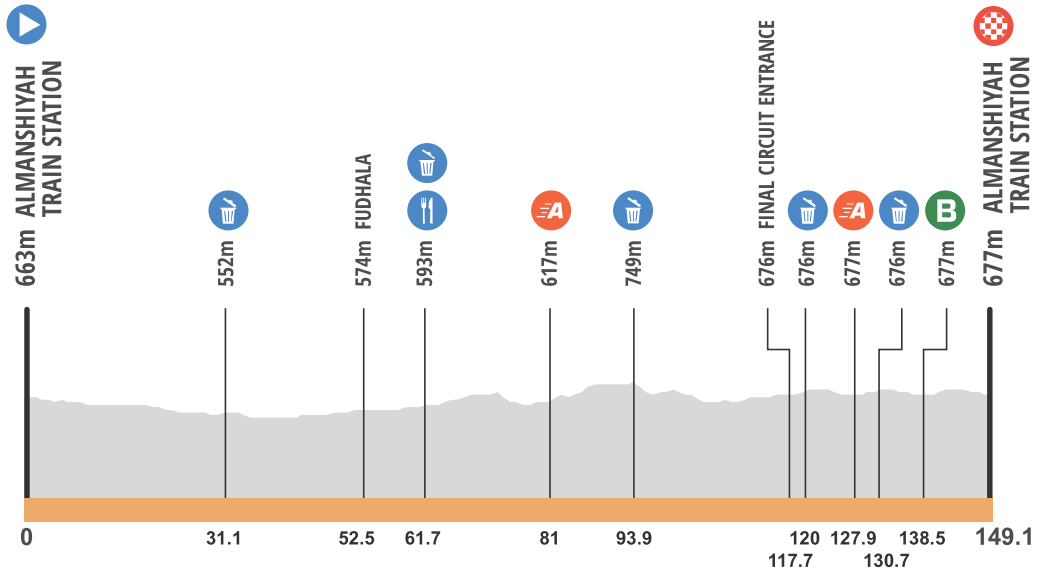


STAGE 1

STAGE PROFILE



KILOMETRES		STAGE 1 ITINERARY TIMETABLE	TIMETABLE			
TO COVER	COVERED		45 KM/H	43 KM/H	41 KM/H	
MADINAH						
		ALMANSHIYAH TRAIN STATION	NEUTRALISED START	12:35	12:35	12:35
149.1	0	ALMANSHIYAH TRAIN STATION	OFFICIAL START	12:45	12:45	12:45
118	31.1	LITTER COLLECTION ZONE		13:26	13:28	13:30
96.6	52.5	FUDHALA		13:55	13:58	14:02
87.4	61.7	FEEDING ZONE		14:07	14:11	14:15
68.1	81	INTERMEDIATE ACTIVE SPRINT		14:33	14:38	14:43
55.2	93.9	LITTER COLLECTION ZONE		14:50	14:56	15:02
31.4	117.7	FINAL CIRCUIT ENTRANCE (ALULA)		15:22	15:29	15:37
29.1	120	LITTER COLLECTION ZONE		15:25	15:32	15:41
21.2	127.9	INTERMEDIATE ACTIVE SPRINT		15:35	15:43	15:52
18.4	130.7	LITTER COLLECTION ZONE		15:39	15:47	15:56
10.6	138.5	BONUS SPRINT		15:50	15:58	16:08
0	149.1	ALMANSHIYAH TRAIN STATION		16:04	16:13	16:23