

Zeitplan / Itinerary timetable

KILOMETER KILOMETERS		STAGE 1						
Zu fahren To be run	Gefahren Run				46 km/h	44 km/h	42 km/h	
NORDRHEIN-WESTFALEN								
ESSEN								
			ESSEN	Neutralisierter Start / Neutralised start	11:40	11:40	11:40	
			Railway crossing					
GELSENKIRCHEN								
RECKLINGHAUSEN								
			Railway crossing					
202.6	0	IM LINNEROTT	GLADBECK	Scharfer Start / Real start	▶	12:09	12:09	12:09
GELSENKIRCHEN								
199.1	3.5		GELSENKIRCHEN			12:14	12:14	12:14
RECKLINGHAUSEN								
193.5	9.1		Westerholt			12:21	12:21	12:22
191.5	11.1		Crossing L624-L622			12:23	12:24	12:25
190.5	12.1		HERTEN			12:25	12:25	12:26
181.4	21.2		SPECKHORN			12:37	12:38	12:39
179.3	23.3		SINSEN (K - L798)			12:39	12:41	12:42
174.6	28		OER (L798 - K19 - L889)			12:45	12:47	12:49
169.8	32.8		BOCKUM			12:52	12:54	12:56
166.2	36.4		Ahsen			12:56	12:59	13:01
COESFELD								
165.1	37.5		Waste and feeding zone 1		🗑️ 🚰	12:58	13:00	13:02
159	43.6		Crossing B235 - B236			13:06	13:08	13:11
157.3	45.3		Carrefour B236-K			13:08	13:11	13:14
UNNA								
152.5	50.1		Crossing K7 - K8			13:14	13:17	13:21
151.6	51		Bork			13:15	13:18	13:22
145.3	57.3		CAPPENBERG (K11-L810-K19)			13:24	13:27	13:31
141.5	61.1		VARNHÖVEL			13:29	13:32	13:36
137.9	64.7		WERNE (K19-B233-K8)			13:33	13:37	13:41
131.2	71.4		STOCKUM-HORST			13:42	13:46	13:51
HAMM								
129.6	73		Hamm			13:44	13:48	13:53
129.1	73.5		Waste and feeding zone 2		🗑️ 🚰	13:45	13:49	13:54
125.1	77.5		BOCKUM-HÖVEL (K12-K7-K12)			13:50	13:55	14:00
124.2	78.4		Railway crossing			13:51	13:56	14:01
120.4	82.2		Crossing K12-L507			13:56	14:01	14:06
WARENDORF								
113.6	89		DOLBERG			14:05	14:10	14:16
105	97.6		BECKUM (L507-VC-K45)			14:16	14:22	14:28
103.6	99		BECKUM		🚰	14:18	14:24	14:30
99.3	103.3		VELLERN (K45-K23)			14:24	14:30	14:37
96.4	106.2		Crossing K23-L586			14:28	14:34	14:41
95.8	106.8		Crossing L586-K23			14:28	14:35	14:42

95	107.6		Waste and feeding zone 3  	14:29	14:36	14:43
92.3	110.3		Sünninghausen	14:33	14:39	14:47
85	117.6		STROMBERG (VC-K14-L586-L791)	14:42	14:49	14:57
84.3	118.3		STROMBERG 	14:43	14:50	14:58
GÜTERSLOH						
79	123.6		Sankt Vit	14:50	14:57	15:05
76.4	126.2		RHEDA-WIEDENBRÜCK	14:54	15:01	15:09
71.1	131.5		Crossing L791-K3	15:00	15:08	15:17
69	133.6		Crossing K3-K39	15:03	15:11	15:20
67.6	135		Spexard	15:05	15:13	15:22
62.7	139.9		Crossing K39-L787	15:11	15:20	15:29
60.9	141.8		GÜTERSLOH 	15:14	15:22	15:32
56	146.6		Isselhorst	15:20	15:29	15:38
55.1	147.5		Waste and feeding zone 4  	15:21	15:30	15:40
BIELEFELD						
52.6	150		UMMELN	15:25	15:34	15:43
48.7	153.9		BIELEFELD	15:30	15:39	15:49
45.2	157.4		Crossing K31-K18	15:34	15:44	15:54
44.3	158.3		Quelle	15:35	15:45	15:55
GÜTERSLOH						
BIELEFELD						
40.6	162		SENNBERG 	15:40	15:50	16:00
35.8	166.8		BIELEFELD	15:47	15:56	16:07
30.5	172.1		Schröttinghausen	15:53	16:04	16:15
29.1	173.5		Waste and feeding zone 5  	15:55	16:05	16:17
26.4	176.2		JÖLLENBECK (K27-L543-L855)	15:59	16:09	16:21
23.1	179.5		Vilsendorf	16:03	16:14	16:25
18.9	183.7		BRAKE (L804-B61-L804)	16:09	16:19	16:31
HERFORD						
14.4	188.2		ELVERDISSEN	16:14	16:26	16:38
LIPPE						
11.6	191		Waste zone 	16:18	16:29	16:42
HERFORD						
11.2	191.4		HERFORD	16:19	16:30	16:42
6	196.6		STUCKENBERG 	16:25	16:37	16:50
0	202.6		HERFORD 	16:33	16:45	16:58