








Stage
03
itinerary

JEBEL HAFEET STAGE

Al Qudra Cycle Track - Jebel Hafeet

km 184

Tuesday, 25 February 2020

Elevation			Distance			Timetable		
			leg	run	to be run	km/h		
						39	41	43
DUBAI								
83	AL QUDRA CYCLE TRACK	↑ Start Village	1.5			11.50	11.50	11.50
	84 AL QUDRA CYCLE TRACK	↑ km 0	0.0	0.0	184.0	11.55	11.55	11.55
68	Bab al Shams	↑ D42	11.2	11.2	172.8	12.10	12.09	12.09
62	Dubai/Abu Dhabi border	↑	13.7	24.9	159.1	12.28	12.27	12.25
ABU DHABI								
50	Ins. E14	↩ E14	9.1	34.0	150.0	12.40	12.38	12.37
90	Ins. E75	↩ E75	12.6	46.6	137.4	13.00	12.57	12.55
86	Ins. E16	↪ E16	12.4	59.0	125.0	13.17	13.13	13.10
146	Sweihan	↩ E20	26.6	85.6	98.4	13.59	13.53	13.48
	Feed zone: km 105 - 108							
223	Nahil	↪ E95	23.7	109.3	74.7	14.36	14.28	14.21
283	Al Hili	↪ E66	31.8	141.1	42.9	15.26	15.16	15.07
	267 Hazza bin Zayed Stadium	↑ 130th st.	9.4	150.5	33.5	15.38	15.28	15.18
263	Al Ain Zoo	↪ 153rd St.	7.7	158.2	25.8	15.48	15.37	15.27
243	Jebel Hafeet St.	↩	10.2	168.4	15.6	16.02	15.50	15.40
	263 Green Mubazzarah	↪	2.1	170.5	13.5	16.05	15.53	15.43
312	Jebel Hafeet Climb start	↪	3.0	173.5	10.5	16.10	15.58	15.47
	1025 JEBEL HAFEET	↑	10.5	184.0	0.0	16.39	16.25	16.12

NOTE:



Intermediate Sprint:

km 150.5 Hazza bin Zayed Stadium

km 170.5 Green Mubazzarah



Feed zone: km 105 - 108



Tunnel: km

Level Crossing: km