



Stage
01
itinerary

AL DHAFRA CASTLE - AL MIRFA

km 151

Monday, 20 February 2023

D = 100 m

Elevation			DISTANCE			Timetable			
			leg	run	to be run	km/h			
						46	44	42	
ABU DHABI						>>>>>			
	105	AL DHAFRA CASTLE	↑	Start Village		1.1	12.55	12.55	12.55
	100	AL DHAFRA CASTLE	↑	km 0	0.0	0.0	151.0	13.00	13.00
	95	Al Dhafra Rd	↑	to Madinat Zayed	6.9	6.9	144.1	13.08	13.08
	118	Al Bday'ah St	↔	Al Furosiyyah St - Bad' Saif St - Al Khameelah S	18.0	24.9	126.1	13.34	13.35
	114	Madinat Zayed	↑	E45	8.5	33.4	117.6	13.44	13.46
	122	Al Marabi' St	↔		5.7	39.1	111.9	13.53	13.55
	118	Mohammed Khalaf Al Mazrouei St	↑	Mohamed Al Falahi Al Yasi Rd	8.9	48.0	103.0	14.04	14.07
	117	Rndb. Ins. E13	↑	E13	6.4	54.4	96.6	14.12	14.15
	123	Rndb Ins. Bu Hasah Rd	↑	Bu Hasah Rd	20.6	75.0	76.0	14.42	14.47
	104	Habshan Camp	↑	Bu Hasah Rd	11.5	86.5	64.5	14.56	15.02
	95	Rndb Ins. Mohamed Al Falahi Al Yasi Rd	↑	Mohamed Al Falahi Al Yasi Rd	2.6	89.1	61.9	14.59	15.05
	20	Rndb Ins. Mohamed Al Falahi Al Yasi Rd	↑	Mohamed Al Falahi Al Yasi Rd	35.6	124.7	26.3	15.43	15.51
	8	E11 Interchange	↑	Al Shaheed Ahmed Khamis Al Hammadi St	1.9	126.6	24.4	15.46	15.53
	8	Circuit Entrance Roundabout	↑	Al ShaheedAhmed Khamis Al Hamm	3.9	130.5	20.5	15.50	15.58
	7	AL MIRFA	↑	Qassar Al Mighayra St.	1.7	132.2	18.8	15.52	16.00
	8	U-Turn	↑	Qassar Al Mighayra St	8.1	140.3	10.7	16.04	16.12
	8	Al Khor St. Roundabout	↔	Al ShaheedAhmed Khamis Al Hamm	9.0	149.3	1.7	16.14	16.23
	7	AL MIRFA	↑	Qassar Al Mighayra St.	1.7	151.0	0.0	16.17	16.26

NOTE:

Intermediate Sprint:

km 33.4 Madinat Zayed

km 86.5 Habshan Camp

Tunnel: km

Level Crossing: km