	0:26:30	35	0:23:24	40	0:20:19	45	0:18:31
411,90	30	0:28:17	35	0:24:55	40	0:21:39	45	0:19:43
412,10	30	0:28:41	35	0:25:16	40	0:21:57	45	0:19:59
412,46	25	0:29:24	25	0:25:53	25	0:22:29	25	0:20:27
412,98	25	0:30:39	30	0:27:08	35	0:23:44	40	0:21:42
413,36	25	0:31:33	30	0:27:53	35	0:24:23	40	0:22:17
413,71	30	0:32:24	35	0:28:35	40	0:24:59	45	0:22:48
413,97	30	0:32:55	35	0:29:02	40	0:25:23	45	0:23:09
414,27	30	0:33:31	35	0:29:33	40	0:25:50	40	0:23:33
414,61	40	0:34:12	45	0:30:08	50	0:26:20	60	0:24:03
417,73	40	0:38:53	45	0:34:18	50	0:30:05	60	0:27:11
421,28	20	0:44:12	20	0:39:02	20	0:34:21	20	0:30:44
421,56	20	0:45:03	20	0:39:52	20	0:35:11	20	0:31:34
421,80	40	0:45:46	45	0:40:35	50	0:35:54	60	0:32:17
422,35	40	0:46:35	45	0:41:19	50	0:36:34	60	0:32:50
423,57	40	0:48:25	45	0:42:57	50	0:38:02	60	0:34:03
423,83	40	0:48:48	45	0:43:18	50	0:38:20	60	0:34:19
424,33	50	0:49:33	55	0:43:58	65	0:38:56	70	0:34:49
424,58	50	0:49:51	55	0:44:14	65	0:39:10	70	0:35:02
424,98	40	0:50:20	45	0:44:40	50	0:39:32	60	0:35:22
425,27	25	0:50:46	30	0:45:03	35	0:39:53	35	0:35:40

KM TOTAL	AVERAGE SPEED H1	IDEAL TIME H1	AVERAGE SPEED H2	IDEAL TIME H2	AVERAGE SPEED H3	IDEAL TIME H3	AVERAGE SPEED H4	IDEAL TIME H4
425,39	40	0:51:04	45	0:45:18	50	0:40:05	60	0:35:52
425,85	40	0:51:45	45	0:45:55	50	0:40:39	60	0:36:20
426,33	40	0:52:28	45	0:46:33	50	0:41:13	60	0:36:49
426,78	45	0:53:09	50	0:47:09	60	0:41:46	65	0:37:16
428,47	45	0:55:24	50	0:49:11	60	0:43:27	65	0:38:49
429,49	55	0:56:46	65	0:50:24	75	0:44:28	85	0:39:46
432,23	65	0:59:45	75	0:52:56	85	0:46:40	90	0:41:42
434,58	65	1:01:55	75	0:54:49	85	0:48:19	90	0:43:16
435,97	65	1:03:12	75	0:55:55	85	0:49:18	90	0:44:11
437,88	65	1:04:58	75	0:57:27	85	0:50:39	90	0:45:28
438,73	50	1:05:45	60	0:58:08	70	0:51:15	80	0:46:02
439,12	40	1:06:13	45	0:58:31	50	0:51:35	50	0:46:19
439,29	50	1:06:28	60	0:58:45	70	0:51:47	80	0:46:32
440,04	40	1:07:22	45	0:59:30	50	0:52:26	60	0:47:05
440,37	40	1:07:52	45	0:59:56	50	0:52:50	50	0:47:25
440,90	50	1:08:40	60	1:00:39	70	0:53:28	80	0:48:03
442,15	50	1:10:10	55	1:01:54	65	0:54:32	70	0:48:59
442,52	40	1:10:36	45	1:02:18	50	0:54:53	60	0:49:18
442,85	20	1:11:06	20	1:02:44	20	0:55:16	20	0:49:38
442,96	20	1:11:26	20	1:03:04	20	0:55:36	20	0:49:58
443,21	45	1:12:11	50	1:03:49	60	0:56:21	65	0:50:43
444,10	55	1:13:22	65	1:04:53	75	0:57:15	85	0:51:32
444,77	60	1:14:06	70	1:05:30	80	0:57:47	90	0:52:01
446,99	55	1:16:19	65	1:07:24	75	0:59:27	75	0:53:30
448,87	60	1:18:22	70	1:09:09	80	1:00:57	90	0:55:00
449,70	50	1:19:12	60	1:09:51	70	1:01:34	80	0:55:33
450,48	55	1:20:08	65	1:10:38	75	1:02:14	85	0:56:08
451,45	55	1:21:12	65	1:11:32	75	1:03:01	85	0:56:49
452,94	50	1:22:49	55	1:12:54	65	1:04:12	70	0:57:52
453,47	30	1:23:27	35	1:13:29	40	1:04:42	45	0:58:20
453,71	45	1:23:56	50	1:13:54	60	1:05:03	65	0:58:39
454,82	50	1:25:25	60	1:15:14	70	1:06:10	80	0:59:40
455,87	55	1:26:40	65	1:16:17	75	1:07:04	85	1:00:27
456,43	55	1:27:17	65	1:16:48	75	1:07:31	85	1:00:51
458,00	50	1:29:00	60	1:18:15	70	1:08:46	80	1:01:58
459,55	40	1:30:51	45	1:19:48	50	1:10:06	50	1:03:07
459,83	55	1:31:17	65	1:20:10	75	1:10:26	85	1:03:28
460,42	55	1:31:55	65	1:20:43	75	1:10:54	75	1:03:53
462,15	20	1:33:49	20	1:22:18	20	1:12:17	20	1:05:16
462,41	20	1:34:35	20	1:23:05	20	1:13:04	20	1:06:02
462,67	40	1:35:22	45	1:23:52	50	1:13:51	60	1:06:49
463,12	40	1:36:03	45	1:24:28	50	1:14:23	60	1:07:16
463,65	35	1:36:50	40	1:25:10	45	1:15:02	50	1:07:48
464,08	35	1:37:35	40	1:25:49	45	1:15:36	50	1:08:19
464,43	35	1:38:11	40	1:26:21	45	1:16:04	50	1:08:44
464,84	40	1:38:53	45	1:26:58	50	1:16:37	60	1:09:14
465,57	50	1:39:58	55	1:27:56	65	1:17:29	70	1:09:58
466,14	45	1:40:39	50	1:28:33	60	1:18:01	65	1:10:27
467,23	30	1:42:07	35	1:29:52	40	1:19:06	40	1:11:27
467,52	30	1:42:41	35	1:30:22	40	1:19:32	45	1:11:53
467,74	40	1:43:08	45	1:30:44	50	1:19:52	60	1:12:11
468,76	45	1:44:40	50	1:32:06	60	1:21:06	65	1:13:12
469,27	45	1:45:20	50	1:32:42	60	1:21:36	65	1:13:40
469,79	50	1:46:02	55	1:33:20	65	1:22:07	70	1:14:09
470,37	30	1:46:44	35	1:33:58	40	1:22:40	40	1:14:39
470,71	50	1:47:25	60	1:34:33	70	1:23:10	80	1:15:10
472,55	50	1:49:37	60	1:36:23	70	1:24:45	80	1:16:32
473,09	35	1:50:16	40	1:36:56	45	1:25:13	50	1:16:57



STAGE 1

RT 1.4

KM TOTAL	AVERAGE SPEED H1	IDEAL TIME H1	AVERAGE SPEED H2	IDEAL TIME H2	AVERAGE SPEED H3	IDEAL TIME H3	AVERAGE SPEED H4	IDEAL TIME H4
473,28	50	1:50:36	60	1:37:13	70	1:25:28	80	1:17:10
474,96	50	1:52:37	60	1:38:54	70	1:26:54	70	1:18:26
475,95	50	1:53:48	60	1:39:53	70	1:27:45	70	1:19:17
476,89	50	1:54:55	60	1:40:49	70	1:28:33	80	1:20:05
478,34	55	1:56:40	65	1:42:16	75	1:29:48	85	1:21:10
479,50	35	1:57:56	40	1:43:21	45	1:30:44	50	1:22:00
479,94	55	1:58:41	65	1:44:00	75	1:31:19	75	1:22:31
480,74	60	1:59:33	70	1:44:45	80	1:31:57	90	1:23:10
481,65		2:00:28		1:45:31		1:32:38		1:23:46