

efex

# MEN'S STAGE 3

DATE  
THURSDAY 23 JAN 2025

DISTANCE  
147.5KM

**03** ▶ **NORWOOD** 11:10AM  
≡ **URAILDLA** 3:01PM



0 5km

**START:  
NORWOOD**

**efex King of the Mountain #1**  
Ashton 10.0km  
Max. 12.6% / Avg. 4.1%

**efex King of the Mountain #2 & #3**  
Knotts Hill  
efex KOM #2 106.7km  
efex KOM #3 141.9km  
Max. 13.4% / Avg. 8.0%

**FINISH:  
URAILDLA**  
147.5km

**Ziptrak® Sprint #2**  
Uraidla 112.4km

**Feed Zone**  
Hahndorf 79.9km

**Ziptrak® Sprint #1**  
Echunga 39.1km

- Race Neutral
- efex King of the Mountain
- Ziptrak® Sprint
- Feed Zone

STAGE NAMING RIGHTS

**efex**

HOST COUNCILS



City of  
Norwood  
Payneham  
& St Peters



Adelaide Hills  
COUNCIL

**TOTAL  
CLIMBING**  
EXCLUDING  
RACE NEUTRAL

**3236M**

**MAXIMUM  
ELEVATION**

**695M**

