

MEN'S

VANGUARD STAGE 1

DATE
WEDNESDAY 21 JAN 2026

DISTANCE
120.6KM

01 ▶ TANUNDA 11:10AM
TANUNDA 2:03PM



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

0 4km

FINISH:
TANUNDA
120.6km

START:
TANUNDA

Feed Zone
Tanunda
Feed Zone #1 26.0km
Feed Zone #3 57.5km
Feed Zone #5 89.1km

Ziptrak® Sprint
Angaston
Ziptrak® Sprint #2 68.2km
Ziptrak® Sprint #3 99.7km

Feed Zone
Angaston
Feed Zone #2 43.0km
Feed Zone #4 74.5km
Feed Zone #6 106.0km

M3
efex King of the Mountain
Menglers Hill
efex KOM #1 44.3km
efex KOM #2 75.8km
efex KOM #3 107.3km
Max. 13.3% / Avg. 3.9%

Ziptrak® Sprint
Lyndoch
Ziptrak® Sprint #1 10.8km

TOTAL CLIMBING
EXCLUDING RACE NEUTRAL

1541M

MAXIMUM ELEVATION

502M

HOST COUNCIL

