












5th STAGE						
19/5/2024 : Akropolis - Panathinaic Stadium = 132.53 km						
STAGE DISTANCE	KM TO GO	ALTITUDE (m)	PLACE	Estimated timetable		
				43 km/h	45 km/h	47 km/h
-1.0	133.5	100	NEUTRAL START- Akropolis	10:30	10:30	10:30
-0.8	133.2	85	Dionysiou Areopagitou	10:31	10:31	10:31
-0.2	132.7	83	Dionysiou Areopagitou	10:31	10:31	10:31
0.0	132.5	82	OFFICIAL START KM 0 Andrea Syngrou Avenue	10:32	10:32	10:32
0.2	132.3	79	JUNCTION - Chatzichristou	10:32	10:32	10:32
1.2	131.3	60	JUNCTION - Kallirois	10:33	10:33	10:33
4.4	128.1	4	Delta Falirou	10:38	10:37	10:37
4.5	128.0	4	Poseidonos avenue	10:38	10:38	10:37
6.0	126.5	8	Trokadero	10:40	10:40	10:39
6.3	126.2	8	Floisvos park	10:40	10:40	10:40
7.7	124.8	5	Palaio Faliro / Edem - TRAM LEVEL CROSSING 	10:42	10:42	10:41
8.8	123.7	10	Alimos	10:44	10:43	10:43
9.4	123.1	7	Kalamaki	10:45	10:44	10:44
11.0	121.5	7	Elliniko	10:47	10:46	10:46
11.5	121.0	5	Elliniko - TRAM LEVEL CROSSING 	10:48	10:47	10:46
14.2	118.3	6	Glyfada	10:51	10:50	10:50
15.5	117.0	3	Glyfada - TRAM LEVEL CROSSING 	10:53	10:52	10:51
16.8	115.7	3	Voula - TRAM LEVEL CROSSING 	10:55	10:54	10:53
19.2	113.3	2	PoC 1 / Voula Town Hall	10:58	10:57	10:56
22.0	110.5	9	Vouliagmeni	11:02	11:01	11:00
23.4	109.1	14	NARROW ROAD (Road works) 	11:04	11:03	11:01
27.4	105.1	6	Varkiza	11:10	11:08	11:06
31.6	100.9	16	SHARP LEFT TURN - Karamanlis Cave 	11:16	11:14	11:12
32.7	99.8	8	Lombarda beach	11:17	11:15	11:13
34.1	98.4	11	LEFT TURN on Koropiou / Agias Marinas Avenue	11:19	11:17	11:15
34.7	97.8	11	LEFT TURN Lombarda beach	11:20	11:18	11:16
35.9	96.6	18	SHARP RIGHT TURN - Karamanlis Cave 	11:22	11:19	11:17

39.2	93.3	4	Varkiza		11:26	11:24	11:22
43.0	89.5	37	NARROW ROAD (Road works)		11:32	11:29	11:26
45.1	87.4	12	Vouliagmeni		11:34	11:32	11:29
48.3	84.2	2	Voula		11:39	11:36	11:33
50.0	82.5	3	Litter Zone 1		11:41	11:38	11:35
50.7	81.8	3	Voula - TRAM LEVEL CROSSING		11:42	11:39	11:36
52.0	80.5	5	Glyfada - TRAM LEVEL CROSSING		11:44	11:41	11:38
55.3	77.2	3	Elliniko - TRAM LEVEL CROSSING		11:49	11:45	11:42
56.4	76.1	7	PoC 2 / Elliniko		11:50	11:47	11:44
56.6	75.9	9	Alimos		11:50	11:47	11:44
58.3	74.2	7	Kalamaki		11:53	11:49	11:46
59.8	72.7	12	Palaio Faliro / Edem - TRAM LEVEL CROSSING		11:55	11:51	11:48
61.5	71.0	9	Trokadero		11:57	11:54	11:50
63.1	69.4	5	Delta Falirou		12:00	11:56	11:52
63.2	69.3	7	Andrea Syngrou avenue		12:00	11:56	11:52
64.5	68.0	40	Andrea Syngrou avenue - Nea Smyrni		12:02	11:58	11:54
66.5	66.0	40	JUNCTION - Kallirois		12:04	12:00	11:56
67.4	65.1	80	KoM 1 - Cat.3 / Syngrou avenue		12:06	12:01	11:58
67.5	65.0	80	RIGHT TURN to Athanassiou Diakou		12:06	12:02	11:58
67.8	64.7	76	LEFT TURN to Adrittou		12:06	12:02	11:58
68.3	64.2	90	FINISH LINE - Start of Athens Circuit		12:07	12:03	11:59
68.4	64.1	90	Vasileos Konstantinou avenue		12:07	12:03	11:59
69.4	63.1	109	LEFT TURN to Vasilissis Sofias avenue - Hilton		12:08	12:04	12:00
69.5	63.0	111	Vasilissis Sofias avenue		12:08	12:04	12:00
70.7	61.8	108	RIGHT TURN to Panepistimiou avenue		12:10	12:06	12:02
71.7	60.8	91	LEFT TURN to Aiolou / Patission JUNCTION		12:12	12:07	12:03
71.9	60.6	91	LEFT TURN to Stadiou avenue		12:12	12:07	12:03
72.7	59.8	104	LEFT TURN to Vasileos Georgiou A!		12:13	12:08	12:04
72.9	59.6	105	RIGHT TURN to Vasilissis Amalias avenue		12:13	12:09	12:05
73.1	59.4	110	Vasilissis Amalias avenue / Hellenic Parliament		12:14	12:09	12:05
73.9	58.6	81	RIGHT TURN to Athanassiou Diakou		12:15	12:10	12:06
74.2	58.3	76	LEFT TURN to Adrittou		12:15	12:10	12:06
74.7	57.8	90	FINISH LINE - 1st passing		12:16	12:11	12:07
74.8	57.7	90	Vasileos Konstantinou avenue		12:16	12:11	12:07
75.8	56.7	109	LEFT TURN to Vasilissis Sofias avenue - Hilton		12:17	12:13	12:08
75.9	56.6	111	Vasilissis Sofias avenue		12:17	12:13	12:08

77.1	55.4	108	<i>RIGHT TURN</i> to Panepistimiou avenue	12:19	12:14	12:10
78.1	54.4	91	<i>LEFT TURN</i> to Aiolou / Patission JUNCTION	12:20	12:16	12:11
78.3	54.2	91	<i>LEFT TURN</i> to Stadiou avenue	12:21	12:16	12:11
79.1	53.4	104	<i>LEFT TURN</i> to Vasileos Georgiou A!	12:22	12:17	12:12
79.3	53.2	105	<i>RIGHT TURN</i> to Vasilissis Amalias avenue	12:22	12:17	12:13
79.5	53.0	110	Vasilissis Amalias avenue / Hellenic Parliament	12:22	12:18	12:13
80.3	52.2	81	<i>RIGHT TURN</i> to Athanassiou Diakou	12:24	12:19	12:14
80.6	51.9	76	<i>LEFT TURN</i> to Adrittou	12:24	12:19	12:14
81.1	51.4	90	FINISH LINE - 2nd passing	12:25	12:20	12:15
81.2	51.3	90	Vasileos Konstantinou avenue - FEED ZONE	12:25	12:20	12:15
82.2	50.3	109	<i>LEFT TURN</i> to Vasilissis Sofias avenue - Hilton	12:26	12:21	12:16
82.3	50.2	111	Vasilissis Sofias avenue	12:26	12:21	12:17
83.5	49.0	108	<i>RIGHT TURN</i> to Panepistimiou avenue	12:28	12:23	12:18
84.5	48.0	91	<i>LEFT TURN</i> to Aiolou / Patission JUNCTION	12:29	12:24	12:19
84.7	47.8	91	<i>LEFT TURN</i> to Stadiou avenue	12:30	12:24	12:20
85.5	47.0	104	<i>LEFT TURN</i> to Vasileos Georgiou A!	12:31	12:26	12:21
85.7	46.8	105	<i>RIGHT TURN</i> to Vasilissis Amalias avenue	12:31	12:26	12:21
85.9	46.6	110	Vasilissis Amalias avenue / Hellenic Parliament	12:31	12:26	12:21
86.7	45.8	81	<i>RIGHT TURN</i> to Athanassiou Diakou	12:32	12:27	12:22
87.0	45.5	76	<i>LEFT TURN</i> to Adrittou	12:33	12:28	12:23
87.5	45.0	90	FINISH LINE - 3rd passing	12:34	12:28	12:23
87.6	44.9	90	Vasileos Konstantinou avenue - FEED ZONE	12:34	12:28	12:23
88.6	43.9	109	<i>LEFT TURN</i> to Vasilissis Sofias avenue - Hilton	12:35	12:30	12:25
88.7	43.8	111	Vasilissis Sofias avenue	12:35	12:30	12:25
89.9	42.6	108	<i>RIGHT TURN</i> to Panepistimiou avenue	12:37	12:31	12:26
90.9	41.6	91	<i>LEFT TURN</i> to Aiolou / Patission JUNCTION	12:38	12:33	12:28
91.1	41.4	91	<i>LEFT TURN</i> to Stadiou avenue	12:39	12:33	12:28
91.9	40.6	104	<i>LEFT TURN</i> to Vasileos Georgiou A!	12:40	12:34	12:29
92.1	40.4	105	<i>RIGHT TURN</i> to Vasilissis Amalias avenue	12:40	12:34	12:29
92.3	40.2	110	Vasilissis Amalias avenue / Hellenic Parliament	12:40	12:35	12:29
93.1	39.4	81	<i>RIGHT TURN</i> to Athanassiou Diakou	12:41	12:36	12:30
93.4	39.1	76	<i>LEFT TURN</i> to Adrittou	12:42	12:36	12:31
93.9	38.6	90	FINISH LINE - 4th passing	12:43	12:37	12:31
94.0	38.5	90	Vasileos Konstantinou avenue - FEED ZONE	12:43	12:37	12:32
95.0	37.5	109	<i>LEFT TURN</i> to Vasilissis Sofias avenue - Hilton	12:44	12:38	12:33
95.1	37.4	111	Vasilissis Sofias avenue	12:44	12:38	12:33

96.3	36.2	108	RIGHT TURN to Panepistimiou avenue	12:46	12:40	12:34
97.3	35.2	91	LEFT TURN to Aiolou / Patission JUNCTION	12:47	12:41	12:36
97.5	35.0	91	LEFT TURN to Stadiou avenue	12:48	12:42	12:36
98.3	34.2	104	LEFT TURN to Vasileos Georgiou A!	12:49	12:43	12:37
98.5	34.0	105	RIGHT TURN to Vasilissis Amalias avenue	12:49	12:43	12:37
98.7	33.8	110	Vasilissis Amalias avenue / Hellenic Parliament	12:49	12:43	12:38
99.5	33.0	81	RIGHT TURN to Athanassiou Diakou	12:50	12:44	12:39
99.8	32.7	76	LEFT TURN to Adrittou	12:51	12:45	12:39
100.4	32.1	90	PoC - Panathinaic Stadium - 5th passing	12:52	12:45	12:40
100.5	32.0	90	Vasileos Konstantinou avenue - FEED ZONE	12:52	12:46	12:40
101.5	31.0	109	LEFT TURN to Vasilissis Sofias avenue - Hilton	12:53	12:47	12:41
101.6	30.9	111	Vasilissis Sofias avenue	12:53	12:47	12:41
102.8	29.7	108	RIGHT TURN to Panepistimiou avenue	12:55	12:49	12:43
103.8	28.7	91	LEFT TURN to Aiolou / Patission JUNCTION	12:56	12:50	12:44
104.0	28.5	91	LEFT TURN to Stadiou avenue	12:57	12:50	12:44
104.8	27.7	104	LEFT TURN to Vasileos Georgiou A!	12:58	12:51	12:45
105.0	27.5	105	RIGHT TURN to Vasilissis Amalias avenue	12:58	12:52	12:46
105.2	27.3	110	Vasilissis Amalias avenue / Hellenic Parliament	12:58	12:52	12:46
106.0	26.5	81	RIGHT TURN to Athanassiou Diakou	12:59	12:53	12:47
106.3	26.2	76	LEFT TURN to Adrittou	13:00	12:53	12:47
106.8	25.7	90	FINISH LINE - 6th passing	13:01	12:54	12:48
106.9	25.6	90	Vasileos Konstantinou avenue - FEED ZONE	13:01	12:54	12:48
107.9	24.6	109	LEFT TURN to Vasilissis Sofias avenue - Hilton	13:02	12:55	12:49
108.0	24.5	111	Vasilissis Sofias avenue	13:02	12:56	12:49
109.2	23.3	108	RIGHT TURN to Panepistimiou avenue	13:04	12:57	12:51
110.2	22.3	91	LEFT TURN to Aiolou / Patission JUNCTION	13:05	12:58	12:52
110.4	22.1	91	LEFT TURN to Stadiou avenue	13:06	12:59	12:52
111.2	21.3	104	LEFT TURN to Vasileos Georgiou A!	13:07	13:00	12:53
111.4	21.1	105	RIGHT TURN to Vasilissis Amalias avenue	13:07	13:00	12:54
111.6	20.9	110	Vasilissis Amalias avenue / Hellenic Parliament	13:07	13:00	12:54
112.4	20.1	81	RIGHT TURN to Athanassiou Diakou	13:08	13:01	12:55
112.7	19.8	76	LEFT TURN to Adrittou	13:09	13:02	12:55
113.2	19.3	90	FINISH LINE - 7th passing	13:09	13:02	12:56
113.3	19.2	90	Vasileos Konstantinou avenue - FEED ZONE	13:10	13:03	12:56
114.3	18.2	109	LEFT TURN to Vasilissis Sofias avenue - Hilton	13:11	13:04	12:57
114.4	18.1	111	Vasilissis Sofias avenue	13:11	13:04	12:58

115.6	16.9	108	<i>RIGHT TURN</i> to Panepistimiou avenue	13:13	13:06	12:59
116.6	15.9	91	<i>LEFT TURN</i> to Aiolou / Patission JUNCTION	13:14	13:07	13:00
116.8	15.7	91	<i>LEFT TURN</i> to Stadiou avenue	13:14	13:07	13:01
117.6	14.9	104	<i>LEFT TURN</i> to Vasileos Georgiou A!	13:16	13:08	13:02
117.8	14.7	105	<i>RIGHT TURN</i> to Vasilissis Amalias avenue	13:16	13:09	13:02
118.0	14.5	110	Vasilissis Amalias avenue / Hellenic Parliament	13:16	13:09	13:02
118.8	13.7	81	<i>RIGHT TURN</i> to Athanassiou Diakou	13:17	13:10	13:03
119.1	13.4	76	<i>LEFT TURN</i> to Adrittou	13:18	13:10	13:04
119.6	12.9	90	FINISH LINE - 8th passing	13:18	13:11	13:04
119.7	12.8	90	Vasileos Konstantinou avenue - FEED ZONE	13:19	13:11	13:04
120.7	11.8	109	<i>LEFT TURN</i> to Vasilissis Sofias avenue - Hilton	13:20	13:12	13:06
120.8	11.7	111	Vasilissis Sofias avenue	13:20	13:13	13:06
122.0	10.5	108	<i>RIGHT TURN</i> to Panepistimiou avenue	13:22	13:14	13:07
123.0	9.5	91	<i>LEFT TURN</i> to Aiolou / Patission JUNCTION	13:23	13:16	13:09
123.2	9.3	91	<i>LEFT TURN</i> to Stadiou avenue	13:23	13:16	13:09
124.0	8.5	104	<i>LEFT TURN</i> to Vasileos Georgiou A!	13:25	13:17	13:10
124.2	8.3	105	<i>RIGHT TURN</i> to Vasilissis Amalias avenue	13:25	13:17	13:10
124.4	8.1	110	Vasilissis Amalias avenue / Hellenic Parliament	13:25	13:17	13:10
125.2	7.3	81	<i>RIGHT TURN</i> to Athanassiou Diakou	13:26	13:18	13:11
125.5	7.0	76	<i>LEFT TURN</i> to Adrittou	13:27	13:19	13:12
126.0	6.5	90	FINISH LINE - 9th passing	13:27	13:20	13:12
126.1	6.4	90	Vasileos Konstantinou avenue	13:27	13:20	13:12
127.1	5.4	109	<i>LEFT TURN</i> to Vasilissis Sofias avenue - Hilton	13:29	13:21	13:14
127.2	5.3	111	Vasilissis Sofias avenue	13:29	13:21	13:14
128.4	4.1	108	<i>RIGHT TURN</i> to Panepistimiou avenue	13:31	13:23	13:15
129.4	3.1	91	<i>LEFT TURN</i> to Aiolou / Patission JUNCTION	13:32	13:24	13:17
129.6	2.9	91	<i>LEFT TURN</i> to Stadiou avenue	13:32	13:24	13:17
130.4	2.1	104	<i>LEFT TURN</i> to Vasileos Georgiou A!	13:33	13:25	13:18
130.6	1.9	105	<i>RIGHT TURN</i> to Vasilissis Amalias avenue	13:34	13:26	13:18
130.8	1.7	110	Vasilissis Amalias avenue / Hellenic Parliament	13:34	13:26	13:18
131.6	0.9	81	<i>RIGHT TURN</i> to Athanassiou Diakou	13:35	13:27	13:20
131.9	0.6	76	<i>LEFT TURN</i> to Adrittou	13:36	13:27	13:20
132.5	0.0	90	FINISH - PANATHINAIC STADIUM 10th passing on the finish line	13:36	13:28	13:21