






ELEVATION	FUJAIRAH			Distance			Timetable km / h		
				leg	run	to be run	46	44	42
 3	AL AQAH	↑	Start Village		5,9		12.10	12.10	12.10
 4	AL AQAH	↑	km 0	0,0	0,0	182,0	12.20	12.20	12.20
6	Ras Dibba	↑	Sheikh Zayed Bin Sultan Al Nahyan Rd	8,2	8,2	173,8	12.32	12.32	12.33
11	Al Muhallab	↑	Sheikh Zayed Bin Sultan Al Nahyan Rd	8,1	16,3	165,7	12.43	12.44	12.45
94	Seeh Dibba	↗	E87	7,6	23,9	158,1	12.54	12.55	12.57
265	Al Mihtirqah	↑	E87	13,7	37,6	144,4	13.13	13.16	13.19
RAK									
88	Al Taween Roundabout	↑	E87	15,9	53,5	128,5	13.33	13.36	13.40
 50	Al Saadi Roundabout	↑	Al Shuhada' Rd/ Truck Road	6,8	60,3	121,7	13.41	13.45	13.49
31	Exit to E611	↑		12,3	72,6	109,4	13.56	14.01	14.06
UMM AL QUWAIN									
33	Ins. E611	↑	E611	16,0	88,6	93,4	14.19	14.25	14.31
28	Exit to E55	↑	E55	13,4	102,0	80,0	14.36	14.42	14.49
 54	Al Lebsa	↑	U-Turn	17,4	119,4	62,6	15.00	15.08	15.16
28	E55 x E611 Interchange	↑	E55	18,8	138,2	43,8	15.23	15.32	15.41
30	Exit to E311	↑	E311	3,6	141,8	40,2	15.28	15.37	15.47
26	Exit #103	↑		13,9	155,7	26,3	15.45	15.55	16.05
3	Steel Roundabout	↑	E11	8,1	163,8	18,2	15.55	16.05	16.16
5	Rndbt to Umm al Quwain	↑		7,3	171,1	10,9	16.05	16.15	16.27
3	Rndbt to Al Khour	↑	Sheik Ahmed Bin Rashid Al Moalla St	5,6	176,7	5,3	16.11	16.22	16.34
 3	UMM AL QUWAIN	↑		5,3	182,0	0,0	16.18	16.29	16.40

NOTES



INTERMEDIATE SPRINT:

KM 60.3 AL SAADI ROUNDABOUT

KM 119.4 AL LEBSA