






ELEVATION	DUBAI			Distance			Timetable km / h			
				leg	run	to be run	47	45	43	
	3	DUBAI POLICE OFFICER'S CLUB	↑	Start Village		1,6		12.30	12.30	12.30
	3	DUBAI POLICE OFFICER'S CLUB	↑	km 0	0,0	0,0	175,0	12.35	12.35	12.35
	4	E11 Interchange	↑	Oud Metha RD	0,8	0,8	174,2	12.36	12.36	12.36
	5	Oud Metha	↗	D74	1,7	2,5	172,5	12.39	12.39	12.39
	2	Al Maktoum Bridge	↑	D78-D85	1,5	4,0	171,0	12.40	12.41	12.41
	3	Khor Dubai	↗	Baniyas Rd/D85	1,9	5,9	169,1	12.43	12.43	12.44
	2	Al Ras	↑	Al Khor St - D92	3,0	8,9	166,1	12.47	12.47	12.48
	2	Deira Island Bridge	↑		4,3	13,2	161,8	12.52	12.53	12.53
	2	Deira Marina	↗		3,9	17,1	157,9	12.57	12.58	12.59
	2	Deira Island Bridge	↑		3,5	20,6	154,4	13.01	13.02	13.03
	3	Infinity Bridge	↑	Infinity Bridge Rd - D92	3,7	24,3	150,7	13.06	13.07	13.09
	5	Al Hudaiba	↖	Al Mina St - Al Wasl Rd - D92	4,8	29,1	145,9	13.13	13.14	13.16
	2	Al Safa	↖	Al Safa - D71	3,4	32,5	142,5	13.17	13.19	13.21
	4	Burj Khalifa	↗	Al Asayel St - D72	4,9	37,4	137,6	13.24	13.26	13.28
	3	Al Quoz	↑		6,7	44,1	130,9	13.32	13.34	13.37
	3	Dubai Hills Golf Club	↑		<b>6,5</b>	<b>50,6</b>	<b>124,4</b>	<b>13.40</b>	<b>13.43</b>	<b>13.46</b>
	8	Dubai Hills	↻	D63	4,6	55,2	119,8	13.46	13.49	13.53
	21	D63 x E311 Interchange	↑	D63	4,7	59,9	115,1	13.53	13.56	14.00
	25	D63 x E611 Interchange	↑	Al Qudra Rd - D63	5,3	65,2	109,8	14.00	14.04	14.08
	60	D63 x E77 Interchange	↑	Al Qudra Rd - D63	10,7	75,9	99,1	14.15	14.20	14.25
	85	Al Qudra Cycle Track	↑		<b>10,9</b>	<b>86,8</b>	<b>88,2</b>	<b>14.30</b>	<b>14.36</b>	<b>14.42</b>
	74	U-Turn	↻		7,1	93,9	81,1	14.39	14.45	14.51
	85	Al Qudra Cycletrack Rndbt	↗		7,2	101,1	73,9	14.49	14.55	15.02
	97	Flamingo Lake	↻		3,5	104,6	70,4	14.54	15.01	15.08
	85	Al Qudra Cycletrack Rndbt	↗	D63	3,6	108,2	66,8	14.58	15.05	15.12
	60	D63 x E77 Interchange	↖	to Jebel Ali - Lehabab Rd/E77	10,7	118,9	56,1	15.11	15.19	15.26
	30	E77 x E611 Interchange	↑	E77	12,1	131,0	44,0	15.26	15.34	15.42
	27	Exit to Sheikh Zayed Bin Hamdan Al Nahyan Street	↑	D54	4,6	135,6	39,4	15.32	15.40	15.48
	20	Exit to D57	↖	D57 - D72	3,8	139,4	35,6	15.36	15.44	15.53
	3	Jumeirah Park	↖	D59	10,3	149,7	25,3	15.48	15.57	16.06
	8	Jumeirah Heights	↑	Al Naseem St/Al Tellal St	4,1	153,8	21,2	15.54	16.03	16.13
	3	Barsha Heights	↑	First Al Khalil St/D86	7,1	160,9	14,1	16.02	16.12	16.22
	3	Al Barsha	↖	D63	4,0	164,9	10,1	16.07	16.16	16.27
	3	Madinat Jumeirah	↖	D94	3,0	167,9	7,1	16.10	16.20	16.31
	3	DUBAI HARBOUR	↑		7,1	175,0	0,0	16.19	16.29	16.39

# NOTES



**INTERMEDIATE SPRINT:**  
**KM 50.6 DUBAI HILLS GOLF CLUB**  
**KM 86.8 AL QUDRA CYCLE TRACK**