


STAGE FIVE | CARMARTHENSHIRE TEAM TIME TRIAL

START	Ysgol Bro Dinefwr, Ffairfach	
NEUTRALISED SECTION	N/A	
STAGE DISTANCE	18.2 km or 11.3 miles	
FINISH	National Botanic Garden of Wales	

ROUTE DETAILS							ESTIMATED TIMETABLE	
KMS	KMS TO GO	MILES	MILES TO GO	FEATURE	INSTRUCTION	DESCRIPTION	FIRST TEAM	LAST TEAM
0.00	18.2	0.00	11.3	Start Proper		Ysgol Bro Dinefwr	13:05	14:35
0.1	18.2	0.1	11.3	T.Junction	Right	A476	13:05	14:35
0.6	17.6	0.4	10.9	Junction	Right	B4300	13:05	14:35
6.9	11.3	4.3	7.0		Keep Right	B4300	13:14	14:44
9.3	8.9	5.8	5.5	Sign		Llanarthey	13:17	14:47
14.1	4.1	8.8	2.5	Junction	Left	B4310	13:23	14:53
15.8	2.4	9.8	1.5		Caution!	Sharp Left Bend	13:25	14:55
16.1	2.1	10.0	1.3		Keep Right	B4310	13:26	14:56
16.5	1.7	10.3	1.1		Caution!	Fast Descent	13:26	14:56
16.7	1.5	10.4	0.9	X.Roads	Straight		13:26	14:56
17.5	0.7	10.9	0.4		Caution!	Sharp Right Bend	13:27	14:57
17.6	0.6	10.9	0.4		Caution!	Sharp Left Bend	13:27	14:57
17.8	0.4	11.1	0.2	R/about	1st Exit		13:28	14:58
18.2	0.0	11.3	0.0	Finish		National Botanic Garden of Wales	13:28	14:58