

ELEVATION	ABU DHABI			Distance			Timetable km / h		
				leg	run	to be run	45	43	41
 120	AL DHAFRA WALK MADINAT ZAYED		Start Village		1,6		13.05	13.05	13.05
 123	AL DHAFRA WALK MADINAT ZAYED		km 0	0,0	0,0	141,0	13.10	13.10	13.10
125	Shams Power Solar	↑	E45	4,9	4,9	136,1	13.17	13.17	13.17
143	Tropic of Cancer Crossing	↑	E45	15,2	20,1	120,9	13.38	13.39	13.41
159	Seih al Khair	↑	E45	9,0	29,1	111,9	13.51	13.53	13.55
135	Liwa Palace Rndbt	↑	E45	23,3	52,4	88,6	14.20	14.23	14.26
 125	Liwa	↗	E90	1,5	53,9	87,1	14.21	14.25	14.28
99	Roundabout to Moreeb Dune	↖		6,1	60,0	81,0	14.29	14.33	14.37
92	Bab Al Nojoun Rndbt	↑		15,4	75,4	65,6	14.48	14.52	14.57
107	Cycletrack Entrance	↖		3,7	79,1	61,9	14.53	14.58	15.03
88	Moreeb Dune	↑		4,8	83,9	57,1	14.59	15.04	15.10
107	Cycletrack First Lap Finish	↑		13,3	97,2	43,8	15.18	15.24	15.31
88	Moreeb Dune	↑		4,8	102,0	39,0	15.24	15.30	15.37
107	Cycletrack Exit	↖		13,3	115,3	25,7	15.43	15.50	15.58
 148	Intermediate Sprint #2	↑		2,2	117,5	23,5	15.46	15.53	16.01
92	Bab Al Nojoun Rndbt	↑		1,6	119,1	21,9	15.48	15.55	16.03
99	Roundabout to Liwa	↗		15,4	134,5	6,5	16.09	16.17	16.27
135	Liwa Square	↖	E45	5,6	140,1	0,9	16.17	16.25	16.35
 130	LIWA		E45	0,9	141,0	0,0	16.18	16.27	16.36

NOTES



INTERMEDIATE SPRINT:

KM 53.9 LIWA

KM 117.5 INTERMEDIATE SPRINT #2