

The individual time trial in Katowice, a key stage in the race

All the details and favourites for the final test against the clock before the rainbow.

A 16.6 kilometre individual time trial in the heart of the charming mining city of Katowice will be the setting for the sixth stage of the 80th edition of the Tour de Pologne UCI WorldTour. The specialists will be able to compete in what is effectively their last chance to test their fitness ahead of the upcoming time trial at the UCI World Championships in Glasgow, where the new rainbow jersey will be determined.

The route meanders through the streets of the city centre, characterised by the transformation of the Silesian capital, including the Market Square with its characteristic palm trees and the Cultural Zone, which was once the site of the Katowice Mine and has now been replaced by the Silesian Museum, the Polish National Radio Symphony Orchestra and the International Congress Centre. The riders will also have the opportunity to pass through the exclusive Nikiszowiec district and the Three Ponds Valley before crossing the finish line at the renowned Spodek.

Among the names of the specialists to watch out for is of course **Tobias Foss** (Jumbo-Visma), who will be donning his rainbow jersey as the reigning world time trial title holder. Following closely is **Thymen Arensman** (INEOS Grenadiers) - already the winner of the ITT at the Tour de Pologne 2022 - and **Mattia Cattaneo** (Soudal Quick-Step) and **Geraint Thomas** (INEOS Grenadiers).

True to tradition, the time trial will once again be crucial in determining the fate of the general classification. Contenders vying for the top step of the podium such as **João Almeida** (UAE Team Emirates), **Damiano Caruso** (Bahrain Victorious), **Michał Kwiatkowski**, **Pavel Sivakov** (INEOS Grenadiers) and **Ilan Van Wilder** (Soudal Quick-Step) will seize the opportunity to compete for the overall victory on this course, turn the tables - or confirm their dominance in the race.