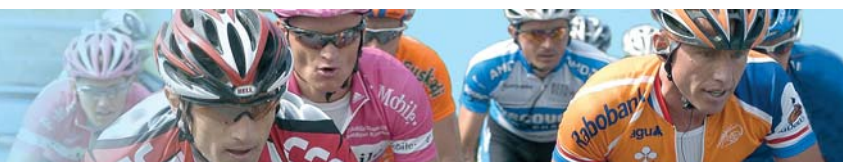





| Route | Slope | Time | Cum-Time | Gear | rpm | Details |
|-------|-------|------|----------|-------|--------|--|
| 1 | 1 | 5 | 5 | Small | 100+ | Warm up / spin easy |
| 2 | 3 | 5 | 10 | Smx19 | | Alternate 30" high rpm (115/120 rpm) and 30" low rpm (80/85 rpm) |
| 3 | 2 | 3 | 13 | Smx17 | | Speed up to 36/38 km/h (22 mph) |
| 4 | 3 | 2 | 15 | Smx16 | 90/100 | rest |
| 5 | 5 | 2 | 17 | Bgx16 | | Speed up to 38/40 km/h (24 mph) |
| 6 | 2 | 2 | 19 | Smx16 | 90/100 | rest |
| 7 | 5 | 2 | 21 | Bgx16 | | Speed up to 40/42 km/h (25 mph) |
| 8 | 2 | 2 | 23 | Smx17 | 90/100 | rest |
| 9 | 6 | 2 | 25 | Bgx17 | | Speed up to 42/44 km/h (27 mph) |
| 10 | 2 | 2 | 27 | Smx19 | 90/100 | rest |
| 11 | 6 | 2 | 29 | Bgx19 | | try to speed up to 44/46 km/h (28 mph) |
| 12 | 2 | 2 | 31 | Smx17 | 90/100 | rest |
| 13 | 4 | 1 | 32 | Bgx17 | | try to speed up to 46/48 km/h (29/30 mph) |
| 14 | 2 | 2 | 34 | Smx15 | 90/100 | rest |
| 15 | 3 | 1 | 35 | Bgx17 | | as fast as you can!! |
| 16 | 2 | 5 | 40 | Small | 100+ | Cool down. |
| 17 | 1 | 5 | 45 | Small | 100+ | cool down and stretch |

Bg = Big ring in front

Sm = small ring in front

| Route | Slope | Time | Cum-Time | Gear | rpm | Details |
|-------|-------|------|----------|-------|--------|--|
| 1 | 1 | 5 | 5 | Small | 100 | warm up / spin easy |
| 2 | 3 | 4 | 9 | Small | | Alternate 30" high rpm (115/120 rpm) and 30" low rpm (80/85 rpm) |
| 3 | 4 | 1 | 10 | Bgx17 | 80 | Speed up to 32/34 km/h (23 mph) |
| 4 | 3 | 3 | 13 | Smx21 | 100 | rest |
| 5 | 5 | 1 | 14 | Bgx17 | 80 | Speed up to 32/34 km/h (23 mph) |
| 6 | 3 | 3 | 17 | Smx21 | 100 | rest |
| 7 | 6 | 1 | 18 | Bgx17 | 80 | Speed up to 34/36 km/h (25 mph) |
| 8 | 3 | 3 | 21 | Smx21 | 100 | rest |
| 9 | 6 | 1 | 22 | Bgx15 | 80 | Speed up to 34/36 km/h (25 mph) |
| 10 | 3 | 3 | 25 | Smx21 | 100 | rest |
| 11 | 4 | 10 | 35 | | 80/110 | alternate 30" on 80 rpm (big gear) and 30" on 110 rpm |
| 12 | 2 | 2 | 37 | Smx21 | 100 | rest |
| 13 | 6 | 1 | 38 | Smx19 | 80 | Speed up to 32/34 km/h (23 mph) |
| 14 | 5 | 3 | 41 | Smx21 | 80 | rest |
| 15 | 3 | 1 | 42 | Smx19 | | as fast as you can!! |
| 16 | 2 | 5 | 47 | Small | 100+ | cool down and stretch |
| 17 | 1 | 5 | 52 | Small | 100+ | cool down and stretch |

Bg = Big ring in front

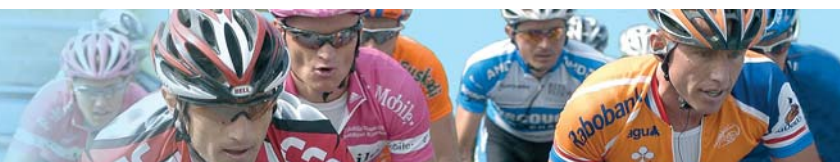
Sm = small ring in front




| Route | Slope | Distance | Cum-Dist | Gear | rpm | Details |
|-------|-------|----------|----------|-------|--------|--|
| 1 | 1 | 3000 | 3000 | Small | 90/100 | Warm up / spin easy |
| 2 | 2 | 3000 | 6000 | Small | 100+ | Extended warm up |
| 3 | 4 | 1500 | 7500 | Bgx17 | 90 | keep pace |
| 4 | 2 | 3000 | 10500 | Smx17 | 100+ | rest |
| 5 | 4 | 1500 | 12000 | Bgx19 | 90 | keep pace |
| 6 | 2 | 3000 | 15000 | Smx19 | 100+ | rest |
| 7 | 4 | 4000 | 19000 | Bgx17 | | 4 times (500m' at 38/30 km/h and 500m at 30/32 km/h) |
| 8 | 2 | 3000 | 22000 | Smx17 | 100+ | rest |
| 9 | 5 | 2000 | 24000 | Bgx15 | | 10 times (100m at 42/44 km/h and 100m at 30/32 km/h) |
| 10 | 2 | 3000 | 27000 | Smx17 | 100+ | rest |
| 11 | 6 | 1500 | 28500 | Bgx15 | | 10 times (50m at 42/44 km/h and 50m at 30/32 km/h) |
| 12 | 2 | 1500 | 30000 | Smx17 | 100+ | rest |
| 13 | 4 | 2000 | 32000 | Smx19 | | as fast as you can!! |
| 14 | 5 | 500 | 32500 | Bgx13 | 60/65 | Low rpm -60 to 65 and keep seated |
| 15 | 4 | 1500 | 34000 | Smx17 | | as fast as you can |
| 16 | 3 | 3000 | 37000 | small | 100+ | Cool down. |
| 17 | 2 | 3000 | 40000 | Small | 100+ | Cool down and stretch |

Bg = Big ring in front

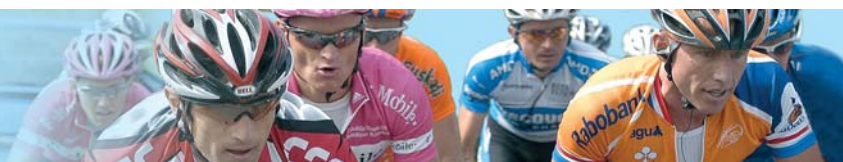
Sm = small ring in front

| Route | Slope | Time | Cum-Time | Gear | rpm | Details |
|-------|-------|------|----------|-------|--------|-------------------------|
| 1 | 1 | 4 | 4 | Small | 85/90 | Easy warm up, spin easy |
| 2 | 2 | 4 | 8 | Small | 95/100 | Extended warm up |
| 3 | 3 | 2 | 10 | Small | 100+ | Extended warm up |
| 4 | 4 | 3 | 13 | Smx19 | 95/100 | |
| 5 | 2 | 3 | 16 | Smx21 | 95/100 | |
| 6 | 3 | 3 | 19 | Bgx17 | 80/85 | |
| 7 | 2 | 3 | 22 | Smx21 | 95/100 | |
| 8 | 4 | 1 | 23 | Bgx17 | 90 | |
| 9 | 2 | 1 | 24 | Smx21 | 95/100 | |
| 10 | 5 | 1 | 25 | Bgx17 | 90 | |
| 11 | 2 | 1 | 26 | Smx21 | 95/100 | |
| 12 | 5 | 1 | 27 | Bgx17 | 90 | |
| 13 | 2 | 1 | 28 | Smx21 | 95/100 | |
| 14 | 6 | 1 | 29 | Bfx19 | 90 | |
| 15 | 2 | 1 | 30 | Smx21 | 95/100 | |
| 16 | 6 | 1 | 31 | Bgx18 | 90 | |
| 17 | 2 | 1 | 32 | Smx21 | 95/100 | |
| 18 | 5 | 1 | 33 | Bgx17 | 90 | |
| 19 | 2 | 1 | 34 | Smx21 | 95/100 | |
| 20 | 4 | 1 | 35 | Bgx16 | 90 | |
| 21 | 2 | 1 | 36 | Smx21 | 95/100 | |
| 22 | 4 | 1 | 37 | Bgx15 | 90 | |
| 23 | 2 | 1 | 38 | Smx21 | 95/100 | |
| 24 | 3 | 1 | 39 | Bgx16 | 90 | |
| 25 | 2 | 1 | 40 | Smx21 | 95/100 | |
| 26 | 3 | 1 | 41 | Bgx17 | 90 | |
| 27 | 2 | 5 | 46 | Smx21 | 95/100 | |
| 28 | 4 | 5 | 51 | Smx19 | 90/100 | |
| 29 | 3 | 2 | 53 | Small | 100+ | Cool down |
| 30 | 2 | 4 | 57 | Small | 95/100 | Cool down |
| 31 | 1 | 4 | 61 | Small | 80/90 | Cool down |

Bg = Big ring in front

Sm = small ring in front

| Route | Slope | Time | Cum-Time | Gear | rpm | Details |
|-------|-------|------|----------|-------|--------|-------------------------|
| 1 | 1 | 4 | 4 | Small | 85/90 | Easy warm up, spin easy |
| 2 | 2 | 5 | 9 | Small | 95/100 | Extended warm up |
| 3 | 3 | 3 | 12 | Small | 100+ | Extended warm up |
| 4 | 4 | 3 | 15 | Smx19 | 95/100 | |
| 5 | 2 | 3 | 18 | Smx21 | 95/100 | |
| 6 | 3 | 3 | 21 | Bgx17 | 80/85 | |
| 7 | 2 | 3 | 24 | Smx21 | 95/100 | |
| 8 | 4 | 1 | 25 | Bgx17 | 90 | |
| 9 | 2 | 1 | 26 | Smx21 | 95/100 | |
| 10 | 5 | 1 | 27 | Bgx17 | 90 | |
| 11 | 2 | 1 | 28 | Smx21 | 95/100 | |
| 12 | 5 | 1 | 29 | Bgx17 | 90 | |
| 13 | 2 | 1 | 30 | Smx21 | 95/100 | |
| 14 | 6 | 1 | 31 | Bgx19 | 90 | |
| 15 | 2 | 1 | 32 | Smx21 | 95/100 | |
| 16 | 6 | 1 | 33 | Bgx18 | 90 | |
| 17 | 2 | 1 | 34 | Smx21 | 95/100 | |
| 18 | 5 | 1 | 35 | Bgx17 | 90 | |
| 19 | 2 | 1 | 36 | Smx21 | 95/100 | |
| 20 | 4 | 1 | 37 | Bgx16 | 90 | |
| 21 | 2 | 1 | 38 | Smx21 | 95/100 | |
| 22 | 4 | 1 | 39 | Bgx15 | 90 | |
| 23 | 2 | 1 | 40 | Smx21 | 95/100 | |
| 24 | 3 | 1 | 41 | Bgx16 | 90 | |
| 25 | 2 | 1 | 42 | Smx21 | 95/100 | |
| 26 | 3 | 1 | 43 | Bgx17 | 90 | |
| 27 | 2 | 5 | 48 | Smx21 | 95/100 | |
| 28 | 4 | 5 | 53 | Smx19 | 90/100 | |
| 29 | 3 | 3 | 56 | Small | 100+ | Cool down |
| 30 | 2 | 5 | 61 | Small | 95/100 | Cool down |
| 31 | 1 | 4 | 65 | Small | 80/90 | Cool down |

Bg = Big ring in front

Sm = small ring in front




| Route | Slope | Time | Cum-Time | Gear | rpm | Details |
|-------|-------|------|----------|-------|-------|---|
| 1 | 1 | 5 | 5 | Small | 90-95 | Easy warm up, spinning! |
| 2 | 2 | 5 | 10 | Small | 95 | Extended warm up |
| 3 | 3 | 5 | 15 | Small | 100 | Extended warm up |
| 4 | 5 | 3 | 18 | Bgx15 | 70 | |
| 5 | 2 | 3 | 21 | Smx21 | 100 | |
| 6 | 6 | 3 | 24 | Bgx17 | 70 | |
| 7 | 2 | 3 | 27 | Smx21 | 100 | |
| 8 | 5 | 3 | 30 | Bgx19 | 70 | |
| 9 | 2 | 3 | 33 | Smx21 | 100 | |
| 10 | 4 | 3 | 36 | Bgx19 | 70 | |
| 11 | 2 | 3 | 39 | Smx21 | 100 | |
| 12 | 3 | 3 | 42 | Bgx19 | 70 | |
| 13 | 2 | 3 | 45 | Smx21 | 100 | |
| 14 | 4 | 3 | 48 | Smx17 | 70 | |
| 15 | 2 | 3 | 51 | Bgx17 | 100 | |
| 16 | 5 | 3 | 54 | Bgx15 | 70 | |
| 17 | 2 | 5 | 59 | Smx21 | 90/95 | take it easy!! |
| 18 | 4 | 3 | 62 | Smx17 | | 1' at 80 and 1' at 90 and 1' at 100 rpm |
| 19 | 2 | 3 | 65 | Bgx17 | 90 | |
| 20 | 4 | 3 | 68 | Smx15 | | 1' at 90 and 1' at 100 and 1' at 110 rpm |
| 21 | 2 | 3 | 71 | Bgx15 | 90 | |
| 22 | 5 | 3 | 74 | Smx15 | | 1' at 95 and 1' at 105 and 1' at 115 rpm |
| 23 | 4 | 3 | 77 | Bgx15 | 90 | |
| 24 | 3 | 3 | 80 | Smx19 | | 1' at 100 and 1' at 110 and 1' at 120 rpm |
| 25 | 2 | 5 | 85 | Small | 100 | Cool down |
| 26 | 1 | 5 | 90 | Small | 100+ | Cool down and stretch |

Bg = Big ring in front

Sm = small ring in front



| Route | Slope | Time | Cum-Time | Gear | rpm | Details |
|-------|-------|------|----------|-------|--------|---|
| 1 | 1 | 4 | 4 | Small | 85/90 | Easy warm up, spin easy |
| 2 | 2 | 4 | 8 | Small | 95/100 | Extended warm up |
| 3 | 3 | 4 | 12 | Small | 100+ | Extended warm up |
| 4 | 6 | 4 | 16 | Bgx19 | | 1' at 80 rpm and 1' at 90 rpm and 1' at 100rpm an 1' at 110 rpm |
| 5 | 3 | 3 | 19 | Smx21 | 100+ | |
| 6 | 5 | 4 | 23 | Bgx17 | | 1' at 80 rpm and 1' at 90 rpm and 1' at 100rpm an 1' at 110 rpm |
| 7 | 3 | 3 | 26 | Smx21 | 100+ | |
| 8 | 4 | 4 | 30 | Bgx15 | | 1' at 80 rpm and 1' at 90 rpm and 1' at 100rpm an 1' at 110 rpm |
| 9 | 3 | 3 | 33 | Smx21 | 100+ | |
| 10 | 7 | 4 | 37 | BGx19 | | 1' at 80 rpm and 1' at 90 rpm and 1' at 100rpm an 1' at 110 rpm |
| 11 | 3 | 3 | 40 | Smx21 | 100+ | |
| 12 | 5 | 4 | 44 | Bgx17 | | 1' at 80 rpm and 1' at 90 rpm and 1' at 100rpm an 1' at 110 rpm |
| 13 | 3 | 3 | 47 | Smx21 | 100+ | |
| 14 | 4 | 4 | 51 | Bgx15 | | 1' at 80 rpm and 1' at 90 rpm and 1' at 100rpm an 1' at 110 rpm |
| 15 | 3 | 3 | 54 | Smx21 | 100+ | |
| 16 | 5 | 4 | 58 | Bgx13 | | 1' at 80 rpm and 1' at 90 rpm and 1' at 100rpm an 1' at 110 rpm |
| 17 | 3 | 4 | 62 | Smx21 | 100+ | |
| 18 | 2 | 4 | 66 | Small | 95/100 | Cool down |
| 19 | 1 | 4 | 70 | Small | 80/90 | Cool down |

Bg = Big ring in front

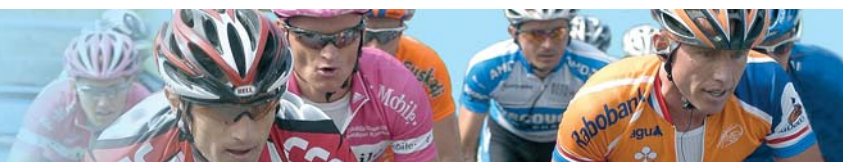
Sm = small ring in front




| Route | Slope | Time | Cum-Time | Gear | rpm | Details |
|-------|-------|------|----------|-------|--------|--|
| 1 | 1 | 4 | 4 | Small | 85/90 | Easy warm up, spin easy |
| 2 | 2 | 3 | 7 | Small | 95/100 | Extended warm up |
| 3 | 3 | 2 | 9 | Small | 100+ | Extended warm up |
| 4 | 5 | 10 | 19 | Smx17 | | Alternate 30" at 100 rpm and 30" 80/85 rpm |
| 5 | 2 | 5 | 24 | Bgx14 | 80 | |
| 6 | 4 | 6 | 30 | Smx17 | | Alternate 15" at 100 rpm and 15" 80/85 rpm |
| 7 | 2 | 3 | 33 | Smx19 | 100+ | |
| 8 | 3 | 4 | 37 | Bgx17 | | 2' at 90 rpm and 2' at 105 rpm |
| 9 | 2 | 3 | 40 | Smx19 | 100+ | |
| 10 | 6 | 4 | 44 | Bgx17 | | 2' at 60 rpm and 2' at 90 rpm |
| 11 | 2 | 3 | 47 | Smx21 | 100+ | |
| 12 | 4 | 4 | 51 | Bgx17 | | 2' at 90 rpm and 2' at 115 rpm |
| 13 | 2 | 3 | 54 | Smx21 | 100+ | |
| 14 | 3 | 6 | 60 | Smx19 | | Alternate 30" at 100 rpm and 30" 80/85 rpm |
| 15 | 2 | 5 | 65 | Small | 100+ | Cool down |
| 16 | 1 | 5 | 70 | Small | 100+ | Cool down |

Bg = Big ring in front

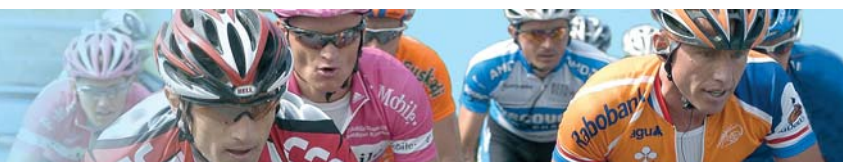
Sm = small ring in front

| Route | Slope | Time | Cum-Time | Gear | rpm | Details |
|-------|-------|------|----------|-------|---------|---|
| 1 | 1 | 4 | 4 | Small | 85/90 | Easy warm up, spin easy |
| 2 | 2 | 3 | 7 | Small | 95/100 | Extended warm up |
| 3 | 3 | 2 | 9 | Small | 100+ | Extended warm up |
| 4 | 6 | 10 | 19 | Bgx17 | 100/110 | 2' at 60 and 2' at 70 and 2' at 80 and 2' at 90 and 2' at 100 rpm |
| 5 | 4 | 2 | 21 | Smx17 | 80/90 | |
| 6 | 7 | 8 | 29 | Bgx17 | 100/110 | Alternate 1' at 70 rpm and 1' 90 rpm |
| 7 | 4 | 2 | 31 | Smx17 | 80/90 | |
| 8 | 8 | 8 | 39 | Bgx17 | 100/110 | |
| 9 | 4 | 2 | 41 | Smx17 | 80/90 | |
| 10 | 6 | 7 | 48 | Bgx17 | 100/110 | |
| 11 | 4 | 2 | 50 | Smx17 | 80/90 | |
| 12 | 7 | 6 | 56 | Bgx17 | 100/110 | |
| 13 | 4 | 2 | 58 | Smx17 | 80/90 | |
| 14 | 7 | 5 | 63 | Bgx17 | 100/110 | |
| 15 | 4 | 2 | 65 | Smx17 | 80/90 | |
| 16 | 6 | 4 | 69 | Bgx17 | 100/110 | |
| 17 | 4 | 2 | 71 | Smx17 | 80/90 | |
| 18 | 6 | 3 | 74 | Bgx17 | 100/110 | |
| 19 | 4 | 2 | 76 | Smx17 | 80/90 | |
| 20 | 8 | 2 | 78 | Bgx17 | 100/110 | |
| 21 | 4 | 2 | 80 | Smx17 | 80/90 | |
| 22 | 7 | 1 | 81 | Bgx17 | 100/110 | |
| 23 | 3 | 5 | 86 | Small | 100+ | Cool down |
| 24 | 2 | 5 | 91 | Small | 100+ | Cool down |

Bg = Big ring in front

Sm = small ring in front

| Route | Slope | Time | Cum-Time | Gear | rpm | Details |
|-------|-------|------|----------|-------|--------|---|
| 1 | 1 | 4 | 4 | Small | 90-95 | Easy warm up, spinning! |
| 2 | 2 | 4 | 8 | Small | 95 | Extended warm up |
| 3 | 3 | 6 | 14 | Smx19 | 100 | Alternate 30" at 90 rpm and 30" at 110 rpm |
| 4 | 4 | 3 | 17 | Bgx19 | | Ride as fast as you can |
| 5 | 3 | 2 | 19 | Smx21 | 90/100 | Easy-rest |
| 6 | 4 | 3 | 22 | Bgx17 | | Ride as fast as you can |
| 7 | 2 | 2 | 24 | Smx21 | 90/100 | Easy-rest |
| 8 | 5 | 3 | 27 | Smx17 | | Ride as fast as you can |
| 9 | 2 | 2 | 29 | Smx21 | 90/100 | Easy-rest |
| 10 | 3 | 2 | 31 | Bgx19 | | Ride as fast as you can |
| 11 | 2 | 2 | 33 | Smx21 | 90/100 | Easy-rest |
| 12 | 5 | 2 | 35 | Smx17 | | Ride as fast as you can |
| 13 | 2 | 2 | 37 | Smx21 | 90/100 | Easy-rest |
| 14 | 4 | 20 | 57 | | | Alternate 1' at 90 rpm Bgx17 and 1' at 100+ rpm Smx17 |
| 15 | 3 | 4 | 61 | Smx19 | 90 | |
| 16 | 2 | 4 | 65 | Small | 95 | Cool down |
| 17 | 1 | 4 | 69 | Small | 90-95 | Cool down |

Bg = Big ring in front

Sm = small ring in front




| Route | Slope | Time | Cum-Time | Gear | rpm | Details |
|-------|-------|------|----------|-------|-------|--|
| 1 | 1 | 4 | 4 | Small | 90-95 | Easy warm up, spinning! |
| 2 | 2 | 4 | 8 | Small | 95 | Extended warm up |
| 3 | 3 | 2 | 10 | Small | 100 | Extended warm up |
| 4 | 4 | 10 | 20 | | | Alternate 1' 80 rpm (Bgx17) and 1' 100 rpm (Smx17) |
| 5 | 3 | 1 | 21 | Smx19 | 100+ | |
| 6 | 5 | 9 | 30 | | 90/95 | Start in smallest gear and shift up every minute |
| 7 | 3 | 1 | 31 | Smx19 | 100+ | |
| 8 | 4 | 8 | 39 | | | 4' at 70 rpm (Bgx17) and 4' at 100 rpm Smx21 |
| 9 | 3 | 1 | 40 | Smx19 | 100+ | |
| 10 | 5 | 7 | 47 | Bgx17 | 90 | Steady pace, only last minute as fast as you can |
| 11 | 3 | 1 | 48 | Smx19 | 100+ | |
| 12 | 4 | 6 | 54 | | | 3' at 70 rpm (Bgx17) and 3' at 100 rpm Smx21 |
| 13 | 3 | 1 | 55 | Smx19 | 100+ | |
| 14 | 4 | 5 | 60 | Smx19 | 90 | Steady pace, only last minute as fast as you can |
| 15 | 3 | 1 | 61 | Smx19 | 100+ | |
| 16 | 6 | 4 | 65 | | | 2' at 70 rpm (Bgx17) and 2' at 100 rpm Smx21 |
| 17 | 3 | 1 | 66 | Smx19 | 100+ | |
| 18 | 4 | 3 | 69 | Bgx15 | 90 | Steady pace, only last minute as fast as you can |
| 19 | 3 | 1 | 70 | Smx19 | 100+ | |
| 20 | 6 | 2 | 72 | Smx15 | 90 | |
| 21 | 3 | 1 | 73 | Smx19 | 100+ | |
| 22 | 4 | 1 | 74 | Smx15 | 100+ | |
| 23 | 3 | 2 | 76 | Small | 100 | Cool down |
| 24 | 2 | 4 | 80 | Small | 95 | Cool down |
| 25 | 1 | 4 | 84 | Small | 90-95 | Cool down |

Bg = Big ring in front

Sm = small ring in front




| Route | Slope | Time | Cum-Time | Gear | rpm | Details |
|-------|-------|------|----------|-------|--------|--|
| 1 | 1 | 5 | 5 | Small | 90/100 | Easy warm up, spinning! |
| 2 | 2 | 5 | 10 | Small | 100+ | Extended warm up |
| 3 | 3 | 6 | 16 | Smx17 | | Alternate 30" at 110 rpm and 30" at 80 rpm |
| 4 | 4 | 3 | 19 | Smx17 | 100 | |
| 5 | 2 | 2 | 21 | Smx21 | 80/90 | |
| 6 | 4 | 3 | 24 | Smx15 | 100 | |
| 7 | 2 | 2 | 26 | Smx21 | 80/90 | |
| 8 | 4 | 10 | 36 | | | alternate 1' at 100/110 rpm Smx17 and 1' at 80 rpm Bgx17 |
| 9 | 2 | 3 | 39 | Smx21 | 80/90 | easy |
| 10 | 5 | 2 | 41 | Smx17 | 90+ | |
| 11 | 2 | 1 | 42 | 42x21 | 80/90 | |
| 12 | 4 | 2 | 44 | 53x17 | 90+ | |
| 13 | 2 | 1 | 45 | 42x21 | 80/90 | |
| 14 | 5 | 2 | 47 | 53x17 | 90+ | |
| 15 | 2 | 1 | 48 | 42x21 | 80/90 | |
| 16 | 4 | 2 | 50 | 53x17 | 90+ | |
| 17 | 2 | 1 | 51 | 42x21 | 80/90 | |
| 18 | 5 | 2 | 53 | 53x17 | 90+ | |
| 19 | 2 | 1 | 54 | 42x21 | 80/90 | |
| 20 | 6 | 2 | 56 | 53x17 | 90+ | |
| 21 | 2 | 1 | 57 | 42x21 | 80/90 | |
| 22 | 4 | 2 | 59 | 53x17 | 90+ | |
| 23 | 2 | 1 | 60 | 42x21 | 80/90 | |
| 24 | 4 | 2 | 62 | 53x17 | 90+ | |
| 25 | 3 | 3 | 65 | 42x21 | 100+ | |
| 26 | 2 | 5 | 70 | Small | 95 | Cool down |
| 27 | 1 | 5 | 75 | Small | 90-95 | Cool down |

Bg = Big ring in front

Sm = small ring in front