

KILOMETRES		ELITE-RENNEN ELITE RACE			48km/h	46km/h	44km/h	
To be run	Run							
GERMANY								
LANDKREIS STADE								
			BUXTEHUDE	Neutralisierter Start Neutralised Start	11:50	11:50	11:50	
205.3	0	L127	BUXTEHUDE	Scharfer Start Real Start ▶	12:00	12:00	12:00	
203.7	1.6		APENSEN (L127-L130)			12:02	12:02	12:02
200.4	4.9	L130	BECKDORF (L130-K52)			12:06	12:06	12:07
198.3	7	K52	Goldbeck (K52-K73-K17)			12:09	12:09	12:09
LANDKREIS STADE								
196.3	9	K17	Rahmstorf			12:11	12:12	12:12
194.1	11.2		MOISBURG (K17-L141)			12:14	12:15	12:15
189.8	15.5	L141	Hollenstedt (L141-K31)			12:19	12:20	12:21
186.4	18.9	K31	APPEL			12:24	12:25	12:26
184.6	20.7		Grauen			12:26	12:27	12:28
183.8	21.5		Eversen (K31-K52)			12:27	12:28	12:29
183.2	22.1	K52	Eversen-Heide			12:28	12:29	12:30
182.3	23		Elstorf-Bachheide			12:29	12:30	12:31
175.3	30		Sieversen (K52-K26)			12:37	12:39	12:41
172.4	32.9	K26	Sottorf			12:41	12:43	12:45
170.8	34.5		Vahrendorf			12:43	12:45	12:47
169.7	35.6		Crossroads K26-K20			12:44	12:46	12:49
169.2	36.1	K20	Crossroads K20-K74			12:45	12:47	12:49
FREIE UND HANSESTADT HAMBURG								
167.2	38.1	K74	HAMBURG			12:48	12:50	12:52
159.9	45.4		HAMBURG HARBOUR 🚶 🗑			12:57	12:59	13:02
150.1	55.2		Köhlbrandbrücke			13:09	13:12	13:15
139.5	65.8		HafenCity			13:22	13:26	13:30
137.3	68		Jungfernstieg			13:25	13:29	13:33
133.4	71.9		Platz der Republik			13:30	13:34	13:38
131.7	73.6		ELBCHAUSSEE 🚶 🗑			13:32	13:36	13:40
124.4	80.9		Blankenese			13:41	13:45	13:50
115.7	89.6		WASEBERG 🏹			13:52	13:57	14:02
110.3	95		ELBCHAUSSEE 🚶 🗑			13:59	14:04	14:10
100.2	105.1		HAMBURG (1 st crossing of the finish line)			14:11	14:17	14:23
98.6	106.7		Jungfernstieg			14:13	14:19	14:25
94.3	111		Platz des Republik			14:19	14:25	14:31
92.7	112.6		ELBCHAUSSEE 🚶 🗑			14:21	14:27	14:34
85.4	119.9		Blankenese			14:30	14:36	14:43
76.8	128.5		WASEBERG 🏹			14:41	14:48	14:55
74.4	130.9		Blankenese			14:44	14:51	14:58
65.7	139.6		WASEBERG 🏹			14:54	15:02	15:10
60.3	145		ELBCHAUSSEE 🚶 🗑			15:01	15:09	15:18
50.2	155.1		HAMBURG (2 nd crossing of the finish line)			15:14	15:22	15:31
48.6	156.7		Jungfernstieg			15:16	15:24	15:34
44.3	161		Platz der Republik			15:21	15:30	15:39

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To be run	Run					
42.7	162.6		ELBCHAUSSEE	15:23	15:32	15:42
35.4	169.9		Blankenese	15:32	15:42	15:52
26.7	178.6		WASEBERG	15:43	15:53	16:04
24,3	181		Blankenese	15:46	15:56	16:07
15.5	189.8		WASEBERG	15:57	16:07	16:19
10.1	195.2		WASTE ZONE	16:04	16:15	16:26
0	205.3		HAMBURG	16:17	16:28	16:40



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