

| Km | Km from Finish | Alti 海拔 (m) | Features/Instruction 路线描述 | | | 41km/h | 43km/h | 45km/h | |
|------|----------------|-------------|---|---|---------------|---|--------|--------|-------|
| 2.2 | 136.5 | 70 |  | Nanning culture and art center | 南宁文化艺术中心 | Start 起点  | 11:15 | 11:15 | 11:15 |
| 0.0 | 134.9 | 80 |  | Longdi Rd./ Wuxiang Av. | 龙堤路/五象大道 | | | | |
| 0.0 | 134.5 | 82 |  | Wuxiang Av./ Yuxiang Rd. | 五象大道/玉象路 | | | | |
| 0.0 | 134.3 | 84 |  | Yuxiang Rd. | 玉象路 | 0Km Point 0公里  | 11:22 | 11:22 | 11:22 |
| 1.2 | 133.1 | 103 |  | Yuxiang Rd./ Yuxiang Rd. Auxiliary Rd. | 玉象路/玉象路辅路 | | 11:24 | 11:24 | 11:24 |
| 1.6 | 132.7 | 78 |  | Yuxiang Rd. Auxiliary Rd./ Libin Av. | 玉象路辅路/荔滨大道 | Change Lane To Right 变右侧赛道  | 11:24 | 11:24 | 11:24 |
| 3.6 | 130.7 | 80 |  | Libin Av./ Qinghuan Rd. | 荔滨大道/青环路 | | 11:27 | 11:27 | 11:27 |
| 4.5 | 129.8 | 76 |  | Qinghuan Rd./ Qingxiushan Scenic Area South Gate | 青环路/青秀山风景区南门 | | 11:29 | 11:28 | 11:28 |
| 4.6 | 129.7 | 83 |  | Qingxiushan Scenic Area South Gate/ Songtao Rd. | 青秀山风景区南门/松涛路 | | 11:29 | 11:29 | 11:28 |
| 5.9 | 128.4 | 240 |  | Qingxiushan Scenic Songtao Rd. | 青秀山风景区松涛路 | KOM 2nd cat. 二级爬坡  | 11:31 | 11:30 | 11:30 |
| 11.1 | 123.2 | 90 |  | Qingxiushan Scenic Area East Gate/ Tongguling Rd. | 青秀山风景区东门/铜鼓岭路 | | 11:38 | 11:38 | 11:37 |
| 12.0 | 122.3 | 79 |  | Tongguling Rd/ Qinghuan Rd. | 铜鼓岭路/青环路 | | 11:40 | 11:39 | 11:38 |
| 12.6 | 121.7 | 80 |  | Qinghuan Rd/ Linggui Rd. | 青环路/灵龟路 | Change Lane To Left 变左侧赛道  | 11:41 | 11:40 | 11:39 |
| 14.4 | 119.9 | 76 |  | Qinghuan Rd./ Qingshan Bridge | 青环路/青山大桥 | | 11:43 | 11:42 | 11:41 |
| 15.0 | 119.3 | 88 |  | Qingshan Bridge | 青山大桥 | Bridge 通过桥梁  | 11:44 | 11:43 | 11:42 |
| 15.8 | 118.5 | 76 |  | Qingshan Bridge/ Xingyong Rd. | 青山大桥/新邕路 | | 11:45 | 11:44 | 11:43 |
| 16.2 | 118.1 | 74 |  | Xingyong Rd/ Liangdi Rd. | 新邕路/良堤路 | | 11:46 | 11:45 | 11:44 |
| 20.1 | 114.2 | 78 |  | Liangdi Rd. | 良堤路 | Litter Zone 垃圾区  | 11:52 | 11:50 | 11:49 |
| 20.8 | 113.5 | 79 |  | Liangdi Rd/ Longdi Rd. | 良堤路/龙堤路 | | 11:53 | 11:51 | 11:50 |
| 25.1 | 109.2 | 70 |  | Nanning culture and art center | 南宁文化艺术中心 | Pass The Finish Line 通过终点线 | 11:59 | 11:57 | 11:56 |

| Km | Km from Finish | Alti 海拔 (m) | Features/Instruction 路线描述 | | | | 41km/h | 43km/h | 45km/h |
|------|----------------|----------------|---|---|----------------------|---|--------|--------|--------|
| 25.5 | 108.8 | 73 |  | Longdi Rd. | 龙堤路 | Feed Zone 补给点  | 11:59 | 11:58 | 11:56 |
| 26.7 | 107.6 | 80 |  | Longdi Rd./ Wuxiang Av. | 龙堤路/ 五象大道 | | 12:01 | 11:59 | 11:58 |
| 27.1 | 107.2 | 82 |  | Wuxiang Av./ Yuxiang Rd. | 五象大道/ 玉象路 | | 12:02 | 12:00 | 11:58 |
| 27.3 | 107.0 | 84 |  | Yuxiang Rd. | 玉象路 | | 12:02 | 12:00 | 11:59 |
| 28.5 | 105.8 | 103 |  | Yuxiang Rd./ Yuxiang Rd. Auxiliary Rd. | 玉象路/ 玉象路辅路 | | 12:04 | 12:02 | 12:00 |
| 28.9 | 105.4 | 78 |  | Yuxiang Rd. Auxiliary Rd./ Libin Av. | 玉象路辅路/ 荔滨大道 | Change Lane To Right 变右侧赛道  | 12:04 | 12:02 | 12:01 |
| 30.9 | 103.4 | 80 |  | Libin Av./ Qinghuan Rd. | 荔滨大道/ 青环路 | | 12:07 | 12:05 | 12:03 |
| 31.8 | 102.5 | 76 |  | Qinghuan Rd./ Qingxiushan Scenic Area South Gate | 青环路/ 青秀山风景区 南门 | | 12:09 | 12:06 | 12:05 |
| 31.9 | 102.4 | 83 |  | Qingxiushan Scenic Area South Gate/ Songtao Rd. | 青秀山风景区 南门/松涛路 | | 12:09 | 12:07 | 12:05 |
| 33.2 | 101.1 | 240 |  | Qingxiushan Scenic Songtao Rd. | 青秀山风景区 松涛路 | | 12:11 | 12:08 | 12:06 |
| 38.4 | 95.9 | 90 |  | Qingxiushan Scenic Area East Gate/ Tongguling Rd. | 青秀山风景区 东门/铜鼓岭路 | | 12:18 | 12:16 | 12:13 |
| 39.3 | 95.0 | 79 |  | Tongguling Rd/ Qinghuan Rd. | 铜鼓岭路/ 青环路 | | 12:20 | 12:17 | 12:15 |
| 39.9 | 94.4 | 80 |  | Qinghuan Rd/ Linggui Rd. | 青环路/ 灵龟路 | Change Lane To Left 变左侧赛道  | 12:21 | 12:18 | 12:15 |
| 41.7 | 92.6 | 76 |  | Qinghuan Rd./ Qingshan Bridge | 青环路/ 青山大桥 | | 12:23 | 12:20 | 12:18 |
| 42.3 | 92.0 | 88 |  | Qingshan Bridge | 青山大桥 | Bridge 通过桥梁  | 12:24 | 12:21 | 12:19 |
| 43.1 | 91.2 | 76 |  | Qingshan Bridge/ Xingyong Rd. | 青山大桥/ 新邕路 | | 12:25 | 12:22 | 12:20 |
| 43.5 | 90.8 | 74 |  | Xingyong Rd/ Liangdi Rd. | 新邕路/ 良堤路 | | 12:26 | 12:23 | 12:20 |
| 47.4 | 86.9 | 78 |  | Liangdi Rd. | 良堤路 | Litter Zone 垃圾区  | 12:31 | 12:28 | 12:25 |
| 48.1 | 86.2 | 79 |  | Liangdi Rd/ Longdi Rd. | 良堤路/ 龙堤路 | | 12:33 | 12:29 | 12:26 |
| 52.4 | 81.9 | 70 |  | Nanning culture ang art center | 南宁文化 艺术中心 | Sprint 1 第一冲刺点  | 12:39 | 12:35 | 12:32 |

| Km | Km from Finish | Alti 海拔 (m) | Features/Instruction 路线描述 | | | | 41km/h | 43km/h | 45km/h |
|------|----------------|----------------|------------------------------|---|-----------------------|----------------------------------|--------|--------|--------|
| 52.8 | 81.5 | 73 | | Longdi Rd. | 龙堤路 | Feed Zone 补给点 | 12:39 | 12:36 | 12:33 |
| 54.0 | 80.3 | 80 | | Longdi Rd./ Wuxiang Av. | 龙堤路/ 五象大道 | | 12:41 | 12:37 | 12:34 |
| 54.4 | 79.9 | 82 | | Wuxiang Av./ Yuxiang Rd. | 五象大道/ 玉象路 | | 12:42 | 12:38 | 12:35 |
| 54.6 | 79.7 | 84 | | Yuxiang Rd. | 玉象路 | | 12:42 | 12:38 | 12:35 |
| 55.8 | 78.5 | 103 | | Yuxiang Rd./ Yuxiang Rd. Auxiliary Rd. | 玉象路/ 玉象路辅路 | | 12:44 | 12:40 | 12:37 |
| 56.2 | 78.1 | 78 | | Yuxiang Rd. Auxiliary Rd./ Libin Av. | 玉象路辅路/ 荔滨大道 | Change Lane To Right 变右侧赛道 | 12:44 | 12:41 | 12:37 |
| 58.2 | 76.1 | 80 | | Libin Av./ Qinghuan Rd. | 荔滨大道/ 青环路 | | 12:47 | 12:43 | 12:40 |
| 59.1 | 75.2 | 76 | | Qinghuan Rd./ Qingxiushan Scenic Area South Gate | 青环路/ 青秀山风景区 南门 | | 12:49 | 12:45 | 12:41 |
| 59.2 | 75.1 | 83 | | Qingxiushan Scenic Area South Gate/ Songtao Rd. | 青秀山风景区 南门/ 松涛路 | | 12:49 | 12:45 | 12:41 |
| 60.5 | 73.8 | 240 | | Qingxiushan Scenic Songtao Rd. | 青秀山风景区 松涛路 | KOM 2 nd cat. 二级爬坡 | 12:51 | 12:47 | 12:43 |
| 65.7 | 68.6 | 90 | | Qingxiushan Scenic Area East Gate/ Tongguling Rd. | 青秀山风景区 东门/ 铜鼓岭路 | | 12:58 | 12:54 | 12:50 |
| 66.6 | 67.7 | 79 | | Tongguling Rd./ Qinghuan Rd. | 铜鼓岭路/ 青环路 | | 13:00 | 12:55 | 12:51 |
| 67.2 | 67.1 | 80 | | Qinghuan Rd./ Linggui Rd. | 青环路/ 灵龟路 | Change Lane To Left 变左侧赛道 | 13:00 | 12:56 | 12:52 |
| 69.0 | 65.3 | 76 | | Qinghuan Rd./ Qingshan Bridge | 青环路/ 青山大桥 | | 13:03 | 12:58 | 12:54 |
| 69.6 | 64.7 | 88 | | Qingshan Bridge | 青山大桥 | Bridge 通过桥梁 | 13:04 | 12:59 | 12:55 |
| 70.4 | 63.9 | 76 | | Qingshan Bridge/ Xingyong Rd. | 青山大桥/ 新邕路 | | 13:05 | 13:00 | 12:56 |
| 70.8 | 63.5 | 74 | | Xingyong Rd./ Liangdi Rd. | 新邕路/ 良堤路 | | 13:06 | 13:01 | 12:57 |
| 74.7 | 59.6 | 78 | | Liangdi Rd. | 良堤路 | Litter Zone 垃圾区 | 13:11 | 13:06 | 13:02 |
| 75.4 | 58.9 | 79 | | Liangdi Rd./ Longdi Rd. | 良堤路/ 龙堤路 | | 13:12 | 13:07 | 13:03 |
| 79.7 | 54.6 | 70 | | Nanning culture ang art center | 南宁文化 艺术中心 | Pass The Finish Line 通过终点线 | 13:19 | 13:13 | 13:08 |

| Km | Km from Finish | Alti 海拔 (m) | Features/Instruction 路线描述 | | | | 41km/h | 43km/h | 45km/h |
|-------|----------------|----------------|---|---|-----------------------|---|--------|--------|--------|
| 80.1 | 54.2 | 73 |  | Longdi Rd. | 龙堤路 | Feed Zone 补给点  | 13:19 | 13:14 | 13:09 |
| 81.3 | 53.0 | 80 |  | Longdi Rd./ Wuxiang Av. | 龙堤路/ 五象大道 | | 13:21 | 13:16 | 13:11 |
| 81.7 | 52.6 | 82 |  | Wuxiang Av./ Yuxiang Rd. | 五象大道/ 玉象路 | | 13:22 | 13:16 | 13:11 |
| 81.9 | 52.4 | 84 |  | Yuxiang Rd. | 玉象路 | | 13:22 | 13:16 | 13:11 |
| 83.1 | 51.2 | 103 |  | Yuxiang Rd./Y uxiang Rd. Auxiliary Rd. | 玉象路/ 玉象路辅路 | | 13:24 | 13:18 | 13:13 |
| 83.5 | 50.8 | 78 |  | Yuxiang Rd. Auxiliary Rd./Libin Av. | 玉象路辅路/ 荔滨大道 | Change Lane To Right 变右侧赛道  | 13:24 | 13:19 | 13:13 |
| 85.5 | 48.8 | 80 |  | Libin Av./ Qinghuan Rd. | 荔滨大道/ 青环路 | | 13:27 | 13:21 | 13:16 |
| 86.4 | 47.9 | 76 |  | Qinghuan Rd./ Qingxiushan Scenic Area South Gate | 青环路/ 青秀山风景区 南门 | | 13:29 | 13:23 | 13:17 |
| 86.5 | 47.8 | 83 |  | Qingxiushan Scenic Area South Gate/ Songtao Rd. | 青秀山风景区 南门/ 松涛路 | | 13:29 | 13:23 | 13:17 |
| 87.8 | 46.5 | 240 |  | Qingxiushan Scenic Songtao Rd. | 青秀山风景区 松涛路 | | 13:31 | 13:25 | 13:19 |
| 93.0 | 41.3 | 90 |  | Qingxiushan Scenic Area East Gate/ Tongguling Rd. | 青秀山风景区 东门/ 铜鼓岭路 | | 13:38 | 13:32 | 13:26 |
| 93.9 | 40.4 | 79 |  | Tongguling Rd./ Qinghuan Rd. | 铜鼓岭路/ 青环路 | | 13:40 | 13:33 | 13:27 |
| 94.5 | 39.8 | 80 |  | Qinghuan Rd./ Linggui Rd. | 青环路/ 灵龟路 | Change Lane To Left 变左侧赛道  | 13:40 | 13:34 | 13:28 |
| 96.3 | 38.0 | 76 |  | Qinghuan Rd./ Qingshan Bridge | 青环路/ 青山大桥 | | 13:43 | 13:36 | 13:31 |
| 96.9 | 37.4 | 88 |  | Qingshan Bridge | 青山大桥 | Bridge 通过桥梁  | 13:44 | 13:37 | 13:31 |
| 97.7 | 36.6 | 76 |  | Qingshan Bridge/ Xingyong Rd. | 青山大桥/ 新邕路 | | 13:45 | 13:38 | 13:32 |
| 98.1 | 36.2 | 74 |  | Xingyong Rd./ Liangdi Rd. | 新邕路/ 良堤路 | | 13:46 | 13:39 | 13:33 |
| 102.0 | 32.3 | 78 |  | Liangdi Rd. | 良堤路 | Litter Zone 垃圾区  | 13:51 | 13:44 | 13:38 |
| 102.7 | 31.6 | 79 |  | Liangdi Rd./ Longdi Rd. | 良堤路/ 龙堤路 | | 13:52 | 13:45 | 13:39 |
| 107.0 | 27.3 | 70 |  | Nanning culture ang art center | 南宁文化 艺术中心 | Sprint 2 第二冲刺点  | 13:59 | 13:51 | 13:45 |

| Km | Km from Finish | Alti 海拔 (m) | Features/Instruction 路线描述 | | | | 41km/h | 43km/h | 45km/h |
|-------|----------------|-------------|---|---|----------------|---|--------|--------|--------|
| 107.4 | 26.9 | 73 |  | Longdi Rd. | 龙堤路 | Feed Zone 补给点  | 13:59 | 13:52 | 13:45 |
| 108.6 | 25.7 | 80 |  | Longdi Rd./ Wuxiang Av. | 龙堤路/ 五象大道 | | 14:01 | 13:54 | 13:47 |
| 109.0 | 25.3 | 82 |  | Wuxiang Av./ Yuxiang Rd. | 五象大道/ 玉象路 | | 14:02 | 13:54 | 13:47 |
| 109.2 | 25.1 | 84 |  | Yuxiang Rd. | 玉象路 | | 14:02 | 13:54 | 13:48 |
| 110.4 | 23.9 | 103 |  | Yuxiang Rd./ Yuxiang Rd. Auxiliary Rd. | 玉象路/ 玉象路辅路 | | 14:04 | 13:56 | 13:49 |
| 110.8 | 23.5 | 78 |  | Yuxiang Rd. Auxiliary Rd./ Libin Av. | 玉象路辅路/ 荔滨大道 | Change Lane To Right 变右侧赛道  | 14:04 | 13:57 | 13:50 |
| 112.8 | 21.5 | 80 |  | Libin Av./ Qinghuan Rd. | 荔滨大道/ 青环路 | | 14:07 | 14:00 | 13:53 |
| 113.7 | 20.6 | 76 |  | Qinghuan Rd./ Qingxiushan Scenic Area South Gate | 青环路/ 青秀山风景区南门 | | 14:09 | 14:01 | 13:54 |
| 113.8 | 20.5 | 83 |  | Qingxiushan Scenic Area South Gate/ Songtao Rd. | 青秀山风景区南门/ 松涛路 | | 14:09 | 14:01 | 13:54 |
| 115.1 | 19.2 | 240 |  | Qingxiushan Scenic Songtao Rd. | 青秀山风景区松涛路 | KOM 2 nd cat. 二级爬坡  | 14:11 | 14:03 | 13:56 |
| 120.3 | 14.0 | 90 |  | Qingxiushan Scenic Area East Gate/ Tongguling Rd. | 青秀山风景区东门/ 铜鼓岭路 | | 14:18 | 14:10 | 14:03 |
| 121.2 | 13.1 | 79 |  | Tongguling Rd./ Qinghuan Rd. | 铜鼓岭路/ 青环路 | | 14:19 | 14:11 | 14:04 |
| 122.8 | 11.5 | 80 |  | Qinghuan Rd./ Lingui Rd. | 青环路/ 灵龟路 | Change Lane To Left 变左侧赛道  | 14:22 | 14:13 | 14:06 |
| 123.6 | 10.7 | 76 |  | Qinghuan Rd./ Qingshan Bridge | 青环路/ 青山大桥 | | 14:23 | 14:15 | 14:07 |
| 124.2 | 10.1 | 88 |  | Qingshan Bridge | 青山大桥 | Bridge 通过桥梁  | 14:24 | 14:15 | 14:08 |
| 125.0 | 9.3 | 76 |  | Qingshan Bridge/ Xingyong Rd. | 青山大桥/ 新邕路 | | 14:25 | 14:17 | 14:09 |
| 125.4 | 8.9 | 74 |  | Xingyong Rd./ Liangdi Rd. | 新邕路/ 良堤路 | | 14:26 | 14:17 | 14:09 |
| 129.3 | 5.0 | 78 |  | Liangdi Rd. | 良堤路 | Litter Zone 垃圾区  | 14:31 | 14:23 | 14:15 |
| 130.0 | 4.3 | 79 |  | Liangdi Rd./ Longdi Rd. | 良堤路/ 龙堤路 | | 14:32 | 14:24 | 14:15 |
| 131.3 | 3.0 | 76 |  | Longdi Rd. | 龙堤路 | 3Km To Go 终点前3公里  | 14:34 | 14:25 | 14:17 |

| Km | Km from Finish | Alti 海拔 (m) | Features/Instruction 路线描述 | | | | 41km/h | 43km/h | 45km/h |
|-------|----------------|----------------|---|----------------------------------|--------------|---|--------|--------|--------|
| 132.3 | 2.0 | 73 |  | Longdi Rd. | 龙堤路 | 2Km To Go 终点前2公里  | 14:36 | 14:27 | 14:19 |
| 133.3 | 1.0 | 77 |  | Longdi Rd. | 龙堤路 | 1Km To Go 终点前1公里  | 14:37 | 14:28 | 14:20 |
| 133.8 | 0.5 | 75 |  | Longdi Rd. | 龙堤路 | 500m To Go 终点前 500 米 | 14:38 | 14:29 | 14:21 |
| 134.3 | 0.0 | 70 |  | Nanning culture ang artcenter | 南宁文化 艺术中心 | Finish 终点  | 14:39 | 14:30 | 14:21 |