





<b>4th STAGE</b>						
<b>18/5/2024 : Sperchiada - Chalkida = 196.53 km</b>						
STAGE DISTANCE	KM TO GO	ALTITUDE (m)	PLACE	Estimated timetable		
				40 km/h	42 km/h	44 km/h
<b>-7.0</b>	<b>203.5</b>	<b>206</b>	<b>NEUTRAL START- Sperchiada</b>	<b>12:20</b>	<b>12:20</b>	<b>12:20</b>
-6.5	203.0	195	Krikou road	12:21	12:21	12:21
-6.0	202.0	185	Ioannou Pitsika	12:24	12:24	12:24
-3.7	199.7	128	RIGHT TURN TOWARDS LAMIA	12:26	12:26	12:26
<b>0.0</b>	<b>196.5</b>	<b>109</b>	<b>OFFICIAL START KM 0</b>	<b>12:27</b>	<b>12:27</b>	<b>12:27</b>
10.4	186.1	79	Zilefto	12:42	12:41	12:41
14.4	182.1	60	Lianokladi	12:48	12:47	12:46
21.1	175.4	34	Stavros	12:58	12:57	12:55
22.8	173.7	22	Lamia-Kalyvion road 	13:01	12:59	12:58
25.9	170.6	49	Lamia-Kalyvion road <i>SHARP RIGHT TURN</i> to Frantzi road	13:05	13:04	13:02
26.6	169.9	12	Lamia-Frantzi road <i>SHARP LEFT TURN</i> to Eleftherias road	13:06	13:05	13:03
<b>27.9</b>	<b>168.6</b>	<b>20</b>	<b>PoC 1 / Lamia (Eleftherias road)</b>	<b>13:08</b>	<b>13:06</b>	<b>13:05</b>
28.6	167.9	19	RIGHT TURN To Athinon Road	13:09	13:07	13:06
32.1	164.4	14	<i>BRIDGE - Sperchios river</i>	13:15	13:12	13:10
34.6	161.9	12	JUNCTION - Moschochori / Neo Krikelo	13:18	13:16	13:14
37.1	159.4	43	Irakleia	13:22	13:20	13:17
38.8	157.7	86	<i>BRIDGE - Asopos river - hill climb start</i>	13:25	13:22	13:19
<b>49.9</b>	<b>146.6</b>	<b>651</b>	<b>KoM 1 - Cat.2 / Eleftherochori</b>	<b>13:41</b>	<b>13:38</b>	<b>13:35</b>
51.7	144.8	620	JUNCTION - Skamnos	13:44	13:40	13:37
54.1	142.4	598	JUNCTION - Bralos - <i>FAST DESCENT</i> 	13:48	13:44	13:40
58.2	138.3	464	Palaiochori	13:54	13:50	13:46
<b>60.0</b>	<b>136.5</b>	<b>396</b>	<b>Litter Zone 1</b>	<b>13:57</b>	<b>13:52</b>	<b>13:48</b>
66.0	130.5	282	<i>LEVEL CROSSING</i> 	14:06	14:01	13:57
68.4	128.1	298	Ano Kalyvia	14:09	14:04	14:00
71.4	125.1	373	Amfikleia	14:14	14:09	14:04
73.6	122.9	293	<i>LEVEL CROSSING</i> 	14:17	14:12	14:07
85.1	111.4	183	Tithorea	14:34	14:28	14:23

89.5	107.0	146	Agia Paraskevi	14:41	14:34	14:29
98.0	98.5	120	<b>Feed Zone / Litter Zone 2</b>	14:54	14:47	14:40
103.6	92.9	129	Chaironeia	15:02	14:55	14:48
107.5	89.0	109	Thourio	15:08	15:00	14:53
111.6	84.9	113	<i>RIGHT TURN TOWARDS LEVADIA</i>	15:14	15:06	14:59
<b>117.2</b>	<b>79.3</b>	<b>159</b>	<b>PoC 2 / Levadia (Dimitriou Papaspyrou road)</b>	<b>15:22</b>	<b>15:14</b>	<b>15:06</b>
122.6	73.9	107	<i>RIGHT TURN TO OLD NATIONAL ROAD</i>	15:30	15:22	15:14
130.0	66.5	116	Agia Paraskevi	15:42	15:32	15:24
137.2	59.3	116	Petra	15:52	15:43	15:34
141.2	55.3	117	Aliartos	15:58	15:48	15:39
<b>163.9</b>	<b>32.6</b>	<b>167</b>	<b>PoC 3 / Thiva</b>	<b>16:32</b>	<b>16:21</b>	<b>16:10</b>
170	26.5	122	<b>Litter Zone 3</b>	16:42	16:29	16:18
178.8	17.7	194	<i>BRIDGE OVER THE NATIONAL ROAD TO RITSONA</i>	16:55	16:42	16:30
<b>187.6</b>	<b>8.9</b>	<b>289</b>	<b>KoM 2 - Cat.3 / Profitis Ilias junction</b>	<b>17:08</b>	<b>16:55</b>	<b>16:42</b>
195.2	1.3	35	Konstantinou Karamanli road	17:19	17:05	16:53
<b>196.5</b>	<b>0.0</b>		<b>FINISH - CHALKIDA</b>	<b>17:21</b>	<b>17:07</b>	<b>16:54</b>