



Stage
07

HAZZA BIN ZAYED STADIUM - JEBEL HAFEET

km 153

itinerary

Sunday, 26 February 2023

D = 1200 m

Elevation			DISTANCE			Timetable		
			leg	run	to be run	km/h		
						43	41	39
ABU DHABI						>>>>>		
	287	HAZZA BIN ZAYED STADIUM	↑	Start Village	2.1	12.40	12.40	12.40
	287	HAZZA BIN ZAYED STADIUM	↑	km 0	0.0	0.0	153.0	12.45 12.45 12.45
	291	Al Muraba Fort	↩	Othman Bin Affan St.	6.8	6.8	146.2	12.54 12.55 12.55
	281	Al Qattara	↑	120 st	8.8	15.6	137.4	13.05 13.06 13.07
	283	Al Hili	↩	E95	7.5	23.1	129.9	13.16 13.17 13.19
	288	E66 Interchange	↑	E95	3.1	26.2	126.8	13.20 13.22 13.24
	223	Nahil	↩	E20	31.7	57.9	95.1	13.59 14.03 14.07
	295	Intermediate Sprint #1	↩	E66	21.2	79.1	73.9	14.30 14.35 14.40
	296	Al Foah	↑	E66	27.0	106.1	46.9	15.08 15.15 15.23
	288	E95 Interchange	↑	E66	4.1	110.2	42.8	15.13 15.20 15.28
	267	Hazza Bin zayed Stadium	↑		9.4	119.6	33.4	15.25 15.32 15.41
	263	Al Ain zoo	↩		7.6	127.2	25.8	15.34 15.42 15.51
	263	Green Mubazzarah	↩		12.4	139.6	13.4	15.49 15.57 16.07
	312	Jebel Hafeet Rd	↩	climb starts	2.9	142.5	10.5	15.53 16.02 16.11
	1025	JEBEL HAFEET	↑		10.5	153.0	0.0	16.18 16.29 16.41

NOTE:

- Intermediate Sprint:
 - km 79.1 Intermediate Sprint #1
 - km 139.6 Green Mubazzarah
- Tunnel: km
- Level Crossing: km