



Stage  
**07**  
itinerary

**MERAAS STAGE**  
**Dubai Safari Park - City Walk**  
Saturday, 2 March 2019

km 145

Elevation			Distance			Timetable		
			leg	run	to be run	km/h		
DUBAI								
	<b>2 DUBAI</b>	↑ Start Village	<b>4.0</b>			<b>13.15</b>	<b>13.15</b>	<b>13.15</b>
	<b>2 DUBAI</b>	↑ km 0	<b>0.0</b>	<b>0.0</b>	<b>145.0</b>	<b>13.25</b>	<b>13.25</b>	<b>13.25</b>
	37 Academic City Entrance	↩ Manama St/D67	4.3	4.3	140.7	13.32	13.32	13.31
	37 Academic City Exit	↩ D67-E66-E44	10.8	15.1	129.9	13.46	13.45	13.44
	3 Dubai Design District Entrance	↩	15.0	30.1	114.9	14.06	14.04	14.03
	3 Dubai Design District	↑	0.7	30.8	114.2	14.07	14.05	14.03
	2 Dubai Design District Exit	↩ E66-E44	1.8	32.6	112.4	14.09	14.07	14.06
	8 Ras al Khor	↩ Exit to E311 - E311	8.4	41.0	104.0	14.22	14.20	14.17
	40 Mushrif Park Entrance	↩	9.7	50.7	94.3	14.38	14.34	14.31
	30 Mushrif Park	↩	2.0	52.7	92.3	14.40	14.37	14.34
	38 D54	↩ Al Khawaneej St.	4.9	57.6	87.4	14.48	14.44	14.41
	15 E311 Interchange	↑	11.8	69.4	75.6	15.04	15.00	14.55
	4 E11 Interchange	↑	7.4	76.8	68.2	15.14	15.09	15.05
	3 Al Mamzar Lake	↪ Alexandria St.	3.7	80.5	64.5	15.19	15.14	15.09
	<b>3 Al Mamzar Beach</b>	↩ Al Khaleej Rd	<b>5.8</b>	<b>86.3</b>	<b>58.7</b>	<b>15.27</b>	<b>15.21</b>	<b>15.16</b>
	3 Al Baraha	↑ Al Khaleej Rd	3.7	90.0	55.0	15.32	15.26	15.21
	7 Deira	↑ Baniyas Rd	4.9	94.9	50.1	15.40	15.34	15.28
	3 Al Maktoum Bridge	↩	3.1	98.0	47.0	15.44	15.38	15.32
	7 Dubai Museum	↩ Ali Bin Abi Taleb St.	4.2	102.2	42.8	15.51	15.44	15.38
	3 Heritage Village	↪ Al Khaleej Rd	2.2	104.4	40.6	15.54	15.47	15.41
	3 Port Rashid Entrance	↩	3.2	107.6	37.4	15.58	15.51	15.45
	2 Port Rashid	↑	2.9	110.5	34.5	16.02	15.55	15.48
	2 Port Rashid Exit	↩ Jumeirah St/D94	4.6	115.1	29.9	16.08	16.00	15.54
	<b>2 Union House Flag</b>	↩ Jumeirah St.	<b>1.6</b>	<b>116.7</b>	<b>28.3</b>	<b>16.10</b>	<b>16.02</b>	<b>15.56</b>
	2 Jumeirah Beach	↑ Jumeirah St.	6.5	123.2	21.8	16.19	16.11	16.04
	2 Madinat Jumeirah	↪ Jumeirah St.	8.1	131.3	13.7	16.29	16.21	16.13
	4 Al Thanya St	↩ Al Wasl	1.7	133.0	12.0	16.32	16.24	16.16
	4 Khor Dubai	↑ Al Wasl Rd	8.0	141.0	4.0	16.42	16.34	16.25
	<b>3 DUBAI</b>	↑ City Walk	<b>4.0</b>	<b>145.0</b>	<b>0.0</b>	<b>16.48</b>	<b>16.39</b>	<b>16.30</b>

NOTE:



Intermediate Sprint:

km 86.3 Al Mamzar Beach

km 116.7 Union House Flag