







Stage  
**04**  
itinerary

## FATIMA MINT MUBARAK LADIES SPORTS ACADEMY - ABU DHABI BREAKWATER

km 119

Sunday, 12 February 2023

D = 100 m

Elevation			DISTANCE			Timetable		
			leg	run	to be run	km/h		
						42	40	38
<b>ABU DHABI</b>						>>>>>		
	<b>4</b>	<b>FATIMA MINT MUBARAK LADIES SPORTS ACADEMY</b>	↑	<b>Start Village</b>	<b>3.3</b>	<b>13.20</b>	<b>13.20</b>	<b>13.20</b>
	<b>4</b>	<b>FATIMA MINT MUBARAK LADIES SPORTS ACADEMY</b>	↑	<b>km 0</b>	<b>0.0</b>	<b>0.0</b>	<b>119.0</b>	<b>13.30</b>
	3	E20 - 16th St. Interchange	↑	Theyab Bin Eissa St	9.0	9.0	110.0	13.42
	2	Khalifa City	↑	Mhanna St.-Al Mireef St	5.9	14.9	104.1	13.50
	2	Ins. E10	↔	E10	4.1	19.0	100.0	13.56
	19	Exit to Emirates Park Zoo	↑		13.2	32.2	86.8	14.16
	22	Al Shahama Old	↑	Al Sinad St	2.2	34.4	84.6	14.20
	14	Rndb ins. Al Rahbah St	↑	Al Rahbah St	9.4	43.8	75.2	14.33
	<b>4</b>	<b>Al Sader</b>	↑	<b>Al Taweelah St</b>	<b>4.1</b>	<b>47.9</b>	<b>71.1</b>	<b>14.38</b>
	2	Al Sadar A	↔	Al Bahyah St	6.2	54.1	64.9	14.47
	4	New Al Bahia	↑	2nd St/Al Bahyah St	6.8	60.9	58.1	14.57
	8	Al Bahia Park	↔	E10	4.0	64.9	54.1	15.04
	3	Exit to Yas Island	↔		5.7	70.6	48.4	15.11
	<b>9</b>	<b>Yas Tunnel</b>	↑	<b>Yas Dr.</b>	<b>2.6</b>	<b>73.2</b>	<b>45.8</b>	<b>15.15</b>
	2	Yas Bay Waterfront	↔	Yas Dr.	2.4	75.6	43.4	15.19
	<b>2</b>	<b>Yas Marina Circuit</b>	↑	<b>Yas Dr.</b>	<b>2.2</b>	<b>77.8</b>	<b>41.2</b>	<b>15.22</b>
	3	Ins. E12	↑	E12	4.4	82.2	36.8	15.28
	3	Saadiyat Island	↑	E12	14.3	96.5	22.5	15.47
	2	Exit to Louvre Abu Dhabi	↔		2.5	99.0	20.0	15.51
	2	Louvre Abu Dhabi	↑	Chirac St.-E12	4.0	103.0	16.0	15.56
	7	Qasr Al Hosn	↔	Al Hisn St- Corniche St.	8.9	111.9	7.1	16.09
	<b>8</b>	<b>ABU DHABI BREAKWATER</b>	↑		<b>7.1</b>	<b>119.0</b>	<b>0.0</b>	<b>16.20</b>

**NOTE:**



Intermediate Sprint:

km 47.9 Al Sader

km 77.8 Yas Marina Circuit



Tunnel: km 73.2



Level Crossing: km