






ELEVATION	ABU DHABI			Distance			Timetable km / h		
				leg	run	to be run	43	41	39
 287	AL AIN BAIT MOHAMMED BIN KHALIFA	↑	Start Village	2,9			12.25	12.25	12.25
 290	AL AIN BAIT MOHAMMED BIN KHALIFA	↑	km 0	0,0	0,0	161,0	12.30	12.30	12.30
295	Shakhboot Bin Sultan St	↑	Mohammed Bin Khalifa St	3,9	3,9	157,1	12.35	12.36	12.36
280	Al Qattara	↑	Mohammed Bin Khalifa St	7,1	11,0	150,0	12.44	12.45	12.45
289	Al Hili	↔	Mohammed Bin Khalifa St	5,8	16,8	144,2	12.52	12.53	12.54
287	Ins. E66	↑	E66	4,7	21,5	139,5	12.58	12.59	13.01
279	Al Nabagh	↔	Zayed Al Awwal St	6,4	27,9	133,1	13.06	13.07	13.09
266	Hazza bin Zayed Stadium	↑	127th St/Hamdan Bin Mohammad St	3,8	31,7	129,3	13.11	13.12	13.14
252	Hazza Ibn Sultan St	↑	138th - 111th	4,1	35,8	125,2	13.16	13.18	13.20
272	Al Ain Intl. Airport	↔	Al Khaleej Al Arabi St	7,6	43,4	117,6	13.26	13.29	13.32
220	Al Salamat	↔	127th St -Hamdan Bin Mohammad St	7,8	51,2	109,8	13.36	13.39	13.42
250	Hazza Ibn Sultan St	↑	138th	9,5	60,7	100,3	13.50	13.53	13.57
 245	UAE University	↑	Shakhboot Bin Sultan St	3,2	63,9	97,1	13.54	13.57	14.02
225	Khalifa bin Zayed St. Interchange	↑	Shakhboot Bin Sultan St	8,3	72,2	88,8	14.04	14.08	14.13
197	Abu Dhabi - Al Ain Truck Rd	↑	E30	8,8	81,0	80,0	14.15	14.19	14.25
183	Roundabout	↑	E30	10,8	91,8	69,2	14.28	14.33	14.39
164	E30 - U-Turn	↑	Abu Dhabi - Al Ain Truck Rd/E30	10,0	101,8	59,2	14.40	14.46	14.52
183	Roundabout	↔	E30	10,0	111,8	49,2	14.54	15.01	15.08
197	E30 x Shakhboot Bin Sultan St Interchange	↑	E30	10,9	122,7	38,3	15.10	15.17	15.25
218	Zakher Lake	↑	E30	11,0	133,7	27,3	15.26	15.34	15.43
220	Ins. Ni'mah Rd.	↑	E40	4,5	138,2	22,8	15.32	15.41	15.50
232	Ins. Jebel Hafeet St	↑	Jebel Hafeet St	4,3	142,5	18,5	15.38	15.47	15.56
 263	Green Mubazzarah	↑		4,5	147,0	14,0	15.44	15.54	16.03
285	Jebel Hafet Park	↑		2,2	149,2	11,8	15.47	15.57	16.07
312	Jebel Hafeet Rd		climb starts	1,1	150,3	10,7	15.49	15.58	16.08
 1025	JEBEL HAFEET			10,7	161,0	0,0	16.14	16.26	16.38

NOTES



INTERMEDIATE SPRINT:

KM 63.9 UAE UNIVERSITY

KM 147 GREEN MUBAZZARAH