



Stage  
**06**  
itinerary

**RAK PROPERTIES STAGE**  
**Ajman - Jebel Jais**  
Friday, 1 March 2019

km 180

Elevation			Distance			Timetable		
			leg	run	to be run	km/h		
			38	40	42			
<b>AJMAN</b>								
5	<b>AJMAN</b>	↑ Start Village	2.5			12.05	12.05	12.05
4	<b>AJMAN</b>	↑ km 0	0.0	0.0	180.0	12.10	12.10	12.10
4	Ins. E11	↩ E11	4.9	4.9	175.1	12.16	12.16	12.15
<b>UMM-AL-QUWAIN</b>								
4	Exit to Umm-al-Quwain	↩	12.7	17.6	162.4	12.33	12.32	12.31
3	<b>Umm-al-Quwain</b>	↑	13.3	30.9	149.1	12.50	12.48	12.47
5	Ins. E11	↩ E11	11.2	42.1	137.9	13.08	13.05	13.03
3	Umm al Quwain Airport	↑ E11	12.3	54.4	125.6	13.24	13.21	13.18
5	Al Hamra - roundabout	↪ E11	15.9	70.3	109.7	13.49	13.44	13.40
5	Bab al Bahr	↩ Marjan Island Blvd	3.1	73.4	106.6	13.53	13.48	13.44
3	<b>Marjan Island</b>	↑ Marjan Island Blvd	6.8	80.2	99.8	14.02	13.57	13.52
5	Bab al Bahr	↑ E11	1.0	81.2	98.8	14.03	13.58	13.54
<b>RAS-AL-KHAIMAH</b>								
2	Al Rafah	↪ E11	5.1	86.3	93.7	14.10	14.05	14.00
5	Al Hamra	↑ E11	8.1	94.4	85.6	14.23	14.17	14.11
	<b>Feed zone: km 96 - 99</b>	↑						
22	Al Riffa	↩ E311	10.2	104.6	75.4	14.39	14.32	14.26
8	Awafi Interchange	↑	17.8	122.4	57.6	15.02	14.54	14.47
45	Ras-al-Khaimah	↩ Jebel Jais road	11.6	134.0	46.0	15.20	15.11	15.03
162	Wadi Bih	↑	13.5	147.5	32.5	15.41	15.31	15.22
410	Wadi Shah	↑	13.5	161.0	19.0	16.01	15.51	15.41
1458	<b>JEBEL JAIS</b>	↑	19.0	180.0	0.0	16.55	16.40	16.26

**NOTE:**



**Intermediate Sprint:**  
km 30.9 Umm-al-Quwain  
km 80.2 Marjan Island



**Feed zone: km 96 - 99**