

# TECHNICAL GUIDE



UCI Women Elite 2.1



April 8 - April 12 2020



Healthy Ageing  
TOUR



[WWW.HEALTHYAGEINGTOUR.NL](http://WWW.HEALTHYAGEINGTOUR.NL)

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# Healthy Ageing TOUR



Date	Stage		Distance	Start	Finish
April 8	1	Drachten - Drachten	132.3 km	12.00	15.22
April 9	2	Zoutkamp - Zoutkamp	15.3 km	13.15	15.42
April 10	3	Groningen - Ten Boer	131.0 km	13.00	16.16
April 11	4	Loppersum - Delfzijl - Appingedam	148.8 km	13.00	16.33
April 12	5	Borkum - Borkum	102.5 km	12.30	15.05

# ORGANIZATION

Healthy Ageing Tour 209

Organization

Address

Website

Race Director

Technical Organization

E-mail

Telephone

: Courage Events

: Baroklaan 1, 9351 TR Leek

: www.healthyageingtour.nl

: Thijs Rondhuis (0031 622900131)

: Rikus Sunderman (0031 622377479)

: healthyageingtour@gmail.com

: 0031 622900131

Technical organization	Courage Events	healthyageingtour@gmail.com
Guests / honouring	Daniëlle Bekkering	0031-653730955
Guests / honouring	Eyelien Bekkering	0031-622416010
Coördination start / finish Location and deviation cars	Willem Oosting	0031-622798820
Coördination start / finish Cars in the race and drivers	Luink Pater	0031-651244692
Coördination bill boards	Gerben de Ruiter	0031-630410825
Bill boards / fences	Hendrik Wilkens	0031-644414602
Bill boards / fences	Tim Dijkhuis	0031-638346044
Press	Margriet Roelofsen	0031-622690334
Information desk permanence	Hanny Brand	0031-621387180
Communiqué / results	Martijn Brand	0031-634279375
Police commander	Ruud de Vries	0031-652398900
Coördination motorcyclists	MBT	
Website, Social Media	Daan Bultje	0031-624739439
Social Media	Theo Sikkema	0031-627021398
Signing circuit, km. signs, red flag, signs at locations	Klaas Meindertersma	0031-629283492
Signing circuit, km. signs, red flag, signs at locations	Henk de Leeuw	0031-652475031
Communication equipment	Gialt Biesma	0031-622340386
Stage, signing and honouring	Jeroen Strijker	0031-611356475
Release & intake necessities traffic controllers and motor cyclists	Willy Sunderman	0031-657172109
Medical care	Ambulance Events Service	0031-653205317
Race doctor	Gineke Jeurink	0031-622214655
Service desk	Mascha Rondhuis	0031-614531153
<b>DRIVERS</b>		
Race director 1	Willy Sunderman	0031-657172109
Race director 2	Jan Dam	0031-651835059
Sound car	Femmie Bathoorn	0031-627378915
Jury 1	Piet Guikema	0031-616427085
Jury 2	Roel Schuiling	0031-646624477
Jury 3	Egbert ten Wolde	0031-652554157
Jury 4	Nico Been	0031-625214565
Jury 5 / finish judge		
Doctor	Ambulance Event Service	0031-653205317
Broom wagon	Wim Dussel	0031-615133784

Press 1	Gerben de Ruiter	0031-630410825
Guests 1 and coördination honouring	Lisette Hamminga	0031-640173443
Guests 2	Ike Agema	0031-641546952
Guests 3		
Stage, jury bus, finish arch, finish line and sound	Sportscom; Richard Beereboom	0031-651277198
Crush barriers	Doorenbosch; Wim Bloeming	0031-648274913
Pagedal		0031-599611000
Head race jury	Erwin Kistemaker	0031-651707685

## MEMBERS OF THE COMMISSAIRES' PANEL

Function	Name	Residence
President commissaire	Svetlana Denisenko	Russia
Commissaire 1	Erwin Kistemaker	Diemen
Commissaire 2	Koos Feiken	Lieveren
Commissaire 3	Bram Dijkhuis	Stadskanaal
Radio Tour	Miranda Colenbrander	Zwolle
Finish judge	Jan Nijmeijer	Hoogeveen
Computer commissaire	Martijn Brand	Enschede
Broom wagon commissaire	Sjaco de Waal	
Blackboard		
Announcer 1	Jannes Mulder	Steenwijkerwold
Announcer 2	Marjo Nijmeijer	Hoogeveen
Motor commissaire	Cor Rijpma	Oldeholtpade
Motor rider	Pieter Moes	Groningen
Motor rider blackboard		
Motor commissaire	Erik Ypma	
Video / timekeeper commissaire	Richard Beereboom / SportsCom	Winsum

# REGISTRATION AND MEETINGS

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## Tuesday April 7

Het Pagedal, Hoveniersweg 1, 9502 BW Stadskanaal

Registration / confirmation teams	: 17.30 - 19.00
Team managers' meeting	: 19.15
Meeting of the Commissaires' Panel	: 19.45
Dinner	: 19.00 - 20.30

The information desk in the permanence will be open every day from 8.00 - 10.00 hrs and from 17.00 - 19.00 hrs.

# CLASSIFICATIONS

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Classifications	Jersey	Sponsor
General	Yellow	HANNN & Meer Gezonde Jaren
Points	Green	
Sprint	Orange	
Best young rider	White	Gezonde Huiskamer
Best fighting spirit	Red	

# TEAMS

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1.	Boels Dolmans Cyclingteam
2.	Trek-Segafredo Women Team
3.	Canyon Sram Racing
4.	Ceratizit-WNT Pro Cyclingteam
5.	Parkhotel Valkenburg
6.	CCC-LIV
7.	Team Sunweb
8.	Movistar Women Team
9.	Biehler Pro Cyclingteam
10.	Duitsland
11.	NWVG

12.	Jan van Arckel
13.	Team Drenthe
14.	LIV Awol Cyclingteam
15.	Restore Cyclingteam
16.	LVIV Cyclingteam Ukraine
17.	Watersley R&D Clubteam
18.	WV Schijndel
19.	NXTG Racing
20.	Brother UK Tifosi
21.	WV Noord Holland

# ACCOMMODATION

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## Tuesday April 7 - Sunday April 12:

Het Pagedal  
Hoveniersweg 1  
9502 BW, Stadskanaal  
0031-5996110000

## Arrival at Tuesday April 7:

- Check in from 14.00 h
- Dinner: 19.00 - 20.30

# STAGE 1: April 8

## Drachten - Drachten

Start	12.00
Distance	132.3 km
Signing	11.00 - 11.45
Honouring	15.40

### Permanence information

Permanence	VV Drachten, G. Boelensstraat 131, Drachten
Permanence press and members of the commissaires' panel	VV Drachten, G. Boelensstraat 131, Drachten
Permanence open at	8.00
Meeting of the commissaires' panel	10.30
Results	15.40
Anti doping	VV Drachten, G. Boelensstraat 131, Drachten
Hospital	Ziekenhuis Nij Smellinghe, Compagnonsplein 1, Drachten, 0031-512 588 888
Dressing rooms	VV Drachten, G. Boelensstraat 131, Drachten

### Day information

Breakfast	7.30 - 9.00
Dinner	19.00 - 20.30
Distance from Pagedal to Drachten	59 min - 90 km



**08.04.2020 Drachten - Drachten**



**Stage 1: Drachten - Drachten**  
**Wednesday 8 April 2020**  
**132.3 km**



**Healthy Ageing**  
**TOUR**



**Start 12.00, G. Boelensstraat, Drachten**

**Finish 15.22, G. Boelensstraat, Drachten**



# STAGE 1: April 8

## Drachten - Drachten

Total Distance	Time at average of 40 km/h	Total Distance	Time at average of 40 km/h	Residence / Street	Direction
1st LAP		2nd LAP			
0,0	12:00			Smallingerland, DRACHTEN, G Boelenslaan at house number 31, neutralized	DEPART
0,1	12:00			roundabout 2/4 G Boelensstraat - Burg Wuitenweg - Berglaan	straight on
0,4	12:00			roundabout 2/4 Berglaan - De Drift	straight on
0,9	12:01			roundabout 3/4 Berglaan - Splitting - Zuiderdwarsvaart	left
1,3	12:02			roundabout 2/4 Zuiderdwarsvaart - Raai - Zuidkade - Noorderdwarsvaart	straight on
1,5	12:02			Noorderdwarsvaart - Middelyk - Houtlaan, CAUTION NARROW	straight on
1,9	12:03			Noorderdwarsvaart - Langewyk - Wielewalen, CAUTION MIDDLE	straight on
2,2	12:03			Noorderdwarsvaart - Schwartzenberghlaan - De Knobben, CAUTION MIDDLE	right
2,7	12:04			end of built-up area Drachten	
2,8	12:04			De Knobben - viaduct N31 (hoogte 3,4m)	straight on
2,9	12:04			De Knobben - Noorderend (end of road)	right
3,0	12:04			Noorderend - Noorderend - De Knobben, end of neutralization	straight on
0,0	12:04			Noorderend - Noorderend - De Knobben	START
2,6	12:08			De Knobben - Alde Laweijswijk - De Faert, P Drachstercompagnie 1	left
4,1	12:10	71,2	13:56	DRACHTSTERCOMPAGNIE	
4,2	12:10	71,3	13:56	De Faert - Tsjerkebuorren (end of road), P Drachten 5	left
4,6	12:11	71,7	13:57	Tsjerkebuorren - Fallaetswei - Smidswai (end of road), P Houtingehage 3	right
5,0	12:11	72,1	13:57	end of built-up area Drachtstercompagnie	
5,6	12:12	72,7	13:58	Smidswai - Folgersterloane (end of road), P Houtingehage 2	right
		72,8	13:58	Folgersloane, feeding zone	
6,4	12:14	73,5	14:00	Folgersterloane - Klamersreed, end of feeding zone	straight on
6,7	12:14	73,8	14:00	Folgersterloane - Luchtenveld, P Houtingehage 1	left
7,3	12:15	74,4	14:01	Luchtenveld - Skoallegyk	keep right
7,4	12:15	74,5	14:01	HOUTINGEHAGE	
7,7	12:16	74,8	14:02	Buurren - Ds Visscherwei, paaltjes, P Drachten 9	left
8,4	12:17	75,5	14:03	end of built-up area Houtingehage	
10,1	12:19	77,2	14:05	Houtigehaechsterwei - Foudenswei	straight on
10,2	12:20	77,3	14:06	priority crossing Houtigehaechsterwei - Litswei N369 (end of road), CAUTION MIDDLE, P Rottevalle 1	right
10,4	12:20	77,5	14:06	Litswei - Heidbuorren, CAUTION MIDDLE, P Rottevalle 1	left
10,5	12:20	77,6	14:06	ROTTEVALLE	
10,6	12:20	77,7	14:06	Buurren	
10,9	12:21	78,0	14:07	Buurren - Nije Buorren	keep right
11,3	12:21	78,4	14:07	Buurren - Kompagnonswei - Haven (end of road), P Drachten	right
11,4	12:22	78,5	14:07	Haven - Efterwei, P Drachten	left
11,7	12:22	78,8	14:08	Efterwei - Efterwei, P Drachten 3 (red)	right
11,7	12:22	78,8	14:08	end of built-up area Rottevalle	
12,3	12:23	79,4	14:09	Rydwei	
13,3	12:25	80,4	14:10	Rydwei - Leidijk (before viaduct)	right
15,0	12:27	82,1	14:13	lendrachtssingel	
15,0	12:27	82,1	14:13	lendrachtssingel viaduct N31	
15,5	12:28	82,6	14:14	OPEINDE	
15,8	12:28	82,9	14:14	lendrachtssingel - Kommissjewei over fixed bridge and immediately	right
15,8	12:28	82,9	14:14	Kommissjewei - Leyensloane P De Tike 3	right

15,9	12:29	83,0	14:15	Leyensloane na house number 8 CAUTION NARROW	
16,0	12:29	83,1	14:15	end of built-up area Opeinde	
16,6	12:30	83,7	14:16	Leyensloane viaduct N31	
16,7	12:30	83,8	14:16	Leyensloane - Suderleijen	keep left
18,1	12:32	85,2	14:18	Peinderwei	
18,3	12:32	85,4	14:18	DE TIKE	
19,2	12:34	86,3	14:20	end of built-up area De Tike	
19,3	12:34	86,4	14:20	Mr De Jongwei - Doktersheide - Susterwei (end of road)	left
20,5	12:36	87,6	14:22	Viaduct Susterwei - N356 - Polderdyk	
20,6	12:36	87,7	14:22	Polderdyk - Parrallel N356, P Nijega 2	left
21,8	12:38	88,9	14:24	Parrallel N356 viaduct N31	
22,0	12:38	89,1	14:24	Parrallel N356 - Kommisjeweï (end of road), P Nijega -	right
22,2	12:39	89,3	14:25	NIJEGA	
22,3	12:39	89,4	14:25	Kommisjeweï - Kommisjeweï - Swarteweï, next to water	right
22,5	12:39	89,6	14:25	end of built-up area Nijega	
24,3	12:42	91,4	14:28	Swarteweï -Gariperwei (end of road), P Oudega 1	left
25,1	12:43	92,2	14:29	OUDEGA	
25,6	12:44	92,7	14:30	Gariperwei - Buorren - Sanbuorren (end of road), P Nijega 3	left
26,2	12:45	93,3	14:31	Sanbuorren - Achterwei - Mounehoek - Aldegaesterdyk	keep right
26,3	12:45	93,4	14:31	end of built-up area Oudega	
27,6	12:47	94,7	14:33	Aldegaesterdyk - Kilometerwei - Hegeweï, P Opeinde 2	rechts af
27,6	12:47	94,7	14:33	MIDDELBUORREN (white)	
29,4	12:50	96,5	14:36	OPEINDE	
29,5	12:50	96,6	14:36	Hegeweï bridge over Juffersgat	
29,9	12:51	97,0	14:37	end of built-up area Opeinde	
29,9	12:51	97,0	14:37	Hegeweï - Dr Siebingasingel	keep right
30,3	12:51	97,4	14:37	Kletten	
31,1	12:53	98,2	14:39	DRACHTEN	
31,6	12:53	98,7	14:39	priority crossing Kletten -De Roef - De Bolder	left
31,7	12:54	98,8	14:40	roundabout 1/3 De Bolder - Noorderhogeweg, P De Haven (white), rijbaan geleiders	right
32,7	12:55	99,8	14:41	roundabout 2/3 Noorderhogeweg - Loswal - Noorderhogeweg, P De Haven (white)	straight on
32,9	12:55	100,0	14:41	traffic lights Noorderhogeweg - De Lange West	straight on
33,0	12:56	100,1	14:42	roundabout 1/3 Noorderhogeweg - Tussendiepen - Zuiderhogeweg	straight on
33,5	12:56	100,5	14:42	traffic lights Zuiderhogeweg - Lauwers - G Boelensstraat (Before BP gas station)	right
33,9	12:57	101,2	14:43	roundabout 1/3 Lauwers - Eems	straight on
35,0	12:59	102,1	14:45	roundabout 1/3 Lauwers - Postlaan, P De Wilgen 2	right
36,2	13:01	103,7	14:47	Biskopswei	
37,2	13:02	104,3	14:48	DE WILGEN	
41,8	13:10	109,8	14:57	end of built-up area De Wilgen	
42,8	13:11	110,0	14:57	DE VEENHOOP	
43,0	13:11	110,1	14:57	Kreanlanswei, bridge	
43,2	13:12	111,2	14:59	end of built-up area De Veenhoop	
45,0	13:15	112,1	15:01	Gemeente Opsterland	
46,2	13:16	114,0	15:04	Geawei - D Nieuwenhuisweg (end of road)	right
47,0	13:18	116,4	15:07	D Nieuwenhuisweg - De Ripen (1st road)	left
51,1	13:24	119,0	15:11	Legeweï - Swynswei (end of road)	left
53,5	13:28	120,8	15:14	Swynswei - D Nieuwenhuisweg, P Drachten 9 (before monument)	right
53,8	13:28	121,7	15:16	Tolhekbuilt	
54,7	13:30	122,3	15:17	Tolhekbuilt - Dykfinne	left
55,3	13:31	122,3	15:17	Gemeente Smallingerland	
56,2	13:32	123,4	15:18	Dykfinne - Westerbuorren (end of road)	right
56,9	13:33	124,0	15:19	Westerbuorren - Ds Van Apeldoornwei - Easterbuorren	straight on

57,6	13:34	124,7	15:20	KORTEHEMMEN / end of built-up area Boornebergum	
57,7	13:35	124,9	15:21	Galhoeke	
57,9	13:35			Galhoeke - Galhoeke - Sanbuorren (end of road)	right
58,6	13:36			EB Kortehebben	
58,9	13:37			Galhoeke viaduct A7, Himsterfinne	
59,8	13:38			Himsterfinnen - Boerestreek	keep left
60,3	13:39			Suderskarren	
60,9	13:40			Suderskarren - Het Zuid (end of road)	left
62,2	13:42			Het Zuid - Suderheide, P Ureterp 4	right
63,2	13:43			Gemeente Opsterland, Selmien West	
64,9	13:46			Selmien West - Oper Haudmare - Bohrlaan, P "Doorgaand verkeer"	left
65,4	13:47			Bohrlaan - Curielaan (end of road)	right
66,2	13:48			Curielaan - Hegebrechsterlaan (end of road)	left
67,0	13:49			Hegebrechsterlaan - De Feart CAUTION MIDDLE	right
67,9	13:51			De feart - Verbindingsweg, P Drachtstercompagnie 3	left
69,2	13:53			Gemeente Smallingerland, Verbindingsweg, viaduct A7	
69,7	13:54			Verbindingsweg - Alde Laweisyk - De Knobben	straight on
		125,0	15:21	Galhoeke - Sanbuorren - Galhoeke (end of road)	left
		126,1	15:23	end of built-up area Kortehebben, Skeanewei	
		127,3	15:25	De Heide	
		127,9	15:25	De Heide - Biskopswei (end of road)	right
		128,8	15:27	DRACHTEN	
		129,6	15:28	roundabout 2/3 Postlaan - Lauwers, P Centrum (white)	left
		130,7	15:30	roundabout 2/3 Lauwers - Eems	straight on
		131,0	15:30	Lauwers - Hunze, CAUTION MIDDLE	straight on
		131,2	15:31	traffic lights Lauwers - Zuiderhogeweg - G Boelensstraat, CAUTION MIDDLE, P Centrum (white)	straight on
		131,7	15:31	G Boelensstraat deviation teamleaders, parking vv Drachten	
		132,3	15:32	G Boelensstraat - Reldingweg, 2nd finish passage, sprints	FINISH

# Stage 2 - April 9

## ITT Zoutkamp

Start	13.15 start first rider
Distance	15.3
Signing	15 minutes before start of each rider
Honouring	16.00

### Permanence information

Permanence organization	
Permanence press	Visserijmuseum, Reitdiepskade 11, Zoutkamp
Permanence open at	7.00
Results	16.00
Anti dopage	Zeester, Beatrixstraat 21a, Zoutkamp
Hospital	Martiniziekenhuis, Van Swietenplein 1, Groningen, 0031 505 245 245
	UMCGroningen, Hanzeplein 1, Groningen, 0031 503 616 161
Dressing rooms	Zeester, Beatrixstraat 21a, Zoutkamp
Parking	Parking Ice skate club, Panserweg 4, Zoutkamp

### Day information

Breakfast	7.30 - 9.00
Dinner	19.00 - 20.30
Distance from Pagedal to Zoutkamp	1h07' - 84 km



**09.04.2020 Zoutkamp**



**Zoutkamp - Zoutkamp**  
**Thursday 9 April 2020**  
**15.3 km**



**Healthy  
Ageing  
TOUR**



## Stage 2 - April 9 ITT Zoutkamp

Total Distance	Time at average of 42 km/h	Residence / Street	Direction
0,0	13:15	Prov. Groningen, gemeente Hogeland	
0,0	13:15	ZOUTKAMP, Reitdiepskade at Visserijmuseum	Start
0,0	13:15	Reitdiepskade - Havenstraat	right
0,8	13:16	end of built-up area Zoutkamp	
0,9	13:16	Zoutkamperweg	
1,5	13:17	Zoutkamperweg - Zoutkamperweg	keep right
2,6	13:18	HOUWERZIJL	
3,1	13:19	Hoofdstraat - Zwarteweg	right
3,3	13:19	end of built-up area Houwerzijl	
3,8	13:20	Ewer	
3,9	13:20	Ewer - Electraweg	straight on
4,6	13:21	Ewer - Ewer	keep right
4,8	13:21	Ewer - Hoofdweg	keep left
5,4	13:22	Hoofdweg - Vlakkeriet	left
5,4	13:22	Vlakkeriet - Kattenburgerweg	right
7,1	13:25	Kattenburgerweg - Douwen	left
7,5	13:25	Douwen - Trekweg	keep left
9,4	13:28	Trekweg - Leenstertillen (end of road)	left
10,6	13:30	Leenstertillen - Vlakkeriet (end of road)	right
12,3	13:32	Vlakkeriet - Hoofdstraat (end of road)	left
13,0	13:33	NIEKERK	
13,3	13:34	end of built-up area Niekerk, Zoutkamperweg	
14,1	13:35	Zoutkamperweg - Zoutkamperweg (end of road)	right
14,8	13:36	ZOUTKAMP, Churchillweg	
15,3	13:36	Churchillweg - Julianastraat, deviation teamleaders	straight on
15,3	13:36	Churchillweg at house number 31	FINISH

# Stage 3 - April 10

## Groningen - Ten Boer

Start	13.00
Distance	131.0 km
Signing	12.00 - 12.45
Honouring	16.30

### Permanence information START

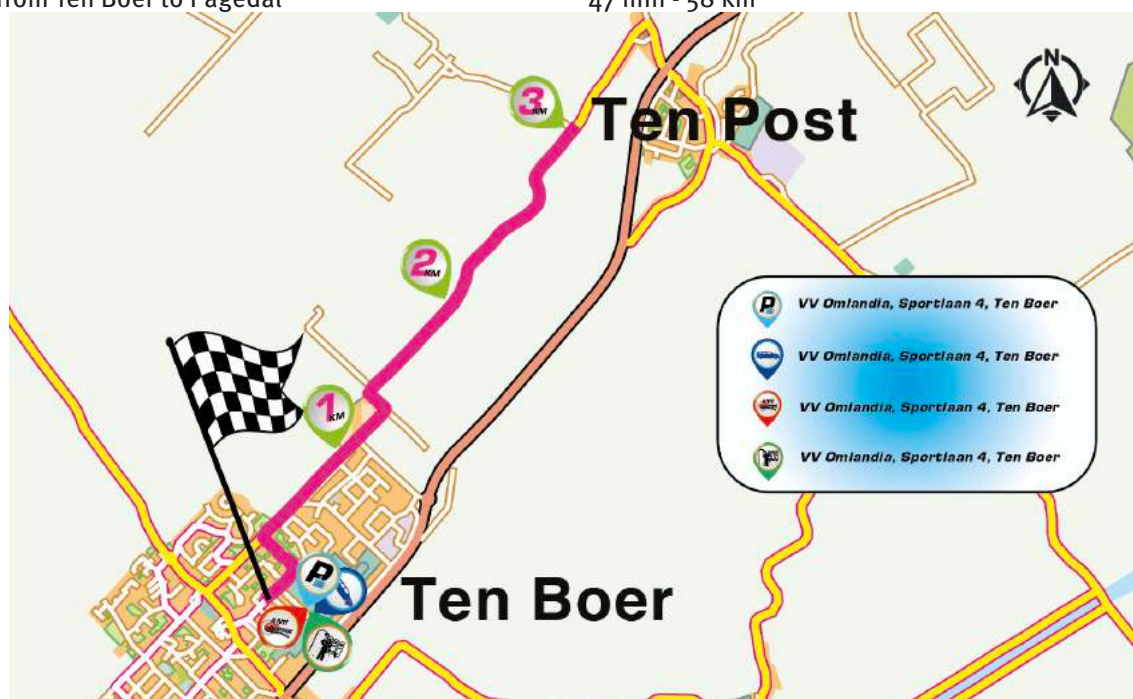
Permanence	Laan Corpus Den Hoorn 98-102, Groningen
Permanence open at	7.00
Meeting of the commissaires' panel	11.30
Dressing rooms	Laan Corpus Den Hoorn 98-102, Groningen
Parking	Parking VV Stadspark, Concourslaan, Groningen

### Permanence information FINISH

Permanence	VV Omlandia, Sportlaan 4, Ten Boer
Permanence open at	8.00
Results	16.30
Anti dopage	VV Omlandia, Sportlaan 4, Ten Boer
Hospital	Martiniziekenhuis, Van Swietenplein 1, Groningen, 0031 505 245 245 UMCGroningen, Hanzeplein 1, Groningen, 0031 503 616 161
Dressing rooms	VV Omlandia, Sportlaan 4, Ten Boer
Parking	VV Omlandia, Sportlaan 4, Ten Boer

### Day information

Breakfast	7.30 - 9.00
Dinner	19.00 - 20.30
Distance from Pagedal to Groningen	43 min - 49 km
Distance from Ten Boer to Pagedal	47 min - 58 km



10.04.2020 Groningen - Ten Boer



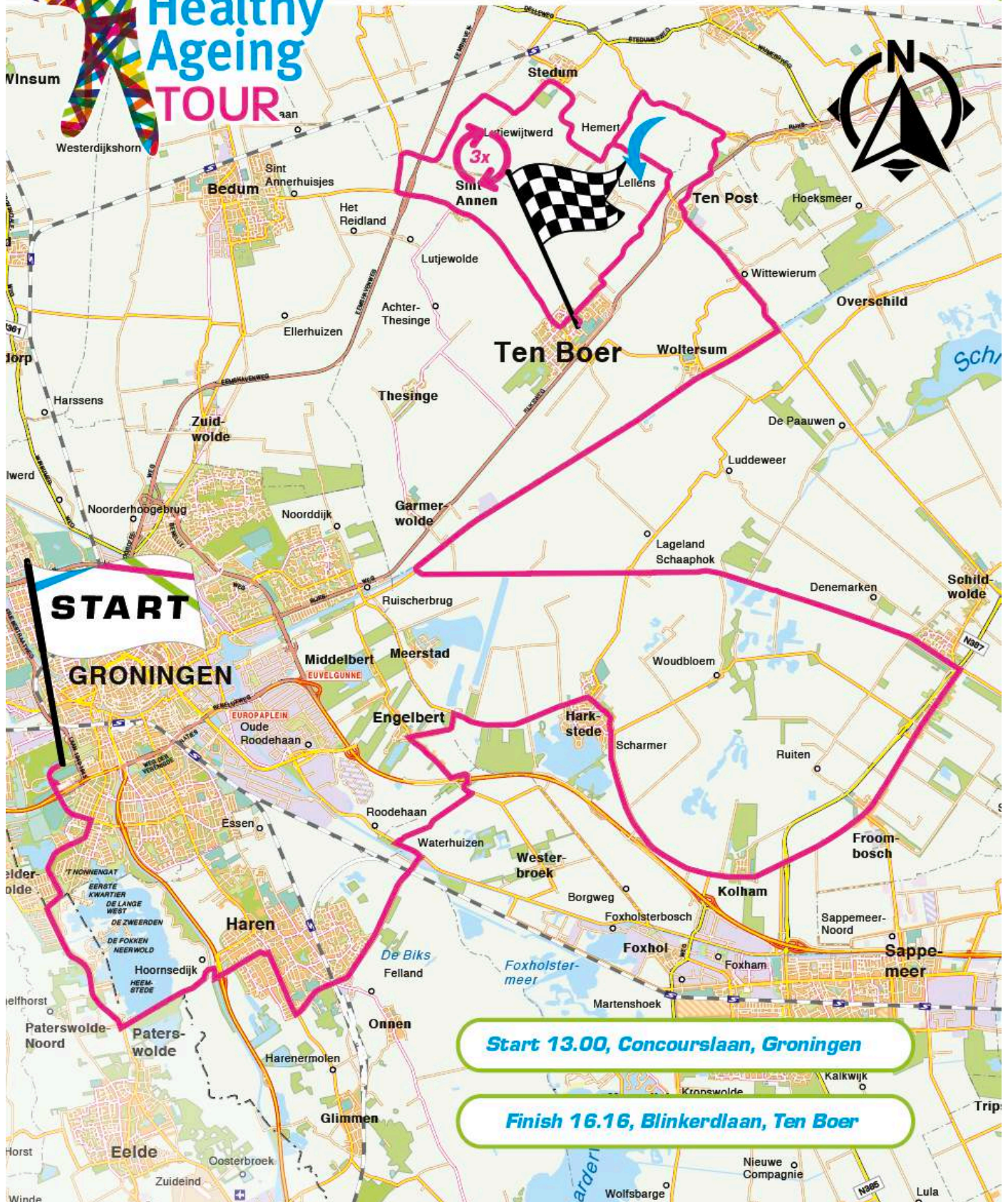
# Stage Groningen - Ten Boer

Friday 10 April

131.0 km



Healthy  
Ageing  
TOUR





# Stage 3 - April 10

## Groningen - Ten Boer

Distance	Time at 40 km/h	Distance	Time at 40 km/h	Distance	Time at 40 km/h	Distance	Time at 40 km/h	Distance	Time at 40 km/h	Description	Direction
1st lap		2nd lap		3rd lap		4th lap		5th lap			
0,0	13:00									Prov. Groningen, Gem. Groningen, GRONINGEN	
0,0	13:00									Concourslaan between entries parking, neutralized	DEPART
0,6	13:00									Concourslaan - M Houwelaan	right
0,7	13:00									M. Houwelaan - JE Scholtenlaan	left
0,8	13:01									Roundabout JE Scholtenlaan - entry and exit A7	straight on
0,9	13:01									Roundabout JE Sccholtenlaan - entry and exit A7 - Laan Corpus den Hoorn	straight on
1,4	13:02									Roundabout Laan Corpus den Hoorn - Boerhaavelaan - Van Swietenlaan	straight on
2,0	13:02									traffic lights Laan Corpes Den Hoorn - Paterswoldseweg	right
2,0	13:03									traffic lights Paterswoldseweg - Van Swietenlaan	right
2,4	13:03									roundabout 2/4 Paterswolde-seweg - Van Swietenlaan - CG Wichmanstraat	straight on
3,3	13:05									Paterswoldseweg crossing bike path, CAUTION MIDDLE	
3,7	13:05									Paterswoldseweg - Uitrit Hoornse Plas, CAUTION MIDDLE	straight on
4,0	13:06									end of built-up area Groningen, EELDERWOLDE	
4,0	13:06									prov Drenthe, gem. Tynaarlo	
4,0	13:06									roundabout 2/3 Paterswoldseweg - Borchsingel - Groningerweg	left
4,2	13:06									Groningerweg end of neutralization at house number 114	
0,0	13:07									Groningerweg at house number 114	START
0,5	13:00									end of built-up area Eelderwolde	
2,1	13:03									EELDE PATERSWOLDE	
2,6	13:03									roundabout 2/3 Groningerweg - Hoofdweg - Meerweg	left
2,7	13:04									Prov. Groningen, Gem. Groningen, Haren	
4,4	13:06									end of built-up area Haren	
4,7	13:07									Meerweg movable bridge Noord Willemskanaal	
5,0	13:07									roundabout 3/5 Meerweg - Exit A28 - Meerweg	left
5,1	13:07									Meerweg viaduct A28	
5,2	13:07									roundabout 2/4 Meerweg - Exit A28 - Vondellaan - Emmalaan	straight on
5,3	13:07									HAREN, uitrit Postilon hotel, CAUTION MIDDLE	
5,5	13:08									Emmalaan - Nesciolaan, CAUTION MIDDLE	keep right
6,2	13:09									roundabout 1/3 Emmalaan - Rijksstraatweg	right

6,8	13:10									traffic lights Rijksstraatweg - Ruitersteeg - Hertenlaan	straight on
7,5	13:11									Rijksstraatweg - Holsteinlaan - Dr EH Ebelsweg N86o, CAUTION MIDDLE, P Felland (iwt)	left
7,9	13:11									roundabout 2/4 Dr EH Ebelsweg - De Harenerhof - Nieuwlandsweg	straight on
8,5	13:12									EH Ebelsweg railroad viaduct	
8,8	13:13									roundabout 2/3 EH Ebelsweg - Felland Noord	straight on
9,0	13:13									end of built-up area Haren	
11,2	13:16									Gem Midden Groningen	
11,2	13:16									EH Ebelsweg, railroad crossing - Waterhuizen	
11,4	13:17									Waterhuizen, movable bridge Winschoterdiep	
11,5	13:17									roundabout 2/3 Waterhuizen - Rijksweg West - Winschoterweg, P Groningen 7	left
11,9	13:17									Winschoterweg, CAUTION MIDDLE	
12,1	13:18									Winschoterweg - Woortmansdijk, CAUTION MIDDLE	right
13,9	13:20									Driesprong Woortmansdijk - Oudeweg/Engelberterweg, P Engelbert	left
14,3	13:21									Engelberterweg viaduct A7	
14,4	13:21									Gem. Groningen	
14,8	13:22									ENGELBERT, CAUTION NARROW	
15,2	13:22									Engelberterweg, CAUTION NARROW	
15,6	13:23									Engelberterweg, CAUTION NARROW	
15,8	13:23									Engelberterweg - Woldjerspoorweg, P Harkstede 3	right
15,9	13:23									Woldjerspoorweg, CAUTION NARROW	
16,3	13:24									end of built-up area Engelbert, CAUTION NARROW	
17,0	13:25									Woldjerspoorweg - priority crossing Hoofdweg (end of road), P Harkstede 2	right
17,1	13:25									Hoofdweg, CAUTION MIDDLE	
17,8	13:26									HARKSTEDE	
18,2	13:27									Gem. Midden Groningen	
19,7	13:29									Hoofdweg - Hamweg	keep right
19,7	13:29									Hoofdweg - Donkerslaan, CAUTION MIDDLE	straight on
20,3	13:30									SCHARMER	
21,2	13:31									end of built-up area Scharmer	
23,6	13:35									KOLHAM	
25,7	13:38									Hoofdweg viaduct N387 Provincialeweg, CAUTION MIDDLE	straight on
26,4	13:39									FROOMBOSCH	
28,4	13:42									SLOCHTEREN	
30,9	13:46									Hoofdweg - Noordbroeksterweg - Hoofdweg, P Schildwolde 2 (end of road)	left
31,1	13:46									Hoofdweg - Slochterdiep, P Schaaphok 5	keep left
32,2	13:48									end of built-up area Slochteren, CAUTION NARROW	

35,3	13:52									Slochterdiep fixed bridge Duurswold, dangerous bike path separation	
35,7	13:53									Slochterdiep, CAUTION NARROW, dangerous bike path separation	
36,1	13:54									Slochterdiep, CAUTION NARROW	
37,6	13:56									LAGELAND, 2 x CAUTION NAR- ROW	
37,9	13:56									end of built-up area Lageland, CAUTION NARROW	
38,0	13:57									Gem Groningen	
41,8	14:02									Slochterdiep - Borgsloot - Eemskanaal ZZ (end of road), P 12 Overschild	right
45,7	14:08									Gem. Midden Groningen	
50,2	14:15									Eemskanaal ZZ - priority crossing Meenteweg N865 (at stop sign)	left
50,3	14:15									Meenteweg movable bridge Eemskanaal	
50,4	14:15									Woltjerweg	
51,3	14:16									WITTEWIERUM (white)	
52,9	14:19									TEN POST, CAUTION NARROW	
53,1	14:19									B Kuiperweg movable bridge	
53,2	14:19									B Kuiperweg - Rijksweg (end of road), P Delfzijl	right
53,6	14:20									end of built-up area Ten Post	
54,4	14:21									Rijksweg viaduct Rijksweg N360	
54,8	14:22									WINNEWEER	
55,2	14:22									Rijksweg - Delleweg	left
55,3	14:22									end of built-up area Winneweer	
55,6	14:23									Gemeente Loppersum	
57,1	14:25									Delleweg - Groot Hemerterweg, P Lellens 3	
58,3	14:27									Gemeente Groningen, end of road Groot Hemerterweg - He- merterweg	left
59,6	14:29									TEN POST	
59,8	14:29									Eestumerweg - Stadsweg, P Lellens 1	right
60,1	14:31	77,0	14:56	93,9	15:21	110,8	15:47	127,7	16:12	end of built-up area Ten Post	
60,4	14:31	77,3	14:56	94,2	15:22	111,1	15:47	128,0	16:13	Stadsweg - Borgweg	straight on
62,0	14:34	78,9	14:59	95,8	15:24	112,7	15:50	129,6	16:15	Stadsweg movable bridge Wes- terwijdwerdermaar	
62,0	14:34	78,9	14:59	95,8	15:24	112,7	15:50	129,6	16:15	Stadsweg - Wolddijk (end of road)	left
62,1	14:34	79,0	14:59	95,9	15:24	112,8	15:50	129,7	16:15	Stadsweg - Wolddijk (before sign dead end)	right
62,3	14:34	79,2	14:59	96,1	15:25	113,0	15:50	129,9	16:15	TEN BOER	
63,4	14:36	80,3	15:01	97,2	15:26	114,1	15:52			Stadsweg - Gaykingastraat - Boersterweg (end of road), P St Annen 3	right
63,4	14:36	80,3	15:01	97,2	15:26	114,1	15:52			Boersterweg - Stadsweg	straight on
63,6	14:36	80,5	15:01	97,4	15:27	114,3	15:52			roundabout 2/4 Boersterweg N993 - Emmerwolderweg - Roer- dompstraat	straight on
63,7	14:36	80,6	15:01	97,5	15:27	114,4	15:52			end of built-up area Ten Boer	
64,0	14:37	80,9	15:02	97,8	15:27	114,7	15:53			Boersterweg - Boersterveld, CAUTION MIDDLE	straight on
66,2	14:40	81,0	15:02							Boersterweg, feeding zone	
66,6	14:40	82,0	15:04							Boersterweg, end of feeding zone	
68,4	14:43	84,4	15:07	101,3	15:32	118,2	15:58			Gem Het Hogeland	

68,8	14:44	84,6	15:07	101,5	15:33	118,4	15:58			St Annerweg - Stedumerweg, P Stedum 5 (red), CAUTION MIDDLE	right
68,8	14:44	85,3	15:08	102,2	15:34	119,1	15:59			Stedumerweg - Halteweg - Stedumerweg, P Stedum 4 (end of road)	right
69,1	14:44	85,7	15:09	102,6	15:34	119,5	16:00			Gem Groningen	
69,3	14:44	85,7	15:09	102,6	15:34	119,5	16:00			Wolddijk viaduct N46 Eemshavenweg	
70,7	14:47	86,0	15:10	102,9	15:35	119,8	16:00			Gem Loppersum	
71,4	14:48	86,2	15:10	103,1	15:35	120,0	16:01			Wolddijk fixed bridge Westervijtwerdermaar - Crangeweesterweg	
72,2	14:49	87,6	15:12	104,5	15:37	121,4	16:03			Crangeweesterweg before sign bike path - Bedumerweg	keep right
72,4	14:49	88,3	15:13	105,2	15:38	122,1	16:04			crossroad Bedumerweg - D Triezenbergstraat	left
72,5	14:49	89,1	15:14	106,0	15:40	122,9	16:05			STEDUM	
72,6	14:49	89,3	15:14	106,2	15:40	123,1	16:05			D Triezenbergstraat - Bedumerweg, P Loppersum	keep right
74,8	14:53	89,7	15:15	106,6	15:40	123,5	16:06			end of built-up area Stedum	
74,8	14:53	91,5	15:18	108,4	15:43	125,3	16:08			Gem Groningen	
76,4	14:55	91,7	15:18	108,6	15:43	125,5	16:09			Lellensterweg - Borgweg - Hemerterweg, P Ten Post 2	left
76,7	14:56	93,3	15:20	110,2	15:46	127,1	16:11			Stadsweg (after corner to the right)	
		93,5	15:21	110,4	15:46	127,3	16:11			TEN POST, CAUTION NARROW	
		93,6	15:21	110,5	15:46	127,4	16:12			Stadsweg - Eestumerweg - Stadsweg, P Lellens 1 DEVIATION TEAM CARS	right
								130,6	16:16	Stadsweg - Fivelstraat	left
								130,8	16:17	Fivelstraat - Blinkerdlaan (end of road)	right
								131,0	16:17	Blinkerdlaan at house number 25	FINISH

# Stage 4 - April 11

## Loppersum - Delfzijl - Appingedam

Start	13.00
Distance	148.8 km
Signing	12.00 - 12.45
Honouring	16.45

### Permanence information START

Permanence	
Permanence open at	7.00
Meeting of the commissaires' panel	8.00 (permanence <b>Appingedam</b> )
Dressing rooms	
Parking	Parking Raadhuisstraat, Loppersum

### Permanence information FINISH

Permanence	De Franse School, Wijkstraat 30, Appingedam
Permanence open at	8.00
Results	16.45
Anti dopage	De Franse School, Wijkstraat 30, Appingedam
Hospital	Martiniziekenhuis, Van Swietenplein 1, Groningen, 0031 505 245 245 UMCGroningen, Hanzeplein 1, Groningen, 0031 503 616 161 Ommelander Ziekenhuis Groningen, Pastorieweg 1, Scheemda, 0031 880 661 000
Dressing rooms	Sporthal Eelwerd, Opwierderweg 65, Appingedam
Parking	Sporthal Eelwerd, Opwierderweg 65, Appingedam

### Day information

Breakfast	7.30 - 9.00
Dinner	19.00 - 20.30
Distance from Pagedal to Loppersum	49 min - 58 km
Distance from Appingedam to Pagedal	41 min - 47 km



11.04.2020 Loppersum - Delfzijl - Appingedam



# Loppersum - Delfzijl - Appingedam

## Stage 4 - Saturday 11 April 2020

148.8 km



Healthy  
Ageing  
TOUR



# Stage 4 - April 11

## Loppersum - Delfzijl - Appingedam

Total Distance	Time at 40 km/h	Total Distance	Time at 40 km/h	Total Distance	Time at 40 km/h	Residence / street	Direction
1st lap		2nd lap		3rd lap			
0,0	13:00					LOPPERSUM, Molenweg at gemeentehuis, neutralized	DEPART
0,5	13:00	48,8	14:14	98,3	15:28	Molenweg - Duursumerweg - Molenweg (end of road)	left
0,6	13:00	48,9	14:14	98,4	15:28	Molenweg - Wijmersweg - Stedumerweg N996 (end of road), P Stedum 3	right
0,8	13:01					end of built-up area Loppersum, end of neutralization	
0,0	13:01	49,1	14:14	98,6	15:28	end of built-up area Loppersum	START
2,0	13:04	51,5	14:18	101,0	15:32	Delleweg railroad crossing	
2,8	13:05	52,3	14:19	101,8	15:33	Delleweg - Weersterweg - Bredeweg, P Westeremden 2, CAUTION MIDDLE	right
4,0	13:07	53,5	14:21	103,0	15:35	WESTEREMDEN, CAUTION NARROW	
4,3	13:07	53,8	14:21	103,3	15:35	Bredeweg - Kleine Weg	keep right
4,5	13:07	54,0	14:22	103,5	15:36	Bredeweg - Wierdeweg, P Garsthuizen 2	keep right
4,7	13:08	54,2	14:22	103,7	15:36	Bredeweg - Pastorieweg - Molenweg, P Garsthuizen 2	keep right
5,0	13:08	54,5	14:22	104,0	15:37	end of built-up area Westeremden	
5,1	13:08	54,6	14:22	104,1	15:37	Molenweg - Fiveldijk - Zeerijperweg (end of road), P Zeerijp 3	right
5,5	13:09	55,0	14:23	104,5	15:37	Westeremdenweg	
6,4	13:10	55,9	14:24	105,4	15:39	Westeremdenweg - Westeremdenweg (end of road)	left
6,7	13:11	56,2	14:25	105,7	15:39	Westeremdenweg - Zeerijperweg, P Zeerijp 2	right
7,0	13:11	56,5	14:25	106,0	15:40	Zeerijperweg - Lopsterweg, P Zeerijp 2	left
8,1	13:13	57,6	14:27	107,1	15:41	ZEE RIJ P, CAUTION NARROW	
8,6	13:13	58,1	14:28	107,6	15:42	Borgweg - Molenweg, P Eenum 2	right
8,7	13:14	58,2	14:28	107,7	15:42	Borgweg - Eenumweg, P Eenum 2	right
8,8	13:14	58,3	14:28	107,8	15:42	end of built-up area Zeerijp	
9,8	13:15	59,3	14:29	108,8	15:44	Eenumweg - Bosweg (end of road), P Eenum 1	left
9,9	13:15	59,4	14:30	108,9	15:44	EENUM	
10,5	13:16	60,0	14:31	109,5	15:45	Pastorieweg - Hogeweg - IJzerbaan - Oosterwijwerderweg, P Leermens 2	left
11,8	13:18	61,3	14:32	110,8	15:47	end of built-up area Eenum, Schoolweg	
12,1	13:19	61,6	14:33	111,1	15:47	Schoolweg - Dieftilweg, P Leermens 1	left
12,8	13:20	62,3	14:34	111,8	15:48	LEERMENS	
13,5	13:21	63,0	14:35	112,5	15:49	Wierdeweg - Tuindersweg (end of road), P Doorgaand verkeer.	left
13,7	13:21	63,2	14:35	112,7	15:50	Tuindersweg - Rondweg - Leermensterweg	right
13,7	13:21	63,2	14:35	112,7	15:50	end of built-up area Leermens	
14,6	13:22	64,1	14:37	113,6	15:51	Leermensterweg - Godlinzerweg - Tolweg (end of road), P 't Zandt 2	left
14,7	13:23	64,2	14:37	113,7	15:51	Tolweg - Schatsborgerweg, P 't Zandt 2	right
15,8	13:24	65,3	14:38	114,8	15:53	Terhornseweg - Hoofdstraat, P 't Zandt	right
15,8	13:24	65,3	14:38	114,8	15:53	t ZANDT	
16,4	13:25	65,9	14:39	115,4	15:54	Hoofdstraat - Molenweg, P Spijk 5	right
16,9	13:26	66,4	14:40	115,9	15:54	end of built-up area 't Zandt	
18,3	13:28	67,8	14:42	117,3	15:56	Gemeente Delfzijl, Godlinze Oudedijk	
19,1	13:29	68,6	14:43	118,1	15:58	Godlinze Oudedijk - Korenhornsterweg, P Godlinze	right
19,7	13:30	69,2	14:44	118,7	15:59	Korenhornsterweg - Korenhornsterweg (dead end)	right
20,2	13:31	69,7	14:45	119,2	15:59	GODLINZE	
20,2	13:31	69,7	14:45	119,2	15:59	Korenhornsterweg - priority crossing Provincialeweg (end of road), CAUTION MIDDLE, P Losdorp 2	left
20,9	13:32	70,4	14:46	119,9	16:00	end of built-up area Godlinze	
21,4	13:33	70,9	14:47	120,4	16:01	Schafferweg	
21,6	13:33	71,1	14:47	120,6	16:01	LOSDORP	

21,8	13:33	71,2	14:47	120,7	16:02	Schafferweg at house number 3 CAUTION NARROW	
21,8	13:33	71,3	14:47	120,8	16:02	Schafferweg - Westendorpweg, P Losdorp 1	left
22,4	13:34	71,9	14:48	121,4	16:03	Westendorpweg - Fraieilemaweg Zuid	keep right
22,6	13:34	72,1	14:49	121,6	16:03	end of built-up area Losdorp	
23,0	13:35	72,5	14:49	122,0	16:04	Hoofdweg Zuid	
23,4	13:36	72,9	14:50	122,4	16:04	Hoofdweg Zuid - Boterweg - Hoofdweg Zuid, P Spijk	right
23,6	13:36	73,1	14:50	122,6	16:04	Hoofdweg Zuid tunnel N33	
23,6	13:36	73,1	14:50	122,6	16:04	SPIJK	
24,0	13:37	73,5	14:51	123,0	16:05	Hoofdweg Zuid - Nesweg, P Bierum 2 ( 2nd road)	right
24,6	13:37	74,1	14:52	123,6	16:06	Nesweg - Nesweg (dead end)	right
24,9	13:38	74,4	14:52	123,9	16:06	end of built-up area Spijk	
25,1	13:38	74,6	14:52	124,1	16:07	Spijksterweg	
25,7	13:39	75,2	14:53	124,7	16:08	BIERUM	
26,3	13:40	75,8	14:54	125,3	16:08	Hereweg - Bredeweg - Hereweg, P Holwierde 3	right
27,0	13:41	76,5	14:55	126,0	16:10	end of built-up area Bierum	
27,9	13:42	77,4	14:57	126,9	16:11	Bierumerweg/Holwiederweg	
28,8	13:44	78,3	14:58	127,8	16:12	Bierumerweg - priority crossing Hogelandsterweg N997, P Delfzijl 6, CAUTION MIDDLE	left
29,5	13:45	79,0	14:59	128,5	16:13	Hogelandsterweg - Uiteinderweg, CAUTION MIDDLE	straight on
30,5	13:46	80,0	15:01	129,5	16:15	Hogelandsterweg - Nansumerweg - Dijkweg, CAUTION MIDDLE, feeding zone	straight on
		81,0	15:02			Hogelandsterweg, end of feeding zone	
32,2	13:49	81,7	15:03	131,2	16:17	DELFIJL	
32,3	13:49	81,8	15:03	131,3	16:17	Hogelandsterweg - Kustweg, CAUTION MIDDLE	straight on
32,8	13:50	82,3	15:04	131,8	16:18	Hogelandsterweg - Eemsweg, CAUTION MIDDLE	straight on
33,3	13:50	82,8	15:05	132,3	16:19	roundabout 2/4 Hogelandsterweg - Europaweg - Waddenweg	straight on
33,7	13:51	83,2	15:05	132,7	16:20	Hogelandsterweg railroad viaduct	
33,7	13:51	83,2	15:05	132,7	16:20	Hogelandsterweg tunnel Parallelweg	
33,8	13:51	83,3	15:05	132,8	16:20	roundabout 1/3 Hogelandsterweg - Damsterlaan	straight on
34,0	13:52	83,5	15:06	133,0	16:20	Hogelandsterweg fietspad oversteek, CAUTION MIDDLE	
34,3	13:52	83,8	15:06	133,3	16:20	roundabout 2/4 Hogelandsterweg - Jachtlaan	straight on
34,9	13:53	84,4	15:07	133,9	16:21	roundabout 1/4 Hogelandsterweg - Zwet, P Appingedam 4	right
35,3	13:53	84,8	15:08	134,3	16:22	Zwet - Zwet, CAUTION MIDDLE at pedestrians crossing	straight on
37,0	13:56	86,5	15:10	136,0	16:25	roundabout 2/4 Zwet - Zeel	straight on
37,8	13:57	87,3	15:11	136,8	16:26	roundabout 1/3 Farmsumerweg - Farmsumerweg	straight on
38,5	13:58	88,0	15:13	137,5	16:27	roundabout 2/3 Farmsumerweg - J Bronsweg	straight on
38,9	13:59	88,4	15:13	137,9	16:27	Farmsumerweg - Wijkstraat, CAUTION MIDDLE, P Centrum (white)	right
38,9	13:59	88,4	15:13	137,9	16:27	Wijkstraat movable bridge	
39,3	13:59	88,8	15:14	138,3	16:28	Wijkstraat 1st finish passage, Sprints	
39,5	14:00	89,0	15:14	138,6	16:28	Wijkstraat movable bridge	
39,5	14:00	89,0	15:14	138,6	16:28	Dijkhuizenweg - Westerkade	straight on
40,8	14:02	90,3	15:16	140,2	16:31	end of built-up area Appingedam	
41,2	14:02	90,7	15:17	140,9	16:32	Stadsweg - Garweersterweg	straight on
41,9	14:03	91,4	15:18	141,2	16:32	Stadsweg - Stadsweg	straight on
42,1	14:04	91,6	15:18	142,0	16:34	Gemeente Loppersum	
42,9	14:05	92,4	15:19	142,4	16:34	Stadsweg - Eekwerderweg - Eekwerdermeedenweg	straight on
43,4	14:06	92,9	15:20	142,7	16:35	WIRDUM	
44,0	14:07	93,5	15:21	143,1	16:35	Stadsweg - Stadsweg, P Garrelswier 1	right
44,0	14:07	93,5	15:21			Stadsweg movable small bridge (2,4 m wide)	
44,1	14:07	93,6	15:21			end of built-up area Wirdum	
44,2	14:07	93,7	15:21			Wirdumerweg - Rijksweg N360	straight on
44,3	14:07	93,8	15:21			WIRDUM, CAUTION NARROW	
44,6	14:07	94,1	15:22			Wirdumerweg - Kerkeweg	keep left
45,3	14:08	94,8	15:23			end of built-up area Wirdum	



47,1	14:11	96,6	15:25			LOPPERSUM	
47,2	14:11	96,7	15:26			Wirdumerweg - Veldzicht (before sign dead end)	left
47,4	14:12	96,9	15:26			Veldzicht - Veldzicht - Cremersheerd	right
47,6	14:12	97,1	15:26			Cremersheerd - Wirdumerweg	left
47,7	14:12	97,2	15:26			Wirdumerweg - Singelweg, P Stedum 4	right
47,8	14:12	97,3	15:26			Singelweg, obstakel at house number 10 en 17	
47,8	14:12	97,3	15:26			Singelweg - Molenweg (end of road), P Stedum 4	left
				143,1	16:35	Stadsweg movable smalle bridge Damsterdiep (2,4 m wide!) and immediately	
				143,2	16:35	Stadsweg - Rijksweg	right
				143,3	16:35	end of built-up area Wirdum	
				144,6	16:37	Gemeente Appingedam, Alberdaweg	
				146,3	16:40	APPINGEDAM	
				146,6	16:40	Alberdaweg - bridge Tjamsweersterweg - Westersingel	straight on
				147,7	16:42	Westersingel - Jukwerderweg - Bolwerk, DEVIATION TEAM CARS	straight on
				148,0	16:43	Bolwerk - C Albertsstraat - Koningstraat	straight on
				148,3	16:43	Koningstraat - Takenslaan - Stationsstraat (no entry sign)	right
				148,6	16:43	St Annastraat - Wijkstraat	right
				148,8	16:44	Wijkstraat 4th finish passage	FINISH

# STAGE 5: April 12

## BORKUM

Start	12.30
Distance	102.5 km
Signing	11.30 - 12.15
Honouring	15.20

### Permanence information

Permanence	Kulturinsel, Goethestraße 25, Borkum
Permanence press and members of the commissaires' panel	Gemeindehaus Arche, Strandstraße 37, Borkum
Permanence open at	8.30 h
Meeting of the commissaires' panel	11.00 h
Results	15.20 h
Anti doping	Kulturinsel, Goethestraße 25, Borkum
Hospital	UMCG, Hanzeplein 1, 9713 GZ Groningen, 0031 503616161

Dressing rooms

Martini Ziekenhuis, Van Swietenplein 1, 0031 505245245  
Kulturinsel, Goethestraße 25, Borkum

### Day information

Breakfast

### Ferry information

Organization Eemshaven - Borkum	7.30
Riders and team leader cars Eemshaven - Borkum	10.15
Riders and team leader cars Borkum - Eemshaven	17.40
Organization Borkum - Eemshaven	20.00

Distance from Pagedal to Eemshaven 56 min - 70 km



**12.04.2020 Borkum - Borkum**



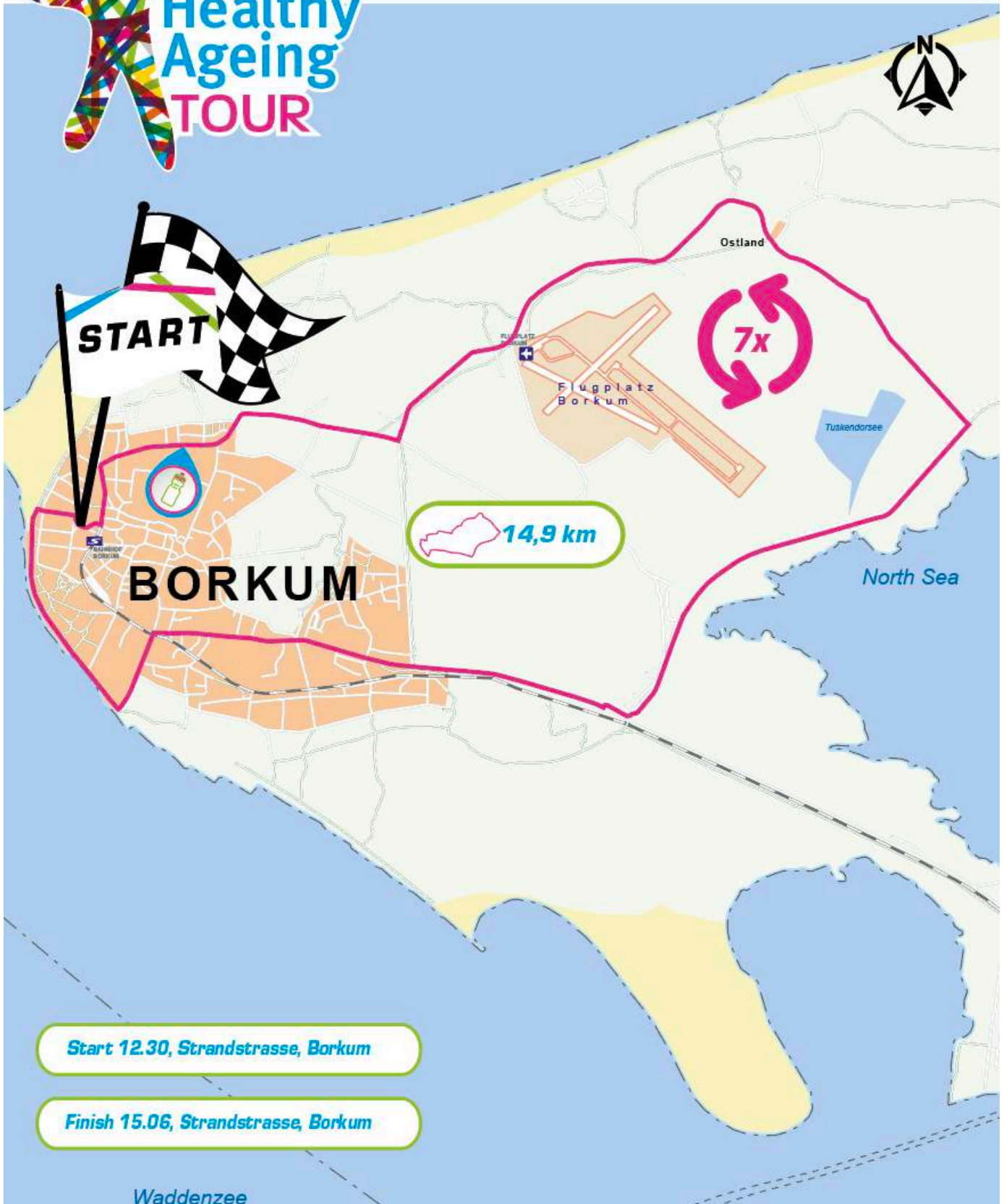
# Borkum

102.5 km

Stage 5 - Sunday 12 April 2020



Healthy  
Ageing  
TOUR



Start 12.30, Strandstrasse, Borkum

Finish 15.06, Strandstrasse, Borkum

# STAGE 5: April 12

## BORKUM

Dis- tance	time at 40 km/h	Dis- tance	time at 40 km/h	Dis- tance	time at 40 km/h	Dis- tance	time at 40 km/h	Dis- tance	time at 40 km/h	Dis- tance	time at 40 km/h	Dis- tance	time at 40 km/h	Description	Directi- on
1st lap		2nd lap		3rd lap		4th lap		5th lap		6th lap		7th lap			
0,0	12:30													Borkum Strandsstrae (neutralization)	Start
0,2	12:30	13,2	12:52	28,2	13:15	42,6	13:36	57,6	13:59	72,6	14:21	87,6	14:44	Strandstraße - J Berg- hausstraße	left
0,5	12:30	13,5	12:53	28,5	13:15	42,9	13:37	57,9	13:59	72,9	14:22	87,9	14:44	J.Berghausstraße - Burg. Kieviet Prome- nade	left
1,6	12:32	14,6	12:54	29,6	13:17	44,0	13:38	59,0	14:01	74,0	14:23	89,0	14:46	Bürgermeister Kiewiet Promenade - Süder- straße	right
2,1	12:33	15,1	12:55	30,1	13:18	44,5	13:39	59,5	14:02	74,5	14:24	89,5	14:47	Süderstraße spoor- wegovergang	straight on
2,1	12:33	15,1	12:55	30,1	13:18	44,5	13:39	59,5	14:02	74,5	14:24	89,5	14:47	Süderstraße - Deichstraße	right
2,2	12:33													Deichstraße (end of neutralization)	
2,8	12:37	17,9	12:59	32,9	13:22	47,3	13:43	62,3	14:06	77,3	14:28	92,3	14:51	Reedestraße - (Müllum- schlagstation)	left
2,9	12:37	18	13:00	33,0	13:22	47,4	13:44	62,4	14:06	77,4	14:29	92,4	14:51	?? (LETOP: Paal!)	left
3,3	12:37	18,4	13:00	33,4	13:23	47,8	13:44	62,8	14:07	77,8	14:29	92,8	14:52	Gabelung - Seedeich	keep right
5,8	12:41	20,9	13:04	35,3	13:25	50,3	13:48	65,3	14:10	80,3	14:33	95,3	14:55	Seedeich - Ostlandje Süddüne	left
7,4	12:44	22,5	13:06	36,9	13:28	51,9	13:50	66,9	14:13	81,9	14:35	96,9	14:58	Ostlandje Süddüne - Ostfriesenstraße	keep left
10,5	12:48	25,6	13:11	40,0	13:32	55,0	13:55	70,0	14:17	85,0	14:40	100,0	15:02	Ostfriesenstraße - Bantjedünen - Barba- raweg	keep right
11,5	12:50	26,6	13:12	41,0	13:34	56,0	13:56	71,0	14:19	86,0	14:41	101,0	15:04	Barbaraweg - Hinden- burgstraße	left
								71,2	14:19					Hindenburgstraße - Richthofenstraße, feeding zone	straight on
								71,8	14:20					Hindenburgstraße - Boeddinghausstraße end of feeding zone	straight on
12,4	12:51	27,5	13:14	41,9	13:35	56,9	13:58	71,9	14:20	86,9	14:43	102,0	15:05	Hindenburgstraße - Engelse Pad	keep left
12,8	12:52	27,9	13:14	42,3	13:36	57,3	13:58	72,3	14:21	87,3	14:43	102,4	15:06	Hindenburgstraße - Strandstraße (rail road)	right
13,0	12:52	27,9	13:14	42,3	13:36	57,3	13:58	72,3	14:21	87,3	14:43	102,5	15:06	Strandstraße finish passage/sprint/ finish	

## SUMMARY OF FEEDING ZONES

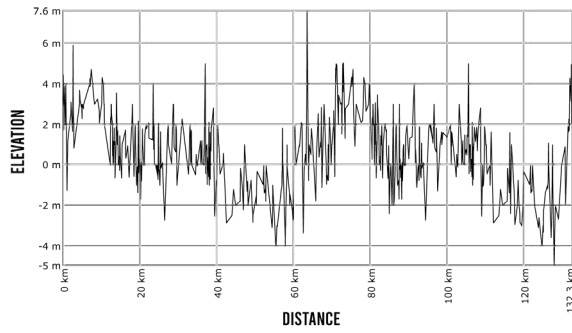
<b>Stage 1</b> Drachten - Drachten	72.8 km Folgerster Loane, Drachtstercompagnie
<b>Stage 2</b> ITT Zoutkamp	No feeding zone
<b>Stage 3</b> Groningen- Ten Boer	81.0 km Boersterweg, Ten Boer
<b>Stage 4</b> Loppersum - Delfzijl - Appingedam	80.0 km Hogelandsterweg, Holwierde
<b>Stage 5</b> Borkum - Borkum	71.2 km Hindenburgstrasse, Borkum

## SUMMARY OF SPRINTS

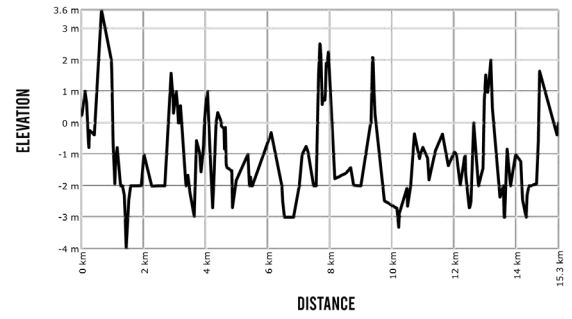
<b>Stage 1</b> Drachten - Drachten	<u>Bonification:</u> 132.3 km (crossing finish line)	<u>Points:</u> 132.3 km (crossing finish line)
<b>Stage 2</b> ITT Zoutkamp	<u>Bonification:</u> No sprints	<u>Points:</u> No sprints
<b>Stage 3</b> Groningen - Ten Boer	<u>Bonification:</u> No sprints	<u>Points:</u> No sprints
<b>Stage 4</b> Loppersum - Delfzijl - Appingedam	<u>Bonification:</u> 39.3 km (1st time crossing finish line)	<u>Points:</u> 88.8 km (2nd time crossing finish line)
<b>Stage 5</b> Borkum - Borkum	<u>Bonification:</u> 27.9 km (2nd time crossing finish line) 57.3 km (4th time crossing finish line)	<u>Points:</u> 42.3 km (4th time crossing finish line) 87.3 km (6th time crossing finish line)

# HEIGHT PROFILES

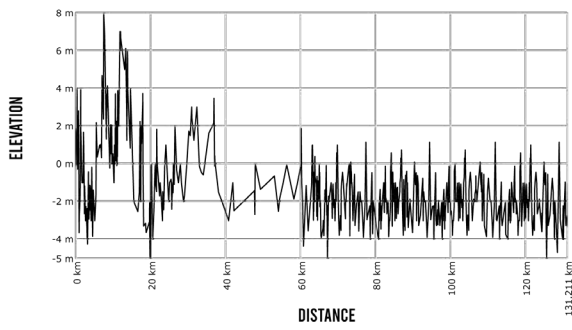
STAGE 1: DRACHTEN - DRACHTEN



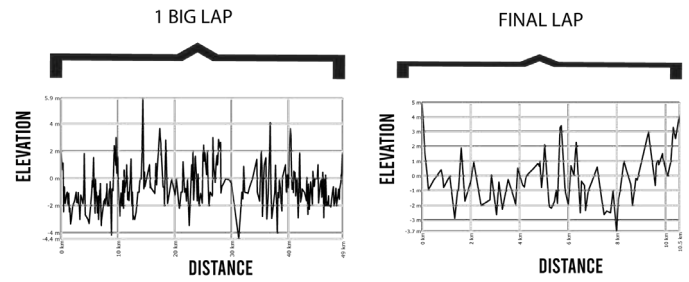
STAGE 2: ITT ZOUTKAMP



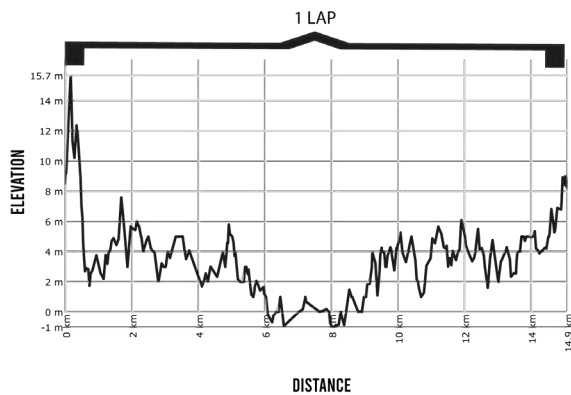
STAGE 3: GRONINGEN - TEN BOER



STAGE 4: LOPPERSUM - DELFZIJL - APPINGEDAM



STAGE 5: BORKUM - BORKUM



# HOSPITALS

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## Stage 1 - Drachten - Drachten

Ziekenhuis Nij Smellinghe, Compagnonsplein 1, 9202 NN Drachten, 0031 51258 8888

## Stage 2 - ITT Zoutkamp

Martiniziekenhuis, Van Swietenplein 1, Groningen, 0031 505 245 245

UMCGroningen, Hanzeplein 1, Groningen, 0031 503 616 161

## Stage 3 - Groningen - Ten Boer

Martiniziekenhuis, Van Swietenplein 1, Groningen, 0031 505 245 245

UMCGroningen, Hanzeplein 1, Groningen, 0031 503 616 161

Ommelander Ziekenhuis Groningen, Pastorieweg 1, Scheemda, 0031 880 661 000

## Stage 4 Loppersum - Delfzijl - Appingedam

Martiniziekenhuis, Van Swietenplein 1, Groningen, 0031 505 245 245

UMCGroningen, Hanzeplein 1, Groningen, 0031 503 616 161

Ommelander Ziekenhuis Groningen, Pastorieweg 1, Scheemda, 0031 880 661 000

## Stage 5 Borkum - Borkum

UMCG, Hanzeplein 1, 9713 GZ Groningen, 0031 50361 6161

Martini Ziekenhuis, Van Swietenplein 1, 9728 NT Groningen, 0031 50524 5245

Ommelander Ziekenhuis Groningen, Pastorieweg 1, Scheemda, 0031 880 661 000

# REGULATIONS

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## Article 1: Organization

The Healthy Ageing Tour 2020 is organized by 'Courage Events', residing in Leek, under the Regulations of the International Cycling Union (UCI) and the National Federation (KNWU). The Healthy Ageing Tour will be held from April 8, 2020 to April 12, 2020.

## Article 2: Type of event

The Healthy Ageing Tour 2020 is open to athletes of the Women Elite category. The Healthy Ageing Tour is listed on the UCI World Women Calendar.

The Healthy Ageing Tour is registered as a class 2.1 event. In conformity with the regulations (2.10.017), points for the UCI Women Elite ranking are awarded as follows:

	<b>Final Classification</b>	<b>Stages and Half Stages</b>
<b>Position</b> 1	125 points	16 points
2	85 points	12 points
3	70 points	8 points
4	60 points	6 points
5	50 points	5 points
6	40 points	4 points
7	35 points	3 points
8	30 points	2 points
9	25 points	
10	20 points	
11	15 points	
12	10 points	
13-15	5 points	<b>Leader Overall Classification</b>
16-25	3 points	3 points per Stage

## Article 3: Participation

As per article 2.1.005 of the UCI regulations, the event is open to the following teams: UCI Women's

World Teams (min 1 max 5), UCI Women's Continental Teams, National Teams, Regional and club teams.

As per article 2.2.003 of the UCI regulations, teams must be formed of minimum 4 and maximum 6 riders.

## Article 4: Race Headquarters

The race headquarters will be open starting Tuesday, April 7 2020 at 15:00 hrs. till 21:00 hrs. and is located at: Het Pagedal, Hoveniersweg 1, 9502 BW Stadskanaal, telephone: 0031 599-611000. The registration of the participants, the verification of the licenses, and the distribution of race numbers, frame numbers, transponders, and other materials and documents will take place at the race headquarters on Tuesday April 7, from 15:00 hrs. to 16:30 hrs.

The information desk in the permanence will be open every day from 8.00-10.00 hrs and 17.00-19.00 hrs.

The **Team managers' meeting**, organized in accordance with article 1.2.087 of the UCI regulations, in the presence of the Members of the Commissaires' Panel, is scheduled for Tuesday April 7 2020, 16:45 hrs. at the race headquarters.

The **meeting of the Members of the Commissaires' Panel**, is scheduled for Tuesday April 7 2020, 17:00 hrs. at the race headquarters.

An overview of the addresses of the other race headquarters for the other Stages is mentioned in our Tour Guide.



### **Article 5: Radio-Tour**

Race information will be broadcast on the following frequency: 155.9375.

### **Article 6: Neutral Technical Support**

The technical support service is handled by Belgian Neutrale Service.

The neutral support is taken care of by means of 3 cars.

### **Article 7: Individual Time Trial**

The starting order for the individual time trial stage 2 shall be the reverse order of the general time classification after stage 1. Nevertheless, the commissaires panel may modify that order to avoid two riders of the same team riding consecutively.

### **Article 8: Finishing Time Limits**

Taking into account the characteristics of each Stage, the finishing time limits have been set as follows: for each Stage 8%. In the individual time trial no time limit will be applied. The time limit may, in exceptional circumstances, be increased by the Commissaires' Panel in agreement with the organizer, according to the article 2.6.032 of the UCI regulations. In the case of a duly noted incident in the last 3 kilometres of a stage, article 2.6.027 of the UCI regulations will apply.

### **Article 9: Classifications – Time compensations**

The following classifications will be applied:

#### **a. Individual Classification by time (Yellow Jersey)**

The classification is established by determining the total time of all the stages for each rider. The achieved bonuses in time are subtracted; any penalties in time are added. A bonus in time is awarded to the first three placed riders each stage. The bonus amounts to 10, 6 and 4 seconds respectively. The seconds in the sprints are included as well. In the individual time trial there are no bonuses. In stages 1 and 4 there is one bonus sprint and in stage 5 are two bonus sprints, the bonus amounts to 3, 2 and 1 seconds.

Where two or more riders make the same time in the general individual time classification, the fractions of a second registered during the individual time trial (stage 2) shall be added back into the total time to decide the order. If the result is still tied the placings obtained in each stage shall be added and, as a last resort, the place obtained in the last stage ridden shall be taken into consideration.

#### **b. Points Classification (Green Jersey)**

In all individual stages the first 15 riders will obtain points according this scale: 25, 20, 16, 14, 12, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. The classification is established by adding the number of scored points. In case of an equal classification, 2.6.017 In the event of a tie in the general individual classification by points, the following criteria shall be applied in order until the riders are separated: 1. number of stage wins; 2. number of wins in intermediate sprints counting for the general classification on points; 3. general individual classification by time

#### **c. Sprint Classification (Orange Jersey)**

In the stages 1 and 4 one sprint will be held. In stage 5 two sprints will be held. The first three qualified riders in a sprint are rewarded with 3, 2 and 1 points. The daily sprint classification is obtained by adding the rewarded points for each rider. The Overall Sprint Classification is established by totalling the points, awarded in the competed stages. In case of an equal number of points, the result of the last sprint will be decisive

**d. Young riders Classification (White Jersey)**

The Overall Youth Classification can be compared with the Overall Individual Classification, provided that only riders are classified who are not yet 23 years of age on December 31, 2020.

**e. Classification for the rider with the best fighting spirit (Red Jersey)**

The prize for the rider with the best fighting spirit will be awarded to the rider who, according to the opinion of the organiser and the commissaires panel, has made the strongest effort in a Stage. After each Stage the rider with the best fighting spirit will be honoured with the blue jersey. If this rider is the leader in another classification, then the blue jersey will be worn by a substitute as appointed by the organiser and the commissaires panel. There is no Overall Classification for this jersey.

**f. Team Classification**

The daily Team Classification is obtained by adding the times of the first three finishing riders of a team after each stage. Time bonuses are not taken into account, but penalties will be added to the total. If the same time is recorded for more teams, then the order is established according to the sum of the rankings of the first three finishing riders of a team in that stage. The team with the lowest total of points will be ranked first, etc. The Overall Team Classification is established by adding the times of each team, acquired in the past Stages. In case of equal times the number of 1st places in the Daily Team Classification is decisive. If there is still no difference the number of second places is decisive etc. (Art. 2.6.016 UCI Regulations).

In order to obtain an entry in the Team Classification, a team must count at least three riders.

All Overall Classifications are preceded by the classifications of the day, which are indicated as such. The leaders are obliged to wear the jerseys of the classifications concerned. The order of ranking of the jerseys is as mentioned above. If a rider is leading several classifications, then the jersey of the highest order of ranking should be worn. The jerseys of the other classification(s) go to the next rider in the classification concerned. That rider is qualified also for the prize money that goes with the jersey. If a rider has to wear the World Champion Jersey or the National Champion Jersey, the leader in the classification and the rider that wears the Jersey each get half of the prize money that belongs to that Jersey. This rule does not apply to the final ranking in the classifications, when the awards are presented according to ranking.

**Article 10: Prizes**

The following prizes are awarded (Euro's):

	<b>Stages</b>	<b>General Individual Classification</b>
	1st € 335	€ 335
	2nd € 205	€ 205
	3rd € 140	€ 140
	4th € 130	€ 130
	5th € 120	€ 120
	6th € 105	€ 105
	7th € 95	€ 95
	8th-10th € 80	€ 80
	11th-15th € 50	€ 50
	€ 35	€ 35
	total € 1 795	€ 1 795

<b>Prize Money per day leaders</b>	<b>Prize Money Final Classifications</b>				
Yellow jersey	€ 50				
Green jersey	€ 25	1. € 75	2. € 60	3. € 50	4. € 25 5. € 15
Orange jersey	€ 25	1. € 75	2. € 60	3. € 50	4. € 25 5. € 15
White jersey	€ 25	1. € 75	2. € 60	3. € 50	4. € 25 5. € 15
Red jersey	€ 25				
Team Classification		1. € 75	2. € 60	3. € 50	4. € 25 5. € 15

€ 12320 Euro Prize Money will be paid.

### **Article 11: Antidoping**

The UCI antidoping regulations are entirely applicable to the Healthy Ageing Tour. Moreover, and in conformity with the Dutch law, the Dutch antidoping legislation is applicable in addition to the UCI antidoping regulations.

### **Article 12: Forbidden ways of cycling**

It is forbidden to ride on footpaths and cycle paths, which are not included explicitly – and are mentioned as such – in the outline of the stage. Crossing closed railway crossings or other similar traffic intersections is forbidden also. Riders are obliged to follow the directions of the race officials and the accompanying police squad. Do not throw away any rubbish.

### **Article 13: Awards Ceremony**

The riders, qualified for honouring, are obliged to go to the victory platform within 10 minutes after crossing the finish line, in order to take part in the Awards Ceremony. For the Awards Ceremony qualify the stage winner, the rider with the best fighting spirit and the leaders of all the classifications. Moreover, at the honouring of the final individual classification after the last stage, also the numbers 2 and 3 of the classification and the winner of the overall Team Classification will be honoured.

### **Article 14: Competing in other cycling events**

A rider dropping out of the Healthy Ageing Tour may not compete in any other cycling event for the duration of the Healthy Ageing Tour 2020. (Art. 2.6.026 UCI Regulations).

### **Article 15: Penalties**

Violation of the Regulations is penalized according to the rules decreed by the U.C.I. for this purpose.

### **Article 16: Housing**

The organizer has made housing reservations for every invited team from April 7th until April 12th 2020. For every team accommodation will be arranged for 10 persons. Housing includes breakfast and dinner. All other expenses are for the account of the team.

### **Article 17: Attendance list**

The riders must be present 1 hrs till 15 minutes before the official start (neutralized start in a stage in line) in order to sign the attendance list preceding the start. Also in time trial stages the attendance list must be signed.

### **Article 18: Starting procedure**

Before the start of every stage the riders must line up inside the designated starting area. The riders wearing the various classifications jerseys, the national champions' jerseys, continental champion and the world champion should take place on the first row.

**Article 19: Transponders**

During the Healthy Ageing Tour transponders will be provided for the electronic identification of the riders. These transponders will be distributed to the team manager at the confirmation of the teams. For missing or broken transponders the team will be charged € 100,--. Transponders have to be fixed on the bikes also during the individual time trial and during the team time trial.

**Article 20: Feeding zones**

During the Stages 1, 3, 4 and 5 feeding zones will be arranged, the beginning and the end of which will be pointed out by signs. These zones will be described clearly in the Stage schedule.

**Article 21: Dangerous points**

On places, that could be dangerous, the Organizer will station officials to warn the participants by (red) flag and flute. The participants need to be very attentive and careful at these points.

**Article 22: Environment**

A clean environment is important and essential for the organization of the Healthy Ageing Tour. As such, we make an urgent call to the riders, team managers, service personnel and all other attendance in the race, not to dispose garbage or materials on public roads, verges and ditches. Before and after the feeding zones and at 20 km before the finish, a litter zone will be set up.

**Article 23: Conduct of riders**

Riders may not, without due care, jettison food, bonk-bags, feeding bottles, clothes, etc. in any place whatsoever. Riders may not jettison anything on the roadway itself but shall draw to the side of the road and safely deposit the object there. If waste zones are established by the organizer, the rider must safely and exclusively deposit their waste on the sides of the road in this area. It is forbidden to carry and/or use glass objects.

**Article 24: Unforeseen**

In all circumstances, concerning technical issues, not covered by these Regulations, the Commissaires panel decides in all matters according to the U.C.I.-regulations, in all other situations the organizer decides.

Drachten | Smallingerland



gemeente  
Het Hogeland



GEMEENTE  
LOPPERSUM



hannn.eu



**Bathoorn**  
**Autoschade Roden**



# Healthy Ageing TOUR



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