

LONDON CIRCUIT
STAGE 3 – SUNDAY 26 MAY 2024

91.2 KM
RACE KM KM TO GO LAP TO GO

AVERAGE SPEED (KPH)
44 42 40

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

-0.8	-	-
0.0	91.2	
0.8	90.4	
1.3	89.9	
1.9	89.3	
2.1	89.1	
3.4	87.8	
5.7	85.5	
6.8	84.4	
9.0	82.2	
10.7	80.5	7
11.5	79.7	
12.3	78.9	
12.8	78.4	
13.4	77.8	
13.6	77.6	
14.9	76.3	
17.2	74.0	
18.3	72.9	
20.5	70.7	
22.2	69.0	6
23.0	68.2	
23.8	67.4	
24.3	66.9	
24.9	66.3	
25.1	66.1	
26.4	64.8	
28.7	62.5	
29.8	61.4	
32.0	59.2	
33.7	57.5	5
34.5	56.7	
35.3	55.9	
35.8	55.4	
36.4	54.8	
36.6	54.6	
37.9	53.3	
40.2	51.0	
41.3	49.9	
43.5	47.7	
45.2	46.0	4
46.0	45.2	
46.8	44.4	
47.3	43.9	
47.9	43.3	
48.1	43.1	
49.4	41.8	
51.7	39.5	
52.8	38.4	
55.0	36.2	

15:30	15:30	15:30
15:31	15:31	15:31
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
16:05	16:06	16:08
16:05	16:07	16:08
16:07	16:08	16:10
16:10	16:12	16:14
16:11	16:13	16:15
16:14	16:16	16:19
16:17	16:19	16:21
16:18	16:20	16:22
16:19	16:21	16:24
16:19	16:22	16:24
16:20	16:23	16:25
16:21	16:23	16:26
16:22	16:25	16:28
16:25	16:28	16:31
16:27	16:30	16:33
16:30	16:33	16:36
16:32	16:35	16:39
16:33	16:36	16:40
16:34	16:38	16:41
16:35	16:38	16:42
16:36	16:39	16:43
16:36	16:39	16:43
16:38	16:41	16:45
16:41	16:45	16:48
16:43	16:46	16:50
16:46	16:49	16:53

LONDON CIRCUIT		91.2 KM			AVERAGE SPEED (KPH)		
STAGE 3 – SUNDAY 26 MAY 2024		RACE KM	KM TO GO	LAP TO GO	44	42	40
End of Lap 5	The Mall	56.7	34.5	3	16:48	16:52	16:56
	Pall Mall	57.5	33.7		16:49	16:53	16:57
	Piccadilly	58.3	32.9		16:50	16:54	16:58
	Piccadilly Circus	58.8	32.4		16:51	16:55	16:59
	Trafalgar Square	59.4	31.8		16:52	16:56	17:00
	Strand	59.6	31.6		16:52	16:56	17:00
	Holborn Station	60.9	30.3		16:54	16:58	17:02
	Bank Station	63.2	28.0		16:57	17:01	17:06
	Blackfriars Underpass	64.3	26.9		16:58	17:03	17:07
	Parliament Square	66.5	24.7		17:01	17:06	17:10
End of Lap 6 – SPRINT	The Mall	68.2	23.0	2	17:04	17:08	17:13
	Pall Mall	69.0	22.2		17:05	17:09	17:14
	Piccadilly	69.8	21.4		17:06	17:10	17:15
	Piccadilly Circus	70.3	20.9		17:06	17:11	17:16
	Trafalgar Square	70.9	20.3		17:07	17:12	17:17
	Strand	71.1	20.1		17:08	17:12	17:17
	Holborn Station	72.4	18.8		17:09	17:14	17:19
	Bank Station	74.7	16.5		17:12	17:17	17:23
	Blackfriars Underpass	75.8	15.4		17:14	17:19	17:24
	Parliament Square	78.0	13.2		17:17	17:22	17:28
End of Lap 7	The Mall	79.7	11.5	1	17:19	17:25	17:30
	Pall Mall	80.5	10.7		17:20	17:26	17:31
	Piccadilly	81.3	9.9		17:21	17:27	17:33
	Piccadilly Circus	81.8	9.4		17:22	17:28	17:33
	Trafalgar Square	82.4	8.8		17:23	17:28	17:34
	Strand	82.6	8.6		17:23	17:29	17:35
	Holborn Station	83.9	7.3		17:25	17:31	17:37
	Bank Station	86.2	5.0		17:28	17:34	17:40
	Blackfriars Underpass	87.3	3.9		17:30	17:35	17:42
	Parliament Square	89.5	1.7		17:33	17:39	17:45
FINISH	The Mall	91.2	0.0	0	17:35	17:41	17:48
NEUTRAL	https://ridewithgps.com/routes/45422474	02:03	02:09	02:15	RACE DURATION		
RACE ROUTE	https://ridewithgps.com/routes/45422466						