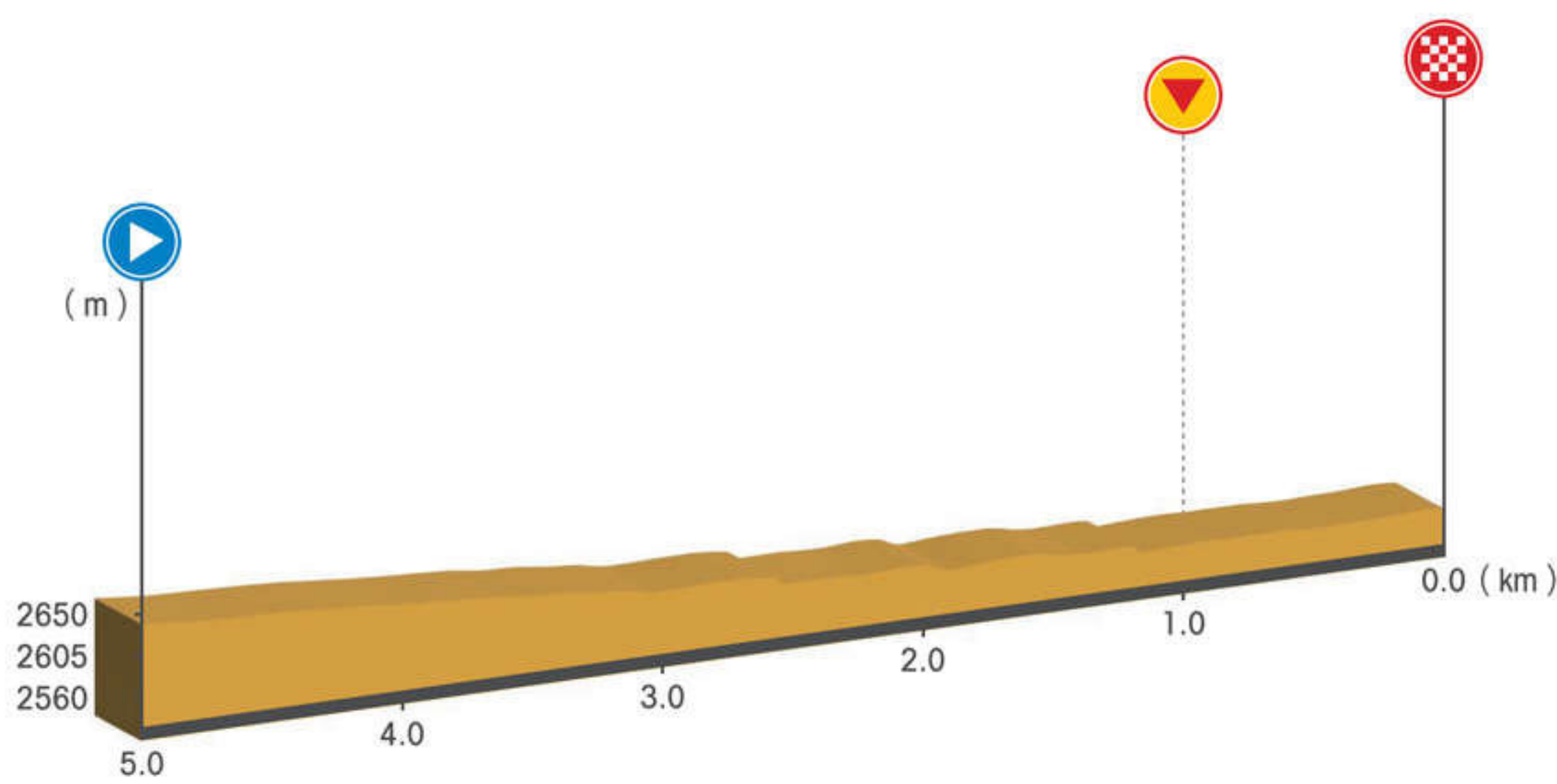


最后五公里海拔图 Last 5KM Profile

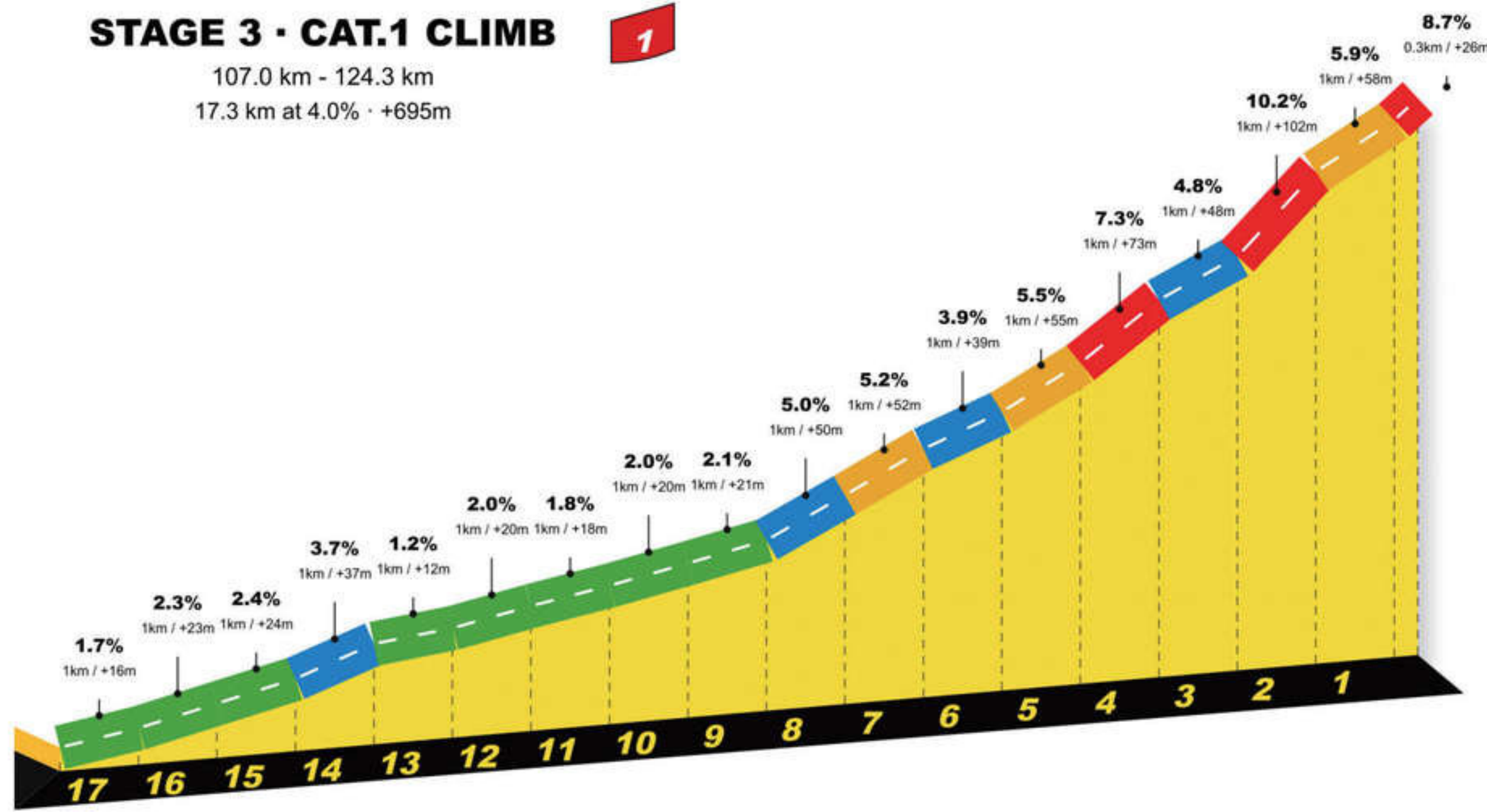


一级爬坡点坡度图 cat.1 Gradient

STAGE 3 · CAT.1 CLIMB



107.0 km - 124.3 km  
17.3 km at 4.0% · +695m

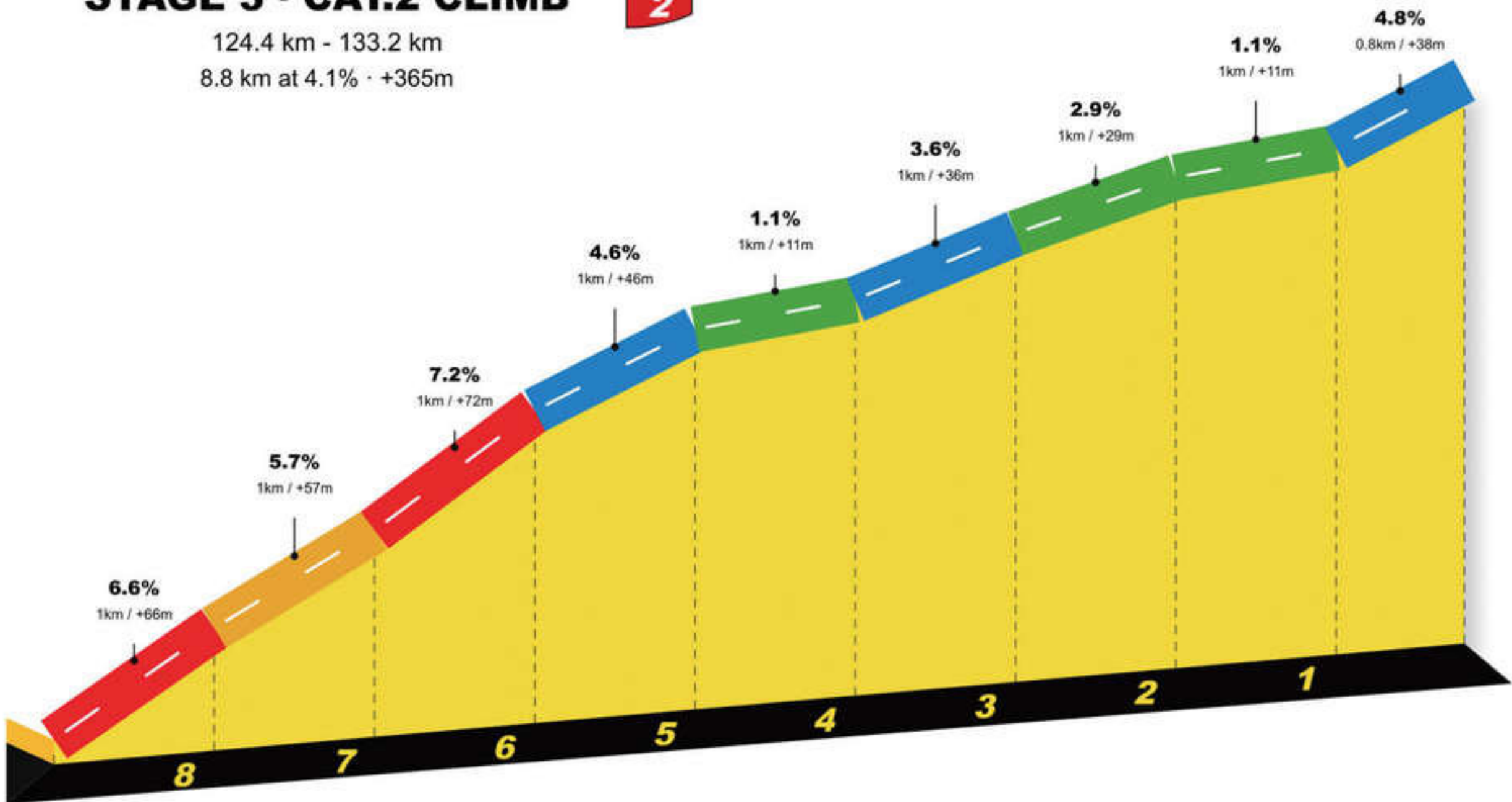


 二级爬坡点坡度图 cat.2 Gradient

STAGE 3 · CAT.2 CLIMB

2

124.4 km - 133.2 km  
8.8 km at 4.1% · +365m



 工作流程 Race Program

第三赛段 “中国工商银行” 门源—互助 168 公里  
Stage 3 "ICBC" Menyuan — Huzhu 168km

|                                              |             |           |                                    |
|----------------------------------------------|-------------|-----------|------------------------------------|
| 7 月 13 日<br>(星期一)<br><br>July 13<br>(Monday) | 07:00–08:00 | 领冰、配餐     | Distribution of ice and lunch bags |
|                                              | 07:00–08:30 | 早餐        | Breakfast                          |
|                                              | 08:30–22:00 | 竞赛办公室开放时间 | Race Office Open                   |
|                                              | 10:00–10:50 | 签到        | Sign on                            |
|                                              | 10:30       | 保姆车集合出发   | Mini truck depart to the finish    |
|                                              | 11:00       | 比赛开始      | Race start                         |
|                                              | 15:00       | 比赛结束、颁奖仪式 | Race finish,Award ceremony         |
|                                              | 16:30       | 赛段总结会     |                                    |
|                                              | 18:00–19:30 | 晚餐        | Dinner                             |