








KILOMETER KILOMETERS		STAGE 3						
Zu fahren To be run	Gefahren Run					44 km/h	42 km/h	40 km/h
<b>HOCHSAUERLANDKREIS</b>								
			<b>ARNSBERG</b>	<i>Neutralisierter start / Neutralised start</i>		<b>13:35</b>	<b>13:35</b>	<b>13:35</b>
		B7	Vosswinkel					
<b>173.8</b>	<b>0</b>		<b>ARNSBERG</b>			<b>13:45</b>	<b>13:45</b>	<b>13:45</b>
<b>SOEST</b>								
170.3	3.5		Crossing VC-B7			13:50	13:50	13:50
<b>MÄRKISCHER KREIS</b>								
167.2	6.6		Crossing VC-B7			13:54	13:54	13:55
164.6	9.2		MENDEN (SAUERLAND)			13:57	13:58	13:59
<b>UNNA</b>								
161.4	12.4	L679	FRÖNDENBERG/RUHR			14:30	14:31	14:33
<b>159.5</b>	<b>14.3</b>		<b>EULE FRÖNDENBERG</b>			<b>14:04</b>	<b>14:05</b>	<b>14:06</b>
156.7	17.1		Frömern			14:08	14:09	14:11
153.6	20.2		Strickherdicke			14:13	14:14	14:15
150.5	23.3		Altendorf			14:17	14:18	14:20
148.1	25.7	K28	Billmerich (UNNA)			14:20	14:22	14:24
144	29.8		Opherdicke (HOLZWICKEDE)			14:26	14:27	14:30
143.2	30.6		Hengsen (HOLZWICKEDE)			14:27	14:29	14:31
<b>139.1</b>	<b>34.7</b>	<b>L677</b>	<b>WASTE ZONE</b>			<b>14:32</b>	<b>14:34</b>	<b>14:37</b>
<b>MÄRKISCHER KREIS</b>								
<b>KREIS UNNA</b>								
134.4	39.4		Crossing VC-B236			14:39	14:41	14:44
133.3	40.5	B236	Ergste (SCHWERTE)			14:40	14:43	14:46
<b>132.3</b>	<b>41.5</b>		<b>ERGSTE</b>			<b>14:42</b>	<b>14:44</b>	<b>14:47</b>
131.7	42.1		Crossing B236-VC			14:42	14:45	14:48
129.8	44		Crossing VC-B236			14:45	14:48	14:51
129	44.8		Crossing B236-VC			14:46	14:49	14:52
<b>HAGEN</b>								
128.5	45.3		Tiefendorf (HAGEN)			14:47	14:50	14:53
125.8	48		Berchum (HAGEN)			14:50	14:53	14:57
121.3	52.5	L674	Kabel (HAGEN)			14:56	15:00	15:04
<b>DORTMUND</b>								
116.7	57.1	L704	Hohensyburg			15:03	15:07	15:11
<b>ENNEPE-RUHR-KREIS</b>								
111.8	62	B54	Crossing B54-VC			15:10	15:14	15:18
104.8	69	B226	Crossing B226-VC			15:19	15:23	15:28
<b>100.6</b>	<b>73.2</b>		<b>WASTE ZONE</b>			<b>15:25</b>	<b>15:29</b>	<b>15:35</b>
99.5	74.3		Esborn-Albringhausen (WETTER (RUHR))			15:26	15:31	15:36
95.6	78.2		Crossing VC-B234			15:32	15:37	15:42
95.1	78.7	L525	Hiddinghausen (SPROCKH÷VEL)			15:32	15:37	15:43
88	85.8	L651	Bredenscheid (HATTINGEN)			15:42	15:48	15:54
<b>METTMANN</b>								
82.1	91.7	K33	VELBERT (K33-K30)			15:36	15:40	15:45
<b>78.6</b>	<b>95.2</b>		<b>SENDER LANGENBERG</b>			<b>15:55</b>	<b>16:01</b>	<b>16:08</b>
77.2	96.6	K30	VELBERT			15:57	16:03	16:10
74.4	99.4	L433	Lembeck			16:01	16:07	16:14
<b>WUPPERTAL</b>								
<b>METTMANN</b>								
<b>WUPPERTAL</b>								
66.8	107	K11	WUPPERTAL			16:11	16:18	16:25

WUPPERTAL							
METTMANN							
WUPPERTAL							
61.4	112.4	L74	WÜLFRATH		16:18	16:25	16:33
<b>60.8</b>	<b>113</b>		<b>WASTE ZONE</b>		<b>16:19</b>	<b>16:26</b>	<b>16:34</b>
52.1	121.7	L422	Niederschwarzbach (METTMANN)		16:31	16:39	16:47
47.6	126.2	L156	HEILIGENHAUS		16:37	16:45	16:54
44.8	129		Crossing VC-B227		16:41	16:49	16:58
41.9	131.9	B227	RATINGEN		16:45	16:53	17:03
41.8	132		Hösel		16:45	16:54	17:03
ESSEN							
34.1	139.7	L441	ESSEN		16:55	17:05	17:14
<b>30</b>	<b>143.8</b>		<b>WASTE ZONE</b>		<b>17:01</b>	<b>17:10</b>	<b>17:21</b>
28.8	145		ESSEN-WERDEN		17:03	17:12	17:22
23.9	149.9		Essen-Bredeney		17:09	17:19	17:30
<b>16.9</b>	<b>156.9</b>		<b>Railroads crossing</b>		<b>17:19</b>	<b>17:29</b>	<b>17:40</b>
<b>16.3</b>	<b>157.5</b>		<b>Railroads crossing</b>		<b>17:20</b>	<b>17:30</b>	<b>17:41</b>
14.4	159.4		Final circuit entrance		17:22	17:33	17:44
<b>13.9</b>	<b>159.9</b>		<b>ESSEN (1<sup>ST</sup> CROSSING OF THE FINISH LINE)</b>		<b>17:23</b>	<b>17:33</b>	<b>17:45</b>
<b>12.9</b>	<b>160.9</b>		<b>Railroads crossing</b>		<b>17:24</b>	<b>17:35</b>	<b>17:46</b>
<b>6.9</b>	<b>166.9</b>		<b>ESSEN (2<sup>ND</sup> CROSSING OF THE FINISH LINE)</b>		<b>17:33</b>	<b>17:43</b>	<b>17:55</b>
<b>0</b>	<b>173.8</b>		<b>ESSEN</b>		<b>17:42</b>	<b>17:53</b>	<b>18:06</b>