

Km from start	Km to finish	Altitude		Course info	Location name	GPS coordinates	ETA 41 km/h	ETA 43 km/h	ETA 45 km/h
-2,1	182,1	96		START	Åkulla	57.12382, 12.56648	12:00	12:00	12:00
-2,1	182,1	96	←	Turn left on road, after start	Åkulla	57.12382, 12.56648	12:00	12:00	12:00
-1,6	180,5	103	↑	Crossing, go straight	Åkulla		12:02	12:02	12:02
0,0	180,0	90		KM 0 Race starts	Åkulla		12:05	12:05	12:05
1,4	178,6	72	↗	Crossing, go right			12:07	12:06	12:06
3,1	179,0	73	↖	Crossing, go left	An gryd		12:09	12:09	12:09
5,8	176,3	57	↑ !	Hotel area, follow road	Åstad		12:13	12:13	12:13
7,7	174,4	61	→	Turn right in crossing	Högryd		12:16	12:15	12:15
11,9	170,2	49	←	Turn left in crossing	Dagsås		12:22	12:21	12:21
13,4	168,7	59	←	Turn left in crossing			12:24	12:23	12:23
14,1	168,0	49	!	Narrow and fast			12:25	12:24	12:24
15,0	167,1	67	←	Turn left in crossing	Järnvirke		12:26	12:25	12:25
19,0	163,1	60	→	Turn right in crossing	Sibbarp		12:32	12:31	12:31
22,5	159,6	33	→	Turn right in crossing	Lastad		12:37	12:36	12:36
28,6	153,6	68		F.Z Feeding and trashzone	Järnvirke	57.03525, 12.46678	12:46	12:44	12:44
29,0	153,2	67		F.Z Feeding and trashzone ends	Järnvirke	57.03675, 12.46618	12:47	12:45	12:45
29,0	153,2	67	←	Turn left in crossing	Järnvirke		12:47	12:45	12:45
32,4	149,7	33	→	Turn right in crossing	Höråsen, Tvååker		12:52	12:50	12:50
34,4	147,7	36	←	Turn left to small road			12:55	12:53	12:53
35,1	147,1	26	→	Turn right in crossing	Strömma damm		12:56	12:53	12:53
35,6	146,5	31	←	Turn left to bigger road	Strömma damm		12:57	12:54	12:54
39,5	142,6	34	→	Turn right in roundabout	Spannarps rondell		13:02	13:00	13:00
41,7	140,4	40	↑	Crossing, go straight	Tjärby		13:05	13:03	13:03
44,3	137,8	39	←	Turn left in crossing	Grimeton kyrka		13:09	13:06	13:06
45,7	136,4	35		SPRINT Intermediate sprint, timing 1	Grimeton Radiostation	57.1148, 12.40391	13:11	13:08	13:08
46,4	135,7	33	→	Turn right in crossing	Göthrik skola		13:12	13:09	13:09
47,4	134,7	17	→	Turn right to small road	Grimeton stationssamhälle		13:14	13:11	13:11
49,2	132,9	17	↑	Crossing, go straight to hill			13:17	13:13	13:13
51,1	131,1	35	←	Turn left to bigger road	Grimeton kyrka		13:19	13:16	13:16
53,8	128,3	19	↑	Crossing, go straight	Rotfstorp stationssamhälle		13:23	13:20	13:20
54,6	127,5	23	↖	Crossing, go left			13:24	13:21	13:21
55,1	127,0	44	↑	Crossing, go straight	Rotfstorp		13:25	13:21	13:21
55,2	126,9	45	!	Speedbump	Rotfstorp skola		13:25	13:22	13:22
59,0	123,1	70		F.Z Feeding and trashzone	Skällinge	57.17671, 12.47237	13:31	13:27	13:27
59,3	122,8	73		F.Z Feeding and trashzone ends	Skällinge	57.17858, 12.47418	13:31	13:27	13:27
59,7	122,5	77	→	Turn right in crossing	Skällinge kyrka		13:32	13:28	13:28
66,6	115,5	84	→	Turn right in crossing	Nöslinge		13:42	13:37	13:37
69,6	112,5	148	Λ	Highest point of course	Harsåsavägen		13:46	13:42	13:42
70,2	111,9	128	!	Narrow and fast	Harsåsavägen		13:47	13:42	13:42
70,6	111,5	118	←	Turn left in crossing			13:48	13:43	13:43
74,7	107,4	114	←	Turn left in crossing	Källsjö kyrka		13:54	13:49	13:49
81,7	100,4	103	↑	Crossing, go straight			14:04	13:59	13:59
85,9	96,2	66	↗	Crossing, go right	Karl Gustav		14:10	14:04	14:04
90,5	91,6	23	←	Turn left in crossing	Stackenäs		14:17	14:11	14:11
92,6	89,6	22	↑	Crossing, go straight			14:20	14:14	14:14
95,6	86,5	47	←	Turn left in crossing	Grimmared		14:24	14:18	14:18
97,9	84,2	38	←	Turn left in crossing	Långared		14:28	14:21	14:21
98,0	84,1	41		F.Z Feeding and trashzone	Långared	57.23573, 12.45175	14:28	14:21	14:21
98,2	83,9	47		F.Z Feeding and trashzone ends	Långared	57.23413, 12.45427	14:28	14:22	14:22
99,9	82,2	85	!	Narrow and fast	Vikslätt		14:31	14:24	14:24
102,7	79,4	28	→	Turn right in crossing			14:35	14:28	14:28
106,0	76,1	30	←	Turn left in crossing	Håkesgård		14:40	14:32	14:32
107,8	74,3	90		SPRINT Intermediate sprint, timing 2	Stannared	57.21175, 12.39896	14:42	14:35	14:35
110,6	71,5	29	←	Turn left in crossing	ICA Krysset		14:46	14:39	14:39
113,6	68,5	66	←	Turn left in crossing	Valinge kyrka		14:51	14:43	14:43
113,7	68,5	68		TIME Timing 3	Valinge kyrka	57.172, 12.38165	14:51	14:43	14:43
118,6	63,5	58	↑	Crossing, go straight			14:58	14:50	14:50

Km from start	Km to finish	Altitude		Course info	Location name	GPS coordinates	ETA 41 km/h	ETA 43 km/h	ETA 45 km/h
119,3	62,8	70	F.Z	Feeding and trashzone	Skällinge	57.18379, 12.4644	14:59	14:51	14:51
119,6	62,5	75	F.Z	Feeding and trashzone ends	Skällinge	57.18285, 12.46693	15:00	14:51	14:51
119,7	62,4	77	LAP	Timing 4	Skällinge	57.1825, 12.46811	15:00	14:52	14:52
119,9	62,2	77	!	Narrow construction on road	Skällinge		15:00	14:52	14:52
120,0	62,1	77	←	Turn left in crossing	Skällinge kyrka		15:00	14:52	14:52
124,8	57,3	84	→	Turn right in crossing	Nösslinge		15:07	14:59	14:59
127,7	54,4	148	Λ	Highest point of course	Harsåsavägen		15:11	15:03	15:03
128,4	53,7	128	!	Narrow and fast	Harsåsavägen		15:12	15:04	15:04
128,8	53,4	118	←	Turn left in crossing			15:13	15:04	15:04
132,9	49,2	114	←	Turn left in crossing	Källsjö kyrka		15:19	15:10	15:10
139,9	42,2	103	↑	Crossing, go straight			15:29	15:20	15:20
144,1	38,0	66	↗	Crossing, go right	Karl Gustav		15:35	15:26	15:26
148,7	33,4	23	←	Turn left in crossing	Stackenäs		15:42	15:32	15:32
150,7	31,4	22	↑	Crossing, go straight			15:45	15:35	15:35
153,8	28,3	47	←	Turn left in crossing	Grimmared		15:50	15:39	15:39
156,1	26,0	38	←	Turn left in crossing	Långared		15:53	15:42	15:42
156,2	25,9	41	F.Z	Feeding and trashzone	Långared	57.23573, 12.45175	15:53	15:42	15:42
156,4	25,7	47	F.Z	Feeding and trashzone ends	Långared	57.23413, 12.45427	15:53	15:43	15:43
158,0	24,1	85	!	Narrow and fast	Vikslätt		15:56	15:45	15:45
160,9	21,2	28	→	Turn right in crossing			16:00	15:49	15:49
164,2	17,9	30	←	Turn left in crossing	Håkesgård		16:05	15:54	15:54
166,0	16,1	90	TIME	Timing 5	Stamnared	57.21175, 12.39896	16:07	15:56	15:56
168,7	13,4	29	←	Turn left in crossing	ICA Kryset		16:11	16:00	16:00
171,8	10,3	66	←	Turn left in crossing	Valinge kyrka		16:16	16:04	16:04
171,8	10,3	68	TIME	Timing 6	Valinge kyrka	57.172, 12.38165	16:16	16:04	16:04
176,8	5,3	58	↑	Crossing, go straight			16:23	16:11	16:11
179,0	3,1	51	1 km	Flamme Rouge			16:26	16:14	16:14
180,0	2,1	77	DEV→	Deviation right →, 20 m prio Finish	Skällinge		16:28	16:16	16:16
180,0	2,1	77	FINISH		Skällinge	57.1825, 12.46811	16:28	16:16	16:16