



Stage
04
itinerary

STAGE
Al Marjan Island
Wednesday, 24 February 2021

km 204

Elevation			Distance			Timetable		
			leg	run	to be run	km/h		
						41	43	45
RAK								
5	MARJAN ISLAND	↑ Start Village	2.0			11.40	11.40	11.40
4	MARJAN ISLAND	↑ km 0	0.0	0.0	204.0	11.45	11.45	11.45
5	Exit to Al Quarar St.	↪ Al Quarar St.	2.1	2.1	201.9	11.48	11.48	11.48
20	Exit to E311	↑ E311	6.8	8.9	195.1	11.59	11.58	11.58
UMM AL QUWAIN								
28	Exit to Umm-al-Quwain	↑ Al Arqan St.	16.4	25.3	178.7	12.25	12.23	12.21
3	Ins. E11	↑ E11	7.8	33.1	170.9	12.36	12.33	12.31
5	Exit to Umm al Quwain	↪	7.3	40.4	163.6	12.47	12.44	12.41
3	Umm-al-Quwain	↑ Sh. Al Moalla St. - Al Mualla St.	10.9	51.3	152.7	13.02	12.58	12.55
4	Ins E55	↪ E55	14.4	65.7	138.3	13.25	13.20	13.16
28	Ins. E611	↪ E611	12.9	78.6	125.4	13.46	13.40	13.34
RAK								
23	E611xAl Shohadaa Rd. Interchange	↑ E611	29.2	107.8	96.2	14.25	14.18	14.11
8	E611xE18 Interchange	↑ E611	16.6	124.4	79.6	14.48	14.39	14.31
11	Shamal Bridge (RAK)	↻ E611	17.3	141.7	62.3	15.15	15.05	14.56
5	E611xE18 Interchange	↑ E18	17.8	159.5	44.5	15.39	15.28	15.18
7	Al Quawasim Corniche Rd.	↑	10.0	169.5	34.5	15.55	15.43	15.33
4	Ras al Khaimah	↪ Al Khor rd - E11	2.2	171.7	32.3	15.58	15.46	15.35
23	Mina al Arab	↑ E11	12.3	184.0	20.0	16.17	16.04	15.53
5	Bab al Bahr	↪ Marjan Is. Blvd	13.4	197.4	6.6	16.35	16.21	16.09
5	U-Turn	↻ Marjan Is. Blvd	3.9	201.3	2.7	16.40	16.26	16.14
5	MARJAN ISLAND	↑ Marjan Is. Blvd	2.7	204.0	0.0	16.43	16.30	16.17

NOTE:



Intermediate Sprint:

km 51.3 - Umm-al-Quwain

km 171.7 - Ras al Khaimah



Green zone: km 100 - 184



Tunnel: km