TECHNICAL GUIDE 2026

6 - 10 May



CYCLING GREECE

ΔΕΗ TOUR OF HELLAS

HELLENIC REPUBLIC
Ministry of Sports

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AEGIS



SUMMARY

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CO - ORGANIZATION

HOST CITIES

UNDER THE AUSPICES OF

ΔΕΗ TOUR OF HELLAS 2026

MANAGEMENT/ DIRECTORS /COORDINATORS

Cycling Greece Management Board and Directors		Contact details
President	Mr. Pavlos Papadopoulos	
Member	Mrs. Maria Polyzou	
Member	Mrs. Maria Glymakopoukou	
Member	Mr. Vasilios Diamantopoulos	
Member	Mr. Ioannis Papastamatakis	
Member	Mr. Nikolaos Kallivroutsis	
Member	Mrs. Argyro Mylaki	
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Race Director		
Race Director	Mr. Vladimiros Petsas	+30 6972004506

Race Coordinators / Consultants		
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Starts / Finishes Coordinator	Mr. Eleftherios Akritidis	+30 6932280305
Vehicles Coordinator	Mrs. Ino Pavlou	+30 6973579841
Deviations / Parkings Coordinator	Mr. Charis Karlos	+30 6973548372
Transfers / Baggages Coordinator	Mr. Konstantinos Lappas	+30 6974942519
Moto Marshals Coordinator	Mr. Vasilios Varotsos	+30 6936018630
Commissaires Coordinator/Race Secretary	Mr. Charalambos Rigas	+30 6973224968
Teams / Accommodation Coordinator	Mr. Zisis Soulios	+30 6978456280
Master of Ceremonies	Mr. Mike Foundedakis	+30 6932415846
Awards Coordinator	Mrs. Eirini Tsangopoulou	+30 6936304939
Volunteers Coordinator	Mr. Konstantinos Mitropapas	+30 6944454371

Medical Team / Doctors		
Medical Coordinator / Head Doctor	Mr. Chronis Chronopoulos	+30 6945854154
Doctor 2	Mr. Georgios Neochoritis	+30 6946886147
Doctor 3	Mr. Georgios Varsanis	+30 6948886118

Speakers		
Radio Tour speaker	Mrs. Paraskevi Mangou	
Start / Finish / Awards speaker	Mrs. Greta Lymberopoulou	
Start / Finish	Mr. Dimitrios Iliakis	

Commissaires Panel		
President of the Commissaires Panel	Mr. Ludo Smeyers (BEL)	+32 495 505518
UCI Commissaire	Mr. Davide Bardelli (ITA)	+39 3474907684
UCI Commissaire	Mr. Marko Zivanovic (SRB)	+381 62555763
Commissaire Moto (Nat.)	Mrs. Margarita Lymberakou (GRE)	+30 6972576349
Commissaire Moto (Nat.)	Mr. Vasileios Tsopouroglou (GRE)	+30 6978988041

Additional Commissaires and Judges		
Time - keeper Commissaire (Nat.)	Mr. Constantinos Karageorgiou (GRE)	+30 6972002523
Assistant Time - keeper (Nat.)	Mr. Petros Ntinas (GRE)	+30 6974010118
Finish line Commissaire (Nat.)	Mrs. Elissavet Mamoulaiou (GRE)	+30 6972496767
Assistant National Commissaire (Nat.)	Mrs. Katerina Mammi (GRE)	+30 6974301135
Sprints Judge (Nat.)	Mr. Dimosthenis Trikalinos (GRE)	+30 6973689631
Broom wagon Commissaire (Nat.)	Mrs. Iulia Tsiamita (GRE)	+30 6983038752

TEAMS HOTELS

IOANNINA 03/04/05-05-2026

Epirus Palace Hotel Congress & Spa
7 km Ioannina–Athens National Road, Ioannina 452 21
+30 2651 093555
sales@epiruspalace.gr

Aar Hotel & Spa Ioannina
14 km Ioannina–Athens Road, Ioannina 455 00
+30 2651 096100
info@aarhotel.gr

Giotis Boutique Hotel
11 km Ioannina–Athens Road, Ioannina 452 21
+30 2651 093833
info@hotel-giotis.gr

KARPENISI 06-05-2026

Montana Hotel
7 Vragianon Street, Karpenisi 361 00, Evrytania
+30 2237 080400
info@montana.gr

LARISSA 06/07-05-2026

Grecotel Larissa Imperial
182 Farsalon Street, Larisa 413 35
+30 2410 687600
reservations.li@grecotel.com

Hotel Metropol Larissa
14 Roosevelt Street, Larisa 412 22
+30 2410 537161
info@hotelmetropol.gr

KAMENA VOURLA 08-05-2026

Mitsis Galini Wellness Spa & Resort
5 Ger. Vasiliadi Street, Kamena Vourla 350 08
+30 2235 080501
galini.res@mitsis.com

Edelweiss Hotel Livanates
Kalamia Str., Paralia Agion Theodoron, Livanates 35007, Fthiotida
+30 22330 31200
edelweisshotellivanates@gmail.com

Hotel Sissy
41 Hippokratous Street, Kamena Vourla 350 08
+30 2235 022190
guest@hotelsissy.gr

Hotel Violetta
81 G. Vassiliadou Street, Kamena Vourla 350 08
+30 2235 022203
sales@hotelvioletta.com

ATHENS 08/09/10-05-2026

Domotel Kastri Hotel
154 El. Venizelos & Romylia Street, Kastri 146 71
+30 210 3507100
kastri@domotel.gr

Dekelia Hotel
23 Kifisias Street, Tatoi, 136 77, Attica, Greece
+30 210 6207351
sales@dekeliahotel.gr

Holiday Inn Athens - Airport by IHG
Attica Avenue 40.2 km,
Between Exits 17 and 18, Athens 190 02
+30 210 6689000
info@hiathens.com

Athens Coast Hotel
25 Gr. Lambraki Street, Glyfada 166 75
+30 210 8981154
info@athenscoasthotel.gr

Hotel London
38 Posidonos Avenue, Glyfada 166 74
+30 210 8943995
info@londonhotel.gr

COMMISSAIRES AND DOCTORS HOTELS

COMMISSAIRES HOTELS

IOANNINA 04/05-05-2026

Epirus Palace Hotel Congress & Spa
7 km Ioannina–Athens National Road, Ioannina 452 21
+30 2651 093555
sales@epiruspalace.gr

KARPENISI 06-05-2026

Montana Hotel
7 Vragianon Street, Karpenisi 361 00, Evrytania
+30 2237 080400
info@montana.gr

VOLOS 07-05-2026

Park Hotel Volos
2 Deligiordi Street, Volos 382 21
+30 2421 036511
parkhotelvolos@amhotels.gr

KAMENA VOURLA 08-05-2026

Hotel Sissy
41 Hippokratous Street, Kamena Vourla 350 08
+30 2235 022190
guest@hotelsissy.gr

ATHENS 09/10-05-2026

Holiday Inn Athens - Airport by IHG
Attica Avenue 40.2 km,
Between Exits 17 and 18, Athens 190 02
+30 210 6689000
info@hiathens.com

DOCTORS HOTELS

IOANNINA 04/05-05-2026

Epirus Palace Hotel Congress & Spa
7 km Ioannina–Athens National Road, Ioannina 452 21
+30 2651 093555
sales@epiruspalace.gr

KARPENISI 06-05-2026

Montana Hotel
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+30 2237 080400
info@montana.gr

LARISSA 07-05-2026

Grecotel Larissa Imperial
182 Farsalon Street, Larisa 413 35
+30 2410 687600
reservations.li@grecotel.com

KAMENA VOURLA 08-05-2026

Mitsis Galini Wellness Spa & Resort
5 Ger. Vasiliadi Street, Kamena Vourla 350 08
+30 2235 080501
galini.res@mitsis.com

ATHENS 09-05-2026

Domotel Kastri Hotel
154 El. Venizelos & Romylia Street, Kastri 146 71
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kastri@domotel.gr

ORGANIZERS HOTELS

IOANNINA 03/04/05-05-2026

Epirus Palace Hotel Congress & Spa
7 km Ioannina–Athens National Road, Ioannina 452 21
+30 2651 093555
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Aar Hotel & Spa Ioannina
14 km Ioannina–Athens Road, Ioannina 455 00
+30 2651 096100
info@aarhotel.gr

Giotis Boutique Hotel
11 km Ioannina–Athens Road, Ioannina 452 21
+30 2651 093833
info@hotel-giotis.gr

AGRINIO 05/06-05-2026

Esperia Boutique Hotel
31 Char. Trikoupi Street, Agrinio 301 00
+30 2641 055253
info@esperiahotel.gr

Agrinio Imperial Hotel
82 Drosini Street, Agrinio 301 31
+30 2641 030034
info@agrinioimperial.gr

KARPENISI 06-05-2026

Lecadin Hotel
1st km Karpenisi–Agrinio Road, Karpenisi 361 00
+30 2237 022131
reservations@lecadin.gr

LARISSA 06/07-05-2026

Grecotel Larissa Imperial
182 Farsalon Street, Larisa 413 35
+30 2410 687600
reservations.li@grecotel.com

Hotel Metropol Larissa
14 Roosevelt Street, Larisa 412 22
+30 2410 537161
info@hotelmetropol.gr

VOLOS 07-05-2026

Park Hotel Volos
2 Deligiordi Street, Volos 382 21
+30 2421 036511
parkhotelvolos@amhotels.gr

KAMENA VOURLA 08-05-2026

Mitsis Galini Wellness Spa & Resort
5 Ger. Vasiliadi Street, Kamena Vourla 350 08
+30 2235 080501
galini.res@mitsis.com

Edelweiss Hotel Livanates
Kalamia Str., Paralia Agion Theodoron,
Livanates 35007, Fthiotida
+30 22330 31200
edelweisshotellivanates@gmail.com

Hotel Sissy
41 Hippokratous Street, Kamena Vourla 350 08
+30 2235 022190
guest@hotelsissy.gr

Hotel Violetta
81 G. Vassiliadou Street, Kamena Vourla 350 08
+30 2235 022203
sales@hotelvioletta.com

ATHENS 08/09/10-05-2026

Domotel Kastri Hotel
154 El. Venizelos & Romylia Street, Kastri 146 71
+30 210 3507100
kastri@domotel.gr

Hotel Cavallari Palace
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+30 210 2446505
cavallaripalacehotel@gmail.com

Argo Anita Hotel
23-25 Notara Street, Piraeus 185 31
+30 210 4121795
argoanita@hotmail.com

Max Brown Hotel Downtown (Sircle Collection)
25 Veranzerou Street, Athens 104 32
+30 214 4027660
reservations.dt@maxbrownhotels.com

Moxy Athens City
65 Stadiou Street, Athens 105 51
+30 214 4082020
dos@moxyathenscity.com

Athens Panorama Project
77 Evelpidon Street, Athens 113 62
+30 210 8840005
info@athenspanoramaproject.com

Achillion Hotel
32 Agiou Konstantinou Street, Athens 104 37
+30 210 5225618
info@achillionhotel.com

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6-10 ΜΑΪΟΥ
Περήφανος χορηγός του ΔΕΗ TOUR OF HELLAS 2026
Με αγάπη και σεβασμό για τη φύση και τον αθλητισμό

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HOSPITAL LIST

Ioannina General Hospital
60, Stratigou Makrigianni avenue,
Ioannina 454 45
Phone : +30 26513 66439

Agrinio General Hospital
3rd kilometer Agrinio – Antirrio Motorway
Phone : +30 2641057333, 2641361566, 2641361269

Karpenisi General Hospital
2 Pavlos Bakogiannis,
361 00, Karpenisi
Phone: +30 2237350100

Karditsa General Hospital
Karditsas – Mitropolis road,
Tavropos,
431 00, Karditsa
Phone: +30 24413 51555

Larissa University General Hospital
Mezourlo, Larissas
413 34 Larissa
Phone: +30 2413501000

Volos General Hospital
Vathrovouni area,
341 00 Chalkida
Phone: +30 2221 355700

Lamia General Hospital
Papasiopoulou end,
351 00, Lamia
Phone: +30 22313 56000

Atalanti Health Center
Perdika Atalantis
Atalanti 352 00
Phone: +30 2233 350000

Olympic Village General Hospital
G. Damaskou 1, Olympic Village, 136 77, Acharnes
Phone: +30 2102420000

Attika General Hospital KAT
Nikis 2,
14561, Kifissia
Phone: +30 2132086000

General Hospital "Georgios Genimatas"
Mesogeion Avenue 154
115 27 Athens
Phone: +30 213 203 2000

General Hospital "Evangelismos"
45-47 Ipsilandou St 106 76 Athens
Phone: +30 213 204 1000
Health National Emergency Call : 166

COMPETITION SCHEDULE

Tuesday 5th May / Ioannina: License Check, Team Managers Meeting, Teams Presentation.

12:00 – 17:00 Race Headquarters opening hours.

14:00 – 15:00 Licenses Check. Confirmation of starters.

15:15 – 15:45 Team Managers meeting.

16:00 – 16:45 Race Safety / Security briefing.

17:30 Official Teams Presentation.

Wednesday 6th May / 1st STAGE: Ioannina - Agrinio = 171.6 km.

10:30 – 11:40 Teams presentation and riders sign on.

11:50 Start (neutral).

15:46 – 16:08 Estimated arrival time.

Thursday 7th May / 2nd STAGE: Karpenisi - Larissa = 157.6 km.

11:20 – 12:30 Teams presentation and riders sign on.

12:40 Start (neutral).

16:18 – 16:39 Estimated arrival time.

Friday 8th May / 3rd STAGE: Volos - Lamia = 207.0 km.

09:10 – 10:20 Teams presentation and riders sign on.

10:30 Start (neutral).

16:15 – 16:51 Estimated arrival time.

Saturday 9th May / 4th STAGE: Atalanti - Parnitha = 180.9 km.

10:05 – 11:15 Teams presentation and riders sign on.

11:25 Start (neutral).

15:49 – 16:16 Estimated arrival time.

Sunday 10th May / 5th STAGE: Piraeus - Syntagma Square = 146.5 km.

(finishing on a 3 laps circuit downtown Athens).

09:10 – 10:20 Teams presentation and riders sign on.

10:30 Start (neutral).

13:52 – 14:11 Estimated arrival time.

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TEAMS

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EUSKALTEL-EUSKADI



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SOLUTION TECH NIPPO RALI



TEAM NOVO NORDISK



UNIBET ROSE ROCKETS



ATOM 6 BIKES-CYCLEUR DE LUXE-AUTO STROO



ATT INVESTMENTS



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HRINKOW ADVARICS



KASPER CRYPTO4ME



P.A.S IOANNINON -P&I



AZERION VILLA VALKENBURG



TEAM STORCK - MRW BAU



SWATT CLUB



TEAM UNITED SHIPPING



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VICTORIA SPORTS PRO CYCLING



CYPRUS NATIONAL CYCLING TEAM



GREEK NATIONAL CYCLING TEAM



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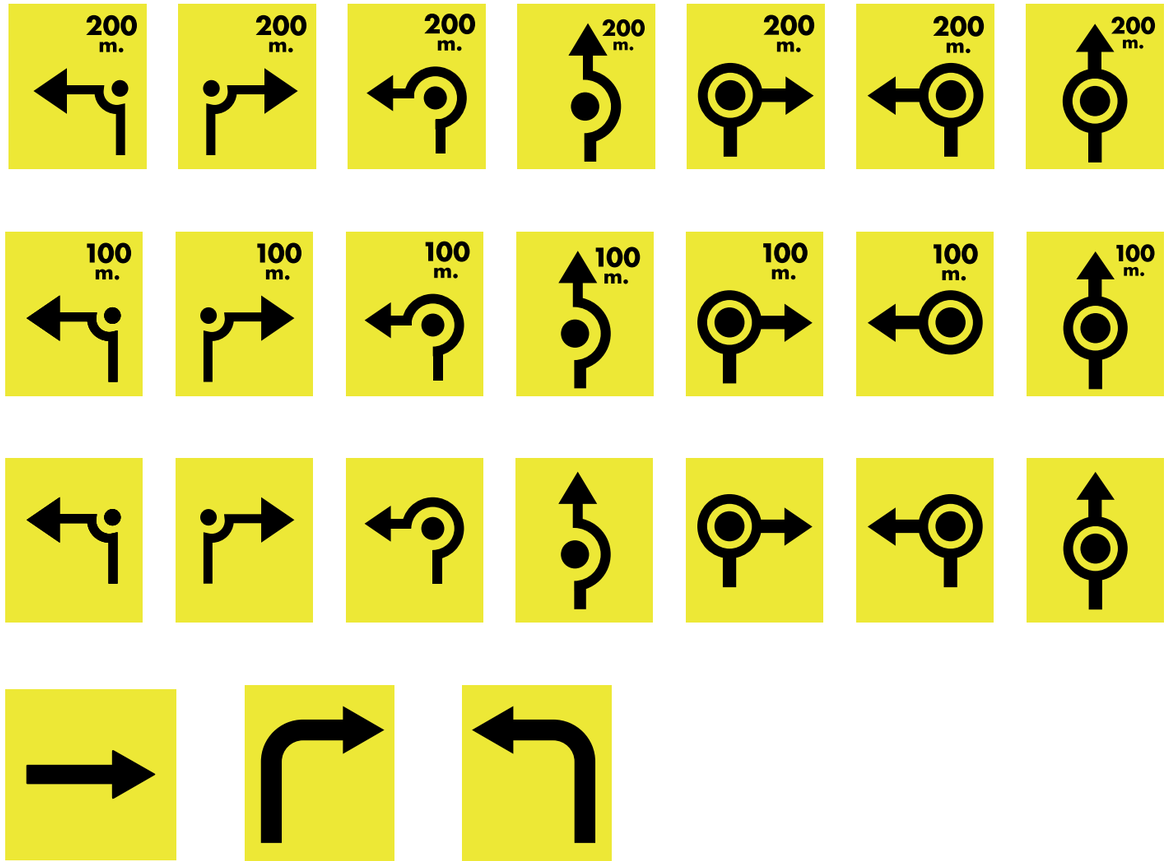
RACE SIGNAGE



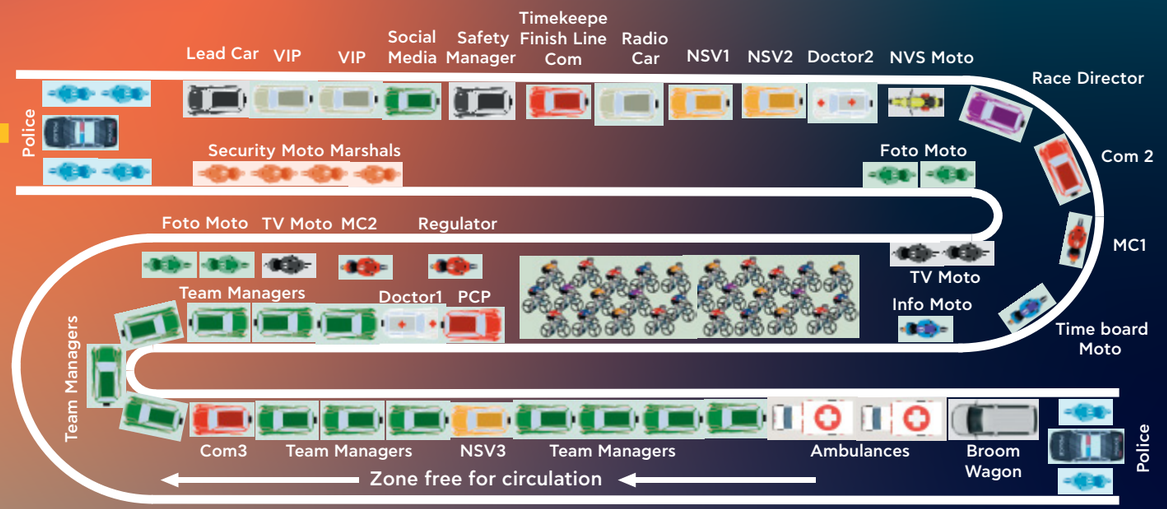


DISTANCE SIGNS





ΔΕΗ TOUR OF HELLAS RACE CONVOY



ΒΙΚΟΣ
Ζαγοροχώρια Φυσικό Μεταλλικό Νερό
ΧΟΡΗΓΟΣ ΤΟΥ
ΔΕΗ
TOUR OF HELLAS

ΔΕΗ TOUR OF HELLAS 2026

RACE SPECIFIC REGULATIONS

ARTICLE 1. ORGANIZATION

The **"ΔΕΗ Tour of Hellas"** is organized by Cycling Greece Organizing Committee, OAKA, 1, Spyrou Loui Avenue, Maroussi, GREECE, phone : +30 210 6818339 in cooperation with the Ministry of Sports, the Regions, the Municipalities and the Local Authorities concerned, under the regulations of the International Cycling Union and the Hellenic Cycling Federation.

It is to be held from 6nd to 10th of May 2026, over five racing days.

ARTICLE 2. TYPE OF EVENT

The event is open to riders of the Men's Elite and Men's U23 categories. The event is listed in the UCI Europe Tour Calendar and is registered as a ME class 2.1 event. The points distribution for the UCI ranking is applied according to Article 2.10.008 of the UCI regulations for the relevant class.

ARTICLE 3. PARTICIPATION

As per article 2.1.005 of the UCI regulations, the event is open to the following teams: **UCI World Teams (max. 50%), UCI Pro Teams, UCI Continental Teams, UCI Cyclo-Cross Professional Teams, and National Teams.**

As per article 2.2.003 and 2.2.003 bis of the UCI regulations, teams must be formed **of minimum four (4) and maximum six (6) riders**.

ARTICLE 4. RACE HEADQUARTERS

The Race Headquarters / Permanence for the preliminary operations will be located at the following address:

Epirus Palace Congress & Spa
Race Headquarters Office
7th km National Highway Ioannina Athens
Ioannina 452 21
Phone: +30 2651 093555
GPS : 39.58775071254912, 20.86186136307733

The Race Headquarters / Permanence will be open starting on Tuesday, May the 5th, 2026, from 12:00 to 17:00 and 09:00 to 10:00 on Wednesday, May the 6th.

ARTICLE 5. RIDERS CONFIRMATION / LICENSES CHECK / TEAM MANAGERS MEETING

Teams' representatives are requested to confirm their starters and collect their race numbers at the Race Headquarters / Permanence, on Tuesday, May the 5th, 2026, from 14:00 to 15:00.

The team managers' meeting, organized in accordance with articles 1.2.087 and 1.2.088 of the UCI regulations, in the presence of the President and the Members of the Commissaires Panel, **is scheduled for 15:15 at the Race Headquarters:**

Epirus Palace Congress & Spa
Congress Hall
7th km National Highway Ioannina - Athens
Ioannina 452 21
Phone: +30 2651 093555
GPS : 39.58775071254912, 20.86186136307733

ARTICLE 6. OFFICIAL TEAMS PRESENTATION - START OF THE RACE

In accordance with article 2.3.009 of the UCI regulations, the Official Teams Presentation will be organized in **Mavili Square in Ioannina, starting from 17:30**, with a schedule set by the organizer.

Mavili Square in Ioannina (next to the Ioannina lake)
GPS : 39.6731843,20.8553791

The presence of all riders and at least 1 sports director per team registered for the race is compulsory. During the team presentations, the riders must wear their competition clothing (official team shorts and jersey) or other official team clothing. All riders of a team shall wear the same clothing. Each team should bring with them one (1) bicycle to be used during the presentation. Teams must bring with them at least one (1) team vehicle.

The first rider to go on stage will be the team leader.

A detailed schedule for the teams' presentation will be sent to the teams well ahead of the event.

START OF THE RACE

The organizer will set the team order for signature of the starting board for the first and the next stages of the race.

For the signature of the starting sheet, riders will wear their competition clothing (official team shorts and jersey).

The signature of the starting sheet will take place according to the Competition Schedule in Article 7 (below).

In case of failure to respect the above provisions, the rider and the team manager will be penalized in accordance with article 2.12.007.

ARTICLE 7. OFFICIAL COMPETITION SCHEDULE

Competition Schedule

Tuesday 5th May / Ioannina: License Check, Team Managers Meeting, Teams Presentation.

12:00 – 17:00	Race Headquarters opening hours.
14:00 – 15:00	Licenses Check. Confirmation of starters.
15:15 – 15:45	Team Managers meeting.
16:00 – 16:45	Race Safety / Security briefing.
17:30	Official Teams Presentation.

Wednesday 6th May / 1st STAGE: Ioannina - Agrinio = 171.6 km.

10:30 – 11:40	Teams presentation and riders sign on.
11:50	Start (neutral).
15:46 – 16:08	Estimated arrival time.3.42.00

Thursday 7th May / 2nd STAGE: Karpenisi - Larissa = 157.6 km.

11:20 – 12:30	Teams presentation and riders sign on.
12:40	Start (neutral).
16:18 – 16:39	Estimated arrival time.4.38.00

Friday 8th May / 3rd STAGE: Volos - Lamia = 207.0 km.

09:10 – 10:20	Teams presentation and riders sign on.
10:30	Start (neutral).
16:15 – 16:51	Estimated arrival time.

Saturday 9th May / 4th STAGE: Atalanti - Parnitha = 180.9 km.

10:05 – 11:15	Teams presentation and riders sign on.
11:25	Start (neutral).
15:49 – 16:16	Estimated arrival time.

Sunday 10th May / 5th STAGE: Piraeus - Syntagma Square = 146.5 km.

09:10 – 10:20	Teams presentation and riders sign on.
10:30	Start (neutral).
13:52 – 14:11	Estimated arrival time.

Total = 863.6 km.

ARTICLE 8. TEAMS SERVICE CARS ORDER FOR THE TOUR

The organizer will establish the order of the team cars for the 1st Stage by drawing lots, during the Team Managers Meeting according to Article 2.6.034 of the UCI regulations.

For the following stages, the driving order shall be determined according to the position of the first rider of each team in the general individual time classification.

Only one car per team will be allowed in the race convoy.

ARTICLE 9. RADIO-TOUR

Race Radio information will be broadcasted on a DMR UHF technology. Following is the frequency and all technical information for the teams to adjust their radios.

Radio Tour Channel Technical Information:

Wireless RF Technology: DMR Mode
Dial Knob Number: 1
Channel Name: RADIO TOUR
RX-TX Frequency: 417.81250 MHz (DMO)
Color Code: 1
Talk Group ID: 100

ARTICLE 10. NEUTRAL TECHNICAL SUPPORT

The neutral technical support is been organized and taken care by **BRETAGNE SERVICE COURSE** with 3 Neutral Service Cars and 1 Neutral Service Motorbike.

ARTICLE 11. RACE INCIDENTS OCCURRING IN THE LAST THREE KILOMETERS

In accordance with article 2.6.027 of the UCI regulations, in the case of a duly noted incident in the last three kilometers of a stage, the rider or riders affected shall be credited with the time of the rider or riders in whose company they were riding at the moment of the incident. His or their placing shall be determined by the order in which he or they actually cross the finishing line.

As an incident it is considered, any event independent of the rider's control or from his physical capacity (fall involving several riders, mechanical problem, puncture) and his will of remaining with the riders in whose company he was riding at the moment of the incident.

Riders affected by an incident, within the meaning of the preceding paragraph, are asked to make themselves known to a commissaire by rising their hand and report to a commissaire after the finish of the stage.

If, as the result of a duly noted fall and involving several riders in the last three kilometers, a rider cannot cross the finishing line, he shall be placed last in the stage and credited with the time of the rider or riders in whose company he was riding at the time of the fall.

This article shall not apply at the finish of 4th Stage, in Mount Parnitha Hill Climb finish. For stages 1, 2 and 5 which are expected to finish in a bunch sprint, the three (3) kilometers distance will be extended to five (5) kilometers.

ARTICLE 12. FINISHING TIME LIMITS

Taking into account the characteristics of each stage, the finishing time limits have been set to 12 %, except the 3nd and 4th stages, where the time limit is set to 15% of the time of the stage winner.

For reasons of road closure operations, the organizer has the right to exclude riders from the race if they are more than 15 minutes behind the main peloton at any given point in the race.

The Commissaires' Panel in agreement with the organizer according to the article 2.6.032 may in exceptional circumstances, increase those time limits.

ARTICLE 13. CLASSIFICATIONS - TIME BONUSES

CLASSIFICATIONS

13.1. The Leader

After the finish of each stage a **" CYAN JERSEY "** will be awarded to the first rider of the **General Individual Classification indicating the Leader of the ΔΕΗ Tour of Hellas.**

According to the UCI Regulations Article 2.6.015, where two or more riders make the same time in the General individual Classification, the placings obtained in each stage, shall be added.

If the result is still tied, as a last resort, the place obtained in the last stage ridden shall be taken into consideration.

Apart from the **Daily Stage Classification** and the **General Individual Classification**, the following classifications will be issued:

13.2. Points Classification - PoC

A PoC Classification will be drawn up by adding the points scored on all of the specific sprints (except the Avance Mile Sprints), including the finish of each stage, counting for the Points classification.

The following intermediate sprints will be contested:

Stage 1: at Km 73.0 and Km 115.5
Stage 2: at Km 89.6 and Km 101.8
Stage 3: at Km 90.9 and Km 124.7
Stage 4: at Km 72.6 and Km 93.5
Stage 5: at Km 8.7 and Km 121.1

The following points are allocated to each intermediate sprint:

To the 1st : 6 points
To the 2nd: 4 points
To the 3rd : 2 point

In addition to that, for each stage finish, the following points are allocated to the riders:

1st: 15 points, 2nd: 12 points, 3rd: 10 points, 4th: 8 points, 5th: 6 points, 6th: 5 points, 7th:4 points, 8th: 3 points, 9th: 2 points, 10th: 1 point.

The leader of the Points classification will wear a RED JERSEY.

In the event of a tie in the individual general classification of the Points competition, the following criteria shall be applied until the tie is broken:

1. Number of stage wins.
2. Number of wins in the intermediate sprints counting for the General Points Classification.
3. General individual classification by time.

To receive the prizes for the general classification, each rider must have completed the whole course of the race within the time limits set by the regulations.

13.3. King of the Mountains Classification - KoM

A KoM classification will be drawn up by adding the points scored on all of the climbs, counting for the Climbers' classification. **The leader of the KoM classification will wear a NAVY BLUE JERSEY.**

The following points are allocated for each category:

1st category climbs	2nd category climbs	3rd category climbs
to the 1st : 10 points	to the 1st : 6 points	to the 1st : 3 points
to the 2nd: 8 points	to the 2nd: 4 points	to the 2nd: 2 points
to the 3rd: 6 points	to the 3rd : 2 point	to the 3rd: 1 point
to the 4th: 4 points	to the 4th : 1 points	
to the 5th: 2 point		
to the 6th: 1 point		

In accordance with article 2.6.017 of the UCI Regulations, in the event of a tie in the individual general classification of the King of the Mountains' competition, the following criteria shall be applied until the tie is broken:

1. Number of first places in the highest category climbs.
2. Number of first places on climbs in the next highest category and so on
3. Final individual general classification by time.

To receive the prizes for the general classification, each rider must have completed the whole course of the race within the time limits set by the regulations.

13.4. Young Riders Classification - YoC

Young riders classification is based on general individual classification by time for riders born on 01/01/2004 and after.

The leader of the Young rider classification will wear a WHITE JERSEY.

13.5. Teams Classification - TeC

According to the UCI Regulations Article 2.6.016, the Teams Classification for the day shall be calculated based on the sum of the three best riders' individual times, for each team. In the event of a tie, the teams shall be separated by the sum of the places acquired by their three best placed riders on the stage. If the teams are still tied, they shall be separated by the placing of their best rider on the stage classification.

The teams' general classification shall be calculated on the basis of the sum of the three best individual times from each team in each stage ridden. In the event of a draw, the following criteria shall be applied in order until the teams are separated:

1. Number of first places in the daily team classifications.

2. Number of second places in the daily team classifications; etc.

If there is still a draw, the teams shall be separated by the placing of their best rider in the general individual classification.

Any team reduced to less than three riders shall be eliminated from the general team classification.

13.6. Leading in more than one classification.

According to Article 2.6.018 of the UCI Regulations, if a rider is leading more than one classification, the order of priority of the distinctive jerseys shall be as follows:

1. general classification by time.
2. general classification by points.
3. general climber's classification.
4. general young rider's classification (U23).

In this situation, the organizer will require another rider next on the relevant classification to wear a jersey which is not being worn by the leader of that classification.
However, if this rider must wear his world or national champion's jersey, or the leader's jersey of a UCI cup, circuit, series, or classification, he shall wear that jersey.

In the situation where the leader of a classification does not take the start of a stage, the virtual leader of the relevant classification is allowed to wear the related distinctive jersey, subject to the consent of both the organizer and the President of the Commissaires' panel.

TIME BONUSES

At every stage finish, 10", 6" and 4" time bonuses will be awarded to the first 3 riders classified respectively.

The time bonuses will be applied only to the General Individual Classification of the Tour.

In addition to that, **the following time bonuses will be awarded to the first 3 riders classified respectively in each of the two AVANCE MILE sprint per stage. These sprints are located as follows:**

Stage 1: at Km 145.3 and Km 147.4
Stage 2: at Km 131.0 and Km 132.5
Stage 3: at Km 185.6 and Km 187.0
Stage 4: at Km 128.5 and Km 130.2
Stage 5: at Km 16.6 and Km 18.2

The following bonus seconds are allocated to each AVANCE MILE Sprint:

To the 1st : 3 Seconds
To the 2nd: 2 Seconds
To the 3rd : 1 Second

The rider earning most bonus seconds at the two Avance Mile sprints per stage will be awarded a prize and will have to attend the podium ceremony at the end of each stage. In case of several riders having won identical number of bonus seconds per day, the rider with the highest number of bonus seconds at the second of the two Avance Mile sprints will be awarded at the ceremony every day.

ARTICLE 14. PRIZES

14.1. According to the UCI Regulation the following price money in Euros will be distributed as follows:

A) Prizes distributed for the finish in each stage, according to the placing:

PLACE	€	PLACE	€	PLACE	€	PLACE	€
1	2142	6	158	11	56	16	56
2	1085	7	158	12	56	17	56
3	532	8	109	13	56	18	56
4	270	9	109	14	56	19	56
5	221	10	56	15	56	20	56

TOTAL FOR EACH STAGE = 5,400 Euros

TOTAL FOR THE FIVE STAGES = 27,000 Euros

B) For the General Individual Classification, the following prizes will be awarded

PLACE	€	PLACE	€	PLACE	€	PLACE	€
1	5355	6	395	11	140	16	140
2	2713	7	395	12	140	17	140
3	1330	8	273	13	140	18	140
4	675	9	273	14	140	19	140
5	553	10	140	15	140	20	140

TOTAL FOR THE GENERAL INDIVIDUAL CLASSIFICATION = 13,502 Euros

14.2. SPECIAL PRIZES

14.2.1. King of the Mountains General Classification

In addition of the above mentioned Prizes, the 1st Rider of the King of the Mountains General Classification will receive the amount of 500 €. The 2nd Rider will receive the amount of 200 €. and the 3rd rider will receive the amount of 100 €. **Total = 800 Euros**

14.2.2. Points General Classification

In addition of the above mentioned Prizes, the 1st Rider of the Points General Classification will receive the amount of 500 €. The 2nd Rider will receive the amount of 200 €. and the 3rd rider will receive the amount of 100 €. **Total = 800 Euros**

14.2.3. Young Riders General Classification

In addition of the above mentioned Prizes, the 1st Rider of the Young Riders' General Classification (U23) will receive the amount of 500 €. The 2nd Rider will receive the amount of 200 €. and the 3rd rider will receive the amount of 100 €. **Total = 800 Euros**

TOTAL PRIZES FOR THE TOUR = 42,902 Euros

14.3. WINNER OF THE STAGE

After the finish of each stage, a Trophy will be awarded to the Winner of each stage.

ARTICLE 15. ANTIDOPING

The UCI Anti-Doping regulations are entirely applicable to the event.
Responsible for the Anti-Doping control is the E.O.K.A.N Athens Laboratory.

The Anti-Doping tests will be organized by E.O.K.A.N Athens Laboratory inspectors.

The riders that have to pass through Anti-Doping control and their team managers, will be notified by the Anti-Doping escorts.

ARTICLE 16. AWARDS CEREMONY

In accordance with article 1.2.112 and 1.2.113 of the UCI rules, the following riders must attend the official awards ceremony every day:

Applicable in all Stages

- **The winner of the stage.**
- **The leader of the Best Young Rider Classification.**
- **The leader of the Points Classification.**
- **The leader of the King of the Mountains Classification.**
- **The leader of the Individual Classification by time.**
- **The winner of the Avance Mile classification of the day.**

The riders must present themselves at the podium immediately after crossing the finish line, except if informed else.

Moreover, at the finish of the 5th Stage, in Syntagma Square (Athens), the following riders must also present themselves at the final awards ceremony:

- **The winner of the last stage.**
- **The winner of the Best Young Rider Classification.**
- **The winner of the Points Classification.**
- **The winner of the King of the Mountains Classification.**
- **The first three riders of the Individual Classification by time.**
- **The winning team of the Teams General Classification.**

ARTICLE 17. FEEDING

Feeding will be organized according to the provisions set out in Articles 2.3.025 / 025bis / 027 of the UCI Regulations.

Feeding zones are marked on stage maps and listed in the time schedules, besides they are marked with signposts along the race route.

ARTICLE 18. ENVIRONMENTAL PROTECTION

The Organizer commits itself to protecting the environment by collecting the litter from the litter zones and cleaning all those zones after the race has passed through.

The Organizer will deploy appropriate staff to collect any objects or waste related to the race, right after the race has passed.

Litter Zones in each stage will be organized by the organizer, according to the UCI Regulations.
Litter Zones are marked on stage maps and listed in the time schedules; besides they are marked with signposts along the race route.

ARTICLE 19. PENALTIES

The UCI penalty scale is the only one applicable.

ARTICLE 20. MEDICAL

The Medical Team of the Organization will provide the Medical Service during the race. The race is covered by 3 Race Doctors and 2 Ambulances in the race. The Head of the Medical Team may deploy additional ambulances or paramedic motorbikes, in any stage, if needed.

Head of the Medical Team: Dr. Chronis CHRONOPOULOS phone: +30 6945854154
Race Doctor: Dr. Georgios NEOCHORITIS
Race Doctor: Dr. Georgios VARSANIS
Apart from that, the Medical Service Hospitals at the cities concerned are the following:

Licenses Check / Team Managers Meeting / Teams Presentation

Ioannina General Hospital
60, Stratigou Makrigianni avenue,
Ioannina 454 45
Phone : +30 26513 66439

1st Stage

1. **Agrinio General Hospital**
   3rd kilometer Agrinio – Antirrio Motorway
   Phone : +30 2641057333, 2641361566, 2641361269

2. **Karpenisi General Hospital**
   2 Pavlos Bakogiannis,
   361 00, Karpenisi
   Phone: +30 2237350100

2nd Stage

1. **Karpenisi General Hospital**
   2 Pavlos Bakogiannis,
   361 00, Karpenisi
   Phone: +30 2237350100

2. **Karditsa General Hospital**
   Karditsas – Mitropolis road,
   Tavropos,
   431 00, Karditsa
   Phone: +30 24413 51555

3. **Larissa University General Hospital**
   Mezourlo, Larissas
   413 34 Larissa
   Phone: +30 2413501000

3rd Stage

1. **Volos General Hospital**
   Vathrovouni area,
   341 00 Chalkida
   Phone: +30 2221 355700

2. **Lamia General Hospital**
   Papasiopoulou end,
   351 00, Lamia
   Phone: +30 22313 56000

4th Stage

1. **Atalanti Health Center**
   Perdika Atalantis
   Atalanti 352 00
   Phone: +30 2233 350000

2. **Olympic Village General Hospital**
   G. Damaskou 1, Olympic Village, 136 77, Acharnes
   Phone: +30 2102420000

3. **Attika General Hospital KAT**
   Nikis 2,
   14561, Kifissia
   Phone: +30 2132086000

5th Stage

1. **General Hospital ''Georgios Genimatas''**
   Mesogeion Avenue 154
   115 27 Athens
   Phone: +30 213 203 2000

2. **General Hospital ''Evangelismos''**
   45-47 Ipsilandou St
   106 76 Athens
   Phone: +30 213 204 1000

Health National Emergency Call : 166

ARTICLE 21. GENERAL INFORMATION

Hellenic international phone code = +30
Currency = Euro
Voltage = 220-230 Volts

ARTICLE 22. CONTACTS OF THE ORGANIZER

The contact details of the organizer are the following:

Cycling Greece,
OAKA Aquatic Center (Gate D or E)
1, Spyrou Loui Avenue,
15123 Maroussi,
GREECE,
phone: +30 210 6818339
e-mail: info@cyclinggreece.gr

The contact details of the Race Director are the following:

Vladimiros Petsas,
1, Spyrou Loui Avenue,
15123 Maroussi,
GREECE,
phone: +30 210 6891390
mobile: +30 697 2004 506
e-mail: racedirector@cyclinggreece.gr

ARTICLE 23. RACE INCIDENTS.

In accordance with article 2.2.029 of the UCI regulations, in case of an exceptional accident or incident that could impinge upon the normal conduct of the race in general or a particular stage thereof, the organizer may, after obtaining the agreement of the commissaires' panel and having informed the timekeepers, at any moment, decide:

- to modify the course;
- to temporarily neutralise the race or stage;
- to stop a race or a stage and restart the race or stage;
- to definitively stop a stage;
- to cancel a stage.

The president of the commissaires' panel, after consulting the organizer, may take the following sporting decisions:

- cancel or let the results stand in case the race is temporarily neutralized or stopped, taking account of the gaps recorded at the moment of the incident;
- cancel or let the results stand of an intermediate sprint, mountain sprint or any classifications.
- declare a stage null and void,

ARTICLE 24. RIDERS SAFETY ON PUBLIC ROADS.

- Whilst out on the roads, remember not to drive on the high way.
- After dark you will require a front and back light fitted to your bike.
- Ensure you adhere to all road signs and do not ride on the footways or sidewalks for pederstrians; this is illegal and may result in a fine.
- Please make sure you have your ID with you when you are outside the venue.

ARTICLE 25 RESPONSIBILITIES

The organizer cannot, in any case, be held responsible in the event of accidents or material damage which may occur during training and / or competitions.

The organizer declines any responsibility towards the riders, accompanying persons and third parties in the event of an accident.

For all cases not covered by these specific regulations, the UCI rules will apply. Any problems will be solved between the organizers and the Commissaires Panel.

ARTICLE 26 OTHERS

For everything not mentioned at the present Regulation (course modifications, neutralizations e.t.c.), the UCI Regulations will be applied, and the organizer, the police and the Commissaires Panel are responsible to take appropriate decisions.



ΔΕΗ TOUR OF HELLAS 2026
MEDIA INFORMATION & TV BROADCASTING

1. Media Officers & Contact Details
For any inquiries, interview requests, or on-site assistance, please contact our Media Team:

- Media Officer: Christina Amerikanou | +30 695 100 14849
- Team Liaison: Zisis Soulios | +30 697 845 6280
- General Press Email: press1@cyclinggreece.gr

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2. TV Broadcasting & Digital Coverage
The ΔΕΗ Tour of Hellas 2026 enjoys extensive national and international coverage, reaching fans in over 140 countries.

Live Broadcast in Greece

- ERT2: Main TV broadcaster for all stages.
- ERTFLIX: Live streaming and on-demand video platform.

International Live Broadcasters & Platforms

- Global/Multi-territory: EBU / Eurovision Sport, Unbeaten (Inverleigh), Les Outsiders (Twitch), Streamster, TrillerTV, FloSports.
- Regional Partners:
- Portugal: Abola TV
- Switzerland: Swiss Sport TV
- Malta: TVM (Television Malta)
- Germany, Austria, Switzerland: Sportdigital
- Colombia: WinSports
- Philippines: Solar Sports
- Spain: OneTV, Canal Deportes
- Croatia: SPTV (Sportska Televizija)
- Other: Discover Digital/Sports, Sports247.

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3. Mobile Media Centers (Finish Line)

To ensure immediate access to race results and flash interviews, the Media Center for each stage is located at the Finish Line Area within the specialized Mobile Media Unit (Finish Arch Van).

Stage	Date	Finish Location	Media Center Opening Hours
Stage 01	May 6	Agrinio (Central Square)	12:00 - 19:30
Stage 02	May 7	Larissa (Central Square)	12:00 - 19:30
Stage 03	May 8	Lamia (Exhibition Center)	12:00 - 19:30
Stage 04	May 9	Parnitha (Teleferik Station)	12:00 - 19:30
Stage 05	May 10	Athens (Syntagma Square)	10:00 - 18:00

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4. Media Resources & Digital Assets

- Official Website Gallery: High-resolution photographs will be uploaded immediately after each stage. Access them via the "Gallery" drop-down menu at www.hellas-tour.gr.
- YouTube Channel: Follow Cycling Greece for live streaming, highlights, and behind-the-scenes content.
- Social Media: Follow @TourOfHellas (Instagram, Facebook, X) for real-time race updates and official announcements.

Document updated with the latest international broadcaster list and media center details for ΔΕΗ Tour of Hellas 2026.

2026 BROADCASTERS

BROADCASTERS	COUNTRIES
UNBEATEN (INVERLEIGH)	INTERNATIONAL
TVM - TELEVISION MALTA	MALTA
TESLIYA	MIIDLE EAST & AFRICA
LES OUTSIDERS	FRANCE / INTERNATIONAL
SWISS SPORT TV	SWITZERLAND
DISCOVER DIGITAL/SPORTS	SOUTH AFRICA
TAPMAD	AFGHANISTAN, BANGLADESH, BHUTAN, MALDIVES, NEPAL, PAKISTAN, SRI LANKA
ABOLA TV	PORTUGAL
STREAMSTER	AUSTRIA, GERMANY, SWITZERLAND
ONETV	SPAIN
SPORTS247	NIGERIA
WINSPORTS	COLOMBIA

Official Meetings Schedule

Tuesday 5th May / Ioannina: Epirus Palace Hotel

13.00 - 13.15 Meeting PCP with Race Director and Organization.

13.45 - 14.00 Meeting PCP with TV producer and Race Director.

14.00 - 15.00 Teams registration / riders confirmation / licenses check.

15.15 - 15.45 Team Managers Meeting.

16.00 - 16.45 Safety Meeting with PCP and drivers.

DEH Tour of Hellas 2026 Important GPS Coordinates

Date	GPS Coordinates	Places
Wednesday 6 May / Stage 1 : Ioannina - Agrinio		
DISTANCE: 171.6 km (+6.5 km Neutral Start)		
PPO	39.673344, 20.839208	Megalou Alexandrou / Voreiou Epirou junction
NEUTRAL START / STARTING POINT	39.673156, 20.855771	Mavili Square, Ioannina
KM 0 / FLYING START POINT	39.639933, 20.853308	Pyrsinella Park, Ioannina
FINISH LINE	38.622530, 21.409790	Central Square, Agrinio
Thursday 7 May / Stage 2 : Karpenisi - Larissa		
DISTANCE: 157.5 km (+4.8 km Neutral Start)		
PPO	38.916239, 21.790738	Georgiou Kafantari / Apodimon Evritanon
NEUTRAL START / STARTING POINT	38.915148, 21.794685	Mavili Square, Ioannina
KM 0 / FLYING START POINT	38.908266, 21.844552	Pyrsinella Park, Ioannina
FINISH LINE	39.637940, 22.415210	Central Square, Larissa
Friday 8 May / Stage 3 : Volos - Lamia		
DISTANCE: 207.3 km (+9.0 km Neutral Start)		
PPO	39.363100, 22.931070	Larissis / Athinon junction roundabout
NEUTRAL START / STARTING POINT	39.357361, 22.950328	Volos Thessaly Univercity / Statue
KM 0 / FLYING START POINT	39.332587, 23.033253	Kato Lechonia village
FINISH LINE	38.891010, 22.447340	Lamia Excibition Center
Saturday 9 May / Stage 4 : Atalanti - Parnitha		
DISTANCE: 181.1 km (+3.4 km Neutral Start)		
PPO	38.671753, 23.065388	A1 National Highway / Atalanti junction
NEUTRAL START / STARTING POINT	38.653278, 23.000360	Atalanti Town, Atalanti/Livanates junction
KM 0 / FLYING START POINT	38.666307, 23.034516	Atalanti - Skala road
FINISH LINE	38.152650, 23.737110	Parnitha mountain / Mont Parnes
Saturday 10 May / Stage 5 : Piraeus - Syntagma		
DISTANCE: 146.5 km (+7.8 km Neutral Start)		
PPO	37.940308, 23.644712	Hiroon Polytechniou / Defteras Merarchias
NEUTRAL START / STARTING POINT	37.938986, 23.648860	Piraeus / Pasalimani / Piraeus Clock
KM 0 / FLYING START POINT	37.925902, 23.690908	Floisvos
FINISH LINE	37.975060, 23.735610	Athens / Syntagma Square

CODE OF CONDUCT

REDUCE EMISSIONS
switch off the engine when waiting longer then 10 s

RESPECT
the instructions given by the race organization

READ THE ROADBOOK
Prepare the stage in advance and note distinctive features

CONTROL VEHICLE
Check it visually every time before driving

SEATBELTS
Their use is obligatory in both the front and rears seats

KEEP HEADLIGHTS ON
Headlights are to be used constantly on dipped beam

REGULATE SPEED
according to the situation and keep a safe distance between vehicles

REMAIN ATTENTIVE
to road signs and the traffic rules

DRIVE CLEAN
Zero tolerance for any psychotropes and alcohol

CELL PHONES
Drivers are prohibited from using them

U-TURNS NOT ALLOWED
Oncoming traffic is strictly forbidden on the race course



HELLENIC REPUBLIC
Ministry of Sports

ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΤΙΑ
Υπουργείο Αθλητισμού



Ioannis Vroutsis
Minister of Sports

It is with great pleasure that I welcome to Greece the teams participating in the fifth edition of the ΔΕΗ Tour of Hellas, along with the riders, coaches, support staff, and all members of the delegations taking part in this year's race.

Your presence in our country is a great honour for Greek sport and a clear reflection of the Tour's steadily growing international stature. The ΔΕΗ Tour of Hellas continues to evolve into an event of high standards, with a strong international profile, sporting credibility, and a meaningful connection to the local communities that host it.

Across five stages, 120 riders from around the world will compete in Greece in a race that combines top-level competition, professional organisation, safety, and respect for the core values of cycling. Our aim is to provide all teams an excellent racing environment and a comprehensive hosting experience.

The ΔΕΗ Tour of Hellas is an event that showcases our country, strengthens the international reach of Greek sport, and leaves a positive legacy in every region through which it passes.

I wish all teams the best. Enjoy your race in Greece. Welcome to Greece. Welcome to the ΔΕΗ Tour of Hellas 2026.

ΔΕΗ TOUR OF HELLAS



Όλη η Ελλάδα σε μία ποδηλατική διαδρομή.
Με την ενέργεια της ΔΕΗ.

Η **μεγάλη γιορτή του ποδηλάτου** επιστρέφει, με την ενέργεια της ΔΕΗ.
Ο **ΔΕΗ Ποδηλατικός Γύρος Ελλάδας** είναι εδώ για
5η συνεχόμενη χρονιά με νέες διαδρομές, νέα πρόσωπα
και πάντα με το ίδιο **πάθος για το αγαπημένο μας άθλημα.**

Μια κορυφαία συνάντηση για τον αθλητισμό, τις μετακινήσεις
και το βιώσιμο μέλλον με πρωταγωνιστή το ποδήλατο.

Ένα με το μέλλον
dei.gr

ΔΕΗ POWER UP THE RACE

THE ROUTE

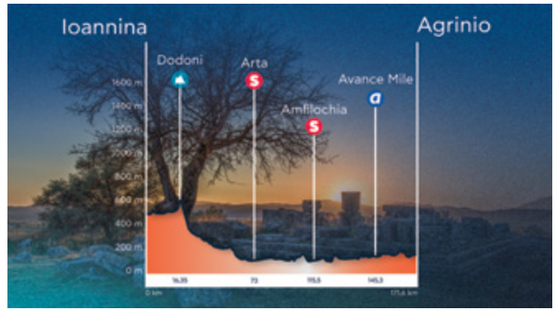
5 Days 20 Teams 120 Athletes



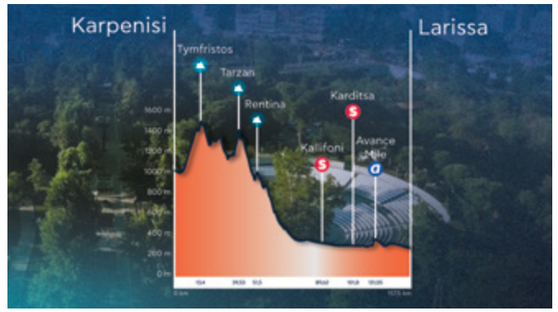
6 - 10 May 2026

START: IOANNINA
FINISH: ATHENS
863,8 KM

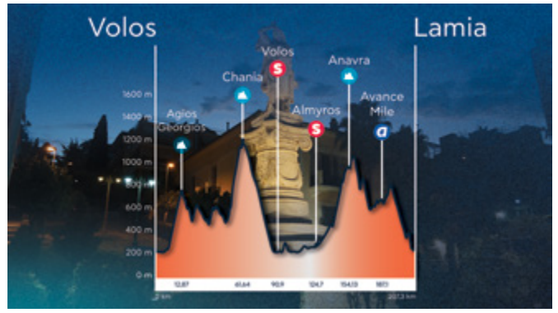




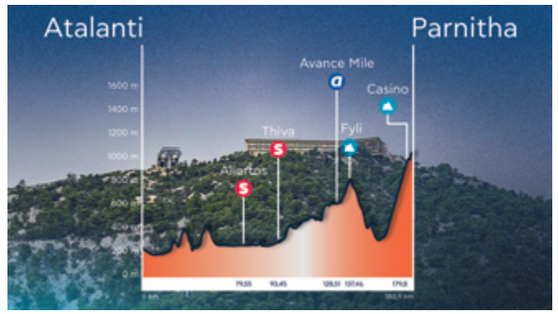
















JERSEYS 2026

GENERAL CLASSIFICATION



POINTS CLASSIFICATION

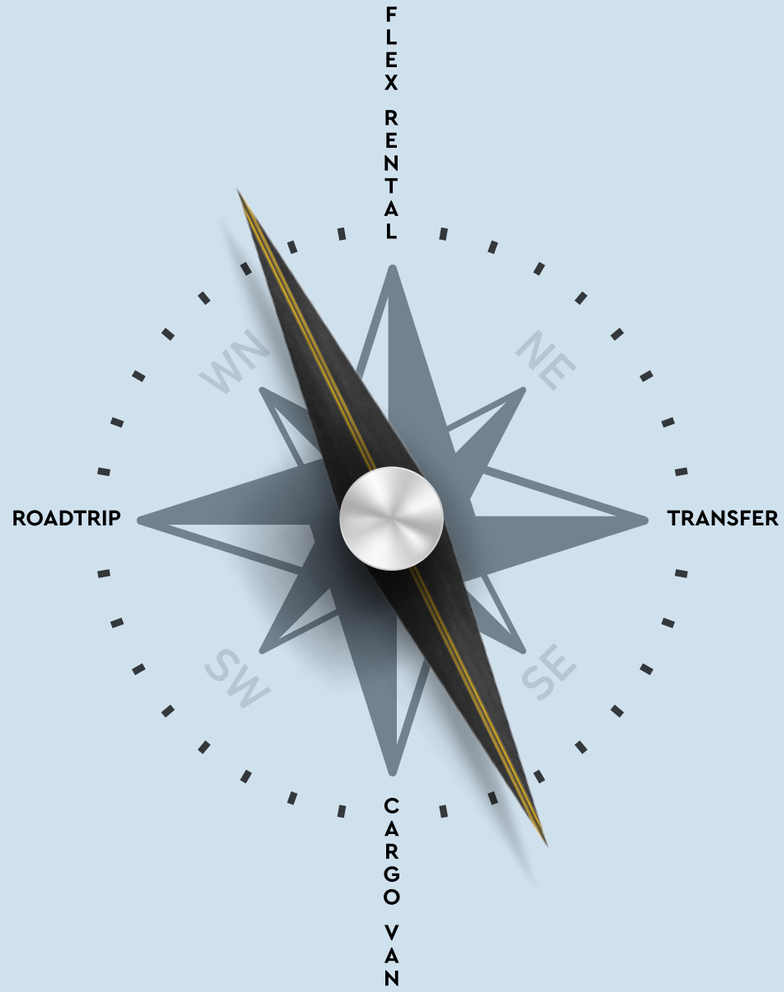


KING OF THE MOUNTAINS CLASSIFICATION



BEST YOUNG RIDER CLASSIFICATION





Wherever the road takes you, we're already there.

It's not about where you're going – what matters is knowing you've got support every step of the way.

We are by your side at every crossroads. We offer complete mobility solutions – **from daily needs** and **business leasing** to **specialized transport services** and **cargo vans.** With a fleet of **modern vehicles, flex rentals,** and **transfer options**, we ensure every journey is made with reliability, comfort, and control.

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PAST WINNERS

YEAR	1st	2nd	3rd
1968	Gerhard Nielsen	Guido Van Damme	Tomas Suchek
1969-1980	Not Held		
1981	Kanellos Kanellopoulos	Evaggelos Papadakis	Ilias Kelesidis
1982	Henri Maders	Pascal Kolkhuis Tanke	Dradzik Borokavin
1983	Not Held		
1984	Asiat Saitov	Evgeni Korolkov	Vasili Zdanov
1985	Ivan Romanov	Marat Ganev	Vasili Tspundov
1986	Roland Konigshofer	Kanellos Kanellopoulos	Stancho Stanchev
1987	Olaf Jentzsch	Kanellos Kanellopoulos	Jan Shur
1988	Gintautas Umaras	Michel Zanoli	Dan Radtke
1989	Frank Kuhn	Jan Shur	Andreas Wartenburg
1990-1997	Not Held		
1998	Thomas Liese	Hristo Zaikov	Matthew Stephens
1999-2001	Not Held		
2002	Fraser Macmaster	Philippe Schnyder	Adam Gawlik
2003	Vasilios Anastopoulos	Svetoslav Kirilov Tchanliev	Jaromir Friede
2004	Assan Bazayev	Andre Schulze	Maxim Iglinskiy
2005	Valeriy Dmitriyev	Alexandr Dymovskikh	Nebojsa Jovanovic
2006	Pavel Brutt	Vladimir Koev	Rene Andrle
2007-2010	Not Held		
2011	Stefan Schafer	Ioannis Tamouridis	Markus Fothen
2012	Robert Vrecer	Davide Rebellin	Ioannis Tamouridis
2013-2021	Not Held		
2022	Aaron Gate	Lennert Teugels	Mark Stewart
2023	Iuri Leitao	Aaron Gate	Stanislaw Aniolkowski
2024	Zoidl Riccardo	Pernsteiner Hermann	Conti Valerio
2025	Harold Martin Lopez Granizo	Anton Schiffer	Adrien Maire



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25 YEARS



OVERVIEW OF SYMBOLES USED ON FOLLOWING MAPS

- Start
- Category 1
- Category 2
- Category 3
- Feed Zone
- Litter Zone
- Sprint
- Avance Mile
- Finish

STAGE 1

Ioannina ⟩ Agrinio

171.6 km

Resume

The race curtain rises at Lake Ioannina, with the peloton passing through the Castle and the official start taking place on Dodonis Avenue, heading south. Just outside Dodoni lies the first challenge, a Category 3 KOM climb. The route continues through the landscapes and mountains of Epirus toward Filippiada, then becomes faster and downhill as it approaches Arta. There, the iconic Bridge of Arta stands out, and the first intermediate sprint takes place. The race continues with views of the Ambracian Gulf and a second sprint in Amfilochia. Passing by Lake Amvrakia, the riders reach the Stratos Bridge for the Avance Mile. In Agrinio, there is no immediate finish line; instead, the race concludes on a 14 km circuit. Teams organize their strategies, and the finale is decided in a fast and spectacular sprint finish.

Points of interest

- **Km 0 –** Dodonis Avenue (Official Start / km 0)
- **Km 16.35 –** Dodoni (Cat. 3 KOM)
- **Km 73 –** Arta (1st Intermediate Sprint)
- **Km 115.5 –** Amfilochia (2nd Intermediate Sprint)
- **Km 145.3 –** Stratos Lake (Avance Mile)
- **Km 171.6 –** Agrinio (Finish)

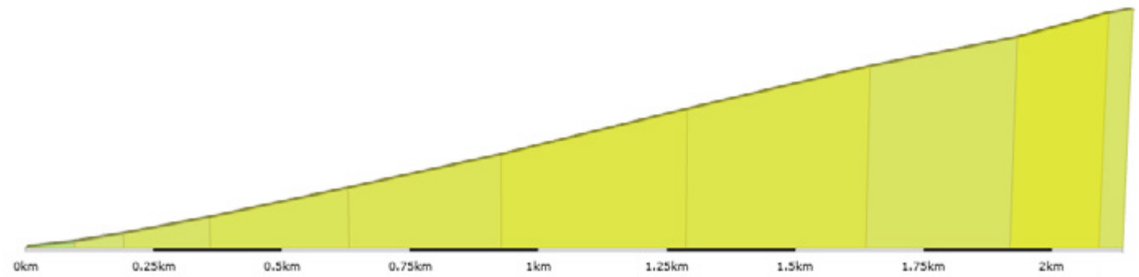
STAGE DISTANCE	KM TO GO	ALTITUDE (m)	LOCATION / PLACE	Estimated timetable 42 km/h	44 km/h	46 km/h
-6.5	**178.1**	**471**	**NEUTRAL START - IOANNINA / Mavili Park**	**11:50**	**11:50**	**11:50**
-5.6	177.2	471	Ioannina Castle	11:51	11:51	11:51
-4.8	176.4	470	Left / Right turn	11:53	11:53	11:53
-3.5	175.1	471	Right turn	11:56	11:56	11:56
-2.8	174.4	476	Round about	11:57	11:57	11:57
-1.7	173.3	514	Iroon Polytechniou Square	11:59	11:59	11:59
-0.7	172.3	485	JUNCTION - Kato Neochoropoulo	12:02	12:02	12:02
0.0	**171.6**	**486**	**OFFICIAL START KM 0 - ANATOLI**	**12:03**	**12:03**	**12:03**
2.0	169.6	475	JUNCTION - Anatoli / Ioannina Indoor Hall	12:05	12:05	12:05
5.1	166.5	479	JUNCTION - Egnatia National Road - A2	12:09	12:09	12:09
5.8	165.8	475	JUNCTION - Neokesareia	12:10	12:10	12:10
8.3	163.3	499	JUNCTION - Neo Bizani	12:14	12:13	12:13
11.9	159.7	499	JUNCTION - Molivadia	12:19	12:18	12:17
14.3	157.3	522	*Uphill start towards KoM 1*	12:22	12:21	12:20
16.4	**155.2**	**608**	**KoM 1 - Cat.3 / Dodoni**	**12:27**	**12:26**	**12:25**
18.4	153.2	510	JUNCTION - Kanneta	12:29	12:28	12:27
20.7	150.9	396	JUNCTION - Perdika	12:32	12:30	12:29
23.8	147.8	289	JUNCTION - Agia Paraskevi	12:35	12:34	12:32
27.5	144.1	251	*Traffic Island*	12:40	12:39	12:37
28.0	143.6	254	JUNCTION - Terovo / Chani Terovou	12:41	12:39	12:38
30.0	141.6	244	Wide Left Turn	12:44	12:42	12:40
36.1	135.5	175	JUNCTION - Potamia	12:53	12:50	12:48
36.8	134.8		*TUNNEL - Kleisoura*	12:55	12:53	12:51
38.9	132.7	152	JUNCTION - Panagia	12:57	12:54	12:52
40.7	130.9	142	**Litter Zone 1/Start**	13:00	12:57	12:55
41.5	130.1	138	**Feed Zone 1/Start**	13:01	12:58	12:56
43.1	128.5	151	**Feed Zone 1/End**	13:03	13:01	12:58
44.0	127.6	129	**Litter Zone 1/End**	13:04	13:02	12:59
49.8	121.8	142	JUNCTION - Agios Georgios	13:14	13:10	13:07
54.4	117.2	40	JUNCTION - Anogeiata	13:20	13:16	13:13
58.5	113.1	34	**Filippiada**	13:26	13:22	13:19
66.2	105.4	16	**Kalamia / Chalkiades**	13:37	13:33	13:29
68.8	102.8	20	**Elaiousa**	13:41	13:37	13:32
70.2	101.4	25	*Arahthos river bridge / Arta Entrance*	13:43	13:38	13:34
73.0	**98.6**	**33**	**PoC 1 / Arta**	**13:47**	**13:42**	**13:38**
74.4	97.2	34	JUNCTION - Peta	13:49	13:44	13:40
74.5	97.1	34	**Litter Zone 2/Start**	13:49	13:44	13:40
75.0	96.6	36	**Feed Zone 2/Start**	13:50	13:45	13:41
75.8	95.8	37	**Feed Zone 2/End**	13:51	13:46	13:42
76.5	95.1	39	**Litter Zone 2/End**	13:52	13:47	13:43
77.2	94.4	37	JUNCTION - Agioi Anargyroi	13:53	13:48	13:44
80.5	91.1	26	JUNCTION - Limini	13:58	13:53	13:48
84.6	87.0	19	JUNCTION - Ionia Hihgway - A5	14:04	13:59	13:54
84.8	86.8	17	JUNCTION - Ionia Hihgway - A5	14:04	13:59	13:54
86.1	85.5	15	JUNCTION - Sykoula	14:06	14:01	13:55
91.7	79.9	16	**Menidi -**	14:14	14:08	14:03
99.2	72.4	31	**Katafourko**	14:25	14:18	14:12
102.0	69.6	5	JUNCTION - Anoixiatiko	14:29	14:22	14:16
105.0	66.6	16	**Krikellos**	14:33	14:26	14:20
107.0	64.6	20	JUNCTION - Mpouka	14:36	14:29	14:22
110.0	61.6	47	JUNCTION - Ionia Highway	14:40	14:33	14:26

115.0	**56.6**	**2**	**PoC 2 / Amfilochia**	**14:47**	**14:39**	**14:32**
115.7	55.9	5	**Litter Zone 3/Start**	14:48	14:40	14:33
116.1	55.5	21	**Feed Zone 3/Start**	14:49	14:41	14:34
117.0	54.6	61	**Feed Zone 3/End**	14:51	14:43	14:36
117.1	54.5	68	**Litter Zone 3/End**	14:51	14:44	14:37
122.0	49.6	34	JUNCTION - Stanos	14:58	14:50	14:43
125.0	46.6	28	*BRIDGE - Ambrakia lake*	15:02	14:54	14:47
126.0	45.6	28	JUNCTION - Ionia Highway - A5	15:04	14:56	14:48
126.1	45.5	29	JUNCTION - Ionia Highway - A5	15:04	14:56	14:48
130.0	41.6	35	**Rivio**	15:09	15:01	14:53
133.0	38.6	31	**Agios Stefanos**	15:14	15:05	14:57
135.0	36.6	81	JUNCTION - Ionia Highway - A5 / Over the bridge	15:17	15:08	15:00
140.0	31.6	43	**Kypseli**	15:24	15:15	15:07
145.0	**26.6**	**50**	**Avance Mile Bonus Sprint 1 / Stratos**	**15:30**	**15:21**	**15:12**
146.0	25.6	56	*BRIDGE - Stratos artficial lake*	15:32	15:22	15:14
147.0	**24.6**	**56**	**Avance Mile Bonus Sprint 2 / Stratos**	**15:33**	**15:23**	**15:15**
150.0	21.6	87	**Neapoli**	15:38	15:28	15:19
151.0	20.6	71	**Neo Bambalio**	15:39	15:29	15:20
151.6	20.0	73	**Litter Zone 4/Start**	15:40	15:30	15:21
152.3	19.3	78	**Feed Zone 4/Start**	15:41	15:31	15:22
153.0	18.6	87	**Feed Zone 4/End**	15:42	15:32	15:23
154.0	17.6	77	**Litter Zone 4/End**	15:44	15:34	15:25
156.5	15.1	65	**Entrance to Agrionio**	15:47	15:37	15:28
157.0	14.6	69	Entrance to final circuit !!!	15:48	15:38	15:28
157.1	14.5	70	*2 roundabouts !!! Reduce speed !!!*	15:48	15:38	15:29
158.0	13.6	71	JUNCTION - Agiou Georgiou	15:49	15:39	15:30
158.4	13.2	73	Passing through the finish line	15:50	15:40	15:30
159.0	12.6	77	*SHARP RIGHT TURN in Dimokratias Square !!!*	15:51	15:40	15:31
159.1	12.5	81	RIGHT TURN in Dimokratias	15:51	15:41	15:31
160.6	11.0	103	**Litter Zone 5/Start**	15:53	15:43	15:33
161.0	10.6	105	**Litter Zone 5/End**	15:54	15:43	15:34
161.9	9.7	104	*Left / Right Sequential Sharp Turns !!!*	15:55	15:45	15:35
162.0	9.6	103	*NARROW BRIDGE - Ermitsa stream !!!*	15:55	15:45	15:35
162.1	9.5	103	**Nea Avorani -** SHARP LEFT/RIGHT TURN	15:55	15:45	15:35
166.0	5.6	49	**Panaitolio -** VERY SHARP RIGHT TURN	16:00	15:50	15:40
166.9	4.7	48	JUNCTION - Panaitolio	16:02	15:51	15:41
167.0	4.6	48	*NARROW BRIDGE - Ermitsa stream*	16:02	15:51	15:41
168.0	3.6	57	**Stroggilaiika**	16:03	15:52	15:42
170.0	1.6	68	*Roundabout*	16:06	15:55	15:44
170.3	1.3	70	*2 roundabouts !!! Reduce speed !!!*	16:06	15:55	15:45
171.2	0.4	71	JUNCTION - Agiou Georgiou	16:07	15:56	15:46
171.3	0.3	72	***DEVIATION - Team cars to the left***	16:07	15:56	15:46
	0.0	**73**	**FINISH - AGRINIO CITY CENTER Charilaou Trikoupi road**	**16:08**	**15:57**	**15:46**

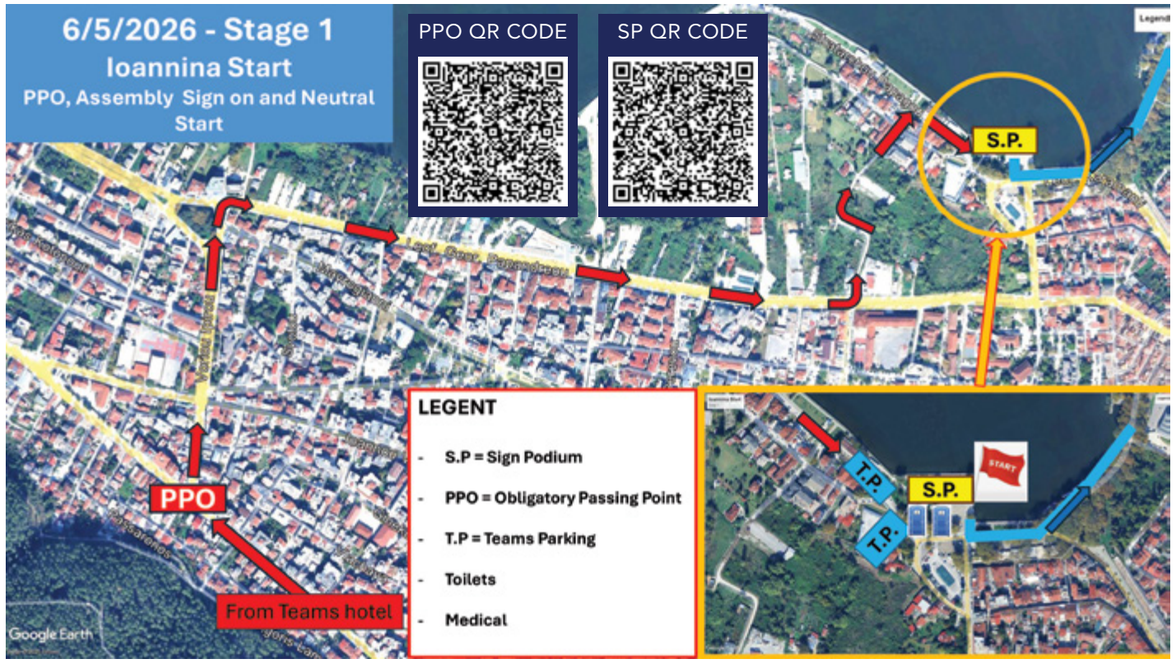




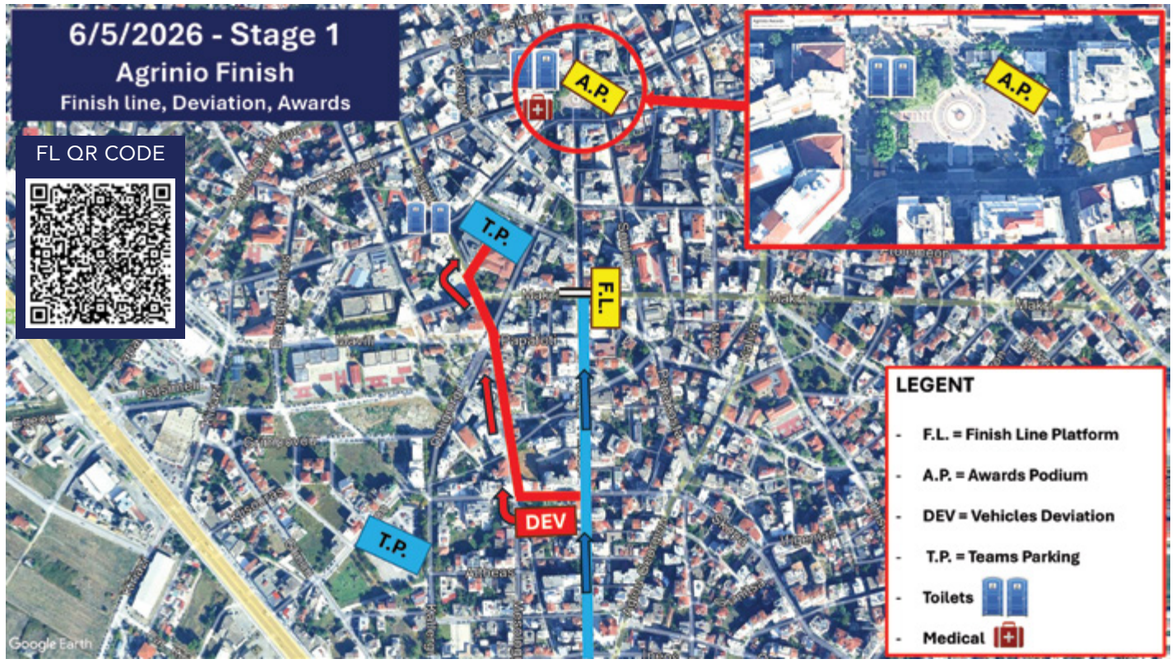
Dodoni Cat.3 2.1 km at 4.3%






6/5/2026 - Stage 1
Ioannina Start
PPO, Assembly Sign on and Neutral Start
PPO QR CODE
SP QR CODE
S.P.
LEGENT
- S.P = Sign Podium
- PPO = Obligatory Passing Point
- T.P = Teams Parking
- Toilets
- Medical
PPO
From Teams hotel
T.P.
S.P.
T.P.
START
Google Earth




6/5/2026 - Stage 1
Agrinio Finish
Finish line, Deviation, Awards
FL QR CODE
A.P.
A.P.
T.P.
F.L.
DEV
T.P.
LEGENT
- F.L. = Finish Line Platform
- A.P. = Awards Podium
- DEV = Vehicles Deviation
- T.P. = Teams Parking
- Toilets
- Medical
Google Earth

STAGE 2

Karpenisi ⟩ Larissa

157.5 km

Resume

The start is given from the central square of Karpenisi, with kilometer zero located just after the entrance to the national road. Early attacks are expected right away, as the opening climb of 12.7 km with an average gradient of 4.1% tests the peloton and could split it early on. Riders competing for the King of the Mountains jersey will aim for a strong breakaway to collect valuable points. The route crosses the impressive Tymfristos mountain, passes the “Tarzan” KOM, and continues toward Rendina. From kilometer 52 onwards, descents and flat sections with views of Lake Smokovo increase the pace toward the Thessalian plain. An intermediate sprint takes place in Kallifoni, while the race passes through Karditsa with another striking segment. Next, the Avance Mile becomes a battle of seconds, before the final kilometers lead to a sprint finish in Larissa, in front of the City Hall.

Points of interest

- **Km 0 –** Lamia–Karpenisi National Road (Official Start / km 0)
- **Km 13.4 –** Tymfristos (Cat. 1 KOM)
- **Km 39.53 –** Tarzan (Cat. 2 KOM)
- **Km 51.5 –** Rentina (Cat. 3 KOM)
- **Km 89.62 –** Kallifoni (1st Intermediate Sprint)
- **Km 101.8 –** Karditsa (2nd Intermediate Sprint)
- **Km 131.05 –** Sykies (Avance Mile)
- **Km 157.5 –** Larissa (Finish)

STAGE DISTANCE	KM TO GO	ALTITUDE (m)	LOCATION / PLACE	Estimated timetable		
				41 km/h	43 km/h	45 km/h
-4.6	**162.4**	**959**	**NEUTRAL START - KARPENISI Central Square**	**12:40**	**12:40**	**12:40**
-4.5	162.3	957	FAST DESCENT !!!	12:40	12:40	12:40
-4.0	161.6	943	*Georgiou Gennimata avenue - Roundabout*	12:42	12:42	12:42
-1.2	158.8	903	JUNCTION - Lamias / Karpenisiou Highway - EO38	12:46	12:46	12:46
0.0	**157.6**	**921**	**OFFICIAL START KM 0 - KAINOYRGIO**	**12:48**	**12:48**	**12:48**
0.6	157.0	933	*Uphill start towards KoM 1*	12:48	12:48	12:48
1.0	156.6	952	**Lefka**	12:50	12:50	12:50
3.6	154.0	1043	JUNCTION - Agios Nikolaos	12:56	12:56	12:55
13.3	**144.3**	**1454**	**KoM 1 - Cat.1 / Tymfristos**	**13:19**	**13:18**	**13:17**
16.1	141.5	1414	*SHARP LEFT TURN*	13:23	13:21	13:20
16.4	141.2	1390	*SHARP LEFT TURN*	13:23	13:22	13:20
17.8	139.8	1306	*SHARP RIGHT TURN*	13:25	13:23	13:22
19.0	138.6	1222	JUNCTION - Agios Charalambos	13:26	13:24	13:23
27.4	130.2	1287	*SHARP RIGHT TURN*	13:38	13:35	13:33
28.8	128.8	1188	*SHARP RIGHT TURN*	13:39	13:37	13:35
29.2	128.4	1171	*SHARP RIGHT TURN*	13:40	13:37	13:35
31.5	126.1	1093	*SHARP RIGHT TURN*	13:42	13:40	13:37
32.0	125.6	1060	*Uphill start towards KoM 2*	13:43	13:40	13:38
38.3	119.3	1273	**Litter Zone 1/Start**	13:55	13:52	13:49
38.5	119.1	1280	**Feed Zone 1/Start**	13:55	13:52	13:49
39.2	118.4	1333	**Feed Zone 1/End**	13:57	13:54	13:51
39.5	**118.1**	**1355**	**KoM 2 - Cat.2 / Tarzan**	**13:58**	**13:55**	**13:52**
39.7	117.9	1344	**Litter Zone 1/End**	13:58	13:55	13:52
42.8	114.8	1280	*SHARP LEFT TURN*	14:02	13:58	13:55
43.4	114.2	1222	*SHARP LEFT TURN*	14:02	13:59	13:56
44.7	112.9	1148	*SHARP RIGHT TURN*	14:04	14:00	13:57
46.1	111.5	1072	*SHARP LEFT TURN*	14:05	14:02	13:58
49.8	107.8	864	*SHARP LEFT TURN*	14:09	14:05	14:02
50.5	107.1	833	*Uphill start towards KoM 3*	14:09	14:06	14:02
51.8	**105.8**	**909**	**KoM 3 - Cat.3 / Aidonochori - Redina**	**14:13**	**14:09**	**14:06**
59.1	98.5	734	**Loutropigi** - SHARP LEFT TURN	14:23	14:18	14:14
65.1	92.5	730	*FAST DESCENT !!! SEQUENTIAL TURNS !!!*	14:31	14:26	14:22
66.6	91.0	392	**Loutra Smokovou**	14:32	14:28	14:23
67.5	90.1	363	*SHARP LEFT TURN*	14:33	14:29	14:24
67.8	89.8	352	*SHARP RIGHT TURN*	14:34	14:29	14:24
78.0	79.6	177	**Litter Zone 2/Start**	14:48	14:42	14:37
78.3	79.3	175	**Feed Zone 2/Start**	14:48	14:43	14:37
79.0	78.6	171	**Kedros**	14:49	14:44	14:38
79.1	78.5	171	**Feed Zone 2/End**	14:49	14:44	14:39
79.3	78.3	170	**Litter Zone 2/End**	14:50	14:44	14:39
82.1	75.5	158	JUNCTION - Loutro	14:54	14:48	14:42
89.6	**68.0**	**153**	**PoC 1 / Kallifoni**	**15:04**	**14:58**	**14:52**
96.0	61.6	127	Agiopigi	15:13	15:06	15:00
97.5	60.1	123	*BRIDGE - Kalentzis river*	15:15	15:08	15:02
99.5	58.1	114	*BRIDGE - Gavras river*	15:18	15:11	15:05
100.0	57.6	112	**Karditsa - Entrance -** *Level Crossing !!!*	15:19	15:12	15:05
101.0	56.6	109	*SHARP RIGHT TURN*	15:20	15:13	15:06
102.0	**55.6**	**108**	**PoC 2 / Karditsa**	**15:21**	**15:14**	**15:08**
106.0	51.6	104	JUNCTION - Stavros	15:27	15:20	15:13
106.1	51.5	103	JUNCTION - Prodromos	15:27	15:20	15:13
109.0	48.6	102	JUNCTION - Agios Theodoros	15:31	15:24	15:17
110.0	47.6	103	JUNCTION - Central Greece Highway - A3	15:33	15:25	15:18

114.0	43.6	101	*Bridge - Sofaditikos river*	15:38	15:30	15:23
115.7	41.9	98	JUNCTION - Mataranga	15:41	15:33	15:25
115.8	41.8	98	**Litter Zone 3/Start**	15:41	15:33	15:25
116.0	41.6	99	**Feed Zone 3/Start**	15:41	15:33	15:26
117.0	40.6	99	**Feed Zone 3/End**	15:42	15:34	15:27
117.1	40.5	99	**Litter Zone 3/End**	15:43	15:34	15:27
118.0	39.6	97	JUNCTION - Ermitsi	15:44	15:36	15:28
123.7	33.9	93	JUNCTION - Astritsa	15:52	15:43	15:35
125.5	32.1	96	JUNCTION - Itea	15:54	15:46	15:38
126.0	31.6	97	*Bridge - Enipeas (old) river*	15:55	15:46	15:38
130.8	26.8	103	**Sykies**	16:02	15:53	15:44
131.0	**26.6**	**103**	**Avance Mile Bonus Sprint 1 / Sykies** avance	**16:02**	**15:53**	**15:45**
133.0	**24.6**	**168**	**Avance Mile Bonus Sprint 2 / Sykies** avance	**16:07**	**15:58**	**15:49**
135.0	22.6	154	**Vounena**	16:10	16:00	15:52
137.8	19.8	114	**Krya Vrysi**	16:13	16:04	15:55
139.0	18.6	104	**Mavrovouni**	16:15	16:05	15:56
143.0	14.6	112	JUNCTION - Koilada	16:20	16:10	16:01
147.2	10.4	112	**Eleftheres**	16:26	16:15	16:06
148.6	9.0	107	**Litter Zone 4/Start**	16:27	16:17	16:08
149.0	8.6	108	**Litter Zone 4/End**	16:28	16:18	16:08
154.5	3.1	**84**	**Larissa - Entrance**	16:35	16:24	16:15
155.0	2.6	81	*Traffic Island*	16:35	16:25	16:15
156.3	1.3	77	*SHARP RIGHT TURN in Iroon Polytechniou*	16:37	16:26	16:17
156.7	0.9	77	*SHARP LEFT TURN in Alexandrou Papanastasiou*	16:38	16:27	16:17
157.3	0.3	78	***DEVIATION - Team cars to the left***	16:38	16:27	16:17
157.6	**0.0**	**79**	**FINISH - LARISSA Central Square**	**16:39**	**16:28**	**16:18**

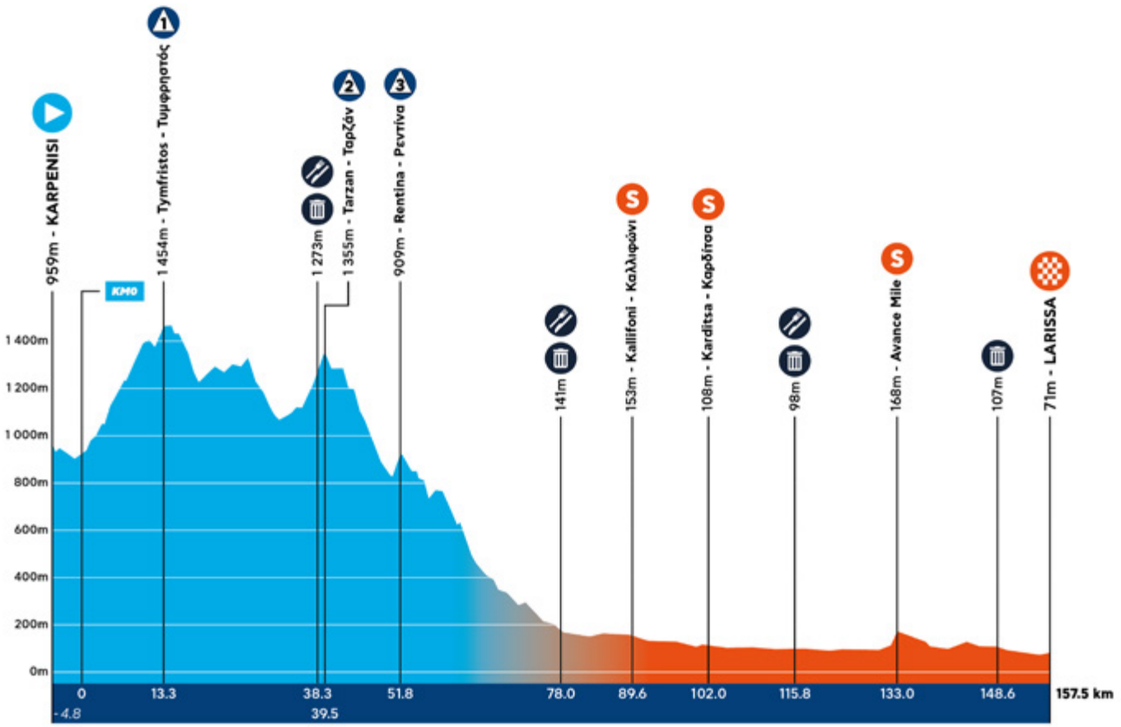
STAGE 2

KARPENISI > LARISSA

7TH MAY 2026

157.5 KM • 1 601M D+



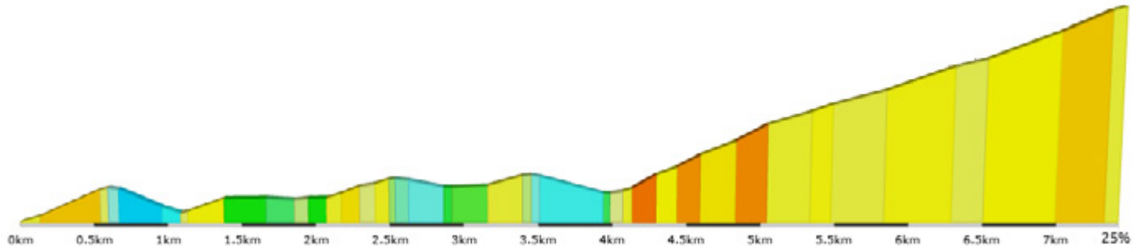




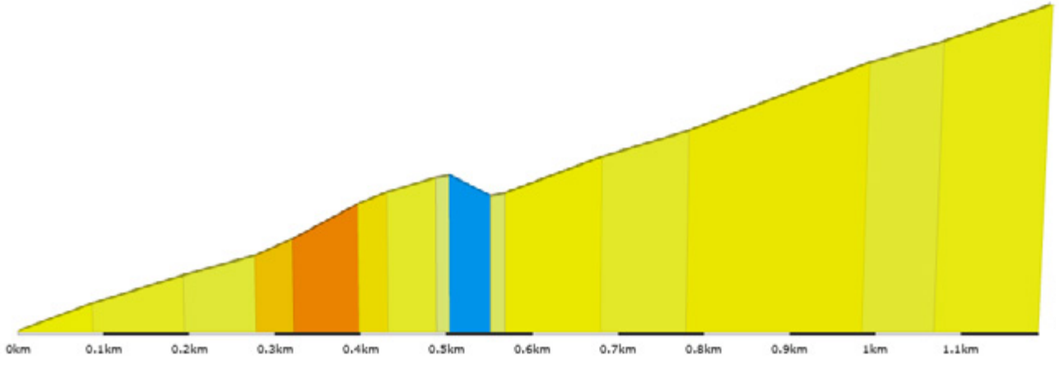
Tymfristos Cat.1 12.7 km at 4.1%

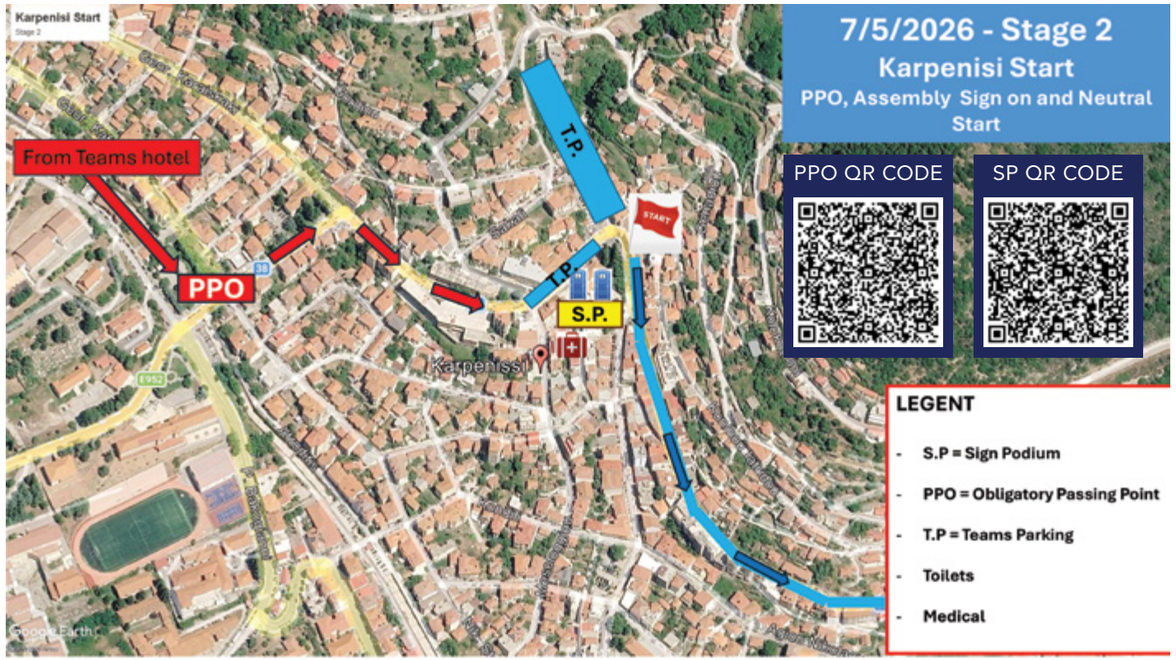


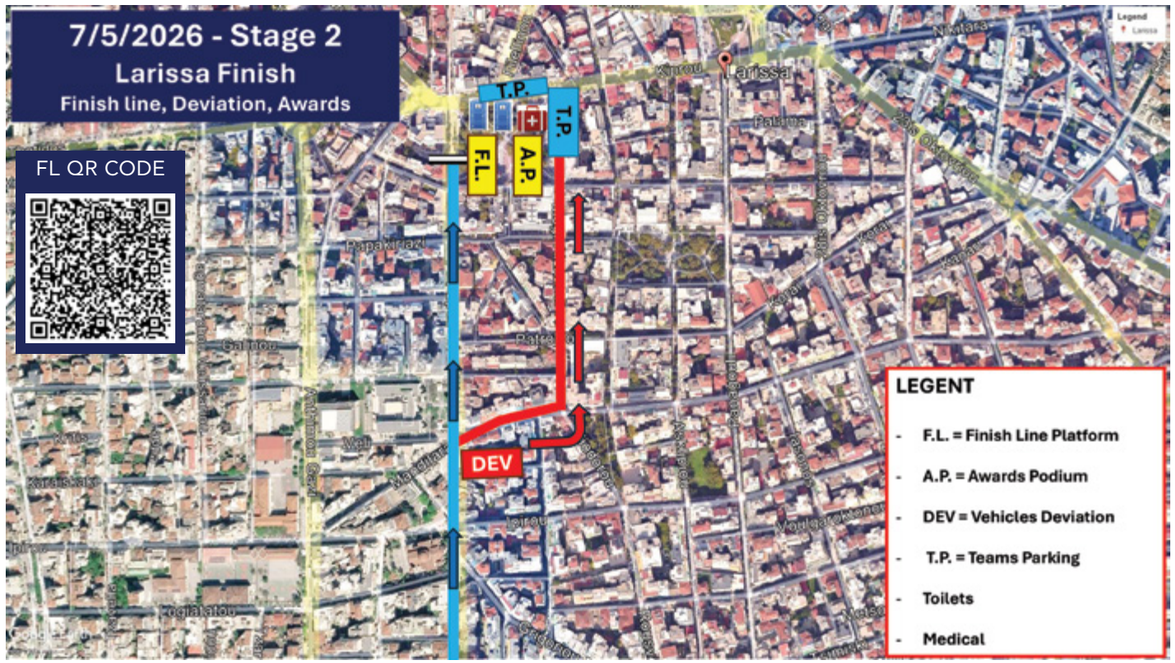
Tarzan Cat.2 7.4 km at 3.9%



Rentina Cat.3 1.2 km at 6.4%







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STAGE 3

Volos ⟩ Lamia

207.3 km

Resume

The start is given from the Volos pier, with the peloton moving along the coast and kilometer zero located just after the Vrychona Bridge. The route heads toward Pelion, appearing in the race for the first time, featuring challenging climbs and stunning landscapes. From Ano Lechonia begins the first major ascent to Agios Georgios (Category 1 KOM), passing through picturesque villages. Next comes the demanding climb to Chania, with steep sections that test the riders. After the descent, the peloton passes through Volos again for an intermediate sprint and continues toward Almyros for the second sprint. Then, the climb to Anavra raises the difficulty once more. Before the final descent, the Avance Mile becomes a battle of seconds. The route finishes in Lamia, with a tough finale that could have a significant impact on the overall race classification.

Points of interest

- **Km 0 –** Vryhonas Bridge (Official Start / km 0)
- **Km 12.87 –** Ag. Georgios (Cat. 1 KOM)
- **Km 61.64 –** Chania (Cat. 1 KOM)
- **Km 90.9 –** Volos (1st Intermediate Sprint)
- **Km 125 –** Almyros (2st Intermediate Sprint)
- **Km 154.13 –** Anavra (Cat. 2 KOM)
- **Km 187.1 –** Domokos (Avance Mile)
- **Km 207.3 –** Lamia (Finish)

STAGE DISTANCE	KM TO GO	ALTITUDE (m)	LOCATION / PLACE	Estimated timetable		
				37 km/h	39 km/h	41 km/h
-9.3	**216.3**	**4**	**NEUTRAL START - VOLOS HARBOUR**	**10:30**	**10:30**	**10:30**
-8.5	215.5	4	Agios Konstantinos park	10:32	10:32	
-7.5	214.5	4	Anavrou park	10:33	10:33	10:33
-1.8	208.8	5	**Agria**	10:38	10:38	10:38
0.0	**207.0**	**42**	**OFFICIAL START KM 0 - KATO LEHONIA**	**10:41**		
1.9	205.1	56	*LEFT TURN*	10:44	10:44	10:43
2.0	205.0	57	*Uphill start towards KoM 1*	10:44	10:44	10:44
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
12.9	**194.1**	**691**	**KoM 1 - Cat.1 / Agios Georgios**	**11:11**	**11:10**	**11:08**
13.7	193.3	646	*SHARP LEFT TURN*	11:12	11:10	11:09
15.5	191.5	586	*BOTTLE NECK !!!*	11:14	11:12	11:11
15.7	191.3	585	**Pinakates** - *SHARP LEFT TURN*	11:14	11:13	11:11
16.0	191.0	566	*SHARP RIGHT TURN*	11:15	11:13	11:11
16.9	190.1	502	*SHARP LEFT TURN*	11:16	11:14	11:13
18.4	188.6	483	**Vizitsa**	11:18	11:16	11:14
19.1	187.9	492	*SHARP LEFT TURN*	11:19	11:17	11:15
20.3	186.7	402	*SHARP LEFT TURN*	11:20	11:18	11:17
20.6	186.4	383	*CONTINIOUS TURNS*	11:21	11:19	11:17
20.9	186.1	367	*SHARP LEFT TURN*	11:21	11:19	11:17
26.5	180.5	507	*LEFT TURN IN ROUNDABOUT*	11:35	11:32	11:30
27.9	179.1	471	JUNCTION - Kalamaki	11:37	11:34	11:32
30.5	176.5	380	*SHARP LEFT TURN*	11:41	11:37	11:35
32.0	175.0	366	**Lambrinou**	11:43	11:40	11:37
33.1	173.9	352	*SHARP RIGHT TURN*	11:44	11:41	11:38
34.7	172.3	333	*SHARP LEFT TURN*	11:47	11:44	11:40
37.4	169.6	407	**Litter Zone 1/Start**	11:52	11:48	11:45
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
38.6	168.4	486	**Litter Zone 1/End**	11:55	11:52	11:48
42.8	164.2	483	**Tsagarada**	12:02	11:58	11:54
44.1	162.9	473	*SHARP LEFT TURN*	12:04	12:00	11:56
46.6	160.4	426	**Mouresi**	12:08	12:03	11:59
50.1	156.9	351	*BOTTLE NECK !!!*	12:13	12:08	12:04
51.1	155.9	353	*Uphill start towards KoM 2*	12:15	12:10	12:06
52.7	154.3	454	JUNCTION - Agios Dimitrios / Kissos	12:20	12:15	12:10
61.7	**145.3**	**1178**	**KoM 2 - Cat.1 / Chania**	**12:50**	**12:43**	**12:37**
62.7	144.3	1158	**Litter Zone 2/Start**	12:51	12:45	12:38
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
64.0	143.0	1223	**Litter Zone 2/End**	12:55	12:48	12:42
65.3	141.7	1183	**Chania**	12:56	12:49	12:43
69.3	137.7	1018	*SHARP RIGHT TURN*	13:01	12:54	12:48
71.3	135.7	925	*SHARP RIGHT TURN*	13:04	12:56	12:50
76.9	130.1	662	*SHARP RIGHT TURN*	13:10	13:02	12:55
78.4	128.6	581	*SHARP RIGHT TURN*	13:12	13:04	12:57
79.9	127.1	494	JUNCTION - Katohori	13:13	13:06	12:59
80.0	127.0	492	*FAST DESCENT START WITH SEQUENTIAL TURNS !!!*	13:14	13:06	12:59
82.7	124.3	337	*SHARP RIGHT TURN*	13:17	13:09	13:02

85.3	121.7	195	*SHARP RIGHT TURN*	13:20	13:12	13:04
85.4	121.6	190	**Ano Volos**	13:20	13:12	13:04
88.4	118.6	43	JUNCTION - Volos Ring Road	13:24	13:15	13:08
90.3	116.7	7	*SHARP RIGHT TURN* *towards Dimitriados road*	13:26	13:18	13:10
90.6	116.4	5	*Roundabout*	13:27	13:18	13:11
90.9	**116.1**	**5**	**PoC 1 / Volos**	**13:27**	**13:19**	**13:11**
91.4	115.6	5	*Roundabout*	13:28	13:20	13:12
91.6	115.4	6	*Roundabout*	13:28	13:20	13:12
92.8	114.2	6	*BRIDGE - Xirias river*	13:30	13:22	13:14
93.1	113.9	6	*BOTTLE NECK !!!*	13:31	13:22	13:14
96.7	110.3	15	**Litter Zone 3/Start**	13:36	13:27	13:19
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
98.9	108.1	116	**Litter Zone 3/End**	13:42	13:33	13:25
100.0	107.0	74	JUNCTION - Kritharia	13:44	13:34	13:26
100.5	106.5	38	JUNCTION - Marathos	13:44	13:35	13:26
108.0	99.0	5	**Nea Anchialos**	13:57	13:47	13:38
110.0	97.0	13	*Traffic Island*	14:02	13:52	13:42
115.0	92.0	76	*Traffic Island*	14:09	13:59	13:49
115.1	91.9	76	*LEFT TURN*	14:10	13:59	13:49
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 -** *Right turn*	14:24	14:13	14:02
125.0	**82.0**	**67**	**PoC 2 / Almyros**	**14:26**	**14:14**	**14:04**
132.5	74.5	199	**Litter Zone 4/Start**	14:39	14:27	14:16
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
134.0	73.0	231	**Litter Zone 4/End**	14:42	14:30	14:18
137.3	69.7	310	**Neochoraki**	14:48	14:36	14:24
138.5	68.5	288	*Uphill start towards KoM 3*	14:50	14:37	14:26
139.0	68.0	319	**Neraida**	14:52	14:39	14:27
153.0	54.0	935	*SHARP RIGHT TURN*	15:28	15:14	15:00
154.0	**53.0**	**993**	**KoM 3 - Cat.2 / Anavra**	**15:31**	**15:16**	**15:03**
157.0	50.0	1016	*SHARP RIGHT TURN*	15:36	15:21	15:07
159.0	48.0	884	*SHARP LEFT TURN*	15:38	15:23	15:09
160.0	47.0	856	*SHARP RIGHT TURN*	15:39	15:24	15:10
161.0	46.0	704	*SHARP RIGHT TURN*	15:40	15:25	15:11
162.0	45.0	715	**Litter Zone 5/Start**	15:42	15:26	15:13
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
164.0	43.0	820	**Litter Zone 5/End**	15:47	15:31	15:17
165.0	42.0	768	*SHARP RIGHT TURN*	15:48	15:32	15:18
166.0	41.0	677	*SHARP RIGHT TURN*	15:49	15:33	15:19
166.6	40.4	645	*SHARP RIGHT TURN*	15:50	15:34	15:20
167.0	40.0	625	*SHARP LEFT TURN*	15:50	15:34	15:20
169.0	38.0	486	**Filiadona -** *SHARP LEFT TURN*	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
180.0	27.0	567	*Traffic Island*	16:10	15:53	15:38
180.3	26.7	555	**Palamas**	16:11	15:54	15:39
181.2	25.8	537	*SHARP LEFT TURN* *Traffic Island*	16:12	15:55	15:40
185.5	**21.5**	**688**	**Avance Mile Bonus Sprint 1 / Kalamaki** avance	**16:21**	**16:03**	**15:47**
187.0	**20.0**	**766**	**Avance Mile Bonus Sprint 2 / Kalamaki** avance	**16:24**	**16:07**	**15:51**
198.9	8.1	212	*SHARP RIGHT TURN*	16:39	16:21	16:04
199.0	8.0	212	*SHARP LEFT TURN*	16:40	16:21	16:05
199.5	7.5	183	*SHARP RIGHT TURN*	16:40	16:22	16:05
200.0	7.0	164	*Traffic Island*	16:41	16:22	16:06
200.2	6.8	169	*Traffic Island*	16:41	16:23	16:06
200.4	6.6	184	**Litter Zone 6/Start**	16:42	16:23	16:07
201.0	6.0	195	**Feed Zone 6/End**	16:43	16:25	16:08

203.7	3.3	99	*Traffic Island*	16:47	16:28	16:11
204.3	2.7	52	*Roundabout*	16:47	16:29	16:12
204.4	2.6	53	*Traffic Island*	16:47	16:29	16:12
204.5	2.5	53	*Level Crossing !!!*	16:48	16:29	16:12
205.4	1.6	48	*Roundabout*	16:49	16:30	16:13
206.1	0.9	29	*SHARP LEFT TURN*	16:50	16:31	16:14
206.2	0.8	30	*Traffic Island*	16:50	16:31	16:14
206.3	0.7	30		16:50	16:31	16:14
206.4	0.6	30	*SHARP LEFT TURN IN ROUNDABOUT*	16:50	16:31	16:14
206.8	0.2	36	***DEVIATION - Team cars to the right***	16:51	16:32	16:14
207.0	**0.0**	**79**	**FINISH - LAMIA EXCIBITION CENTER**	**16:51**	**16:32**	**16:15**

STAGE 3

VÓLOS > LAMÍA

8TH MAY 2026

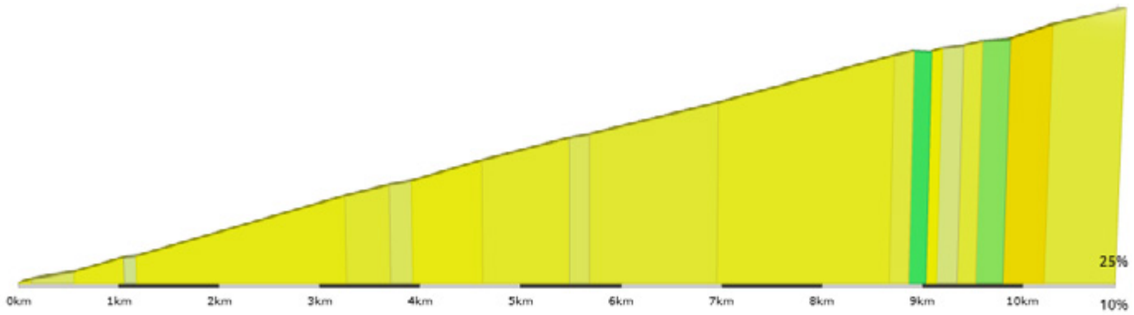
207.3 KM • 4 216M D+



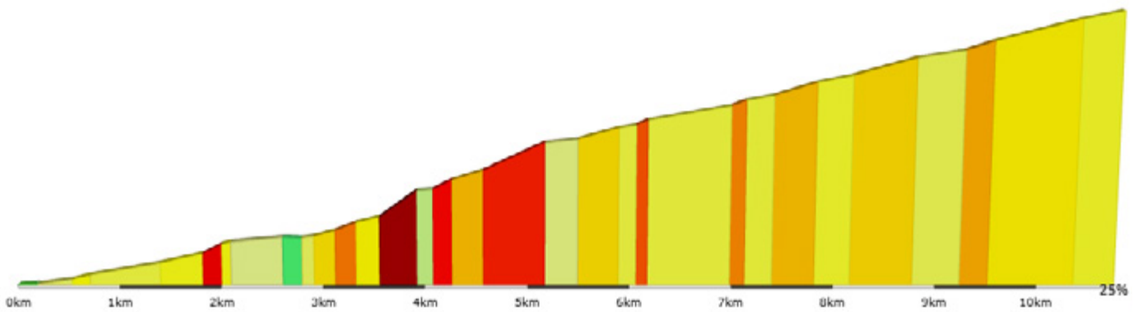




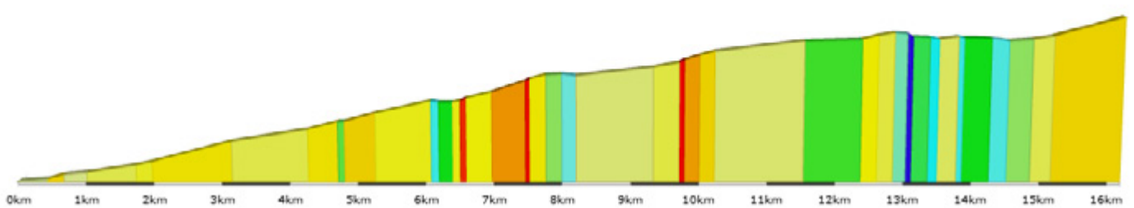
AgiosGeorgios Cat.1 10.9 km at 5.8%

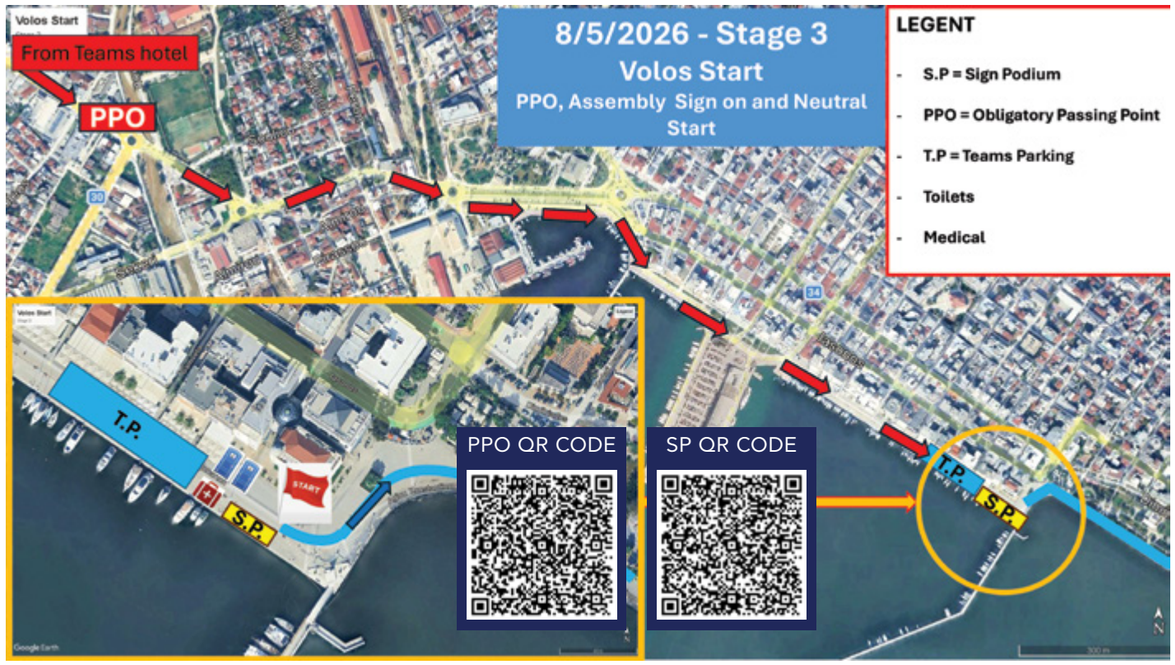


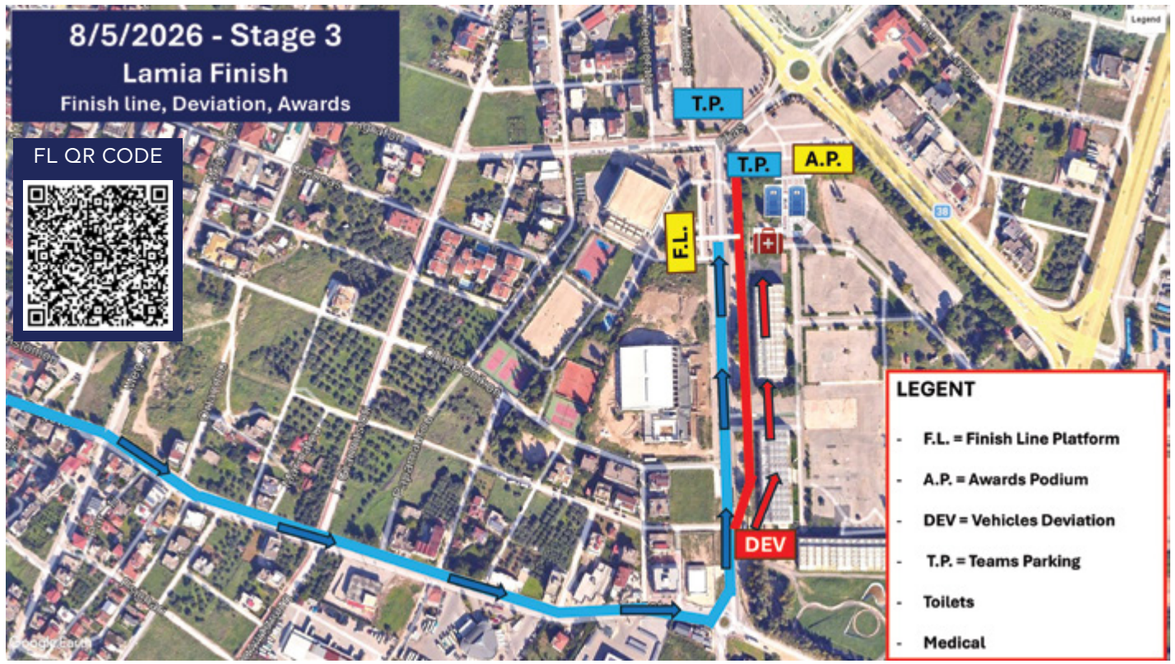
Chania Cat.1 10.8 km at 7.7%



Anavra Cat.2 16.2 km at 4.6%







STAGE 4

Atalanti ⟩ Parnitha

180.9 km

Resume

The start is given from the central square of Atalanti, with the first kilometers running alongside the sea and offering views of the Euboean Gulf, before the route passes through Malesina and Martino. The peloton then heads toward Kastro and the Boeotian plain, reaching Aliartos for the first sprint of the day, followed by another one in Thebes. From there, the route turns toward Dervenochoria, crossing impressive landscapes, with the Avance Mile located on the long straight after Pyli. The challenges begin next, with the "reverse" ascent of Fyli marking the first KOM. The course continues with a descent toward Acharnes and preparation for the finish. The final test is the climb of Mount Parnitha, stretching 17.4 km. The finish at the casino promises intense action and excitement.

Points of interest

- Km 0 – Skala (Official Start / km 0)
- Km 72.55 – Aliartos (1st Intermediate Sprint)
- Km 93.48 – Thebes (2nd Intermediate Sprint)
- Km 128.51 – Pyli (Avance Mile)
- Km 137.46 – Fyli (Cat. 2 KOM)
- Km 179.8 – Casino (Cat. 1 KOM)
- Km 180.9 – Parnitha (Finish)

STAGE DISTANCE	KM TO GO	ALTITUDE (m)	LOCATION / PLACE	Estimated timetable		
				38 km/h	40 km/h	42 km/h
3.4	**184.3**	**78**	**NEUTRAL START - ATALANTI**	**11:25**	**11:25**	**11:25**
-2.0	182.3	9	JUNCTION	11:27	11:27	11:27
0.0	**180.9**	**57**	**OFFICIAL START KM 0 - ATALANTI**	**11:30**	**11:30**	**11:30**
2.7	178.2	11	*Traffic Island*	11:34	11:34	11:33
3.6	177.3	2	*RIGHT TURN*	11:35	11:35	11:34
6.8	174.1	2	*RIGHT TURN*	11:39	11:39	11:38
8.0	172.9	8	*LEFT TURN*	11:41	11:40	11:40
12.0	168.9	21	**Tragana**	11:46	11:45	11:45
16.7	164.2	79	**Proskynas**	11:52	11:51	11:50
20.9	160.0	94	*NARROW BRIDGE !!!*	11:58	11:56	11:55
21.7	159.2	81	*Traffic Island*	11:59	11:57	11:56
23.7	157.2	215	**Malesina** - *BOTTLE NECK !!!*	12:04	12:03	12:01
30.8	150.1	42	*RIGHT TURN*	12:12	12:10	12:08
30.9	150.0	39	*BOTTLE NECK !!!*	12:12	12:10	12:08
31.6	149.3	92	JUNCTION - Larymna	12:14	12:12	12:10
36.1	144.8	107	**Litter Zone 1/Start**	12:21	12:18	12:16
36.8	144.1	150	**Feed Zone 1/Start**	12:23	12:20	12:18
37.9	143.0	224	**Feed Zone 1/End**	12:26	12:23	12:21
38.5	142.4	233	**Litter Zone 1/End**	12:27	12:24	12:21
39.0	141.9	235	**Martino**	12:28	12:25	12:22
46.0	134.9	118	*RIGHT AND LEFT TURN UNDER HIGHWAY A1*	12:36	12:33	12:30
50.7	130.2	98	**Kastro**	12:43	12:39	12:36
51.2	129.7	97	*ROUNDABOUT JUNCTION with HIGHWAY A1*	12:44	12:40	12:37
58.9	122.0	100	JUNCTION - AKREFNIO - RIGHT TURN	12:55	12:50	12:47
71.0	109.9	106	**Aliartos -** Entrance	13:12	13:07	13:02
72.1	108.8	107	*Traffic Island*	13:13	13:08	13:03
72.6	**108.3**	**111**	**PoC 1 / Aliartos**	**13:14**	**13:09**	**13:04**
73.0	107.9	115	JUNCTION - *Old National road* *Traffic Island*	13:15	13:09	13:05
73.1	107.8	115	*Traffic Island*	13:15	13:10	13:05
76.0	104.9	106	**Litter Zone 2/Start**	13:19	13:14	13:09
76.5	104.4	113	**Feed Zone 2/Start**	13:20	13:14	13:09
77.1	103.8	133	**Feed Zone 2/End**	13:21	13:15	13:10
77.6	103.3	111	**Litter Zone 2/End**	13:21	13:16	13:11
79.4	101.5	94	JUNCTION - Mavromati	13:24	13:19	13:13
81.8	99.1	93	JUNCTION - Vagia	13:28	13:22	13:16
91.3	89.6	143	JUNCTION - Thivas / Livadias Old National road	13:42	13:35	13:29
92.8	88.1	161	*RIGHT TURN* *Traffic Island*	13:44	13:37	13:31
93.5	**87.4**	**176**	**PoC 2 / Thiva**	**13:45**	**13:38**	**13:32**
95.1	85.8	249	Thiva Municipal Stadium	13:49	13:42	13:36
100.6	80.3	273	*BRIDGE - Asopos river*	13:57	13:50	13:43
100.7	80.2	273	**Litter Zone 3/Start**	13:57	13:50	13:43
101.7	79.2	277	**Feed Zone 3/Start**	13:59	13:51	13:45
102.8	78.1	313	**Feed Zone 3/End**	14:01	13:53	13:46
103.3	77.6	304	**Litter Zone 3/End**	14:01	13:54	13:47
105.2	75.7	345	*Traffic Island*	14:05	13:57	13:50
106.0	74.9	358	**Erythres**	14:06	13:58	13:51
115.3	65.6	358	**Dafni**	14:19	14:11	14:03
124.7	56.2	542	**Pyli**	14:34	14:25	14:17

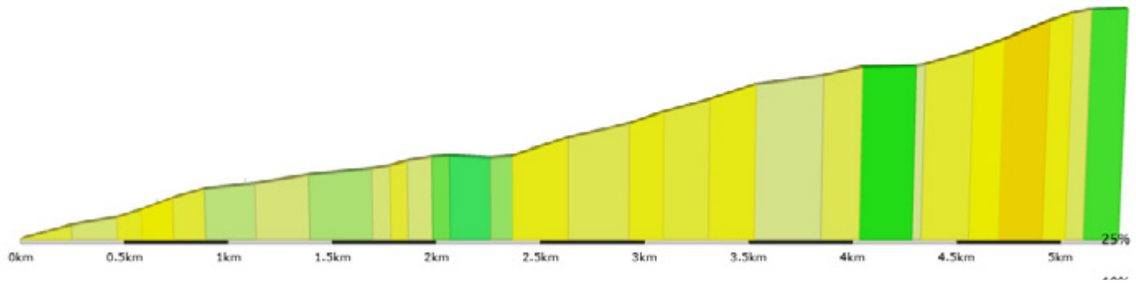
128.5	**52.4**	**532**	**Avance Mile Bonus Sprint 1 / Skourta**	**14:40**	**14:30**	**14:22**
130.1	**50.8**	**539**	**Avance Mile Bonus Sprint 2 / Skourta**	**14:42**	**14:32**	**14:24**
132.4	48.5	568	*Uphill start towards KoM 1*	14:46	14:36	14:27
133.0	47.9	596	**Litter Zone 4/Start**	14:47	14:37	14:28
133.4	47.5	615	**Feed Zone 4/Start**	14:48	14:38	14:29
134.8	46.1	648	**Feed Zone 4/End**	14:51	14:41	14:32
135.0	45.9	668	**Litter Zone 4/End**	14:52	14:41	14:32
137.5	**43.4**	**783**	**KoM 1 - Cat.2 / Fyli**	**14:58**	**14:47**	**14:38**
142.3	38.6	658	*SHARP RIGHT TURN*	15:03	14:53	14:43
143.8	37.1	575	*SHARP LEFT TURN*	15:05	14:54	14:45
144.1	36.8	565	*Traffic Island*	15:05	14:55	14:45
146.6	34.3	469	*SHARP LEFT TURN*	15:08	14:57	14:48
147.0	33.9	444	*SHARP LEFT TURN*	15:09	14:58	14:48
147.8	33.1	395	*SHARP LEFT TURN*	15:10	14:59	14:49
151.0	29.9	158	**Fyli** - Entrance	15:13	15:02	14:51
152.5	28.4	297	**Fyli** - Exit	15:18	15:06	14:56
153.5	27.4	252	**Ano Liosia** - Entrance	15:19	15:07	14:57
154.0	26.9	241	Ano Liosia - *ROUNDABOUT - Aigaleo Ring Road*	15:19	15:08	14:58
157.0	23.9	153	Ano Liosia - *ROUNDABOUT - Fylis road*	15:23	15:11	15:01
157.7	23.2	152	*RIGHT TURN*	15:24	15:12	15:02
159.0	21.9	161	*BRIDGE - Eshatias stream*	15:26	15:14	15:04
159.1	21.8	161	**Acharnes**	15:26	15:15	15:04
159.9	21.0	168	*SHARP LEFT TURN*	15:28	15:16	15:05
160.2	20.7	171	*SHARP RIGHT TURN*	15:28	15:16	15:05
162.4	18.5	218	*Uphill start towards KoM 2*	15:32	15:20	15:09
163.3	17.6	257	JUNCTION - Karamanli avenue	15:34	15:22	15:11
167.6	13.3	484	Parnitha Telaferic Cable cars station	15:46	15:33	15:22
170.0	10.9	510	**Agios Nikolaos**	15:50	15:37	15:25
175.0	5.9	876	**Limeria**	16:03	15:50	15:37
177.0	3.9	984	**Karaouli**	16:09	15:55	15:42
177.3	3.6	995	**Litter Zone 5/Start**	16:09	15:55	15:43
177.6	3.3	1005	**Feed Zone 5/End**	16:10	15:56	15:43
179.8	**1.1**	**1065**	**KoM 2 - Cat.1 / Casino Parnitha**	**16:14**	**16:00**	**15:47**
180.9	**0.0**	**1070**	**FINISH - PARNITHA / MONT PARNES**	**16:16**	**16:02**	**15:49**



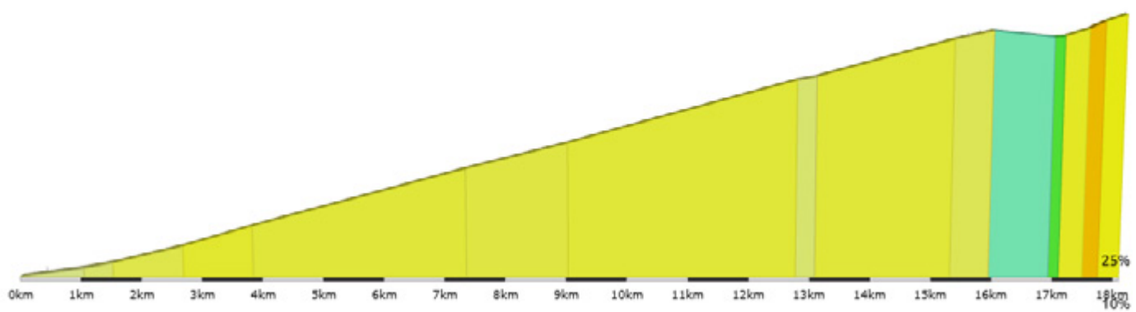


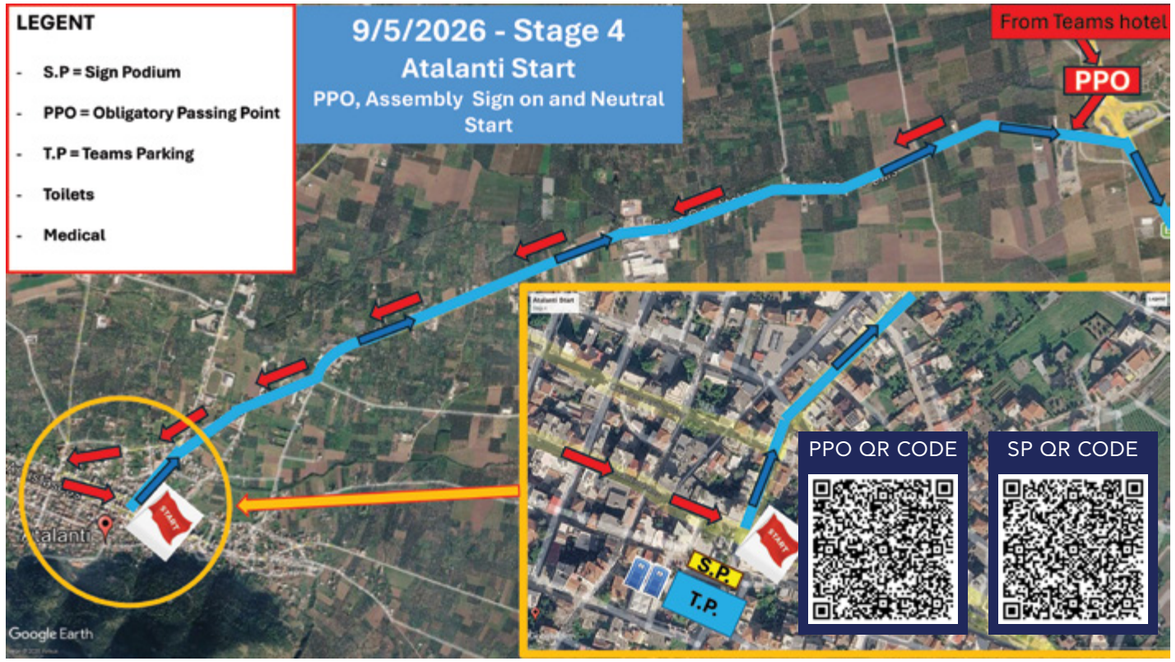


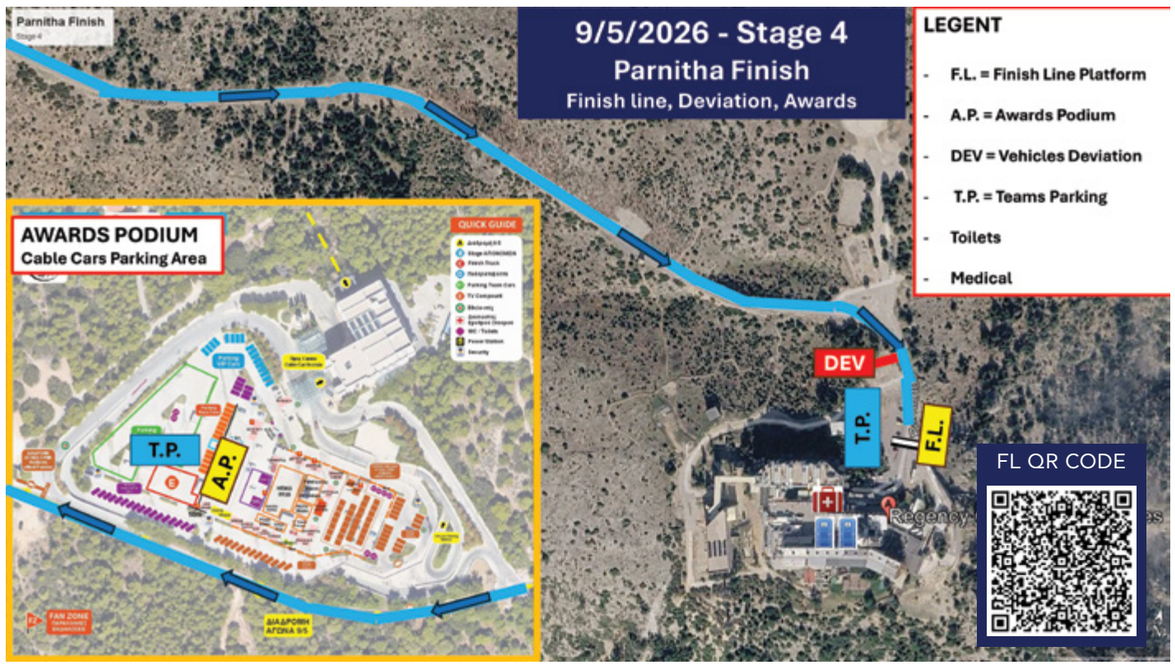
Fyli Cat.2 5.3 km at 4.2%



Casino Cat.1 18.1 km at 4.8%







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STAGE 5

Piraeus ⟩ Syntagma

146.5 km

Resume

The neutral start begins from Pasalimani and passes through Votsalakia, Mikrolimano, and SEF, following an impressive coastal route. The “kilometer 0” is given at Flisvos, with views of the Attica coastline accompanying the athletes. The first sprint takes place at the Glyfada marina, followed by the Avance Mile at Limanakia. The route continues toward Anavyssos and Keratea, with a second sprint before Kouvaras, where the first KOM is also located. Riding through pine forests, the cyclists descend toward Avlaki and return to the coastal front, passing by Galazia Akti and heading toward Ilioupoli for another sprint. The final 6.5 km circuit in the center of Athens is repeated three times, passing through iconic landmarks. The finish line in front of the Parliament offers a spectacular finale.

Points of interest

- Km 0 – Flisvos (Official Start / km 0)
- Km 8.68 – Glyfada (1st Intermediate Sprint)
- Km 16.64 – Limanakia (Avance Mile)
- Km 61.95 – Kouvaras (Cat. 3 KOM)
- Km 121.14 – Ilioupoli (2nd Intermediate Sprint)
- Km 146.5 – Syntagma (Finish)

5th STAGE

10/5/2026 : PIRAEUS / ZEA - SYNTAGMA SQUARE = 146.5 km

STAGE DISTANCE	KM TO GO	ALTITUDE (m)	LOCATION / PLACE	Estimated timetable		
				42 km/h	44 km/h	46 km/h
-7.8	**154.3**	**9**	**NEUTRAL START- PIRAIAS / Zea Marina**	**10:30**	**10:30**	**10:30**
-7.2	153.7	14	Alexandras Square	10:32	10:32	10:32
-6.3	152.8	27	Mikrolimano harbour	10:35	10:35	10:35
-5.2	151.7	15	RIGHT TURN Entrance to Poseidonos Avenue	10:36	10:36	10:36
-4.3	150.8	15	KARAISKAKIS Stadium/PEASE AND FRIENDSHIP Stadium	10:38	10:38	10:38
-2.1	148.6	6	JUNCTION - Syggrou avenue	10:39	10:38	10:38
-0.8	147.3	10	Trokadero	10:40	10:41	10:41
0.0	**146.5**	**9**	**OFFICIAL START KM 0 - FLOISBOS BEACH**	**10:41**	**10:41**	**10:41**
2.4	144.1	9	**Alimos**	10:44	10:44	10:44
4.8	141.7	8	**Hellinikon**	10:47	10:47	10:47
7.0	139.5	8	**Glyfada -** *SHARP RIGHT TURN in Diadohou Pavlou*	10:51	10:50	10:50
8.7	**137.8**	**5**	**PoC 1 / Glyfada Munisipality**	**10:53**	**10:52**	**10:52**
8.9	137.6	5	*Traffic Island*	10:53	10:53	10:52
9.0	137.5	5	*Level Crossing !!!*	10:53	10:53	10:52
9.4	137.1	6	*Traffic Island SHARP RIGHT TURN to Poseidonos Avenue*	10:54	10:53	10:53
10.2	136.3	7	*Level Crossing !!!*	10:55	10:55	10:54
11.5	135.0	10	**Voula**	10:57	10:56	10:56
15.7	130.8	11	**Vouliagmeni**	11:03	11:02	11:01
16.5	130.0	14	*Traffic Island*	11:04	11:03	11:02
16.6	129.9	15	**Avance mile Bonus Sprint 1 / Vouliagmeni**	11:04	11:03	11:02
18.2	128.3	48	**Avance mile Bonus Sprint 2 / Vouliagmeni**	11:07	11:05	11:04
20.2	126.3	9	*Traffic Island*	11:09	11:08	11:07
21.2	125.3	7	**Varkiza**	11:11	11:10	11:08
23.0	123.5	18	*Traffic Island*	11:13	11:12	11:11
25.0	121.5	15	*Traffic Island*	11:16	11:15	11:13
25.1	121.4	17	*TUNNEL - Karamanlis cave*	11:16	11:15	11:13
26.7	119.8	10	**Agia Marina**	11:19	11:17	11:15
29.0	117.5	25	**Agios Dimitrios**	11:22	11:20	11:18
33.0	113.5	7	**Lagonisi**	11:28	11:26	11:24
36.8	109.7	8	**Litter Zone 1/Start**	11:33	11:31	11:29
37.2	109.3	6	**Feed Zone 1/Start - Saronida**	11:34	11:31	11:29
37.9	108.6	16	**Feed Zone 1/End**	11:35	11:32	11:30
38.3	108.2	10	**Litter Zone 1/End**	11:35	11:33	11:31
41.1	105.4	19	**Agios Nikolaos**	11:39	11:37	11:34
43.9	102.6	6	*SHARP LEFT TURN followed by Traffic Island*	11:43	11:40	11:38
45.2	101.3	12	**Anavyssos**	11:45	11:42	11:40
59.9	86.6	169	*Traffic Island followed by SHARP RIGHT TURN*	12:06	12:02	11:59
60.0	86.5	177	*Uphill start towards KoM 1*	12:06	12:02	11:59
62.0	**84.5**	**263**	**KoM 1 - Cat.3 / Kouvaras**	**12:09**	**12:05**	**12:01**
63.1	83.4	241	*SHARP LEFT TURN*	12:11	12:07	12:03
63.4	83.1	222	*SHARP RIGHT TURN*	12:11	12:07	12:03
72.0	74.5	14	**Markopoulo harbour**	12:23	12:19	12:15
72.9	73.6	15	**Litter Zone 2/Start**	12:25	12:20	12:16
73.3	73.2	21	**Feed Zone 2/Start**	12:25	12:21	12:16
74.1	72.4	39	**Feed Zone 2/End**	12:26	12:22	12:17
74.5	72.0	50	**Litter Zone 2/End - Agia Triada**	12:27	12:22	12:18
75.9	70.6	31	*Traffic Island*	12:29	12:24	12:20
76.0	70.5	32	*SHARP LEFT TURN in Kalavryton road*	12:29	12:24	12:20
76.8	69.7	41	*Traffic Island*	12:30	12:25	12:21
77.5	69.0	38	*SHARP LEFT TURN*	12:31	12:26	12:22
78.0	68.5	42	*SHARP RIGHT TURN in Hippodromou road*	12:32	12:27	12:22
81.7	64.8	71	*Traffic Island*	12:37	12:32	12:27
86.7	59.8	96	JUNCTION - Kalyvia Thorikou - Galazias Aktis road	12:44	12:39	12:34
91.3	55.2	10	**Agios Dimitrios** - Entrance to Athinon / Souniou road	12:51	12:45	12:40

95.0	51.5	10	**Agia Marina**	12:56	12:50	12:45
96.5	50.0	19	*TUNNEL - Karamanlis cave*	12:58	12:52	12:46
100.0	46.5	5	**Varkiza**	13:03	12:57	12:51
106.0	40.5	12	**Vouliagmeni**	13:12	13:05	12:59
108.6	37.9	9	**Voula /** Right turn to Vouliagmenis avenue	13:16	13:09	13:02
108.7	37.8	14	**Litter Zone 3/Start**	13:16	13:09	13:02
109.2	37.3	31	**Feed Zone 3/Start**	13:17	13:10	13:03
110.0	36.5	54	**Feed Zone 3/End**	13:18	13:11	13:04
111.0	35.5	51	**Litter Zone 3/End**	13:19	13:12	13:05
115.0	31.5	66	**Hellinikon**	13:25	13:17	13:11
116.5	30.0	51	**Argyroupoli**	13:27	13:19	13:13
118.2	28.3	83	**Alimos**	13:29	13:22	13:15
118.8	27.7	90	*Right turn - Entrance to Ilioupolis*	13:30	13:23	13:16
119.4	27.1	122	*Left / Right / Left Sequential Sharp Turns !!!*	13:31	13:23	13:16
120.0	26.5	147	**Ilioupolis** - Central square	13:32	13:24	13:17
121.0	**25.5**	**159**	**PoC 2 / Ilioupolis**	**13:33**	**13:26**	**13:18**
121.1	25.4	158	*SHARP RIGHT / LEFT TURN / Traffic Island*	13:34	13:26	13:19
122.0	24.5	134	*SHARP RIGHT TURN in Kanaria Square!!!*	13:35	13:27	13:20
123.0	23.5	122	**Dafni / Ymittos**	13:36	13:28	13:21
123.7	22.8	101	*RIGHT TURN - Entrance to Ilioupoleos avenue*	13:37	13:29	13:22
124.7	21.8	93	**Entrance to Athens Municipality**	13:39	13:31	13:23
125.6	20.9	79	**Entrance to the Athens Local Circuit**	13:40	13:32	13:24
125.7	20.8	89	*LEVEL CROSSING -Athanassiou Diakou road !!!*	13:40	13:32	13:25
125.9	20.6	89	Vasilissis Amalias road	13:40	13:32	13:25
126.0	20.5	92	*LEVEL CROSSING !!!*	13:41	13:32	13:25
126.1	20.4	100	National Garden	13:41	13:33	13:25
126.9	19.6	103	1st crossing of the Finish Line (start of the Athens Circuit)	13:42	13:34	13:26
127.1	19.4	109	Panepistimiou road	13:42	13:34	13:26
128.1	18.4	92	*Right turn to Patission road*	13:44	13:35	13:28
128.3	18.2	90	*Right turn to Chalkokondyli road*	13:44	13:36	13:28
128.4	18.1	90	*Right turn to Akadimias road*	13:44	13:36	13:28
129.6	16.9	112	Vasilissis Sofias road	13:46	13:37	13:30
130.4	16.1	107	Left wide turn	13:47	13:38	13:31
130.5	16.0	107	Vasileos Konstantinou road	13:47	13:39	13:31
131.9	14.6	88	Arditou road	13:49	13:40	13:33
132.3	14.2	77	*SHARP RIGHT TURN to Athanassiou Diakou road !!!*	13:50	13:41	13:33
132.4	14.1		*LEVEL CROSSING !!!*	13:50	13:41	13:33
132.6	13.9	81	Right turn to Syggrou avenue	13:50	13:41	13:34
132.8	13.7	89	Vasilissis Amalias road	13:50	13:42	13:34
132.9	13.6	91	*LEVEL CROSSING !!!*	13:50	13:42	13:34
133.1	13.4	100	National Garden	13:51	13:42	13:34
133.5	13.0	103	2nd crossing of the Finish Line / Hellenic Parliament	13:51	13:43	13:35
133.6	12.9	109	Panepistimiou road	13:51	13:43	13:35
134.6	11.9	92	*Right turn to Patission road*	13:53	13:44	13:36
134.8	11.7	90	*Right turn to Chalkokondyli road*	13:53	13:44	13:36
134.9	11.6	90	*Right turn to Akadimias road*	13:53	13:45	13:37
136.1	10.4	112	Vasilissis Sofias road	13:55	13:46	13:38
136.9	9.6	107	Left wide turn	13:56	13:47	13:39
137.0	9.5	107	Vasileos Konstantinou road	13:56	13:47	13:39
138.4	8.1	88	Arditou road	13:58	13:49	13:41
138.8	7.7	77	*SHARP RIGHT TURN to Athanassiou Diakou road !!!*	13:59	13:50	13:42
138.9	7.6		*LEVEL CROSSING !!!*	13:59	13:50	13:42
139.1	7.4	81	Right turn to Syggrou avenue	13:59	13:50	13:42
139.3	7.2	89	Vasilissis Amalias road	14:00	13:51	13:42
139.4	7.1	91	*LEVEL CROSSING !!!*	14:00	13:51	13:42
139.6	6.9	100	National Garden	14:00	13:51	13:43
140.0	6.5	103	3rd crossing of the Finish Line / Hellenic Parliament	14:01	13:52	13:43
140.1	6.4	109	Panepistimiou road	14:01	13:52	13:43
141.1	5.4	92	*Right turn to Patission road*	14:02	13:53	13:45
141.3	5.2	90	*Right turn to Chalkokondyli road*	14:02	13:53	13:45
141.4	5.1	90	*Right turn to Akadimias road*	14:03	13:53	13:45
142.6	3.9	112	Vasilissis Sofias road	14:04	13:55	13:47
143.4	3.1	107	*Left wide turn*	14:05	13:56	13:48

143.5	3.0	107	Vasileos Konstantinou road	14:06	13:56	13:48
144.9	1.6	88	Arditou road	14:08	13:58	13:50
145.3	1.2	77	*SHARP RIGHT TURN to Athanassiou Diakou road !!!*	14:08	13:59	13:50
145.4	1.1	77	*LEVEL CROSSING !!!*	14:08	13:59	13:50
145.6	0.9	81	*Right turn to Syggrou avenue*	14:09	13:59	13:51
145.8	0.7	89	Vasilissis Amalias road	14:09	13:59	13:51
145.9	0.6	91	*LEVEL CROSSING !!!*	14:09	14:00	13:51
146.1	0.4	100	National Garden	14:09	14:00	13:51
146.2	0.3	100	***DEVIATION - Team cars to the left***	14:09	14:00	13:51
146.5	**0.0**	**103**	**FINISH - ATHENS - SYNTAGMA SQUARE** **Hellenic Parliament**	**14:10**	**14:01**	**13:52**

STAGE 5

PIRAEUS > SYNTAGMA

10TH MAY 2026

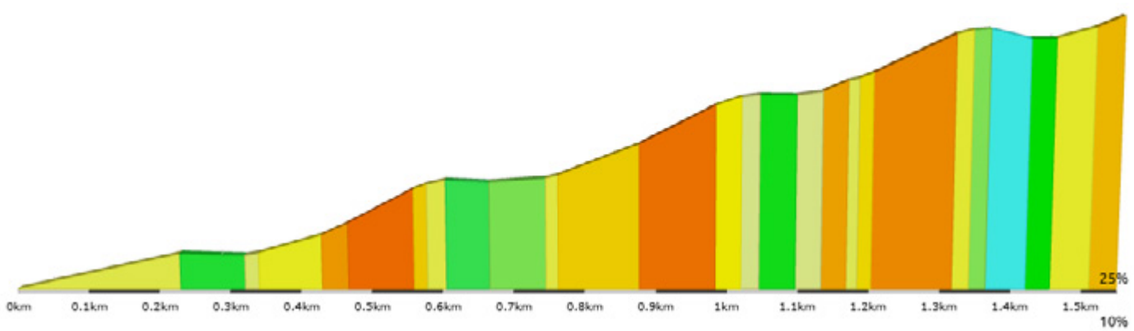
146.5 KM • 1 381M D+

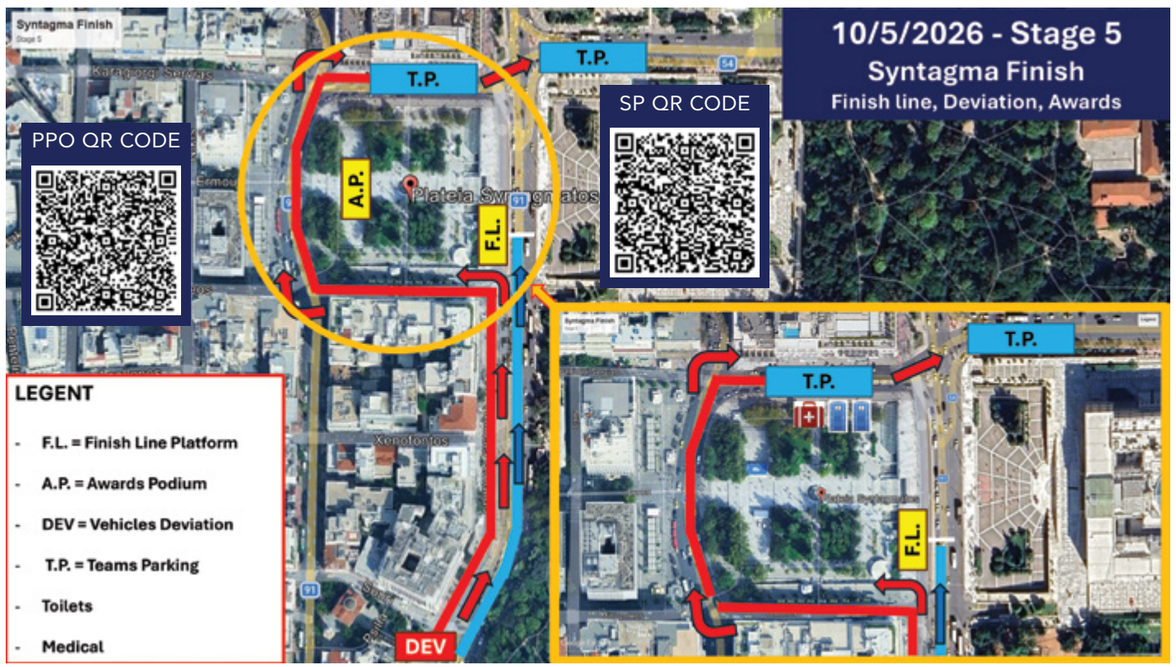


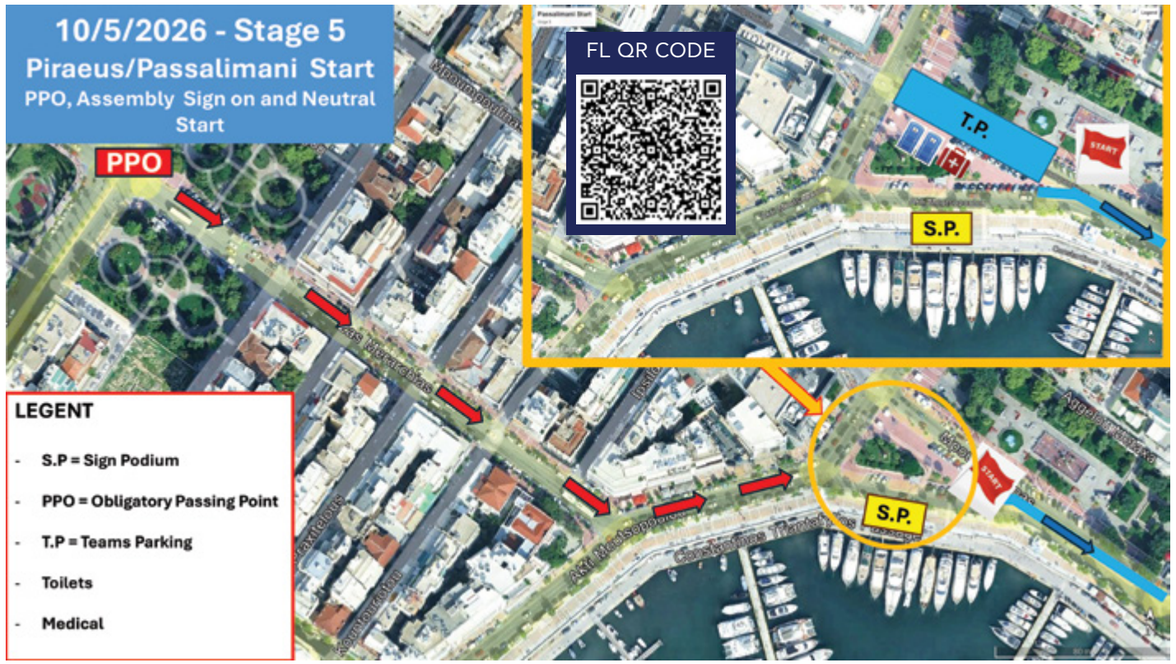




Kouvaras Cat.3 1.6 km at 5.5%









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