



STAGE DISTANCE	KM TO GO	ALTITUDE (m)	LOCATION / PLACE	Estimated timetable		
				37 km/h	39 km/h	41 km/h
<b>-9.3</b>	<b>216.3</b>	<b>4</b>	<b>NEUTRAL START - VOLOS HARBOUR</b>	<b>10:30</b>	<b>10:30</b>	<b>10:30</b>
-1.8	208.8	5	Agria	10:38	10:38	10:38
<b>0.0</b>	<b>207.0</b>	<b>42</b>	<b>OFFICIAL START KM 0 - KATO LEHONIA</b>	<b>10:41</b>	<b>10:41</b>	<b>10:41</b>
6.6	200.4	344	Strofilos	10:55	10:55	10:54
7.0	200.0	368	Agios Vlassios	10:56	10:56	10:55
10.5	196.5	580	Agios Georgios Nilias	11:05	11:04	11:03
<b>12.9</b>	<b>194.1</b>	<b>691</b>	<b>KoM 1 - Cat.1 / Agios Georgios</b>	<b>11:11</b>	<b>11:10</b>	<b>11:08</b>
15.7	191.3	585	Pinakates	11:14	11:13	11:11
18.4	188.6	483	Vizitsa	11:18	11:16	11:14
32.0	175.0	366	Lambrinou	11:43	11:40	11:37
37.5	169.5	417	Feed Zone 1/Start	11:52	11:48	11:45
38.4	168.6	473	Feed Zone 1/End	11:55	11:51	11:48
42.8	164.2	483	Tsagarada	12:02	11:58	11:54
46.6	160.4	426	Mouresi	12:08	12:03	11:59
<b>61.7</b>	<b>145.3</b>	<b>1178</b>	<b>KoM 2 - Cat.1 / Chania</b>	<b>12:50</b>	<b>12:43</b>	<b>12:37</b>
62.9	144.1	1155	Feed Zone 2/Start	12:51	12:45	12:39
63.8	143.2	1225	Feed Zone 2/End	12:54	12:47	12:41
65.3	141.7	1183	Chania	12:56	12:49	12:43
85.4	121.6	190	Ano Volos	13:20	13:12	13:04
<b>90.9</b>	<b>116.1</b>	<b>5</b>	<b>PoC 1 / Volos</b>	<b>13:27</b>	<b>13:19</b>	<b>13:11</b>
97.4	109.6	35	Feed Zone 3/Start	13:38	13:29	13:21
98.5	108.5	103	Feed Zone 3/End	13:41	13:32	13:24
108.0	99.0	5	Nea Anchialos	13:57	13:47	13:38
117.0	90.0	62	Aidini	14:13	14:02	13:52
121.0	86.0	60	Krokio	14:19	14:08	13:58
124.0	83.0	59	Almyros	14:24	14:13	14:02
<b>125.0</b>	<b>82.0</b>	<b>67</b>	<b>PoC 2 / Almyros</b>	<b>14:26</b>	<b>14:14</b>	<b>14:04</b>
132.7	74.3	202	Feed Zone 4/Start	14:39	14:27	14:16
133.8	73.2	226	Feed Zone 4/End	14:42	14:29	14:18
137.3	69.7	310	Neochoraki	14:48	14:36	14:24
139.0	68.0	319	Neraida	14:52	14:39	14:27
<b>154.0</b>	<b>53.0</b>	<b>993</b>	<b>KoM 3 - Cat.2 / Anavra</b>	<b>15:31</b>	<b>15:16</b>	<b>15:03</b>
162.2	44.8	727	Feed Zone 5/Start	15:42	15:27	15:13
163.0	44.0	808	Feed Zone 5/End	15:45	15:30	15:16
169.0	38.0	486	Filiadona	15:52	15:36	15:22
172.5	34.5	523	Melitea	15:58	15:42	15:27
176.0	31.0	589	Mikrolivado	16:04	15:47	15:32
180.3	26.7	555	Palamas	16:11	15:54	15:39
<b>185.5</b>	<b>21.5</b>	<b>688</b>	<b>Avance Mile Bonus Sprint 1 / Kalamaki</b> 	<b>16:21</b>	<b>16:03</b>	<b>15:47</b>
<b>187.0</b>	<b>20.0</b>	<b>766</b>	<b>Avance Mile Bonus Sprint 2 / Kalamaki</b> 	<b>16:24</b>	<b>16:07</b>	<b>15:51</b>
201.0	6.0	195	Feed Zone 6/End	16:43	16:25	16:08
<b>207.3</b>	<b>0.0</b>	<b>79</b>	<b>FINISH - LAMIA EXHIBITION CENTER</b>	<b>16:51</b>	<b>16:32</b>	<b>16:15</b>