

STAGE THREE:CHONGXI STAGE

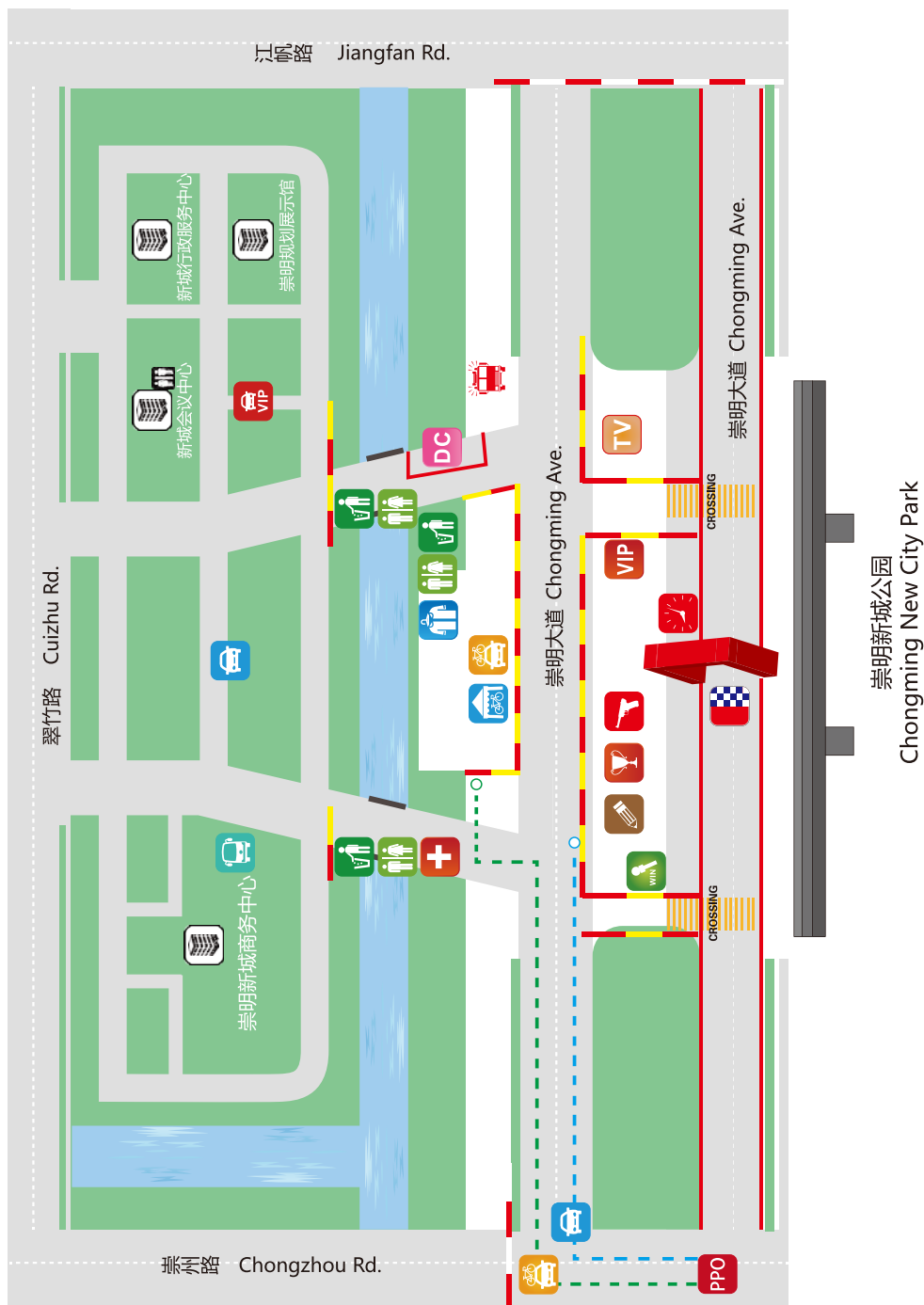
第三赛段：崇西赛段

SUNDAY (星期日)

OCT.11 2026



新城公园现场布局图 NEW CITY PARK LAYOUT





日程安排表 SCHEDULE

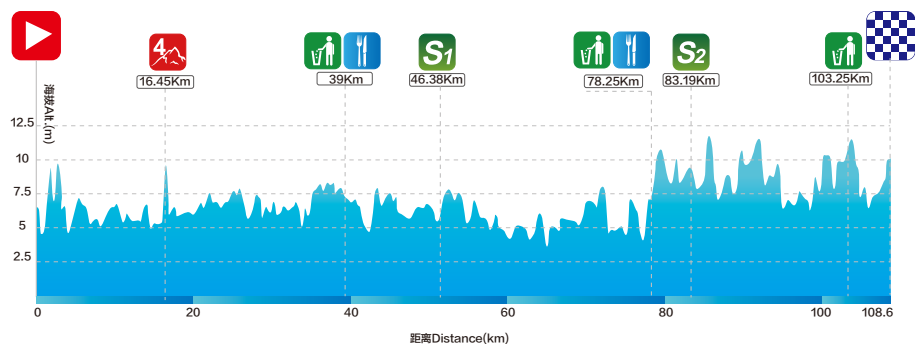
时间 Time	日程安排	Schedule
7:00-9:00	早餐	Breakfast
8:30-9:30	车队领取餐包、冰块	Pick-Up Lunch/Ice Cubes
9:50	组委会工作人员大巴车出发起点	Organizing Committee No.1 Bus Depart To Start
10:20	竞赛车辆、运动队、运动员接驳大巴编队出发起点	Race cars,Team Cars and Rider Depart To Start
10:30	竞赛车辆、运动队、运动员编队抵达起点	Race cars,Team Cars and Rider Arrival Start
10:40-11:30	运动员签到并亮相	Riders Sign-On
11:20	补给大巴出发补给点位	Feeding Bus To Feeding Zone
11:30-11:39	崇西赛段开赛式	Opening Ceremony
11:40	崇西赛段比赛开始	Chongxi Stage Race Start
14:30	崇西赛段比赛结束	Chongxi Stage 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
20:00	送机/离会	Team Departure



赛段路线图 STAGE MAP



赛段海拔图 Profile

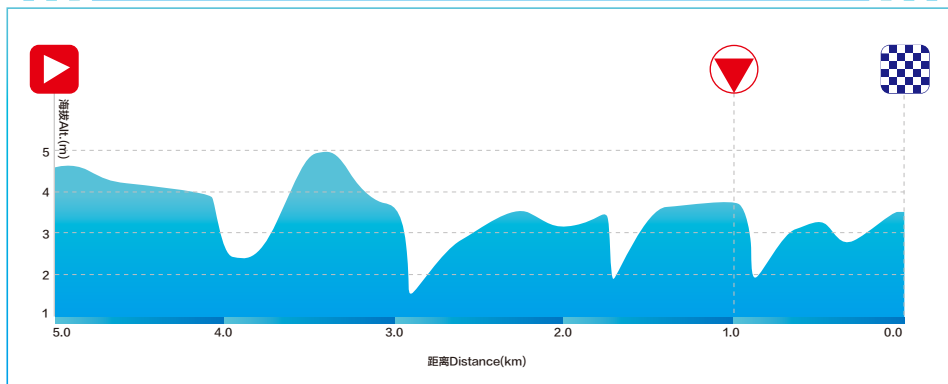


最后5公里 Last 5Km





最后5公里海拔图 Last 5km Profile





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	108.6		崇明大道. (崇明新城公园)	Chongming Ave. (Chongming New City Park)	11:40:00	11:40:00	11:40:00
0.5	108.1	↑	崇明大道/崇州路	Chongming Ave./Chongzhou Rd.	11:40:43	11:40:41	11:40:39
0.84	107.76	↗	崇明大道/鼓浪屿路	Chongming Ave./Gulangyu Rd.	11:41:12	11:41:09	11:41:06
1.28	107.32	↑	鼓浪屿路/翠竹路	Gulangyu Rd./Cuizhu Rd.	11:41:50	11:41:45	11:41:40
1.61	106.99	↑	鼓浪屿路/乔松路	Gulangyu Rd./Qiaosong Rd.	11:42:18	11:42:12	11:42:06
2.08	106.52	↑	鼓浪屿路/育麟桥路	Gulangyu Rd./Yulinqiao Rd.	11:42:58	11:42:50	11:42:43
2.71	105.89	↑	鼓浪屿路/高岛路	Gulangyu Rd./Gaodao Rd.	11:43:52	11:43:42	11:43:32
3.26	105.34	↑	鼓浪屿路/百源路	Gulangyu Rd./Baiyuan Rd.	11:44:39	11:44:27	11:44:15
4	104.6	↖	鼓浪屿路/陈海公路	Gulangyu Rd./Chenhai Hwy.	11:45:43	11:45:27	11:45:13
5.5	103.1	↗	陈海公路/三双公路	Chenhai Hwy./Sanshuang Hwy.	11:47:51	11:47:30	11:47:10
6.08	102.52	↑	三双公路. (阳刚电子厂)	Sanshuang Hwy. (Yanggang electronics factory)	11:48:41	11:48:17	11:47:56
6.33	102.27	↑	三双公路 (洋山河桥)	Sanshuang Hwy.(Yangshan River Bridge)	11:49:03	11:48:38	11:48:15
7.06	101.54	↑	三双公路 (北双村)	Sanshuang Hwy.(Beishuang Village)	11:50:05	11:49:38	11:49:13
7.99	100.61	↑	三双公路/ (中国石油)	Sanshuang Hwy.(PetroChina)	11:51:25	11:50:54	11:50:25
8.72	99.88	↑	三双公路. (港西人民政府)	Sanshuang Hwy. (Gangxi Government)	11:52:27	11:51:53	11:51:22
9.09	99.51	↑	三双公路/富盘公路	Sanshuang Hwy./Fupan Hwy.	11:52:59	11:52:24	11:51:51
9.48	99.12	↘	三双公路	Sanshuang Hwy.	11:53:33	11:52:56	11:52:22
10.17	98.43		三双公路/庙子河路	Sanshuang Hwy./Miaozihe Rd.	11:54:32	11:53:52	11:53:16
10.54	98.06	↙	三双公路 (协兴镇桥)	Sanshuang Hwy. (Xiexingzhen Bridge)	11:55:03	11:54:22	11:53:45





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10.93	97.67		三双公路. (协兴养老院)	Sanshuang Hwy. (Xiexing Nursing Home)	11:55:37	11:54:54	11:54:15
12.23	96.37		三双公路/北沿公路	Sanshuang Hwy./Beiyang Hwy.	11:57:28	11:56:41	11:55:57
13.36	95.24		北沿公路/北裕路	Beiyang Hwy./Beiyu Rd.	11:59:05	11:58:13	11:57:26
15.12	93.48		北沿公路 (小星公路)	Beiyang Hwy.(Xiaoxing Hwy.)	12:01:36	12:00:37	11:59:43
16.45	92.15		北沿公路 (鸽龙港桥) 4级爬坡点	Beiyang Hwy. (Gelonggang Bridge) QOM CAT.4	12:03:30	12:02:26	12:01:27
16.82	91.78		北沿公路 (规划路)	Beiyang Hwy.(Guihua Rd.)	12:04:02	12:02:56	12:01:56
17.24	91.36		北沿公路/鸽龙港路	Beiyang Hwy./Gelonggang Rd.	12:04:38	12:03:31	12:02:29
19.87	88.73		北沿公路/合作公路	Beiyang Hwy./Hezuo Hwy.	12:08:23	12:07:06	12:05:55
21.04	87.56		合作公路 (保安村)	Hezuo Hwy.(Baoan Village)	12:10:03	12:08:41	12:07:27
21.47	87.13		合作公路。 (盘洪七队桥)	Hezuo Hwy.(Panhong Qidui Bridge)	12:10:40	12:09:17	12:08:00
22.09	86.51		合作公路 (保东村)	Hezuo Hwy.(Baodong Village)	12:11:33	12:10:07	12:08:49
23.02	85.58		合作公路/猛西路	Hezuo Hwy./Mengxi Rd.	12:12:53	12:11:23	12:10:02
23.99	84.61		合作公路/合中中路	Hezuo Hwy./Hezhong(M.) Rd.	12:14:16	12:12:43	12:11:17
25.06	83.54		合作公路/周合中路	Hezuo Hwy./Zhouhe(M.) Rd.	12:15:48	12:14:10	12:12:41
25.76	82.84		合作公路(周家河头桥)	Hezuo Hwy.(Zhoujiahetou Bridge)	12:16:48	12:15:08	12:13:36
26.95	81.65		合作公路/宏海公路	Hezuo Hwy./Honghai Hwy.	12:18:30	12:16:45	12:15:09
27.2	81.4		宏海公路 (岳阳医院崇明分院)	Honghai Hwy.(Yueyang Hospital Chongming Branch)	12:18:51	12:17:05	12:15:29
28.08	80.52		宏海公路 (庙西村)	Honghai Hwy.(Miaoxi Village)	12:20:07	12:18:17	12:16:38
28.32	80.28		宏海公路 (来洪村)	Honghai Hwy.(Laihong Village)	12:20:27	12:18:37	12:16:56



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29.16	79.44	↑	宏海公路 (米洪村)	Honghai Hwy.(Mihong Village)	12:21:39	12:19:46	12:18:02
29.78	78.82	↑	宏海公路 (无为寺)	Honghai Hwy.(Wuwei Temple)	12:22:33	12:20:37	12:18:51
30.64	77.96	↑	宏海公路 (南星桥)	Honghai Hwy.(Nanxing Bridge)	12:23:46	12:21:47	12:19:58
30.97	77.63	↑	宏海公路 (玉海棠欢乐世界)	Honghai Hwy. (Yuhaitang Amusement Park)	12:24:15	12:22:14	12:20:24
31.32	77.28	⚠️ ↘️	宏海公路 (东安村)	Honghai Hwy.(Dong'an Village)	12:24:45	12:22:43	12:20:51
32.24	76.36	⚠️ ↘️	宏海公路/永平路	Honghai Hwy.(Yongping Rd.)	12:26:03	12:23:58	12:22:03
32.87	75.73	↑	宏海公路 (界河桥)	Honghai Hwy.(Jiehe Bridge)	12:26:57	12:24:49	12:22:52
33.35	75.25	↑	宏海公路	Honghai Hwy.	12:27:39	12:25:29	12:23:30
33.56	75.04	⚠️ ↘️	宏海公路 (娘家人生鲜)	Honghai Hwy.(Niangjiaren Fresh)	12:27:57	12:25:46	12:23:46
33.78	74.82	↑	宏海公路/三星镇卫生 服务中心	Honghai Hwy. /Sanxing Town Health Center	12:28:15	12:26:04	12:24:04
34.42	74.18	⚠️ ↘️	宏海公路 (协进村)	Honghai Hwy.(Xiejin Village)	12:29:10	12:26:56	12:24:54
34.81	73.79	⚠️ ↘️	宏海公路(中国石油)	Honghai Hwy.(PetroChina)	12:29:44	12:27:28	12:25:24
35.14	73.46	↑	宏海公路(三华路)	Honghai Hwy.(Sanhua Rd.)	12:30:12	12:27:55	12:25:50
36.38	72.22	↑	宏海公路 (协进北路)	Honghai Hwy.(North Xiejin Rd.)	12:31:58	12:29:37	12:27:27
37.2	71.4	↑	宏海公路 (三协村)	Honghai Hwy.(Sanxie Village)	12:33:09	12:30:44	12:28:31
38.95	69.65	↑	宏海公路 (三官堂桥)	Honghai Hwy.(Sanguantang Bridge)	12:35:39	12:33:07	12:30:48
39	69.6	🗑️	垃圾区开始	Litter Zone Start	12:35:43	12:33:11	12:30:52
39.6	69	🍴	补给开始	Feeding Start	12:36:34	12:34:00	12:31:39
40.6	68	🚫🍴	补给结束	Feeding End	12:38:00	12:35:22	12:32:57





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41	67.6		垃圾区结束	Litter Zone End	12:38:34	12:35:55	12:33:29
41.43	67.17	↑	崇明新海牌子	Chongming-Xinhai Sign Board	12:39:11	12:36:30	12:34:02
42.59	66.01	↑	宏海公路	Honghai Hwy.	12:40:51	12:38:05	12:35:33
42.75	65.85	↗	宏海公路/北沿公路 (新海桥)	Honghai Hwy./Beiyang Hwy.(Xinhai Bridge)	12:41:04	12:38:18	12:35:46
46.38	62.22	S1	北沿公路 (瑞华果园) 冲刺点1	Beiyang Hwy.(Ruihua Orchard) S1	12:46:15	12:43:15	12:40:30
47.67	60.93	↑	北沿公路/兴绵路 (光明集团)	Beiyang Hwy./Xingmian Rd. (Bright Group)	12:48:06	12:45:00	12:42:11
50.74	57.86	↖	北沿公路/星村公路 (红星农场)	Beiyang Hwy./Xingcun Hwy. (Hongxing Farm)	12:52:29	12:49:11	12:46:11
51.4	57.2	↑	星村公路 (红星桥)	Xingcun Hwy.(Hongxing Bridge)	12:53:26	12:50:05	12:47:03
52.25	56.35	↑	星村公路 (洪中路)	Xingcun Hwy.(Hongzhong Rd.)	12:54:39	12:51:15	12:48:09
53.63	54.97	↑	星村公路 (富居新村)	Xingcun Hwy.(Fuju Community)	12:56:37	12:53:08	12:49:57
54.01	54.59	↑	星村公路 (桂花苑)	Xingcun Hwy.(Guihua Community)	12:57:09	12:53:39	12:50:27
54.53	54.07	⚠	星村公路 (新卫村)	Xingcun Hwy.(Xinwei Village)	12:57:54	12:54:22	12:51:08
55.6	53	↑	星村公路 (庙港公路桥)	Xingcun Hwy.(Miaogang Hwy. Bridge)	12:59:26	12:55:49	12:52:31
56.64	51.96	↑	星村公路 (星村公路驿站)	Xingcun Hwy.(Xingcun Hwy. Station)	13:00:55	12:57:14	12:53:53
57.76	50.84	↑	星村公路 (党群中心)	Xingcun Hwy. (Party-Mass Service Center)	13:02:31	12:58:46	12:55:20
59.3	49.3	↑	星村公路	Xingcun Hwy.	13:04:43	13:00:52	12:57:21
60.45	48.15	↑	星村公路 (法治文化中心)	Xingcun Hwy. (Center for Rule of Law Culture)	13:06:21	13:02:26	12:58:51
62.34	46.26	↑	星村公路 (新国村)	Xingcun Hwy.(Xinguo Vlliage)	13:09:03	13:05:01	13:01:19
62.57	46.03	↖	星村公路/白新公路	Xingcun Hwy./Baixin Hwy.	13:09:23	13:05:19	13:01:37



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63.42	45.18	↑	白新公路 (白港西桥)	Baixin Hwy.(Baigang West Bridge)	13:10:36	13:06:29	13:02:43
64.72	43.88	↘	白新公路/北沿公路	Baixin Hwy./Beiyan Hwy.	13:12:27	13:08:15	13:04:25
65.24	43.36	↑	北沿公路 (中石油)	Beiyan Hwy.(PetroChina)	13:13:12	13:08:58	13:05:06
66.7	41.9	↑	北沿公路 (仓望港桥)	Beiyan Hwy.(Port Cangwang Bridge)	13:15:17	13:10:57	13:07:00
68.95	39.65	↙	北沿公路/陈海公路	Beiyan Hwy./Chenhai Hwy.	13:18:30	13:14:01	13:09:56
72.64	35.96	↘	陈海公路/新建公路	Chenhai Hwy./Xinjian Hwy.	13:23:46	13:19:03	13:14:45
73.51	35.09	↑	新建公路 (育新村)	Xinjian Hwy.(Yuxin Village)	13:25:01	13:20:14	13:15:53
75.06	33.54	↑	新建公路 (派出所驿站)	Xinjian Hwy.(Police Station)	13:27:14	13:22:21	13:17:54
76.33	32.27	↑	新建公路 (华星村)	Xinjian Hwy.(Huaxing Village)	13:29:03	13:24:05	13:19:34
76.79	31.81	↑	新建公路 (中石油)	Xinjian Hwy.(PetroChina)	13:29:42	13:24:43	13:20:10
78.1	30.5	↙	新建公路/三华公路	Xinjian Hwy./Sanhua Hwy.	13:31:34	13:26:30	13:21:52
78.25	30.35	🗑️	垃圾区开始	Litter Zone Start	13:31:47	13:26:42	13:22:04
78.4	30.2	🍴	补给开始	Feeding Start	13:32:00	13:26:55	13:22:16
79.4	29.2	🚫🍴	补给结束	Feeding End	13:33:26	13:28:16	13:23:34
80	28.6	🗑️🚫	垃圾区结束	Litter Zone End	13:34:17	13:29:05	13:24:21
80.12	28.48	↑	三华公路 (光电基地)	Sanhua Hwy.(Optoelectronics Base)	13:34:27	13:29:15	13:24:30
80.97	27.63	↘	三华公路/明珠湖路	Sanhua Hwy./Mingzhuhu Rd.	13:35:40	13:30:25	13:25:37
81.64	26.96	↑	三华公路/西沙路	Sanhua Hwy./Xisha Rd.	13:36:38	13:31:20	13:26:29
83.19	25.41	S ₂	明珠湖路 (西沙乡村公园门牌), 冲刺点2	Mingzhuhu Rd. (Xisha Village Park placard) S ₂	13:38:51	13:33:26	13:28:31



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83.7	24.9	↑	崇明荷花博览园	Chongming Lotus Garden	13:39:34	13:34:08	13:29:10
84.1	24.5	↩	明珠湖道/崇西公路 (进入逆向车道)	Mingzhuhu Rd./Chongxi Hwy. (Enter the reverse lane)	13:40:09	13:34:41	13:29:42
85.06	23.54	↑	崇西公路/西沙路	Chongxi Hwy./Xisha Rd.	13:41:31	13:35:59	13:30:57
85.15	23.45	↑	崇西公路 (彩虹桥, 进入主道)	Chongxi Hwy.(Rainbow Bridge, Enter the main road)	13:41:39	13:36:07	13:31:04
86.16	22.44	↑	崇西公路 (绿湖村)	Chongxi Hwy.(Luhu Village)	13:43:05	13:37:29	13:32:23
86.54	22.06	⚠	崇西公路/白港公路	Chongxi Hwy./Baigang Hwy.	13:43:38	13:38:01	13:32:53
87.7	20.9	↑	白港公路 (白港党群服务中心)	Baigang Hwy. (Baigang Party-Mass Service Center)	13:45:17	13:39:35	13:34:23
87.9	20.7	↑	白港公路 (庙镇垦区桥)	Baigang Hwy. (Miao Town Kenqu Bridge)	13:45:34	13:39:52	13:34:39
88.83	19.77	↪	白港公路/陈海公路	Baigang Hwy./Chenhai Hwy.	13:46:54	13:41:08	13:35:52
92.64	15.96	↑	陈海公路	Chenhai Hwy.	13:52:21	13:46:20	13:40:50
95.58	13.02	↑	陈海公路/宏海公路	Chenhai Hwy./Honghai Hwy.	13:56:33	13:50:20	13:44:40
96.4	12.2	↑	陈海公路 (镇东村)	Chenhai Hwy.(Zhendong Village)	13:57:43	13:51:27	13:45:44
98.6	10	↑	陈海公路	Chenhai Hwy.	14:00:51	13:54:27	13:48:37
99.95	8.65	↑	陈海公路 (鸿华度假村)	Chenhai Hwy.(Honghua Resort Hotel)	14:02:47	13:56:18	13:50:22
101.28	7.32	↑	陈海公路/利民路	Chenhai Hwy./Limin Rd.	14:04:41	13:58:07	13:52:06
103.12	5.48	↑	陈海公路/三双公路	Chenhai Hwy./Sanshuang Hwy.	14:07:19	14:00:37	13:54:30
103.25	5.35	♻	垃圾区开始	Litter Zone Start	14:07:30	14:00:48	13:54:40
103.6	5	↑	陈海公路	Chenhai Hwy.	14:08:00	14:01:16	13:55:08
104	4.6	⛔	垃圾区结束	Litter Zone End	14:08:34	14:01:49	13:55:39


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104.56	4.04		陈海公路/鼓浪屿路	Chenhai Hwy./Gulangyu Rd.	14:09:22	14:02:35	13:56:23
104.83	3.77		鼓浪屿路 (和睦佳苑)	Gulangyu Rd. (Hemu Community)	14:09:45	14:02:57	13:56:44
105.72	2.88		鼓浪屿路/高岛路	Gulangyu Rd./Gaodao Rd.	14:11:02	14:04:10	13:57:54
106.02	2.58		鼓浪屿路 (崇明中学)	Gulangyu Rd. (Chongming Middle School)	14:11:27	14:04:34	13:58:17
106.42	2.18		鼓浪屿路/育麟桥路	Gulangyu Rd./Yulinqiao Rd.	14:12:02	14:05:07	13:58:49
106.9	1.7		鼓浪屿路/花鸟路	Gulangyu Rd./Huaniao Rd.	14:12:43	14:05:46	13:59:26
107.34	1.26		鼓浪屿路/翠竹路	Gulangyu Rd./Cuizhu Rd.	14:13:21	14:06:22	14:00:01
107.6	1		鼓浪屿路	Gulangyu Rd.	14:13:43	14:06:44	14:00:21
107.73	0.87		鼓浪屿路 (万达广场)	Gulangyu Rd.(Wanda Plaza)	14:13:54	14:06:54	14:00:31
108.1	0.5		崇明大道/崇州路 (车 手直行, 车辆向左转逆 行分流)	Chongming Ave./Chongzhou Rd. (Drivers go straight, vehicles turn left and reverse diversion)	14:14:26	14:07:25	14:01:00
108.6	0		崇明大道 (崇明新城公园)	Chongming Ave. (Chongming New City Park)	14:15:09	14:08:05	14:01:39

