



ELEVATION	ABU DHABI			Distance			Timetable km / h		
				leg	run	to be run	41	39	37
 8	DUBAI MIRACLE GARDEN	↑	Start Village		4,7		13.10	13.10	13.10
 7	DUBAI MIRACLE GARDEN	↑	km 0	0,0	0,0	122,0	13.20	13.20	13.20
3	Ins. E44	↶	E44	3,0	3,0	119,0	13.24	13.24	13.24
13	E311 Interchange	↶		4,4	7,4	114,6	13.31	13.31	13.32
17	Dubai Sports City	↷		3,6	11,0	111,0	13.37	13.37	13.38
25	Al Qudra Rd	↑	D63	6,5	17,5	104,5	13.47	13.48	13.50
60	Al Qudra Rd x E77 Interchange	↑	D63	13,2	30,7	91,3	14.08	14.10	14.13
86	Al Qudra Cycletrack Rndbt	↷		11,1	41,8	80,2	14.25	14.29	14.33
73	U-Turn	↷		7,0	48,8	73,2	14.35	14.39	14.44
85	Al Qudra Cycletrack Rndbt	↷		7,1	55,9	66,1	14.46	14.51	14.56
 92	Flamingo lake	↷	Intermediate Sprint #1	3,4	59,3	62,7	14.52	14.57	15.02
82	Al Qudra Cycletrack Rndbt	↑	D63	3,8	63,1	58,9	14.57	15.02	15.08
60	Al Qudra Rd x E77 Interchange	↑	D67	11,1	74,2	47,8	15.12	15.18	15.25
24	Sheikh Zayed Bin Hamdan Al Nahyan Street	↑	D54	13,2	87,4	34,6	15.30	15.37	15.44
 32	Intermediate Sprint #2	↑	Latifa bint Hamdan Road-D67	5,3	92,7	29,3	15.38	15.46	15.54
31	Sheikh Zayed Bin Hamdan Al Nahyan Street	↷	D54	3,3	96,0	26,0	15.43	15.50	15.59
26	Al Qudra Rd	↑	D63	4,8	100,8	21,2	15.49	15.57	16.06
22	E311 Interchange	↑	D63	2,6	103,4	18,6	15.53	16.01	16.09
8	Umm Suqeim St	↑	D63	4,4	107,8	14,2	15.59	16.07	16.16
2	D63 x E44 Interchange	↶	D63	1,5	109,3	12,7	16.01	16.09	16.18
4	Madinat Jumeirah	↶	D94	5,5	114,8	7,2	16.09	16.18	16.27
 3	DUBAI HARBOUR	↑		7,2	122,0	0,0	16.18	16.28	16.38

NOTES



INTERMEDIATE SPRINT:

KM 59.3 FLAMINGO LAKE

KM 92.7 INTERMEDIATE SPRINT #2