



Stage
04

AL SHINDAGHA - DUBAI HARBOUR

km 174

itinerary

Thursday, 23 February 2023

D = 100 m

Elevation			DISTANCE			Timetable		
			leg	run	to be run	km/h		
DUBAI						>>>>		
	3 AL SHINDAGHA	↑ Start Village		6.0		12.20	12.20	12.20
	3 AL SHINDAGHA	↑ km 0	0.0	0.0	174.0	12.30	12.30	12.30
	4 Al Mina	↩ Sheikh Rashid Rd-D75	3.3	3.3	170.7	12.35	12.35	12.35
	2 Ins. E66	↩ E66	2.7	6.0	168.0	12.38	12.39	12.39
	3 Ins. D72	↑ Al Asayel St	2.7	8.7	165.3	12.42	12.43	12.43
	3 Al Quoz	↩ D65	13.6	22.3	151.7	12.59	13.00	13.02
	6 E44 Interchange	↑ D65	2.0	24.3	149.7	13.02	13.03	13.05
	3 Dubai Hills Park	↑ D63	2.4	26.7	147.3	13.05	13.06	13.08
	22 E311 Interchange	↩ D63	7.5	34.2	139.8	13.16	13.18	13.20
	25 E611 Interchange	↑ Al Qudra Rd.- D63	5.3	39.5	134.5	13.23	13.26	13.28
	60 E77 Interchange	↩ Al Qudra Rd. - D63	10.5	50.0	124.0	13.38	13.42	13.45
	84 Al Qudra Cycletrack	↩ Saih Al Salam St.-D42	11.0	61.0	113.0	13.54	13.58	14.03
	89 Al Nasr	↪ Saih Al Salam St.-D42	4.2	65.2	108.8	14.00	14.05	14.09
	82 Al Qudra Cycletrack	↩ D63	4.1	69.3	104.7	14.05	14.10	14.15
	63 E77 Interchange	↩ E77	11.2	80.5	93.5	14.19	14.24	14.30
	31 E77 x E611 Interchange	↑ E77	11.5	92.0	82.0	14.34	14.39	14.46
	30 Exit to Expo 2020	↩	5.0	97.0	77.0	14.40	14.46	14.52
	21 Expo City Dubai	↩	3.8	100.8	73.2	14.44	14.51	14.58
	27 Expo City Dubai Exit	↑ Blvd 2020	6.2	107.0	67.0	14.53	15.00	15.07
	32 E77 overpass	↑ D54	3.8	110.8	63.2	14.59	15.06	15.13
	20 Ins. D57	↩ D57	3.2	114.0	60.0	15.03	15.10	15.18
	4 E311 Interchange	↑	4.6	118.6	55.4	15.08	15.16	15.24
	2 Ins. D72	↩ Al Asayel St. - D72	2.0	120.6	53.4	15.11	15.18	15.26
	2 Emirates Hills	↩ Al Khamila St	8.6	129.2	44.8	15.21	15.29	15.38
	3 Ins. Sheikh Zayed Rd	↩	5.1	134.3	39.7	15.28	15.36	15.45
	3 Exit to Jumeira St	↩	2.0	136.3	37.7	15.31	15.39	15.48
	2 Palm Jumeirah Tunnel	↑	5.9	142.2	31.8	15.38	15.47	15.56
	2 The Atlantis	↑ Crescent Rd.	1.9	144.1	29.9	15.40	15.49	15.59
	2 Palm Jumeirah North	↪ Crescent Rd.	3.3	147.4	26.6	15.44	15.53	16.03
	2 Palm Jumeirah South	↪ Crescent Rd	6.5	153.9	20.1	15.52	16.01	16.12
	2 Palm Jumeirah Tunnel	↑	2.6	156.5	17.5	15.55	16.05	16.15
	3 Ins. D94	↩ King Salman Bin Abdulaziz Al Saud S	5.5	162.0	12.0	16.03	16.13	16.23
	3 Umm Suqeim	↪ D94	4.8	166.8	7.2	16.09	16.19	16.30
	3 DUBAI HARBOUR	↑	7.2	174.0	0.0	16.17	16.28	16.39

NOTE:



Intermediate Sprint:

km 61 Al Qudra Cycletrack

km 100.8 Expo City Dubai



Tunnel: km 142.2 -156.5



Level Crossing: km