



Stage  
**06**  
itinerary

**ADNOC STAGE**  
**Al Ruwais - Al Mirfa**  
Friday, 28 February 2020

km 158

Elevation			Distance			Timetable		
			leg	run	to be run	km/h		
						43	45	47
<b>ABU DHABI</b>								
5	<b>AL RUWAIS</b>	↑ Start Village	<b>6.8</b>			<b>11.30</b>	<b>11.30</b>	<b>11.30</b>
4	<b>AL RUWAIS</b>	↑ km 0	<b>0.0</b>	<b>0.0</b>	<b>158.0</b>	<b>11.45</b>	<b>11.45</b>	<b>11.45</b>
29	Ins. E11	↑ Abu Dhabi - Ghweifat International Hw	8.7	8.7	149.3	11.58	11.58	11.57
11	Al Ruwais Exit	↑ E11	28.3	37.0	121.0	12.37	12.35	12.32
12	Thumayriah Island Exit	↑ E11	13.9	50.9	107.1	12.59	12.56	12.53
11	Qareen Al Aish Exit	↑ E11	18.0	68.9	89.1	13.24	13.19	13.15
6	Al Harmiyah Exit	↑ E11	13.3	82.2	75.8	13.42	13.37	13.32
10	Exit to Al Mirfa	↪	12.4	94.6	63.4	14.02	13.56	13.50
<b>Feed zone: km 96 - 99</b>								
7	AL MIRFA	↑	6.9	101.5	56.5	14.11	14.04	13.58
7	U-Turn	↪	8.1	109.6	48.4	14.22	14.15	14.08
7	<b>AL MIRFA</b>	↑	<b>10.7</b>	<b>120.3</b>	<b>37.7</b>	<b>14.36</b>	<b>14.28</b>	<b>14.21</b>
7	U-Turn	↪	8.2	128.5	29.5	14.47	14.39	14.31
7	<b>AL MIRFA</b>	↑	<b>10.6</b>	<b>139.1</b>	<b>18.9</b>	<b>15.01</b>	<b>14.52</b>	<b>14.44</b>
7	U-Turn	↪	8.2	147.3	10.7	15.11	15.02	14.54
7	<b>AL MIRFA</b>	↑	<b>10.7</b>	<b>158.0</b>	<b>0.0</b>	<b>15.25</b>	<b>15.16</b>	<b>15.06</b>

**NOTE:**

-  Intermediate Sprint:  
km 120.3 AL MIRFA
- km 139.1 AL MIRFA
-  Feed zone: km 96 - 99
-  Tunnel: km
- Level Crossing: km