km		Course	Amos - CLMI	km/h		
to go	done	info	10.0 km	47	45	42
10	0		Start – Val-d'Or on the beach	09:30	09:30	09:30
5	5	ن	Uturn	09:36	09:36	09:37
0	10		Final Finish Time and points bonus	09:42	09:43	09:44
Points and bonifications :						
Bonus sprint : 3-2-1 sec & 6-4-2 pts						
Final Finish : 10-6-4 sec & 30-24-20-16-12-10-8-6-4-2 pts						
KOM : 5-3-2 points						