

EFEX STAGE 5

DISTANCE
169,8KM

05 ▶ **STIRLING** 11:10AM
STIRLING 3:26PM



Feed Zone

FINISH:
STIRLING
169.8KM

Feed Zone #2	42.0km
Feed Zone #5	84.6km
Feed Zone #8	127.2km



Stirling
efex KOM #1 20.8km
efex KOM #2 63.4km
efex KOM #3 105.9km
efex KOM #4 148.5km
Max 11.1% / Avg 2.7%

Aldgate

x8



Heathfield
Ziptrak® Sprint #1 45.1km
Ziptrak® Sprint #2 130.3km

x8



x8

TOTAL CLIMBING
EXCLUDING RACE NEUTRAL

3436M

**MAXIMUM
ELEVATION**

529M

F

Bradbury

Feed Zone #1	31.3km
Feed Zone #3	56.5km
Feed Zone #4	73.9km
Feed Zone #6	95.2km
Feed Zone #7	116.4km
Feed Zone #9	137.7km
Feed Zone #10	159.0km

Bradbury

