

# AUDAX PACE

**ROAD**

600 km 14.000 m+

≈ Orzola ≈

05:00 Sunday

|

110 km | 1.700m+

1 ☀

**1.LZ**

4h 30min day ride ☀

Lanzarote

24.4 km/h avg. speed

≈ Playa Blanca ≈

09:30 Sunday

**FERRY**

10:00 departure

Fred Olsen

25 min duration

⚓

45 min boarding - roll off

≈ Corralejo ≈

10:40 Sunday

|

135 km | 2.150m+

**2.FV**

6h 50min day ride ☀

Fuerteventura

19.8 km/h avg. speed

≈ Morro Jable ≈

17:30 Sunday

**FERRY**

18:00 departure

Armas

170 min duration

⚓

45 min boarding - roll off

≈ Las Palmas ≈

21:05 Sunday

|

115 km | 3.200m+

1 ☾

**3.GC**

8h 25min night ride ☾

Gran Canaria

13.7 km/h avg. speed

≈ Agaete ≈

05:30 Monday

**FERRY**

06:00 departure

Fred Olsen

80 min duration

⚓

45 min boarding - roll off

≈ Santa Cruz ≈

07:35 Monday

|

145 km | 3.650m+

2 ☀

**4.TF**

7h 55min day ride ☀

Tenerife

18.3 km/h avg. speed

≈ Los Cristianos ≈

15:30 Monday

**FERRY**

16:00 departure

Fred Olsen

50 min duration

⚓

45 min boarding - roll off

≈ San Sebastian ≈

17:05 Monday

|

100 km | 3.100m+

2 ☾

**5.LG**

4h 55min night ride ☾

La Gomera

20.3 km/h avg. speed

≈ San Sebastian ≈

22:00 Monday

**ROAD**

41h Total Time

32h 35min Riding Time

19.3 km/h avg. speed

5h 25min Ferry Time

**- RETURN FERRY -**

La Gomera, San Seb

11:30 Tuesday

Tenerife, Los Cristianos

12:30 Tuesday