











# 5th STAGE

1/5/2022 KALAMBAKA - IOANNINA : 154.5 km

STAGE DISTANCE	KM TO GO	ALTITUDE	PLACE	Estimated timetable		
				36 km/h	38 km/h	40 km/h
<b>0.0</b>	<b>154.5</b>	<b>127</b>	<b>OFFICIAL START KM 0 - KALAMBAKA TOWN HALL</b>	<b>10:00</b>	<b>10:00</b>	<b>10:00</b>
2.0	152.5	264	KASTRAKI	10:03	10:03	10:03
7.0	147.5	533	METEORA MONASTERIES	10:11	10:11	10:10
7.2	147.3	523	<i>Fast descent</i>	10:12	10:11	10:10
12.4	142.1	212	SHARP LEFT AND RIGHT 	10:20	10:19	10:18
13.2	141.3	214	A3 NATIONAL ROAD JUNCTION	10:22	10:20	10:19
<b>16.7</b>	<b>137.8</b>	<b>224</b>	<b>Meteora Garden - PoC 1</b>	<b>10:27</b>	<b>10:26</b>	<b>10:25</b>
19.2	135.3	244	JUNCTION	10:32	10:30	10:28
23.4	131.1	266	MOURGANI - JUNCTION	10:39	10:36	10:35
29.4	125.1	544	MEGALI KERASIA - JUNCTION	10:49	10:46	10:44
33.4	121.1	729	ORTHOVOUNI - JUNCTION	10:55	10:52	10:50
40.4	114.1	794	TRIGONA	11:07	11:03	11:00
42.2	112.3	726	ANALYPSI - JUNCTION	11:10	11:06	11:03
43.6	110.9	790	PEFKI - JUNCTION	11:12	11:08	11:05
47.5	107.0	650	LITTER ZONE 1 	11:19	11:15	11:11
49.2	105.3	738	KORYDALLOS	11:22	11:17	11:13
53.4	101.1	835	PANAGIA	11:29	11:24	11:20
<b>69.0</b>	<b>85.5</b>	<b>1690</b>	<b>Katara Pass KoM 1/Cat. 1</b>	<b>11:55</b>	<b>11:48</b>	<b>11:43</b>
76.0	78.5	1426	JUNCTION	12:06	12:00	11:54
77.3	77.2	1403	JUNCTION	12:08	12:02	11:55
81.1	73.4	1264	METSOVO - JUNCTION	12:15	12:08	12:01
92.4	62.1	763	VOTONOSI	12:34	12:25	12:18
93.8	60.7	693	JUNCTION	12:36	12:28	12:20
95.4	59.1	659	JUNCTION	12:39	12:30	12:23
96.6	57.9	643	JUNCTION	12:41	12:32	12:24
97.5	57.0	633	ANALYPSI - JUNCTION	12:42	12:33	12:26
98.6	55.9	622	JUNCTION	12:44	12:35	12:27
99.5	55.0	610	FEED ZONE START 	12:45	12:37	12:29
101.5	53.0	619	FEED ZONE FINISH / WASTE ZONE 	12:49	12:40	12:32
107.6	46.9	617	JUNCTION	12:59	12:49	12:41
108.8	45.7	585	EGNATIA MOTORWAY JUNCTION	13:01	12:51	12:43
111.6	42.9	485	JUNCTION	13:06	12:56	12:47
112.3	42.2	500	LITTER ZONE 2 	13:07	12:57	12:48
<b>120.9</b>	<b>33.6</b>	<b>911</b>	<b>MAZIA KoM 2/Cat. 3</b>	<b>13:21</b>	<b>13:10</b>	<b>13:01</b>
122.4	32.1	836	MAZIA	13:24	13:13	13:03
130.6	23.9	517	AMFITHEA - END OF THE DESCEND 	13:37	13:26	13:15
131.4	23.1	473	LAKE PAMVOTIDA - LEFT U TURN 	13:39	13:27	13:17
133.0	21.5	470	LITTER ZONE 3 	13:41	13:30	13:19
<b>136.0</b>	<b>18.5</b>	<b>470</b>	<b>Pamvotida lake - PoC 2</b>	<b>13:46</b>	<b>13:34</b>	<b>13:24</b>
139.4	15.1	494	LOGATHES	13:52	13:40	13:29
142.3	12.2	492	VASILIKI	13:57	13:44	13:33
146.4	8.1	474	KASTRITSA - JUNCTION	14:04	13:51	13:39
148.2	6.3	473	KATSIKAS - RIGHT TURN TO ENTER THE VILLAGE	14:07	13:54	13:42
148.3	6.2	478	ETHNIKIS ANTISTASEOS road	14:07	13:54	13:42
150.2	4.3	478	3RD SEPTEMBRIOU road	14:10	13:57	13:45
151.6	2.9	479	ALEXANDROU PAPANASTASIOU road 	14:12	13:59	13:47
152.2	2.3	479	Left turn to NIKOPOLEOS road	14:13	14:00	13:48
152.6	1.9	479	Left turn to KENAN MESARE road and immediately right turn on the round about to Vogianou road 	14:14	14:00	13:48
153.0	1.5	470	ROUND ABOUT - go straight	14:15	14:01	13:49
153.4	1.1	470	Left turn for the final straight (last 1.100 m.)	14:15	14:02	13:50
<b>154.5</b>	<b>0.0</b>	<b>470</b>	<b>FINISH - IOANNINA PAMVOTIDA LAKE - MIAOULI BAY</b>	<b>14:17</b>	<b>14:03</b>	<b>13:51</b>