



Season 5 Tour France Roadbook

September 27th – October 5th

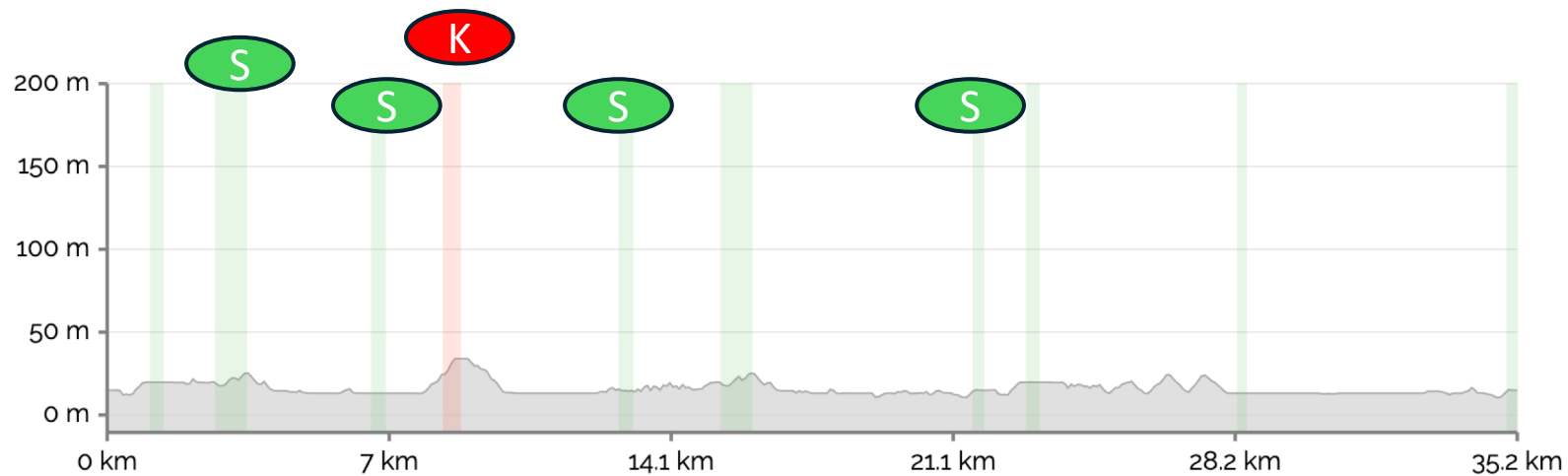
8 Stages 9 days

312km 1900m

Flat - Rolling

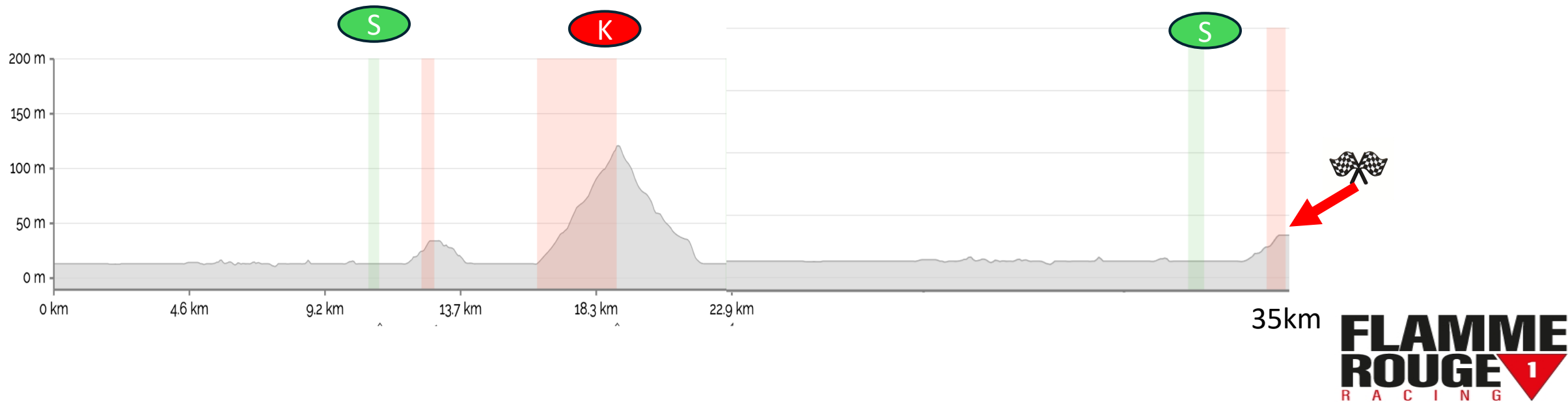
Saturday 27 Sep - FRR Tour France - Stage 1

Stage	Course Title	Format	VBW %	Distance / Elevation	Stage Sprint Rating (SSR)
1	France Three Musketeers	POINTS	15	38km ↑208m	2
Climbs in play (CDR)		Aquaduct (REV) (1)			
SPRINTS in play		Dos d'Ane (FWD), Pave (REV), Ballon (REV), Sprinteur (FWD)			
Segments NOT in play		Cratere (FWD), Marina (REV)			
Stage POINTS Note.					
Stage Race Control Note.					



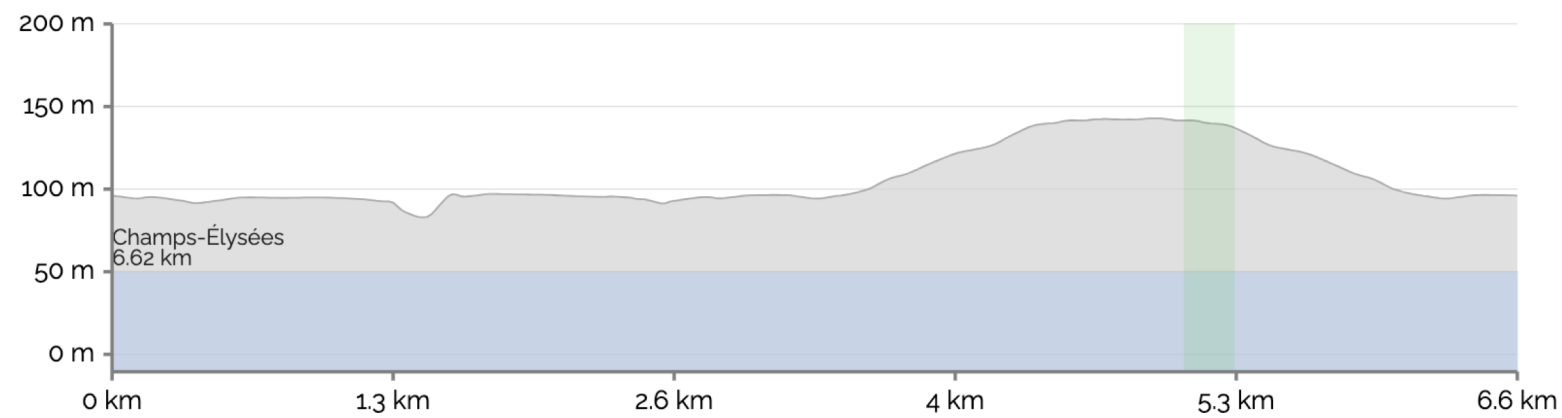
Sunday 28 Sep - FRR Tour France - Stage 2

Stage	Course Title	Format	VBW %	Distance / Elevation	Stage Sprint Rating (SSR)
2	France Casse Pattes	POINTS	15	35km ↑200m	2
Climbs in play (CDR)		Petit KQoM (2)			
SPRINTS in play		Pave (REV)			
Segments NOT in play		Marina (REV), Aquaduct (REV)			
Stage POINTS Note.					
Stage Race Control Note.					



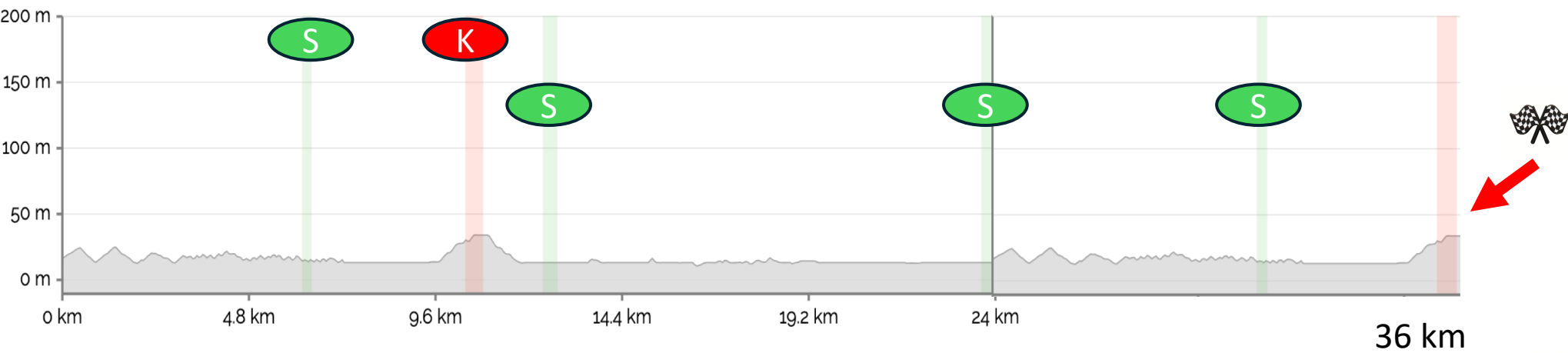
Monday 29 Sep - FRR Tour France - Stage 3 - iTT

Stage	Course Title	Format	VBW %	Distance / Elevation	Stage Sprint Rating (SSR)
3	Paris Lutece Express	ITT	-	25km ↑150m	-
Climbs in play (CDR)		-			
SPRINTS in play		-			
Segments NOT in play		-			
Stage POINTS Note.					
Stage Race Control Note.		Race any time but only one winner for each class to set eGAP			



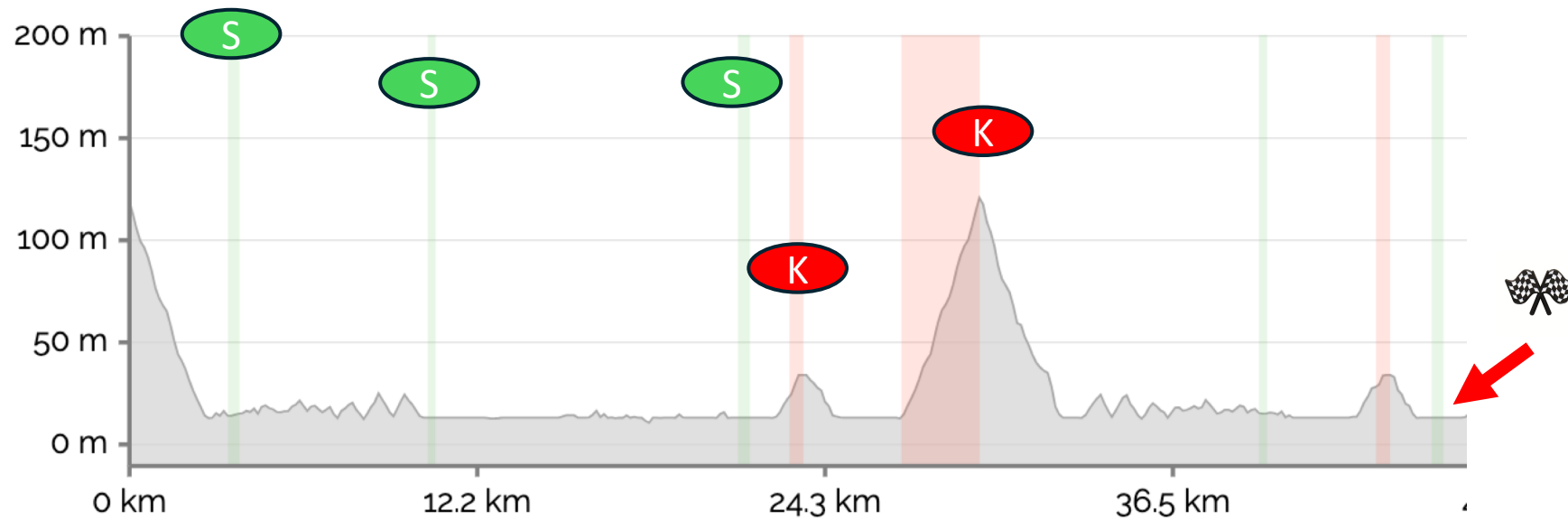
Wednesday 1 Oct - FRR Tour France - Stage 4

Stage	Course Title	Format	VBW %	Distance / Elevation	Stage Sprint Rating (SSR)
4	France Douce	POINTS	15	36km ↑160m	2
Climbs in play (CDR)		Aquaduct (FWD) (1)			
SPRINTS in play		Ballon (FWD), Pave (FWD), Marina (FWD)			
Segments NOT in play		-			
Stage POINTS Note.					
Stage Race Control Note.		Finish Aquaduct Banner area			



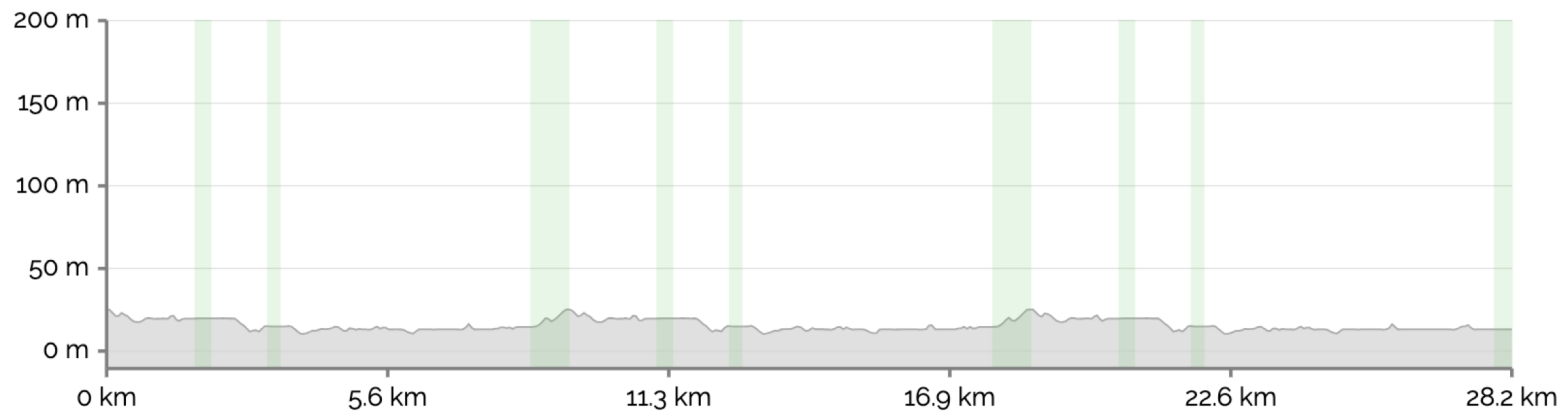
Thursday 2 Oct - FRR Tour France - Stage 5

Stage	Course Title	Format	VBW %	Distance / Elevation	Stage Sprint Rating (SSR)
5	France Tire Bouchon	POINTS	20	43km ↑360m	3
Climbs in play (CDR)		Petit KQoM (2), Aquaduct (REV) (1)			
SPRINTS in play		Ballon (REV), Marina (REV), Pave (REV)			
Segments NOT in play		Ballon (FWD)			
Stage POINTS Note.					
Stage Race Control Note.		Finish at Ballon Sprint FWD area			



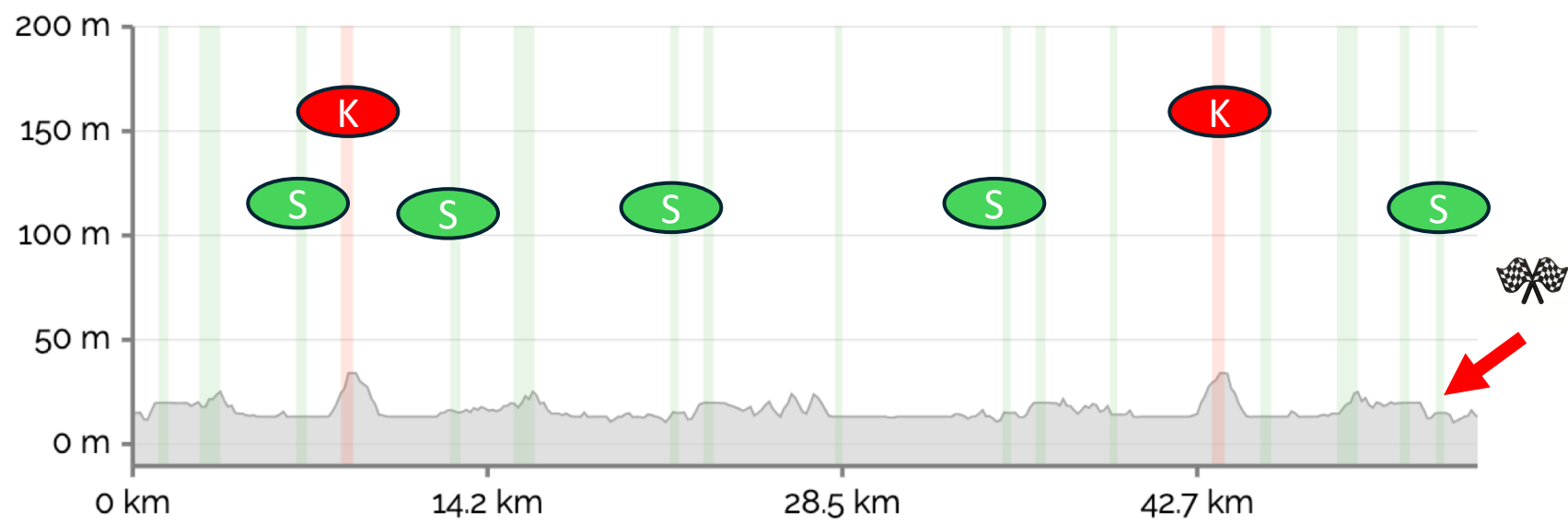
Friday 3 Oct - FRR Tour France - Stage 6 - ITT

Stage	Course Title	Format	VBW %	Distance / Elevation	Stage Sprint Rating (SSR)
6	France Bon Voyage	ITT	-	31.5km ↑150m	-
Climbs in play (CDR)		None			
SPRINTS in play		None			
Segments NOT in play		-			
Stage POINTS Note.					
Stage Race Control Note.		1 lap of the course			



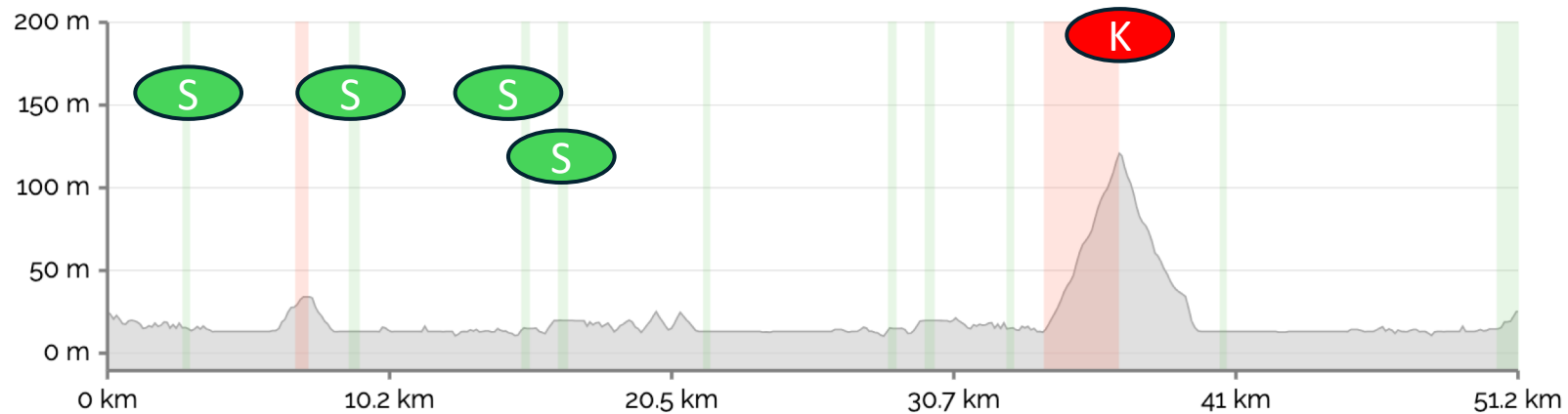
Saturday 4 Oct - FRR Tour France - Stage 7

Stage	Course Title	Format	VBW %	Distance / Elevation	Stage Sprint Rating (SSR)
7	France Sacre Flamme Rouge	POINTS	15	55.7km ↑300m	2
Climbs in play (CDR)		Aquaduct (FWD) (1), Aquaduct (REV) (1)			
SPRINTS in play		Pave (REV), Ballon (REV), Sprinteur (FWD/REV), Marina (REV)			
Segments NOT in play		Cratere (FWD/REV), Dos d'Ane (FWD/REV)			
Stage POINTS Note.					
Stage Race Control Note.					



Sunday 5 Oct - FRR Tour France - Queen Stage 8

Stage	Course Title	Format	VBW %	Distance / Elevation	Stage Sprint Rating (SSR)
8	France Knights of the Round table	POINTS	20	54.5km ↑360m	4
Climbs in play (CDR)		Petit KQoM (2)			
SPRINTS in play		Ballon (FWD), Pave (FWD), Sprinteur (FWD), Cratere (FWD)			
Segments NOT in play		Marina (REV), Dos d'Ane (REV)			
Stage POINTS Note.		Queen Stage Double segment points			
Stage Race Control Note.		Queen Stage Double segment points			



Tour Stage Summary

8 Stages - Distance. 312km - Ascent. 1,900m									
Stage	Day	Date	Course	Format	Dist. (km)	Elev. (m)	VBW%	SSR	Segments
1	Sat	27 Sep	France - Three Musketeers	POINTS	38	208	15	2	Dos d'Ane (FWD), Pave (REV), Ballon (REV), Sprinteur (FWD) Aquaduct (REV) (1)
2	Sun	28th	France - Casse Pattes	POINTS	35	200	15	2	Pave (REV) Petit KQoM (2)
3	Mon	29th	PARIS - Lutece Express	ITT	25	150	-	-	- -
	Tue	30th	REST DAY						REST DAY
4	Wed	1 st Oct	France - Douce	POINTS	36	160	15	2	Ballon (FWD), Pave (FWD), Marina (FWD) Aquaduct (FWD) (1)
5	Thu	2nd	France - Tire Bouchon	POINTS	43	360	20	3	Ballon (REV), Marina (REV), Pave (REV) Petit KQoM (2), Aquaduct (REV) (1)
6	Fri	3rd	France - Bon Voyage	ITT	26.5	150	-	-	- -
7	Sat	4th	France - Sacre Bleu	POINTS	55.7	300	15	2	Pave (REV), Ballon (REV), Sprinteur (FWD/REV), Marina (REV) Aquaduct (FWD) (1), Aquaduct (REV) (1)
8	Sun	5th	France - Knights of the Roundtable	POINTS	54.5	360	20	4	Ballon (FWD), Pave (FWD), Sprinteur (FWD), Cratere (FWD) Petit KQoM (2)