







**FRIDAY 27<sup>TH</sup> SEPTEMBER 2019**

RACE ROUTE	DISTANCE (KM)		MEN U23 ROAD RACE		
	TO GO	COMPLETED	SLOW	PREDICTED	FAST
			<b>38 km/h</b>	<b>40 km/h</b>	<b>42 km/h</b>
 <b>DONCASTER (NEUTRAL START)</b>	186,9	0,0	14:10	14:10	14:10
 <b>ACTUAL START (EDENTHORPE)</b>	<b>186,9</b>	<b>0,0</b>	<b>14:26</b>	<b>14:26</b>	<b>14:26</b>
HATFIELD	182,7	4,2	14:32	14:32	14:32
THORNE	177,4	9,5	14:41	14:40	14:39
SNAITH	165,1	21,8	15:00	14:58	14:57
LITTLE HECK	160,2	26,7	15:08	15:06	15:04
EGGBOROUGH	156,4	30,5	15:14	15:11	15:09
MONK FRYSTON	144,9	42	15:32	15:29	15:26
BARKSTON ASH	138,1	48,8	15:43	15:39	15:35
TADCASTER	130,9	56	15:54	15:50	15:46
CATTAL	115,1	71,8	16:19	16:13	16:08
BOROUGHBRIDGE	102,4	84,5	16:39	16:32	16:26
RIPON	91,1	95,8	16:57	16:49	16:42
 <b>FEED ZONE (RIPON)</b>	<b>89,4</b>	<b>97,5</b>	<b>16:59</b>	<b>16:52</b>	<b>16:45</b>
PATELEY BRIDGE	72,9	114	17:26	17:17	17:08
 <b>GREENHOW SUMMIT</b>	<b>68,5</b>	<b>118,4</b>	<b>17:32</b>	<b>17:23</b>	<b>17:15</b>
BLUBBERHOUSES	56,8	130,1	17:51	17:41	17:31
KETTLESING HEAD	51,6	135,3	17:59	17:48	17:39
<b>HARROGATE LAP 1 START</b>	<b>41,5</b>	<b>145,4</b>	<b>18:15</b>	<b>18:04</b>	<b>17:53</b>
<b>HARROGATE LAP 2 START</b>	<b>27,7</b>	<b>159,2</b>	<b>18:37</b>	<b>18:24</b>	<b>18:13</b>
<b>HARROGATE LAP 3 START</b>	<b>13,9</b>	<b>173</b>	<b>18:59</b>	<b>18:45</b>	<b>18:33</b>
 <b>HARROGATE (FINISH)</b>	<b>0,0</b>	<b>186,9</b>	<b>19:21</b>	<b>19:06</b>	<b>18:53</b>