

# STAGE ONE:

## CHONGZHONG STAGE&CITY CIRCUIT RACE

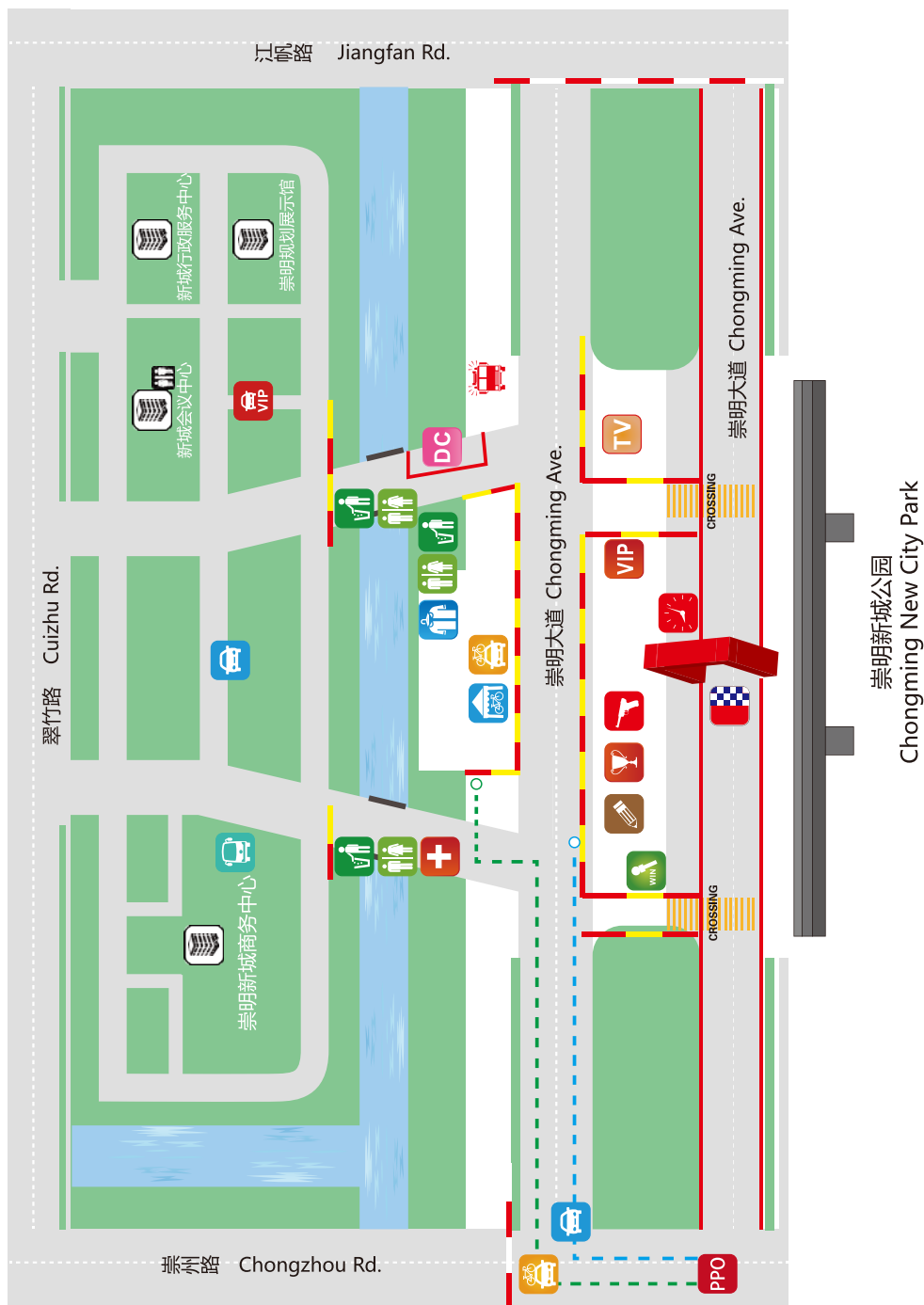
### 第一赛段：崇中赛段暨城市绕圈赛

FRIDAY ( 星期五 )

OCT.9 2026

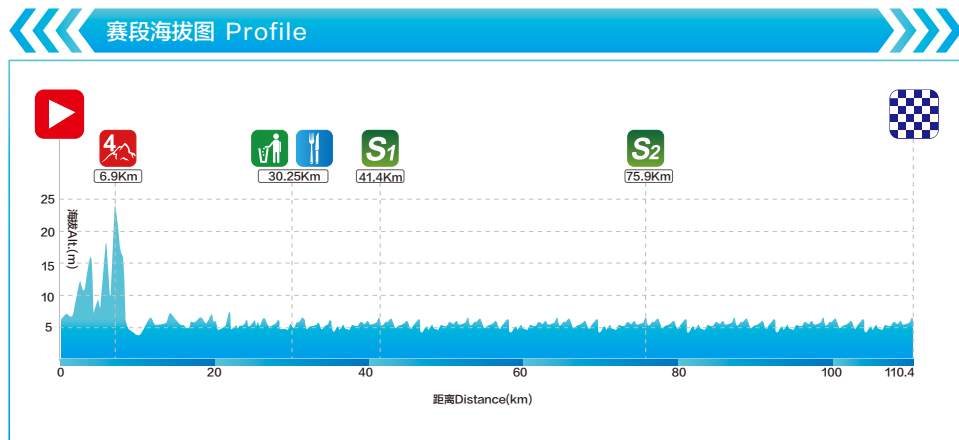


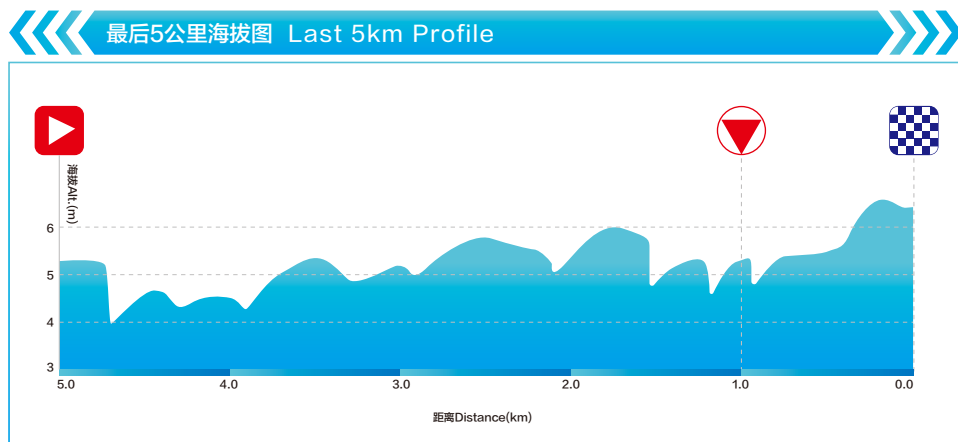
# 新城公园现场布局图 NEW CITY PARK LAYOUT



## 日程安排表 SCHEDULE

| 时间 Time     | 日程安排                    | Schedule                                                  |
|-------------|-------------------------|-----------------------------------------------------------|
| 7:00-9:00   | 早餐                      | Breakfast                                                 |
| 8:30-9:30   | 车队领取餐包、冰块               | Pick-Up Lunch/Ice Cubes                                   |
| 9:50        | 组委会工作人员大巴车出发起点          | Organizing Committee No.1 Bus Depart To Start             |
| 10:20       | 竞赛车辆、运动队、运动员、接驳大巴编队出发起点 | Race cars,Team Cars and Rider Depart To Start             |
| 10:30       | 竞赛车辆、运动队、运动员编队抵达起点      | Race cars,Team Cars and Rider Arrival Start               |
| 10:40-11:30 | 运动员签到并亮相                | Riders Sign-On                                            |
| 11:30-11:39 | 崇中赛段暨城市绕圈赛开赛式           | Opening Ceremony                                          |
| 11:40       | 崇中赛段暨城市绕圈赛比赛开始          | Chongzhong Stage & City Circuit Race Start                |
| 12:00       | 补给裁判带领车队工作人员步行前往补给点     | The Com lead team's feeding staff on foot to Feeding Zone |
| 14:30       | 崇中赛段暨城市绕圈赛比赛结束          | Chongzhong Stage & City Circuit Race Finish               |
| 14:45-15:00 | 颁奖仪式                    | Awarding Ceremony                                         |
| 15:00       | 获奖运动员媒体采访               | Media Interview                                           |
| 15:00       | 比赛车辆、工作人员返回酒店           | Return To Hotel                                           |
| 16:00       | 竞赛办公室开放                 | Race Office Open                                          |
| 17:30-19:30 | 晚餐                      | Dinner                                                    |
| 22:00       | 竞赛办公室/新闻中心室关闭           | Race Office/Press Center Close                            |





绕圈赛放大圈 CIRCLE ENLARGED VIEW



终点分流 RIDER'S & TEAM CAR DIVERSION



公里 (km)

From the start

距终点 (km)

To the finish

前进方向说明

Instruction

路线描述

Features

预计抵达时间表

Estimated Arrival Time

40km/h 42km/h 44km/h

|       |        |  |                      |                                                       |          |          |          |
|-------|--------|--|----------------------|-------------------------------------------------------|----------|----------|----------|
| 0     | 110.4  |  | 崇明大道<br>(崇明新城公园)     | Chongming Ave.<br>(Chongming New City Park)           | 11:40:00 | 11:40:00 | 11:40:00 |
| 0.3   | 110.1  |  | 崇明大道/江帆路             | Chongming Ave./Jiangfan Rd.                           | 11:40:27 | 11:40:26 | 11:40:25 |
| 0.6   | 109.8  |  | 崇明大道<br>(文化科技中心)     | Chongming Ave.(Culture and Technology Center)         | 11:40:54 | 11:40:51 | 11:40:49 |
| 0.87  | 109.53 |  | 崇明大道/宝岛路             | Chongming Ave.(Baodao Rd.)                            | 11:41:18 | 11:41:15 | 11:41:11 |
| 6.9   | 103.5  |  | 东平河桥<br>(四级爬坡点)      | Dongpinghe Bridge(QOM Cat.4)                          | 11:50:21 | 11:49:51 | 11:49:25 |
| 8.8   | 101.6  |  | 崇明大道/新梅路             | Chongming Ave./Xinmei Rd.                             | 11:53:12 | 11:52:34 | 11:52:00 |
| 9.37  | 101.03 |  | 新梅路/新河公路             | Xinmei Rd./Xinhe Hwy.                                 | 11:54:03 | 11:53:23 | 11:52:47 |
| 10.43 | 99.97  |  | 新河公路/新申公路            | Xinhe Hwy./Xinshen Hwy.                               | 11:55:39 | 11:54:54 | 11:54:13 |
| 11    | 99.4   |  | 新申公路/团城公路            | Xinshen Hwy./Tuancheng Hwy.                           | 11:56:30 | 11:55:43 | 11:55:00 |
| 13.93 | 96.47  |  | 团城公路 (东平河桥)          | Tuancheng Hwy.<br>(Dongpinghe Bridge)                 | 12:00:54 | 11:59:54 | 11:59:00 |
| 15.7  | 94.7   |  | 团城公路/蟠龙公路            | Tuancheng Hwy./Panlong Hwy.                           | 12:03:33 | 12:02:26 | 12:01:25 |
| 17.44 | 92.96  |  | 团城公路 (华联超市)          | Tuancheng Hwy.(Hualian Supermarket)                   | 12:06:10 | 12:04:55 | 12:03:47 |
| 19.63 | 90.77  |  | 团城公路/宝岛路<br>(进入逆向车道) | Tuancheng Hwy./Baodao Rd.<br>(Enter the reverse lane) | 12:09:27 | 12:08:03 | 12:06:46 |
| 20.1  | 90.3   |  | 宝岛路/乔松路              | Baodao Rd./Qiaosong Rd.                               | 12:10:09 | 12:08:43 | 12:07:25 |
| 20.48 | 89.92  |  | 乔松路/绿海路              | Qiaosong Rd./Lvhai Rd.                                | 12:10:43 | 12:09:15 | 12:07:56 |
| 20.88 | 89.52  |  | 乔松路/江帆路              | Qiaosong Rd./Jiangfan Rd.                             | 12:11:19 | 12:09:50 | 12:08:28 |
| 21.29 | 89.11  |  | 乔松路/佘山岛路             | Qiaosong Rd./Sheshandao Rd.                           | 12:11:56 | 12:10:25 | 12:09:02 |
| 22.36 | 88.04  |  | 乔松路/鼓浪屿路             | Qiaosong Rd./Gulangyu Rd.                             | 12:13:32 | 12:11:57 | 12:10:29 |
| 23.52 | 86.88  |  | 鼓浪屿路/高岛路             | Gulangyu Rd./Gaodao Rd.                               | 12:15:17 | 12:13:36 | 12:12:04 |

| 公里 ( km)<br>From the start | 距终点 ( km)<br>To the finish | 前进方向说明<br>Instruction | 路线描述<br>Features      | 预计抵达时间表<br>Estimated Arrival Time<br>40km/h 42km/h 44km/h      |          |          |          |
|----------------------------|----------------------------|-----------------------|-----------------------|----------------------------------------------------------------|----------|----------|----------|
|                            |                            |                       |                       |                                                                |          |          |          |
| 25.16                      | 85.24                      | ↑                     | 高岛路/利民路<br>(进入西门路)    | Gaodao Rd./Limin Rd.<br>(Enter the Ximen Rd.)                  | 12:17:44 | 12:15:57 | 12:14:19 |
| 26.89                      | 83.51                      | ↶                     | 西门路/崇明北门路             | Ximen Rd./Chongming Beimen Rd.                                 | 12:20:20 | 12:18:25 | 12:16:40 |
| 27.82                      | 82.58                      | ↑                     | 崇明北门路/东门路<br>(进入一江山路) | Chongming Beimen Rd./Dongmen Rd.(Enter the Yijiangshan Rd.)    | 12:21:44 | 12:19:45 | 12:17:56 |
| 28.41                      | 81.99                      | ↑                     | 一江山路/涓洲路              | Yijiangshan Rd./Meizhou Rd.                                    | 12:22:37 | 12:20:35 | 12:18:44 |
| 28.92                      | 81.48                      | ↑                     | 一江山路/鼓浪屿路             | Yijiangshan Rd./Gulangyu Rd.                                   | 12:23:23 | 12:21:19 | 12:19:26 |
| 29.4                       | 81                         | ↑                     | 崇明大道/崇州路              | Chongming Ave./Chongzhou Rd.                                   | 12:24:06 | 12:22:00 | 12:20:05 |
| 29.9                       | 80.5                       | ↑                     | 崇明大道（崇明新城公园）开始绕圈      | Chongming Ave.<br>(Chongming New City Park)<br>Start Circling, | 12:24:51 | 12:22:43 | 12:20:46 |
| 30.2                       | 80.2                       | ↑                     | 崇明大道/江帆路              | Chongming Ave./Jiangfan Rd.                                    | 12:25:18 | 12:23:09 | 12:21:11 |
| 30.25                      | 80.15                      | 🗑️                    | 垃圾丢弃区                 | Litter Zone Start                                              | 12:25:23 | 12:23:13 | 12:21:15 |
| 30.4                       | 80                         | 🍴                     | 补给区开放                 | Feed Zone Start                                                | 12:25:36 | 12:23:26 | 12:21:27 |
| 30.65                      | 79.75                      | 🚫🗑️                   | 停止丢弃垃圾                | Litter Zone End                                                | 12:25:59 | 12:23:47 | 12:21:48 |
| 30.77                      | 79.63                      | ↶                     | 崇明大道/宝岛路              | Chongming Ave./Baodao Rd.                                      | 12:26:09 | 12:23:57 | 12:21:58 |
| 31.2                       | 79.2                       | ↑                     | 宝岛路/翠竹路               | Baodao Rd./Cuizhu Rd.                                          | 12:26:48 | 12:24:34 | 12:22:33 |
| 31.61                      | 78.79                      | ↶                     | 宝岛路/乔松路               | Baodao Rd./Qiaosong Rd.                                        | 12:27:25 | 12:25:09 | 12:23:06 |
| 32.02                      | 78.38                      | ↑                     | 乔松路/绿海路               | Qiaosong Rd./Lvhai Rd.                                         | 12:28:02 | 12:25:45 | 12:23:40 |
| 32.43                      | 77.97                      | ↑                     | 乔松路/江帆路               | Qiaosong Rd./Jiangfan Rd.                                      | 12:28:39 | 12:26:20 | 12:24:13 |
| 32.83                      | 77.57                      | ↑                     | 乔松路/佘山岛路              | Qiaosong Rd./Sheshandao Rd.                                    | 12:29:15 | 12:26:54 | 12:24:46 |
| 33.9                       | 76.5                       | ↷                     | 乔松路/鼓浪屿路              | Qiaosong Rd./Gulangyu Rd.                                      | 12:30:51 | 12:28:26 | 12:26:14 |

| 公里 ( km)<br>From the start | 距终点 ( km)<br>To the finish | 前进方向说明<br>Instruction                                                               | 路线描述<br>Features                | 预计抵达时间表<br>Estimated Arrival Time<br>40km/h 42km/h 44km/h       |          |          |          |
|----------------------------|----------------------------|-------------------------------------------------------------------------------------|---------------------------------|-----------------------------------------------------------------|----------|----------|----------|
|                            |                            |                                                                                     |                                 |                                                                 |          |          |          |
| 35.05                      | 75.35                      |    | 鼓浪屿路/高岛路                        | Gulangyu Rd./Gaodao Rd.                                         | 12:32:34 | 12:30:04 | 12:27:48 |
| 36.7                       | 73.7                       |    | 高岛路/利民路<br>(进入西门路)              | Gaodao Rd./Limin Rd.<br>(Enter the Ximen Rd.)                   | 12:35:03 | 12:32:26 | 12:30:03 |
| 38.43                      | 71.97                      |    | 西门路/崇明北门路                       | Ximen Rd./Chongming Beimen Rd.                                  | 12:37:39 | 12:34:54 | 12:32:24 |
| 39.38                      | 71.02                      |    | 崇明北门路/东门路<br>(进入一江山路)           | Chongming Beimen Rd./Dongmen Rd.(Enter the Yijiangshan Rd.)     | 12:39:04 | 12:36:15 | 12:33:42 |
| 39.92                      | 70.48                      |    | 一江山路/涓洲路                        | Yijiangshan Rd./Meizhou Rd.                                     | 12:39:53 | 12:37:02 | 12:34:26 |
| 40.5                       | 69.9                       |    | 一江山路/鼓浪屿路                       | Yijiangshan Rd./Gulangyu Rd.                                    | 12:40:45 | 12:37:51 | 12:35:14 |
| 41.4                       | 69                         |    | 崇明大道<br>(崇明新城公园)<br>第一圈结束 (冲刺点) | Chongming Ave.<br>(Chongming New City Park),<br>End of Lap 1(S) | 12:42:06 | 12:39:09 | 12:36:27 |
| 52.9                       | 57.5                       |   | 崇明大道<br>(崇明新城公园)<br>第二圈结束       | Chongming Ave.<br>(Chongming New City Park),<br>End of Lap 2    | 12:59:21 | 12:55:34 | 12:52:08 |
| 64.4                       | 46                         |  | 崇明大道 (新城公园)<br>第三圈结束            | Chongming Ave.(Chongming New City Park),End of Lap 3            | 13:16:36 | 13:12:00 | 13:07:49 |
| 75.9                       | 34.5                       |  | 崇明大道<br>(崇明新城公园)<br>第四圈结束(冲刺点)  | Chongming Ave.<br>(Chongming New City Park),<br>End of Lap 4(S) | 13:33:51 | 13:28:26 | 13:23:30 |
| 87.4                       | 23                         |  | 崇明大道 (崇明新城公<br>园) 第五圈结束         | Chongming Ave.(Chongming New City Park),End of Lap 5            | 13:51:06 | 13:44:51 | 13:39:11 |
| 90.33                      | 20.07                      |  | 乔松路/佘山岛路                        | Qiaosong Rd./Sheshandao Rd.                                     | 13:55:30 | 13:49:03 | 13:43:11 |
| 98.9                       | 11.5                       |  | 崇明大道 (崇明新城公<br>园) 第六圈结束         | Chongming Ave.(Chongming New City Park),End of Lap 6            | 14:08:21 | 14:01:17 | 13:54:52 |
| 99.2                       | 11.2                       |  | 崇明大道/江帆路                        | Chongming Ave./Jiangfan Rd.                                     | 14:08:48 | 14:01:43 | 13:55:16 |
| 99.77                      | 10.63                      |  | 崇明大道/宝岛路                        | Chongming Ave./Baodao Rd.                                       | 14:09:39 | 14:02:32 | 13:56:03 |
| 100.2                      | 10.2                       |  | 宝岛路/翠竹路                         | Baodao Rd./Cuizhu Rd.                                           | 14:10:18 | 14:03:09 | 13:56:38 |

| 公里 ( km)<br>From the start | 距终点 ( km)<br>To the finish | 前进方向说明<br>Instruction | 路线描述<br>Features                 | 预计抵达时间表<br>Estimated Arrival Time                                                       |          |          |          |
|----------------------------|----------------------------|-----------------------|----------------------------------|-----------------------------------------------------------------------------------------|----------|----------|----------|
|                            |                            |                       |                                  | 40km/h                                                                                  | 42km/h   | 44km/h   |          |
| 100.61                     | 9.79                       | ↩                     | 宝岛路/乔松路                          | Baodao Rd./Qiaosong Rd.                                                                 | 14:10:55 | 14:03:44 | 13:57:12 |
| 101.02                     | 9.38                       | ↑                     | 乔松路/绿海路                          | Qiaosong Rd./Lvhai Rd.                                                                  | 14:11:32 | 14:04:19 | 13:57:45 |
| 101.43                     | 8.97                       | ↑                     | 乔松路/江帆路                          | Qiaosong Rd./Jiangfan Rd.                                                               | 14:12:09 | 14:04:54 | 13:58:19 |
| 101.83                     | 8.57                       | ↑                     | 乔松路/佘山岛路                         | Qiaosong Rd./Sheshandao Rd.                                                             | 14:12:45 | 14:05:28 | 13:58:52 |
| 102.9                      | 7.5                        | ↪                     | 乔松路/鼓浪屿路                         | Qiaosong Rd./Gulangyu Rd.                                                               | 14:14:21 | 14:07:00 | 14:00:19 |
| 104.05                     | 6.35                       | ↩                     | 鼓浪屿路/高岛路                         | Gulangyu Rd./Gaodao Rd.                                                                 | 14:16:04 | 14:08:39 | 14:01:53 |
| 105.7                      | 4.7                        | ↑                     | 高岛路/利民路<br>(进入西门路)               | Gaodao Rd./Limin Rd.<br>(Enter the Ximen Rd.)                                           | 14:18:33 | 14:11:00 | 14:04:08 |
| 107.43                     | 2.97                       | ↩                     | 西门路/崇明北门路                        | Ximen Rd./Chongming Beimen Rd.                                                          | 14:21:09 | 14:13:28 | 14:06:30 |
| 108.38                     | 2.02                       | ↑                     | 崇明北门路/东门路<br>(进入一江山路)            | Chongming Beimen Rd./Dongmen Rd.(Enter the Yijiangshan Rd.)                             | 14:22:34 | 14:14:50 | 14:07:47 |
| 108.92                     | 1.48                       | ↑                     | 一江山路/湄洲路                         | Yijiangshan Rd./Meizhou Rd.                                                             | 14:23:23 | 14:15:36 | 14:08:32 |
| 109.5                      | 0.9                        | ↑                     | 一江山路/鼓浪屿路                        | Yijiangshan Rd./Gulangyu Rd.                                                            | 14:24:15 | 14:16:26 | 14:09:19 |
| 109.9                      | 0.5                        | 🚗                     | 崇明大道/崇州路<br>(车手直行，车辆向左<br>转逆行分流) | Chongming Ave./Chongzhou Rd.<br>(Drivers go straight, vehicles<br>turn left and reverse | 14:24:51 | 14:17:00 | 14:09:52 |
| 110.4                      | 0                          | 🏁                     | 崇明大道<br>(崇明新城公园)<br>第七圈结束        | Chongming Ave.(Chongming<br>New City Park ),<br>End of Lap 7,Finish                     | 14:25:36 | 14:17:43 | 14:10:33 |