





ELEVATION	RAK			Distance			Timetable km / h			
				leg	run	to be run	41	39	37	
	4	AL MARJAN ISLAND	↑	Start Village		2,1		11.50	11.50	11.50
	4	AL MARJAN ISLAND	↑	km 0	0,0	0,0	176,0	11.55	11.55	11.55
	5	Rndbt E11 x Al Shuhada Rd	↑	E11	2,0	2,0	174,0	11.58	11.58	11.58
	22	Al Riffa	↑	E11	10,4	12,4	163,6	12.13	12.14	12.15
	9	Khuzam Rd	↗	Corniche Al Qawasim St	7,8	20,2	155,8	12.23	12.24	12.25
	3	Ras-al-Khaimah	↑	Al Khor Rd - Al Hisn Rd/E11	3,9	24,1	151,9	12.28	12.29	12.31
	3	Al Muntasir Rd	↖	120th St-	4,3	28,4	147,6	12.33	12.35	12.37
	3	RAK Beach	↑	Al Maareedh St-Sh. Salem Bin Sultan St	4,8	33,2	142,8	12.39	12.41	12.44
	2	Ins. E11	↖	E11	3,6	36,8	139,2	12.44	12.46	12.49
	2	Exit South Direction	↗		3,6	40,4	135,6	12.48	12.51	12.54
	6	Saqr park	↑		19,0	59,4	116,6	13.16	13.20	13.25
	67	Exit to Al Shuhada' Rd/Truck Road	↑		15,4	74,8	101,2	13.39	13.44	13.50
	48	Al Saadi Roundabout	↑	Al Shuhada' Rd	13,7	88,5	87,5	13.57	14.03	14.09
	89	Al Taween Rounbdabout	↑	E18	7,3	95,8	80,2	14.07	14.14	14.21
	18	Ras al Khaimah Airport	↑	E18	15,1	110,9	65,1	14.27	14.34	14.42
	12	Saqr Park	↗		9,2	120,1	55,9	14.38	14.46	14.55
	17	New Exit to Jebel Jais	↑		15,6	135,7	40,3	15.01	15.10	15.20
	80	Intermediate Sprint #2	↑		4,9	140,6	35,4	15.08	15.17	15.28
	188	Wadi shehah	↑	Jais St	4,8	145,4	30,6	15.15	15.25	15.35
	858	Jebel Jais View Point #2	↑	Jais St	19,8	165,2	10,8	15.46	15.57	16.10
	1491	JEBEL JAIS	↑	Jais St	10,8	176,0	0,0	16.12	16.26	16.41

NOTES



INTERMEDIATE SPRINT:

KM 24.1 RAS-AL-KHAIMAH

KM 140.6 INTERMEDIATE SPRINT #2