







Stage
06
itinerary

STAGE
Palm Jumeirah
Friday, 26 February 2021

km 168

Elevation			Distance			Timetable		
			leg	run	to be run	km/h		
						42	44	46
DUBAI								
4	DUBAI	↑ Start Village	9.7			12.15	12.15	12.15
	4 DUBAI	↑ km 0	0.0	0.0	168.0	12.35	12.35	12.35
4	Port Saeed	↑ D85	4.3	4.3	163.7	12.41	12.41	12.41
8	Nad Shamma Interchange	↪ D52	6.1	10.4	157.6	12.51	12.50	12.50
9	Ras al Khor	↪ E44-E66	3.9	14.3	153.7	12.57	12.56	12.55
2	Meydan	↑ D69	8.9	23.2	144.8	13.09	13.08	13.06
4	E44 interchange	↑ D69	5.2	28.4	139.6	13.18	13.16	13.14
2	Al Wasl Rd	↻	4.9	33.3	134.7	13.24	13.22	13.20
2	Umm Suqeim	↵ Jumeirah Rd	6.9	40.2	127.8	13.34	13.31	13.29
3	Madinat Jumeirah	↑ D94	3.6	43.8	124.2	13.39	13.36	13.34
3	Palm Jumeirah Metro	↑ D94	4.8	48.6	119.4	13.46	13.43	13.40
3	New DIMC Entrance	↪	1.7	50.3	117.7	13.48	13.45	13.42
3	New DIMC Exit	↪ D94	6.6	56.9	111.1	13.57	13.54	13.50
5	Sh. Zayed Rd. Interchange	↵ D59	4.1	61.0	107.0	14.04	14.00	13.56
5	Jumeirah Islands	↑	1.8	62.8	105.2	14.06	14.02	13.58
4	Jumeirah Islands Exit	↵ D72	3.2	66.0	102.0	14.11	14.06	14.02
	3 Springs Village	↪ D72-D61	4.0	70.0	98.0	14.16	14.11	14.07
18	E311 Interchange	↵ Hessa St. - D61	6.5	76.5	91.5	14.27	14.21	14.17
21	Al Qudra Rd	↪	6.0	82.5	85.5	14.36	14.31	14.25
24	E611 interchange	↑ D63-Al Qudra Rd	2.4	84.9	83.1	14.40	14.34	14.29
	86 Al Qudra Cycletrack	↵ D63-Al Qudra Rd	21.3	106.2	61.8	15.14	15.06	14.59
86	Al Qudra Cycletrack	↪ D63-Al Qudra Rd	8.4	114.6	53.4	15.25	15.17	15.09
24	E611 Interchange	↑ D63	21.7	136.3	31.7	15.54	15.44	15.36
21	E311 Interchange	↑ D63	5.4	141.7	26.3	16.01	15.51	15.43
15	Al Barsha South	↵	2.8	144.5	23.5	16.05	15.55	15.46
7	Ins. D61	↪ Hessa St. - D61	3.7	148.2	19.8	16.09	16.00	15.51
3	Exit to Palm Jumeirah	↪	7.1	155.3	12.7	16.19	16.09	15.59
3	Palm Jumeirah Metro	↑	1.4	156.7	11.3	16.21	16.10	16.01
3	The Pointe	↵ tunnel	4.5	161.2	6.8	16.27	16.16	16.06
	3 PALM JUMEIRAH	↑	6.8	168.0	0.0	16.35	16.25	16.14

NOTE:



Intermediate Sprint:

km 70 - Springs Village

km 106.2 - Al Qudra Cycletrack



Green zone: km 89 - 148



Tunnel: km