



Stage  
**03**

# UMBRELLA BEACH AL FUJAIRAH - JEBEL JAIS

km 185

itinerary

Wednesday, 22 February 2023

D = 2460 m

Elevation			DISTANCE			Timetable		
			leg	run	to be run	km/h		
						41	39	37
FUJAIRAH						>>>>		
	<b>4</b>	<b>UMBRELLA BEACH AL FUJAIRAH</b>	↑	Start Village	<b>2.7</b>	<b>11.40</b>	<b>11.40</b>	<b>11.40</b>
	<b>5</b>	<b>UMBRELLA BEACH AL FUJAIRAH</b>	↑	km 0	<b>0.0</b>	<b>0.0</b>	<b>185.0</b>	<b>11.45</b>
	55	Ins. E89	↩	E89	7.2	7.2	177.8	11.55
	192	Al Bitnah	↑	E89	10.9	18.1	166.9	12.11
	352	Diftah Interchange	↑	E89	11.1	29.2	155.8	12.27
	453	Masafi	↑	E89	3.7	32.9	152.1	12.33
	<b>498</b>	<b>Intermediate Sprint #1</b>	↑	<b>E89</b>	<b>5.7</b>	<b>38.6</b>	<b>146.4</b>	<b>12.41</b>
	324	Ins. E89	↑	E89	7.5	46.1	138.9	12.50
	191	Al Halah	↩	E89	8.3	54.4	130.6	13.01
	98	Rndb to Dibba	↑	E89	8.4	62.8	122.2	13.11
	23	Dibba	↪	E89	6.3	69.1	115.9	13.19
	98	Rndb to RAK	↩	E87	6.2	75.3	109.7	13.28
	284	Al Mihtaraqah	↩	E87	12.3	87.6	97.4	13.46
	88	E87xE18 Interchange	↩	E18	17.2	104.8	80.2	14.08
RAK								
	19	Ras al Khaimah Airport	↩	E18	14.9	119.7	65.3	14.26
	<b>8</b>	<b>Intermediate Sprint #2</b>	↑	<b>E18</b>	<b>8.6</b>	<b>128.3</b>	<b>56.7</b>	<b>14.37</b>
	10	E18xE611 interchange	↩	E611	0.8	129.1	55.9	14.38
	17	Ras-al-Khaimah Heritage Village	↩	Exit to Jebel Jais	15.5	144.6	40.4	15.00
	188	Rndb to Jebel Jais	↑	Jais St.	9.7	154.3	30.7	15.14
	470	First Hairpin	↩	Jais St.	12.6	166.9	18.1	15.31
	<b>1491</b>	<b>JEBEL JAIS</b>	↑	<b>Jais St.</b>	<b>18.1</b>	<b>185.0</b>	<b>0.0</b>	<b>16.15</b>

NOTE:



Intermediate Sprint:

km 38.6 Intermediate Sprint #1

km 128.3 Intermediate Sprint #2



Tunnel: km



Level Crossing: km