



Stage  
**05**

## AL MARJAN ISLAND - UMM AL QUWAIN

km 170

itinerary

Friday, 24 February 2023

D = 150 m

Elevation			DISTANCE			Timetable		
			leg	run	to be run	km/h		
						46	44	42
<b>RAK</b>						>>>>		
	<b>3</b>	<b>AL MARJAN ISLAND</b>	↑	Start Village	<b>2.1</b>	<b>12.30</b>	<b>12.30</b>	<b>12.30</b>
	<b>3</b>	<b>AL MARJAN ISLAND</b>	↑	km 0	<b>0.0</b>	<b>0.0</b>	<b>170.0</b>	<b>12.35</b>
	22	Emirates Roundabout	↩	E11xE311 - E11	12.7	12.7	157.3	12.52
	9	Clock Roundabout	↩	Khuzam Rd.	7.8	20.5	149.5	13.02
	7	Corniche Al Qawasim St	↩		2.3	22.8	147.2	13.04
	2	Ras al Khaimah	↑	Al Hisn Rd-120th st.	3.7	26.5	143.5	13.09
	2	Ins. E11	↩	E11	5.8	32.3	137.7	13.16
	3	Interchange E11 x E611	↩	E611	3.6	35.9	134.1	13.21
	6	Al Saqr Park	↑	E18	18.5	54.4	115.6	13.48
	<b>2</b>	<b>Tower Links Golf Club</b>	↩	Al Duhaisah Rd	<b>10.2</b>	<b>64.6</b>	<b>105.4</b>	<b>14.00</b>
	16	Sheikh Rashid Bin Saeed Al Maktoum Rd	↩		3.4	68.0	102.0	14.05
	7	Al Saqr Park	↩	E611	4.8	72.8	97.2	14.11
	67	Exit to E311	↑	Al Shuhada Rd-E311	15.5	88.3	81.7	14.33
	45	Ins. E311	↩	E311	4.8	93.1	76.9	14.39
<b>UMM AL QUWAIN</b>								
	26	E311 x E611 Junct. Interchange	↑	E311	16.6	109.7	60.3	14.59
	27	Ins. E55	↑	E55	15.1	124.8	45.2	15.21
	31	U-Turn	↻	E55	2.9	127.7	42.3	15.25
	<b>27</b>	<b>Al Serra</b>	↩	E55 - E311	<b>1.4</b>	<b>129.1</b>	<b>40.9</b>	<b>15.26</b>
	26	E311 x E611 Junct. Interchange	↩	to Umm al Quwain	15.3	144.4	25.6	15.45
	3	Umm Al Thuob Roundabout	↑	E11	7.4	151.8	18.2	15.54
	5	Rndb to Umm al Quwain	↩		7.2	159.0	11.0	16.04
	3	Leatain 2	↑		4.5	163.5	6.5	16.09
	<b>3</b>	<b>UMM AL QUWAIN</b>	↑		<b>6.5</b>	<b>170.0</b>	<b>0.0</b>	<b>16.16</b>

NOTE:



Intermediate Sprint:

km 64.6 Tower Links Golf Club

km 129.1 Al Serra



Tunnel: km



Level Crossing: km