





Stage
05
itinerary

SHARJAH STAGE
Sharjah - Khor Fakkan
Thursday, 28 February 2019

km 181

Elevation			Distance			Timetable		
			leg	run	to be run	km/h		
41 43 45								
SHARJAH								
5	SHARJAH	↑ Start Village	2.5			12.20	12.20	12.20
5	SHARJAH	↑ km 0	0.0	0.0	181.0	12.25	12.25	12.25
17	Sharjah University Entrance	↩	12.9	12.9	168.1	12.45	12.44	12.43
20	Sharjah University	↑ S120	7.3	20.2	160.8	12.56	12.54	12.53
38	Sharjah University Exit	↩ S116	8.1	28.3	152.7	13.08	13.06	13.04
56	E611 Overpass	↑	8.7	37.0	144.0	13.22	13.19	13.17
147	Maleha	↑ E102	34.6	71.6	109.4	14.17	14.11	14.06
180	Exit to Fujairah	↩ E84	6.0	77.6	103.4	14.26	14.20	14.15
	Feed zone: km 89 - 92	↑						
RAS AL KHAIMAH								
332	Sifuni Exit	↑ E84	18.4	96.0	85.0	14.55	14.47	14.40
FUJAIRAH								
66	Exit to Kalba	↩	19.3	115.3	65.7	15.20	15.11	15.04
SHARJAH								
3	Kalba University	↑	21.5	136.8	44.2	15.48	15.38	15.30
FUJAIRAH								
3	Fujairah	↑ Corniche Rd	13.6	150.4	30.6	16.06	15.56	15.46
9	Al Qurayya	↑ E99	12.5	162.9	18.1	16.25	16.14	16.04
15	Mirbah	↑ E99	6.0	168.9	12.1	16.34	16.23	16.12
SHARJAH								
5	KHOR FAKKAN	↑ E99	12.1	181.0	0.0	16.50	16.38	16.26

NOTE:

-  Intermediate Sprint:
 - km 20.2 Sharjah University
 - km 136.8 Kalba University
-  Feed zone: km 89 - 92