

LONDON CIRCUIT

STAGE 3 – SUNDAY 28 MAY 2023

91.2 KM

AVERAGE SPEED (KPH)

START	The Mall
0 KM	Pall Mall
	Piccadilly
	Piccadilly Circus
	Trafalgar Square
	Strand
	Holborn Station
	Bank Station
	Blackfriars Underpass
	Parliament Square
End of Lap 1	The Mall
	Pall Mall
	Piccadilly
	Piccadilly Circus
	Trafalgar Square
	Strand
	Holborn Station
	Bank Station
	Blackfriars Underpass
	Parliament Square
End of Lap 2	The Mall
	Pall Mall
	Piccadilly
	Piccadilly Circus
	Trafalgar Square
	Strand
	Holborn Station
	Bank Station
	Blackfriars Underpass
	Parliament Square
End of Lap 3 – Sprint	The Mall
	Pall Mall
	Piccadilly
	Piccadilly Circus
	Trafalgar Square
	Strand
	Holborn Station
	Bank Station
	Blackfriars Underpass
	Parliament Square
End of Lap 4	The Mall
	Pall Mall
	Piccadilly
	Piccadilly Circus
	Trafalgar Square
	Strand
	Holborn Station
	Bank Station
	Blackfriars Underpass
	Parliament Square
End of Lap 5	The Mall
	Pall Mall
	Piccadilly
	Piccadilly Circus
	Trafalgar Square
	Strand
	Holborn Station
	Bank Station
	Blackfriars Underpass
	Parliament Square
End of Lap 6 – SPRINT	The Mall
	Pall Mall
	Piccadilly
	Piccadilly Circus
	Trafalgar Square
	Strand
	Holborn Station
	Bank Station
	Blackfriars Underpass
	Parliament Square
End of Lap 7	The Mall
	Pall Mall
	Piccadilly
	Piccadilly Circus
	Trafalgar Square
	Strand
	Holborn Station
	Bank Station
	Blackfriars Underpass
	Parliament Square
FINISH	The Mall

ROUTE KM	RACE KM	KM TO GO	LAP TO GO
0.0	-0.8	-	-
0.8	0.0	91.2	
1.6	0.8	90.4	
2.1	1.3	89.9	
2.7	1.9	89.3	
2.9	2.1	89.1	
4.2	3.4	87.8	
6.5	5.7	85.5	
7.6	6.8	84.4	
9.8	9.0	82.2	
11.5	10.7	80.5	7
12.3	11.5	79.7	
13.1	12.3	78.9	
13.6	12.8	78.4	
14.2	13.4	77.8	
14.4	13.6	77.6	
15.7	14.9	76.3	
18.0	17.2	74.0	
19.1	18.3	72.9	
21.3	20.5	70.7	
23.0	22.2	69.0	6
23.8	23.0	68.2	
24.6	23.8	67.4	
25.1	24.3	66.9	
25.7	24.9	66.3	
25.9	25.1	66.1	
27.2	26.4	64.8	
29.5	28.7	62.5	
30.6	29.8	61.4	
32.8	32.0	59.2	
34.5	33.7	57.5	5
35.3	34.5	56.7	
36.1	35.3	55.9	
36.6	35.8	55.4	
37.2	36.4	54.8	
37.4	36.6	54.6	
38.7	37.9	53.3	
41.0	40.2	51.0	
42.1	41.3	49.9	
44.3	43.5	47.7	
46.0	45.2	46.0	4
46.8	46.0	45.2	
47.6	46.8	44.4	
48.1	47.3	43.9	
48.7	47.9	43.3	
48.9	48.1	43.1	
50.2	49.4	41.8	
52.5	51.7	39.5	
53.6	52.8	38.4	
55.8	55.0	36.2	
57.5	56.7	34.5	3
58.3	57.5	33.7	
59.1	58.3	32.9	
59.6	58.8	32.4	
60.2	59.4	31.8	
60.4	59.6	31.6	
61.7	60.9	30.3	
64.0	63.2	28.0	
65.1	64.3	26.9	
67.3	66.5	24.7	
69.0	68.2	23.0	2
69.8	69.0	22.2	
70.6	69.8	21.4	
71.1	70.3	20.9	
71.7	70.9	20.3	
71.9	71.1	20.1	
73.2	72.4	18.8	
75.5	74.7	16.5	
76.6	75.8	15.4	
78.8	78.0	13.2	
80.5	79.7	11.5	1
81.3	80.5	10.7	
82.1	81.3	9.9	
82.6	81.8	9.4	
83.2	82.4	8.8	
83.4	82.6	8.6	
84.7	83.9	7.3	
87.0	86.2	5.0	
88.1	87.3	3.9	
90.3	89.5	1.7	
92.0	91.2	0.0	0

44	42	40
15:30	15:30	15:30
00:01	00:01	00:01
15:32	15:32	15:32
15:32	15:33	15:33
15:33	15:33	15:34
15:33	15:34	15:34
15:35	15:36	15:36
15:38	15:39	15:39
15:40	15:40	15:41
15:43	15:44	15:44
15:45	15:46	15:47
15:46	15:47	15:48
15:47	15:48	15:49
15:48	15:49	15:50
15:49	15:50	15:51
15:49	15:50	15:51
15:51	15:52	15:53
15:54	15:55	15:57
15:56	15:57	15:58
15:59	16:00	16:01
16:01	16:02	16:04
16:02	16:04	16:05
16:03	16:05	16:06
16:04	16:05	16:07
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16:36	16:39	16:43
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16:38	16:41	16:45
16:41	16:45	16:48
16:43	16:46	16:50
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16:48	16:52	16:56
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16:50	16:54	16:58
16:51	16:55	16:59
16:52	16:56	17:00
16:52	16:56	17:00
16:54	16:58	17:02
16:57	17:01	17:06
16:58	17:03	17:07
17:01	17:06	17:10
17:04	17:08	17:13
17:05	17:09	17:14
17:06	17:10	17:15
17:06	17:11	17:16
17:07	17:12	17:17
17:08	17:12	17:17
17:09	17:14	17:19
17:12	17:17	17:23
17:14	17:19	17:24
17:17	17:22	17:28
17:19	17:25	17:30
17:20	17:26	17:31
17:21	17:27	17:33
17:22	17:28	17:33
17:23	17:28	17:34
17:23	17:29	17:35
17:25	17:31	17:37
17:28	17:34	17:40
17:30	17:35	17:42
17:33	17:39	17:45
17:35	17:41	17:48