

STAGE FIVE: COCKERMOUTH - WHINLATTER TEAM TIME TRIAL



START	Main Street, Cockermouth
NEUTRALISED	N/A
STAGE DISTANCE	#REF!
FINISH	Whinlatter Visitor Centre, Whinlatter

ROUTE DETAILS					ESTIMATED TIME OF ARRIVAL			
KMS	KMS to go	Feature	Instruction	Description	Base Speed	38kmph	42kmph	46kmph
						110%	100%	90%
0.00	0.00	0.00			42	00:00	00:00	00:00
0.00	14.0	Start Proper		Main Street, Cockermouth	42	13:01	13:01	13:01
0.1	13.9	Junction	Right	B5292 Station Street	42	13:01	13:01	13:01
0.2	13.8	T.Lights	Left	B5292 Lorton Street	42	13:01	13:01	13:01
0.6	13.4		Keep Right	B5292 Lorton Road	42	13:01	13:01	13:01
1.3	12.7	Junction	Left	Strawberry How Road	42	13:03	13:02	13:02
3.6	10.4	T.Junction	Right	Hundith Hill Road	42	13:06	13:06	13:05
5.0	9.0	X.Roads	Left	B5292	42	13:08	13:08	13:07
7.2	6.8	Junction	Left	B5292 dir Whinlatter	42	13:12	13:11	13:10
8.0	6.0		Keep Left		42	13:13	13:12	13:11
8.4	5.6	Sign		Lorton	42	13:14	13:13	13:11
13.7	0.3	Junction	Left	Whinlatter Visitor Centre	42	13:22	13:20	13:18
14.0	0.0	Finish		Whinlatter Visitor Centre	42	13:23	13:21	13:19