








Stage
07
itinerary

ABU DHABI STAGE
Al Maryah Island - Abu Dhabi Breakwater
Saturday, 29 February 2020

km 127

Elevation			Distance			Timetable		
			leg	run	to be run	km/h		
ABU DHABI								
5	AL MARYAH ISLAND	↑ Start Village	3.9			13.25	13.25	13.25
3	AL MARYAH ISLAND	↑ km 0	0.0	0.0	127.0	13.35	13.35	13.35
3	Al Saadiyat Island Exit	↑ E12	8.4	8.4	118.6	13.46	13.46	13.45
3	Yas Island Exit	↩	14.1	22.5	104.5	14.05	14.04	14.03
	2 Yas Marina Circuit	↩ Yas Dr. St.	4.5	27.0	100.0	14.11	14.10	14.08
	3 Yas Island Tunnel	↑	2.1	29.1	97.9	14.15	14.13	14.11
3	Al Raha	↩ Channel St.	4.8	33.9	93.1	14.21	14.19	14.17
4	Ins. E22	↩ E22	9.3	43.2	83.8	14.36	14.33	14.31
4	Grand Mosque	↩ Al Khaleej Al Arabi St.	5.8	49.0	78.0	14.44	14.41	14.38
5	Al Kheeran	↩ E10	7.7	56.7	70.3	14.56	14.52	14.49
5	Exit to Khalifa City	↩	10.2	66.9	60.1	15.09	15.05	15.01
4	Khalifa City	↩ Al Raha Blvd.	10.5	77.4	49.6	15.24	15.19	15.14
	11 Yas Island Tunnel	↑ Yas Dr. St.	3.9	81.3	45.7	15.30	15.24	15.20
	2 Yas Marina Circuit	↑	2.8	84.1	42.9	15.33	15.28	15.23
2	Ins. E12	↩ E12	4.7	88.8	38.2	15.39	15.34	15.29
3	Exit to Saadiyat Island	↩	13.8	102.6	24.4	16.01	15.54	15.48
4	Louvre Abu Dhabi	↩ E12	8.5	111.1	15.9	16.14	16.06	16.00
15	Al Zahiyah	↑	5.7	116.8	10.2	16.22	16.15	16.08
2	Corniche Road	↩	4.4	121.2	5.8	16.28	16.20	16.13
	4 ABU DHABI	↑ Al Marina	5.8	127.0	0.0	16.37	16.29	16.21

NOTE:



Intermediate Sprint:

km 27.0 Yas Marina Circuit

km 84.1 Yas Marina Circuit



Feed zone: km



Tunnel: km 29.1 - 81.3