



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
0.0	180.9	57	OFFICIAL START KM 0 - ATALANTI	11:30	11:30	11:30
12.0	168.9	21	Tragana	11:46	11:45	11:45
16.7	164.2	79	Proskynas	11:52	11:51	11:50
23.7	157.2	215	Malesina	12:04	12:03	12:01
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
39.0	141.9	235	Martino	12:28	12:25	12:22
50.7	130.2	98	Kastro	12:43	12:39	12:36
71.0	109.9	106	Aliartos	13:12	13:07	13:02
72.6	108.3	111	PoC 1 / Aliartos	13:14	13:09	13:04
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
93.5	87.4	176	PoC 2 / Thiva	13:45	13:38	13:32
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
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	Fyli	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
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
137.5	43.4	783	KoM 1 - Cat.2 / Fyli	14:58	14:47	14:38
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
159.1	21.8	161	Acharnes	15:26	15:15	15:04
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
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